

School District of Haverford Township
 School Wellness Policy 246
 Annual Reporting 2017-2018 School Year

In accordance with the School District of Haverford Township School Wellness Policy 246,

Each building principal or designee shall report to the Superintendent's designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report annually to the designee regarding the status of such programs.

The designee shall annually report to the Board on the district's compliance with law and policies related to school wellness. The report may include:

1. *Evaluation of food services program and review of all foods and beverages sold in schools for compliance with established nutrition guidelines.*
2. *Listing of activities and programs conducted to promote nutrition and physical activity*
3. *Recommendations for program revisions and suggestions for improvement in specific areas.*

School Wellness Committee 2017-2018

Member	Role	Subcommittee Representative
Tim Kershaw	Physical Education Teacher	Physical Activity/Wellness
Sandy Johnston	Physical Education Teacher	Physical Activity/Wellness
Ed Brockelsby	Physical Education Teacher	Food and Nutrition
Kevin Murphy	Counselor/Athletic Director	Physical Activity/Wellness
Mary Somers	School Health Professional	Physical Activity/Wellness
Mary Pat Bongiovani	School Health Professional	Physical Activity/Wellness
Gerry Gannon	Food Services Director	Food and Nutrition
Valerie Burnett	District Admin Designee	Physical Activity/Wellness*
Michael Selfridge	Student HMS	Physical Activity/Wellness
Julia Davies	Student HHS	Physical Activity/Wellness
Emma Davies	Student HHS	Food and Nutrition
Catherine Frank	Parent	Physical Activity/Wellness
Georgia Dividis	Parent	Food and Nutrition
Maureen Krouse	Community Member	Food and Nutrition
Dr. Andrea Knight	Community Member	Physical Activity/Wellness
Ari Flaisher	School Board Member	Food and Nutrition*
John Berardoni	Administration	Physical Activity/Wellness
Dan Horan	Administration	Physical Activity/Wellness
Joel DiBartolomeo	Administration	Physical Activity/Wellness
Beth Mastrocola	Administration	Food and Nutrition
Matthew Crater	Administration	Food and Nutrition
Stephanie Vandevour	Subcommittee Member	Food and Nutrition
Katie Thompson	Subcommittee Member	Physical Activity

*Facilitator

The Wellness Committee and Subcommittees Meetings were held on the following dates:

November 14, 2017	Wellness Committee
December 7, 12, 2017-	Food and Nutrition subcommittee visits to Lankenau
January 10, 2018	Physical Activity Subcommittee
February 21, 2018	Wellness Committee
April 11, 2018	Wellness Committee
June 21, 2018	Board Meeting

Over the course of the school year wellness activities included:

- Increased participation in attending educational sessions at Lankenau Deaver Health Education Center
- Collaborated and developed Wellness web page on District website
- Collaborated and distributed Spring and Spring/Summer Healthy Fords Newsletter
- Shared strategies for developing/increasing physical activity and wellness
- Introduced structured games at recess to increase inclusivity
- Shared monthly family wellness calendar
- Reported on building based activities promoting physical activity, wellness and nutrition

Physical Activity and Wellness Activities

Activities promoting physical activity and wellness were held throughout the school year and varied across buildings. Below is a representative sample of the activities and ongoing initiatives that support physical activity and wellness in our schools:

Elementary

Each Building has common times allotted for physical education and recess in grades 1-5

Physical Education 60 minutes weekly 40 hours per school year

Recess 20 minutes daily 60 hours per school year

Health Education Standards

Developmental Guidance

Lankenau Hospital Delema G. Deaver Health Education Center

Life Begins- all 5th grade classes

Healthy Me- 1st grade pilot

Chatham Park Elementary

Wednesday Wellness Tips

Hat Day for a Cause – supporting hurricane and flood victims

Field Day

Field Hockey

Track team and Track Meet

Peer Mediation program

Peer Tutoring

Fifth Grade Bucket Filler

RESPECT Program

School Wide Meals for the Homeless

3-5 Grades Service Learning

Healthy Heart Day

Maniac Magee Run for the Homeless

After School Running Club



Chatham Park Field Day

Chestnutwold Elementary:

Student Morning activity with PE teacher to "get your engine primed" for the day. Fifteen to twenty minutes of team activity for students in grades 1 through 5.

Safe play at recess four weeks each year PE teacher works with students at recess on "safe play" activities learned in PE classes

Mindfulness - embedded and on going throughout the school

Responsive Classroom

Morning Meeting

10 Acts of Kindness- Kindness Certified School

Character Education – Promising Practice

Book and Food Drive for Ardmore Food Pantry

Running Club

Garden Club

Peer Mediation

Reading Buddies

Classroom Delegates

Diversity Club

Field Day

Field Hockey

Track team and Track Meet



Chestnutwold Wonders

Coopertown Elementary

Coopertown Cares Club

Healthy Heart Festival and Jump Rope for Heart

Be My Light supporting Temple Univ. Hospital lung patients

Texas Hurricane Relief fundraiser

GoNoodle Brain Break activities

Restorative Practices

Morning Meeting

Tower Vegetable Garden and Salad Party

Field Day

Field Hockey

Track Team and Track Meet

Cardio Stations

Just Dance for Wii



Coopertown v. Chestnutwold Field Hockey

Lynnewood Elementary

- Hoops For Hearts
- National Walk to School Day
- National Bike to School Day
- Digital Safety with HTPD
- Field Day
- Field Hockey
- Track Team and Track Meet
- Mindful Schools Grant
- Coach-In-Training Peer Recess Program
- Basketball Club
- Jewelry Exchange Service Learning supporting Peter's Place
- Comedy Workshop Social Skills Program



Lynnewood Field Day

Manoa Elementary

- Student Wellness Self Assessment
- Healthy Happy Heart Book
- Character Education
- Responsive Classroom
- Morning Meeting
- Buddy Bench
- Peer Mediation
- Magic Mailbox
- Annual Food Drive
- Read for the House- supporting Ronald McDonald House
- The Jared Project- Supporting children at CHOP
- Field Day
- Field Hockey
- Track Team and Track Meet



Elementary Track Meet



Officer Flynn Teaching Digital Safety



Wednesday Wellness at Chatham Park

Haverford Middle School

PE Class 6 th grade	48 min 2/wk	64 hours/school year
Health Class	48 min/week	32 hours/school year
Developmental Guidance	48 min/week	32 hours/school year
PE Class 7 th grade	48 min 2-3x wk	64 or 96 hours/school year
NEW Health Class	7 th grade	48 min daily 1 Quarter
PE Class 8 th grade	48 min 2-3x wk	64 or 96 hours/school year
Health Class 8 th grade	48 min daily 1 Quarter	
Wellness Day 10/31/17	Digital & Drug and Alcohol Safety Awareness	
Wellness Day 1/12/18	Inclusivity	
Wellness Day 2/16/18	Mental Health Awareness	
Wellness 5/7/18	NOPE parent presentation	
Wellness day 5/16/18	NOPE presentation 8 th grade and 6 th /7 th Student Activism	
Young Minds Changes Lives Club		
14 th Annual Potter Cup		
Bringing Hope Home 6 th Grade Olympics		
No Place for Hate		



HMS working on their fitness!



Potter Cup 2018



HMS Sports

Haverford High School

Required Credits: PE 9th grade
Health 10th grade
1 PE Elective: Lifetime Fitness; Fitness and Weight; Health and Wellness; or
PE Concentration (all include Fitness Gram)

Creating Opportunity for ALL Students- (School Wide Goal) 90 activities and athletics available
Parent Assembly Raising Digital Kids- What Parents Need to Survive
Gr. 9-12 Student Led Race/Culture Fishbowl 2x/year
College Road Trip for Juniors
College and Career Fair 9th-11th grades
Minding your Mind Assemblies and Parent Presentation
NOPE assemblies (Narcotics Overdose Prevention Education)
Women Organized Against Rape
Student Assistance Program
Student Volunteers at Elementary Mindfulness, STEAM and Field Days
Red Cross Blood Drive
Student Counseling Groups- Anxiety, Stress, Drugs/Alcohol
Trent Stetler Mental Health Lacrosse Play Day

District Wide

Inclusivity Committee
Suicide Prevention Policy and Activities
Child Abuse Awareness for Staff
Annual BioMetric Screening for Staff
Trek to the Summit Fitness Challenge for Staff
Flu Shot Program for Staff



Food and Nutrition

Smart Snacks® Guidelines
All classroom celebrations abide by the District's Safer Foods/Smart Snack which identifies foods that meet the USDA Smart Snack® guidelines as well as excluding foods identified as serious allergens to students.

Food and Nutrition

Smart Snacks® Guidelines
Holiday classroom celebrations abide by the District's Safer Foods/Smart Snack which identifies foods that meet the USDA Smart Snack® guidelines as well as excluding foods identified as serious allergens to students.

Fundraising

Foods sold during the school day for school fundraising must meet Smart Snacks® Guidelines with limited exemptions permitted:

Elementary (5 exemptions permitted) All fundraising met Smart Snacks® Guidelines

HMS (5 exemptions permitted) All fundraising met Smart Snacks® Guidelines

HHS (10 exemptions permitted) Three (3) exemptions taken

Food Services

The School District of Haverford Township Food Services meets and complies with all USDA requirements.

Communication

The following sources were used to communicate publicly on the Wellness Policy, USDA guidelines and Smart Snacks/Safer foods list:

PTO presentations

The School District of Haverford Township Wellness web page

The School District of Haverford Township Food Services web page

Healthy Fords Newsletters- Spring Vol. 1 and Spring/Summer Vol. 2

Twitter feed #Healthy Fords

School Board Update June 2018:

- Physical Education/Physical Activity

- Wellness Activities and Wellness Education

- Food Services 2017-2018