

Discontinue Using Food as Reward

Brevard Academy will discontinue the use of using food as a reward for school-wide events.

Per a University of Rochester Medical Center study, “Using food as a reward or as a punishment, however, can undermine the healthy eating habits that you're trying to teach your children. Giving sweets, chips, or soda as a reward often leads to children overeating foods that are high in sugar, fat, and empty calories.” (University of Rochester Medical Center, 2021)

The Brevard Academy PBIS program will work to provide students rewards that are deemed age appropriate.

University of Rochester Medical Center. (2021). Why parents shouldn't use food as reward or punishment. Retrieved from <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=160&ContentID=32#:~:text=Using%20food%20as%20a%20reward,%2C%20fat%2C%20and%20empty%20calories.>