



### **Building a Lifetime of Healthy Habits**

Bismarck School District, ND, 2015

Excerpt:

*Efforts to build healthy eating habits extend beyond school meals at Bismarck schools. More classrooms are using non-food rewards for celebrations. Dance parties, extra recess time, or indoor free time have been popular among both students and parents in place of traditional sweet treats.*

[Read the full story.](#)

### **Healthy Changes Help Spout Springs Students Soar**

Spout Springs School of Enrichment, GA, 2014

Excerpt:

*“Now, school-wide, we have two classroom parties per year,” emphasizes Tom Adam. Cupcake birthday celebrations are out, bubble and sidewalk chalk parties are in. “We have Seminole Smoothies! Every child’s birthday is celebrated with a healthy fruit smoothie.” Parents are also reminded to bring non-food treats for birthdays and not to bring restaurant food into the cafeteria.*

[Read the full story.](#)

### **Durham Sets the Stage for Healthy Habits**

Durham Public Schools, NC, 2014

Excerpt:

*The district policy has changed the way schools celebrate and reward students. At Hope Valley Elementary, Principal Micah Copeland sends out a letter at the beginning of the year with expectations for celebrations. Active rewards like school dances and Wii dance parties have replaced the celebrations of the past. “If anyone tries to bring in cupcakes, the office sends them right back,” said Diana Bowling, the school’s physical education teacher and wellness champion. “It just doesn’t happen anymore.”*

[Read the full story.](#)