

HEALTHY FORDS

SCHOOL DISTRICT OF HAVERFORD TOWNSHIP WELLNESS NEWS

Special Points of Interest

Volunteering and Service Projects

Social and Emotional Wellness- Focus on Growth Mindset

Nurses Corner- Mandated Health Screenings

Nutrition Notes and Healthy Snacks
Physical Activity

A HELPING HAND The benefits of volunteering and service projects have long been touted to be just as meaningful to those who give as well as those who receive. HelpGuide.org lists several benefits of volunteering:

Volunteering helps counteract the effects of stress, anger, and anxiety.

Volunteering combats depression.

Volunteering makes you happy.

Volunteering increases self-confidence.

Volunteering provides a sense of purpose.

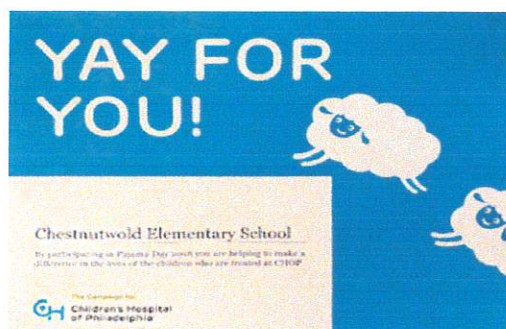
Volunteering helps you stay physically healthy.

Check out our Healthy Ford Volunteers!

Haverford Middle School students made fleece, no-sew blankets to be donated to the non-profit organization, Cozies 4 Chemo which provides blankets for individuals, in the US & abroad, going through chemotherapy treatments.



In honor of Dr. Martin Luther King Day, Coopertown Cares and Girl Scout Troop 51260 are collecting used shoes for the Harmonious Volunteer Center. The collection of shoes creates jobs for community members and provides resources for people in need.



It is POTTER CUP time!!! The Potter Cup is an annual spirit and athletic event between Haverford Middle School and Paxon Hollow Middle School. We have been partnering with Paxon Hollow Middle School since 2004 to spend a day together filled with fun, school athletic events, activities, snacks, and helping others. This year the Potter Cup will be held at Haverford High School on January 25, 2019.

The Potter Cup event has raised over \$480,000 for Alex's Lemonade Stand over the last fifteen years!

FOCUS ON SOCIAL EMOTIONAL WELLNESS

GROWTH MINDSET is a concept developed by psychologist Carol Dweck, author of *Mindset: The New Psychology of Success*. Dweck describes mindset as a personal theory or belief one has about themselves. In a fixed mindset, one believes that their ability or intelligence is fixed, and they are subject to the outcomes based on these fixed qualities. Alternately, one with a growth mindset believes that they can further develop their abilities and talents through hard work and dedication.

Dweck's work is meaningful to school reform efforts since the way students think about Learning, their abilities and intelligence can impact their school performance. Dweck's findings have suggested students with a growth mindset learn more and learn faster and may see challenges or setbacks as opportunities to improve their learning.

Dweck's work also shows that a growth mindset can intentionally be taught. A teacher might praise perseverance and hard work rather than responding with "You must be very smart!" Similarly, parents can help their child develop a growth mindset through their daily interactions.

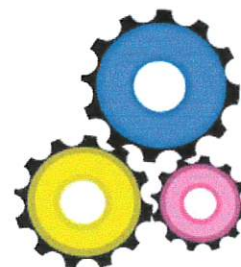
Instead of What did you learn today?

TRY:

What did you do today that made you made you think hard?

What did you do today that made you keep going?

What mistakes do you make that taught you something?



MINDSET RESOURCES FOR PARENTS

Mindset Kit | Growth Mindset for Parents Course
<https://www.mindsetkit.org/growth-mindset-parents>

Parents - MindsetWorks
<https://www.mindsetworks.com/parents/>

Growth Mindset Toolkit for Parents – Transforming Education
<https://www.transformingeducation.org/growth-mindset-toolkit-parents/>

Developing A Growth Mindset - 5 Tips for Parents | Oxford Learning
<https://www.oxfordlearning.com/growth-mindset-tips-for-parents/>

Pennsylvania Mandated School Health Screenings

The following screenings are mandated by the Pennsylvania Department of Health. These are considered screenings and are not to be a substitute for regular checkups with your pediatrician or dentist. School nurses perform the following screenings except where noted.

Height and Weight (BMI) Checked annually in K through grade 12. The state mandated BMI (Body Mass Index) screening program has also been implemented for grades K – 12. For additional information on the state school BMI program go to www.health.state.pa.us/schoolhealth.

Vision Checked annually in K through grade 12. If you have a concern, suspect a visual problem, or your child has an existing visual condition you would like to discuss contact your school nurse. If a student does not pass the visual screening a referral notice will be sent home.

Hearing Checked in K, 1,2,3,7, and 11. If you have a concern, suspect a hearing problem, or would like to discuss an existing hearing problem please call your school nurse. If a student does not pass the hearing screening a referral will be sent home.

Scoliosis Screening is mandated for students in grades 6 and 7. The 6th grade scoliosis screening is generally done as part of the required 6th grade physical examination done by your private pediatrician. If a student does not pass the scoliosis screening a referral notice will be sent home.

Physical Examinations Required for students entering public school for the 1st time (usually K or 1), 6th, and 11th grades. Always make a copy of completed physical exam forms for your own personal records. Only those students with written parental permission will be examined by the school physician.

Dental Examination Required of students in grades entering public school for the 1st time (usually K or 1), 3, and 7. We accept, and prefer an examination report from your family dentist. School Dental examinations screen only for visible cavities and decay. No X-rays, cleaning or sealing services are performed. Only those students with written parental permission will be screened by the school dentist.

What does a referral mean? If you received a referral form after any school screening or examination, it means the screening or examination detected a possible problem and further evaluation by a professional health care provider is recommended. The referral form is to be completed by your private health care provider and returned to the school nurse.

SDHT Health Offices

Chatham Park	610-853 5900 X 1470	Manoa	610-853 5900 X6470
Chestnutwold	610-853 5900 X 8470	Haverford Middle School	610-853 5900 X 5102
Coopertown	610-853 5900 X 3470	Haverford High School	610-853 5900 X 2470
Lynnewood	610-853 5900 X 4470		

HEALTHY FORDS TRENDING IN THE SCHOOL DISTRICT OF HAVERFORD TOWNSHIP



ChathamPark_ES @Cha... · 1/3/19
 Congratulations to our December Community of Caring Students of the Month for the Value of Respect! Bulldog Power+Bulldog Strong



Lynnewood Elementary
 @Lynnewood_ES

Students @Lynnewood_ES enjoyed an awesome assembly learning about problem solving and friendship with @assemblyshows thanks to the @LynnewoodPTO!



Haverford MS @Haverford_MS · 3d
 6th graders participating in card games that support mindfulness and healthy activities during our Wellness Day today 🙌



Haverford MS @Haverford_... · 2d
 HMS shredding at Big Boulder today!!!



Haverford HS @Have... · 12/21/18
 Mr. Decina's AP Psychology class had Mr. Pender, the @MossRehab facilities dog, visit them as part of their unit on therapeutic intervention. The presence of facility and therapy dogs provide many benefits. #HPride



Manoa Elementary @Mano... · 2d
 Dr. Martin Luther King Jr. word search, bingo, Kahoot, 4 corners and I Have a Dream posters were all used by Manoa's 4th graders to learn about and celebrate MLK Day. #ManoaProud #MLKDay 🐾



NUTRITION NOTES and Recipes

A Dozen Snack Combos for After School Snacks

Mix things up for better nutrition!

Roll sliced turkey or ham and cheese in a tortilla

Combine two whole grain cereals and milk

Dunk fresh veggies in a lowfat yogurt dip

Layer lowfat yogurt, whole grain cereal, and fruit

Mix together bear-shaped graham crackers, oat-ring cereal and raisins

Spread peanut butter (or sun butter) on a graham cracker and top with banana lices

Serve baked tortilla chips with salsa or black bean dip

Add peanuts or walnuts, sunflower seeds, and pumpkin seeds to popcorn

Top whole-wheat pita bread triangles with hummus

Mix bite-size shredded wheat squares, sunflower seeds and dried fruit

Spread apple slices with crunchy peanut butter or sun butter

Serve grapes or apple slices with cheese and crackers

For more information, visit www.MyPyramid.gov

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!

Remember to check the Wellness Web page for each new monthly family fitness calendar.

BRRRRR.... Its COLD Outside!!!! Check out these web sites for winter safety

Be Prepared to Stay Safe and Healthy in Winter | Features | CDC

<https://www.cdc.gov/features/winterweather/index.html>

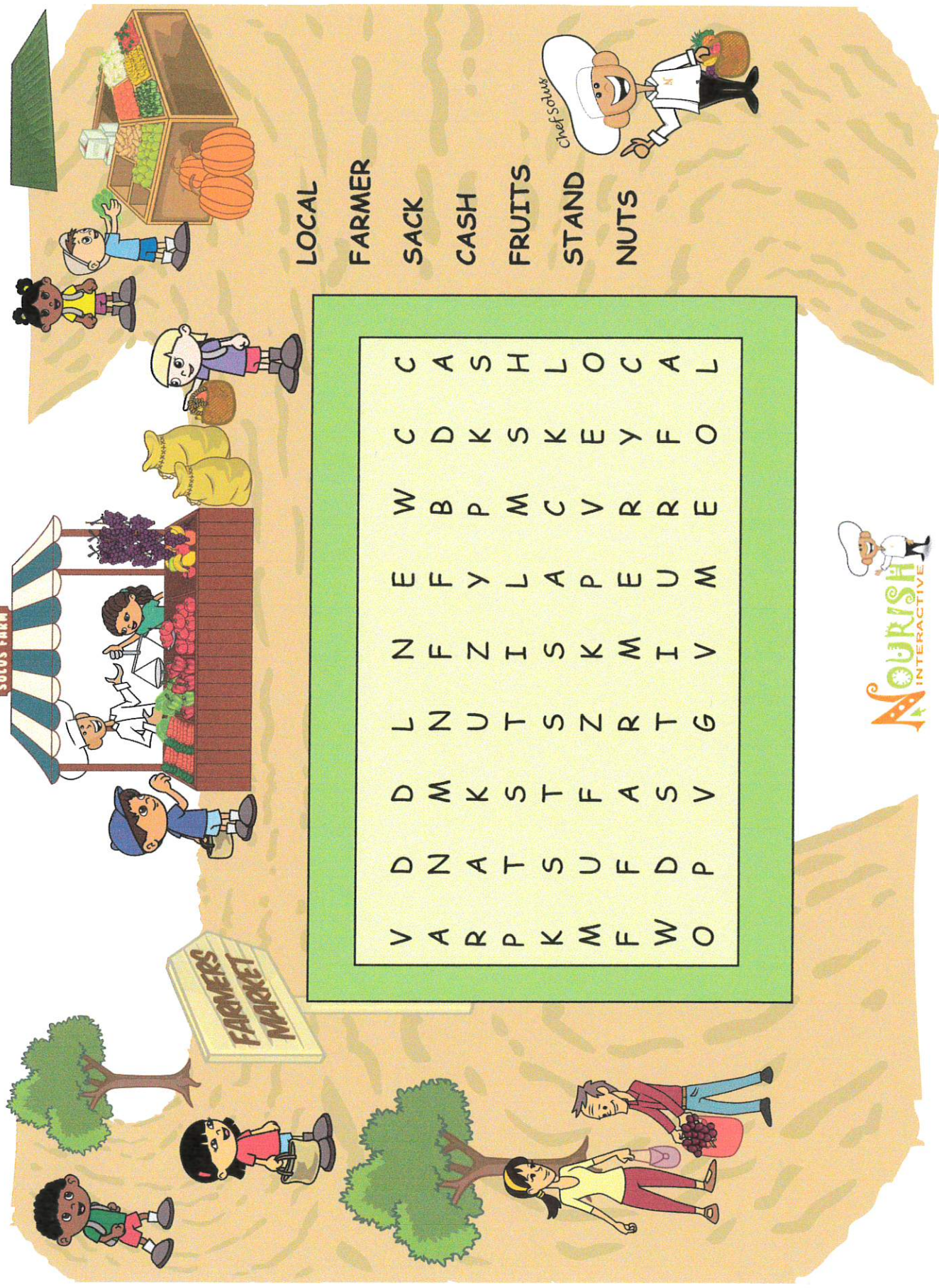
Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. ... If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Winter Safety Tips from the American Academy of Pediatrics - AAP.org

<https://www.aap.org/en-us/about-the-aap/...safety.../AAP-Winter-Safety-Tips.aspx>

Tips for keeping child safe outside during the winter

Chef Solus' Farmer's Market Word Search Puzzle!



LOCAL

FARMER

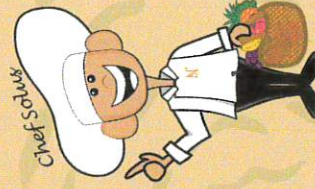
SACK

CASH

FRUITS

STAND

NUTS



C	A	S	H	L	O	C	A	L
C	D	K	S	K	E	Y	F	O
W	B	P	M	C	V	R	R	E
E	F	Y	L	A	P	E	U	M
N	F	Z	I	S	K	M	I	V
L	N	U	T	S	Z	R	T	G
D	M	K	S	T	F	A	S	V
D	N	A	T	S	U	F	D	P
V	A	R	P	K	M	F	W	O

