



SCHOOL WELLNESS
#HealthyFords

School Wellness Policy Update

- Policy required by USDA and PDE
- Wellness Committee including faculty, students parents, community and School Board member
- Support physical activity, wellness, and implementation of USDA nutrition guidelines through Food Services, classroom celebrations and fundraising
- Communication of activities through web page, Healthy Fords Newsletter, #HealthyFords, annual public update

Full report can be found on District Wellness web page

Elementary Schools

Physical Activity

Physical Education

60 minutes weekly (40 hours/school year)

Recess

20 minutes daily (60 hours/school year)

Track Team and Track Meet

Field Day

Field Hockey



Elementary Schools

Wellness Education

Health Education

Developmental Guidance Gr. 1-5

Digital Safety by HTPD

Lankenau Delema G.Deaver Health
Education Center

- Life Begins 5th grade
- Healthy Me 1st grade



Elementary Schools

Activities supporting physical, social, and emotional wellness:

Coopertown Cares

Hoops For Hearts

National Walk to School Day/National Bike to School Day

Digital Safety with HTPD

Wednesday Wellness Tips

Mindfulness

Acts of Kindness and Character Education

Fundraising for CHOP, hurricane victims, Ronald McDonald House, and more



Haverford Middle School

Physical Activity

PE Class 6th grade 48 min 2/wk
(64 hours/school year)

PE Class 7th grade 48 min 2-3x wk
(64 or 96 hours/school year)

PE Class 8th grade 48 min 2-3x wk
(64 or 96 hours/school year)



Haverford Middle School

Wellness Education

6th Grade

Health Class

48 min/week

32 hours/school year

Dev. Guidance

48 min/week

32 hours/school year

7th grade

NEW Health Class

48 min 1Q

8th grade

Health Class

48 min 1Q

Lankenau Deaver Health Education Center

-8th grade health classes

Wellness Activities



Haverford Middle School

Activities supporting physical, social, and emotional wellness

Wellness Day 10/31/17

Wellness Day 1/12/18

Wellness Day 2/16/18

Wellness 5/7/18

Wellness day 5/16/18

Activism

Young Minds Changes Lives Club

14th Annual Potter Cup

Bringing Hope Home 6th Grade Olympics

Digital & Drug and Alcohol Safety Awareness

Inclusivity

Mental Health Awareness

NOPE parent presentation

NOPE presentation 8th grade 6th/7th Student



Haverford High School

Physical Education

Physical Education for 9th graders (½ credit)

General Physical Education

1 PE Elective (½ credit):

Lifetime Fitness;

Fitness and Weight;

Health and Wellness; or

PE Concentration (all include Fitnessgram)



Haverford High School

Wellness Education

Opioid Education Awareness in 9th Grade Physical Education Classes(YMCA)

Health 10th grade (0.5credit)

Electives

Health and Wellness

Foods for Today

Preparing for Adult Life

Preparing for Parenthood



Haverford High School

Activities supporting physical, social, and emotional wellness

Creating Opportunity for ALL Students - (School Wide Goal) 90 activities and athletics available

Gr. 9-12 Student Led Race/Culture/LGBTQ Fishbowls throughout the year

Minding your Mind Assemblies and Parent Presentation

NOPE assemblies (Narcotics Overdose Prevention Education)

Student Assistance Program

Women Organized Against Rape-WOAR-Sexual harassment training

Student Volunteers at Elementary Mindfulness, STEAM and Field Days

Student Counseling Groups-Anxiety, Grief, Stress, Drug and Alcohol, Friendship

Trent Stetler Mental Health Lacrosse Play Day

And more.....

Food and Nutrition

Gerry Gannon - Food Services