



School Wellness 2018-19

#HealthyFords

School Wellness Policy 246

Policy required by USDA and PDE

Wellness Committee includes administrators, faculty, students, parents, community, and a School Board member

Supports physical activity, wellness, and the implementation of USDA nutrition guidelines through Food Services, classroom celebrations and fundraising

Communication of activities through the web page, Healthy Fords Newsletter, #HealthyFords, annual public update

The full report can be found on District Wellness web page

Elementary Physical Activity

Physical Education

60 minutes weekly / 40 hours per school year

Recess

20 minutes daily / 60 hours per school year

Field Day

Field Hockey

Floor Hockey

Basketball Club

Flag Football

Track Team and Track Meet



Elementary Wellness Education

Health Education Standards

Developmental Guidance

HTPD Digital Safety

Lankenau Hospital Delema G. Deaver
Health Education Center

Life Begins: all 5th-grade classes

Activities supporting physical, social, and emotional wellness:

UNITY Day for 5th grade students

Wednesday Wellness Tips

Peer mediation program

Character Education: Community of Caring, Promising Practice

Great Kindness Challenge

Healthy Heart Day

Mindfulness

Morning Meeting

Responsive Classroom

National Walk / Bike to School Day

Buddy Bench

Coopertown Cares Club

Student morning activity with PE - "get your engine primed"

Community outreach: Hat Day for a Cause, book and food drives, Be My Light, Hurricane relief, Read for the House, The Jared Project, Hoops for Heart, and many more!

Food and Nutrition

Classroom Celebration Menu to be developed

Applies to school initiated celebrations only

- * Halloween, Winter, Valentines Day, End of Year
- * More choices for fresh fruits and vegetables
- * Choices may be limited in classes with identified allergies
- * Parents can choose to order through Food Service

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
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	

Haverford Middle School

Developmental Guidance

Wellness Days

Lankenau Hospital Delema G. Deaver
Health Education Center



Activities supporting physical, social, and emotional wellness:

Wellness Days - school wide education on health, safety and wellness

Young Minds Changes Lives Club

Annual Potter Cup- over \$500K raised to date for Alex's Lemonade Stand

Best Buddies Walk

Bringing Hope Home Olympics raised over \$100K in 2019

No Place for Hate

Making a Difference awards

Student of the Month

Senior Citizen Social

Student Council beautification at Haverford Green at the Triangle Gardens

Haverford High School

Physical Education

Required Credits:

Physical Education 9th grade

General Physical Education

Health 10th grade

1 PE Elective: Lifetime Fitness; Fitness and Weight; Health and Wellness;
or PE Concentration (all include Fitnessgram)

Haverford High School



Activities supporting physical, social, and emotional wellness:

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

Best Buddies Club is the Chapter of the Year!

Parent Assemblies hosted with Haverford Township Education Foundation

Gr. 9-12 Student Led Fishbowl 3x/year on pertinent student issues

College Road Trip for Juniors

College and Career Fair 9th-12th grades

Minding your Mind Assemblies and Parent Presentation

Student Assistance Program

Student Volunteers at Elementary and Middle School Mindfulness, STEAM and Field Days

Red Cross Blood Drive

Student Stress Group

Trent Stetler Mental Health Lacrosse Play Day

No Place for Hate Club

8th Grade Move Up Day Athletics/Activities Fair

Questions