



Supporting Health and Wellness in Our Schools

Haddon Township School District
May 2020
Andrew Swiecicki



Purpose of this brief presentation...

1. Introduce Health and Wellness Team Members
2. Briefly discuss how we support health and wellness in the Haddon Township School District both pre- and post Covid-19





Our Wellness Policy

1

Goals for nutrition promotion

3

Goals for physical activity

2

Goals for nutrition education

4

Goals for other school-based activities

Our Health and Wellness Team



- Mr. Tyler Tomashek- HS Teacher/HS and RMS Parent
- Ms. Michele Mercado- Nurse
- Ms. Rachel McConnell- Physical Education Teacher
- Mr. Jason Walton- HS Teacher/HS Parent
- Mr. Andrew Swiecicki- HS Assistant Principal
- Luca Severino- 12th grade student
- Kiley Sullivan- 12th grade student

Health and Wellness Support During Remote Instruction

- Weekly S'more newsletters from our counselors to support overall mental health
- Families were provided access to mental health resources during quarantine
- Counselors are holding sessions with students via zoom as needed
- Counselor/Nurse Zoom Check-ins on a weekly basis
- Virtual Field Day on May 15th
- Mindfulness Day on May 22nd
- Edison and Strawbridge have established virtual calming rooms for students and families
- Fitness Clubs at Jennings and Stoy are currently exploring virtual options
- Nursing staff created videos explaining importance of PPEs to our younger students
- Videos ranging from heartwarming to humorous have been created and shared with our students
- The visual and performing arts program has explored new ways of performing: HT Cares Video Cabaret <https://www.youtube.com/watch?v=XQBReBJFi8c>
- PE department continues to keep our students physically active!
- Community flyover with positive messaging



Health and Wellness Support for Staff

- Professional development on suicide awareness/prevention with supportive documents to staff from our counselors
- Nursing staff have reached out to staff members for wellness checks
- HS teachers have been exploring mindfulness lifestyle practices through Jon Kabat Zinn's book Wherever You Go, There You Are.
- Team building activities via Zoom

Nutrition Promotion

- Nutriserve follows state and federal guidelines for snacks and lunches
- Visual displays in the lunchroom encourage healthy food selection
- HT students with food insecurity have been provided meals by Nutriserve during quarantine



Nutrition Education



- Nurses in elementary schools join classrooms periodically to help teach healthy lifestyle habits.
- Health curricula covering a variety of lifestyle topics are covered in the middle and high schools.

Healthy Messaging



Physical Activity



Jennings and Stoy Schools Promote Fitness with 5K



THEY'RE OFF: Students of Jennings and Stoy schools in Haddon Township enjoyed a fitness program started by the school nurse which culminated in a special 5K run at the end of last week.

photo by Alexandra Clark

by Alexandra Clark

On June 3, the fitness clubs at Jennings and Stoy Elementary in Haddon Township held a 5K Race at Newton Lake Park as their culminating end-of-the-year event. The students have

been training nine weeks for the race and invited their friends and family to participate and cheer them on.

Michele Mercado, the new

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Physical and emotional support staff in our schools....and at home!



Next year and beyond...



- Our team meets quarterly and discuss compliance/noncompliance with the policy and make adjustments accordingly.
- We will continue to update the Board of Education yearly with a brief presentation.