

# HEALTHY FORDS

## SCHOOL DISTRICT OF HAVERFORD TOWNSHIP WELLNESS NEWS

### Special Points of Interest

School Wellness Website- Check out our monthly family fitness calendars

Get Involved- Key to Social, Emotional and Academic Success

Community Partner  
Delema G Deaver  
Education Center at  
Lankenau



### WELCOME to the 2018- 2019 School Year

The 2018-2019 school year is off to a great start with many activities underway from 4th and 5th grade field hockey, spirit week, mindfulness, Wellness Days, and a host of activities that bring our students together building community, good sportsmanship and peer connections. Follow us on Twitter to keep up with all the healthy happenings at the School District of Haverford Township!

**Follow us on Twitter: HealthyFords**  
**Tag your photo with #HealthyFords**

### School Wellness Website

Check out our Wellness Web page! Find us under tab for Parents on the SDHT home page.

**Family Monthly Wellness Calendars**

**Safe Foods and Smarter Snack List**

**School Wellness Policy 246**

**Links to Coordinated School Health and Food Services**

**School Wellness Policy FAQs and Annual Report**



### The Two-Bite Club

This educational storybook, available in English and in Spanish, was developed to introduce My Plate to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story. The back of the book contains a My Plate coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters. Source: US Dept. of Agriculture

Download for free: Two Bite Club (English version)  
El Club de Dos Bocados (Spanish version)



Research reported by the Assoc. of Supervision and Curriculum Development in Educational Leadership supports students participating beyond the academic day.

Public school students across the United States participate in a wide variety of extracurricular activities: interscholastic and intramural athletic programs; service and school government clubs; music, art, and drama organizations; and academic and vocational clubs. Usually conducted outside the normal school day, the activities are voluntary, and students do not receive grades for their participation.

### Benefits for Students

Do these clubs, teams, and organizations support the academic mission of our schools? In a paper looking at predictors of academic giftedness, Modi, Konstantopoulos, and Hedges (1998) found that gifted students appear to spend their time out of school participating in constructive activities. The research disclosed that a "50 percent increase (in the odds of being gifted) was related to involvement in extra-curricular activities" (p. 15).

Involvement in extracurricular activities also helps at-risk students. John Mahoney and Robert Cairns (1997) indicated that engagement in school extracurricular activities is linked to decreasing rates of early school dropouts in both boys and girls. They discovered that such participation provides marginal students an opportunity to create a positive and voluntary connection to their school. Conversely, other strategies typically used to address the needs of at-risk students, such as school dropout prevention programs and remedial education, focus on the deficits of students and serve as a catalyst in the formation of deviant groups. The researchers strongly believe that involvement in extracurricular activities may support the at-risk student by maintaining, enhancing, and strengthening the student-school connection.

ASCD/Educational Leadership  
December 1999/January 2000 | Volume 57 | Number 4  
Understanding Youth Culture Pages 87-88

### Get Involved!!

There are so many ways to get involved:

Choose from 70+ clubs and 24 sports teams at Haverford High School

AND.....

51 clubs and 16 sports teams at Haverford Middle School

AND.....

4 Sports at the elementary schools and numerous activities, service projects and clubs across all of our schools!

There is something for everyone:

Sports

Drama  
Music  
Culture

Community Service

Science

Math

Art

Writing

Academic Competition

Robotics

Gaming

Anime

Best Buddies

Running

Potter Cup

MLK Day of Service

AND MORE!

**SDHT Wellness Committee**

- John Beradoni- Admin**
- Mary Pat Bongiovani- Nurse**
- Ed Brockelsby- Health/PE**
- Valerie Burnett- District Rep**
- Student Board Reps**
- Joel DiBartolomeo- Admin**
- Georgia Dividis- Parent**
- Ari Flaisher- School Board**
- Catherine Frank- Parent**
- Gerry Gannon- Food Services**
- Dan Horan- Admin**
- Sandra Johnston- Health/PE**
- Tim Kershaw- Health/PE**
- Dr. Andrea Knight- Community**
- Maureen Krouse- Community**
- Beth Mastrocola- Admin**
- Kevin Murphy- Counselor, Athletic Director**
- Mary Somers- Nurse**

**Physical Activity and Wellness Subcommittee Representative:**  
**Katie Thompson- Nurse, Parent**

**Food and Nutrition Subcommittee Representative:**  
**Stephanie Vander Veur- Community, Parent**



Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

**Community Partnership**

The Delema G. Deaver Health Education Center at Lankenau Medical Center is committed to promoting the health and well-being of its visitors. Through the use of innovative technology and educational programming, both children and adults will discover the importance of developing and maintaining a healthy lifestyle.

The Health Education Center provides visitors with a creative, interactive learning environment that supplements the education efforts of schools, families and community organizations. One of the most popular presenters is Pandora, a life-size, three dimensional, transparent talking woman who highlights anatomy and physiology while giving viewers a look inside the incredible human body.

During the 2017-18 school year 7880 students attended 244 programs at the Deaver Education Center or at the Deaver Farm. This included 947 students from the SDHT with even more scheduled for this year!

Students from over 500 public, private and charter schools attended programs, and 48% of all schools were from Delaware County.

Click below to learn more about all the center has to offer:  
 Delema G Deaver Health Education Center or contact  
 Maureen Krouse at 484.476.3434



**NURSE'S CORNER**

The School District of Haverford Township provides a program of Coordinated School Health Services that are organized and developed in accordance with the school laws and regulations of the Commonwealth of Pennsylvania.

The primary purpose of School Health Services is to provide health care and services so that each student can achieve his/her maximum level of wellness. Optimal health is essential so that each student can utilize the education opportunities fully.

Check out the Coordinated School Health page on the SDHT website for immunizations information, medication policies, mandated screenings, and MORE!

### **USDA Smart Snack® Guidelines**

Any food sold in schools must:

1. Be a “whole grain-rich” grain product; or
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Per Portion:

Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% or less than total calories
Saturated Fat	Les than 10% calories
Trans Fat	0%
Sugar	35% by weight or less

All foods for classroom celebrations must meet Smart Snack® Guidelines. The School District of Haverford Township also excludes foods documented to cause serious allergic reactions in our students. Additional specific classroom restrictions may apply.

Visit our website for the current Safer Foods/Smart Snack List

**Is your snack a Smart Snack®? Use the USDA Smart Snack Calculator!**

**<https://foodplanner.healthiergeneration.org/calculator/>**

### **Physical Activity**

Check out the monthly family fitness calendars on the Wellness page of the SDHT website.

As a family commit to 5 activities per week. Celebrate each week or month of success!

Choose the recommended activity or customize with your own activity-

Go for a family walk each day, shoot hoops, do jumping jacks during commercials, turn on the music and dance!

Post the calendar as a reminder to get up and move!

## **COMING SOON TO A CAFETERIA NEAR YOU!**

**Fresh Local produce from a co-op of local farmers that are within a 50 mile radius.**

Every week Food Services Director Gerry Gannon gets a list of what is available. Produce ranges from apples to pears to chicken and beef (these will be on the HS menu in November).

Every week Mr. Gannon tries to add some local produce to the schools serving line. In October, there were local mushrooms and arugula on the High School salad bar. A few weeks ago all school had pears from Downingtown. Encourage your student to look for and enjoy fresh food options each day.

# **FRESH AND LOCAL**