

HEALTHY FORDS

SCHOOL DISTRICT OF HAVERFORD TOWNSHIP WELLNESS NEWS



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Welcome to the Wellness Committee

Welcome to the first edition of Healthy Fords – the SDHT newsletter from the Wellness Committee, Food Services, School Health Services and our schools. Our focus is supporting healthy students through education, food and nutrition, physical activity, and student wellness.

What is Social Emotional Wellness?

Wellness is much more than merely physical health, exercise or nutrition. Our ability to establish and maintain positive relationships with family, friends and co-workers contributes to our Social Wellness.

Emotional Wellness is the ability to understand ourselves and cope with the challenges life can bring (Univ. of Calif. 2014)

Each newsletter will focus on ideas or activities in our schools that promote all aspects of student wellness.

School Wellness Policy

In the Spring of 2017, the US Department of Agriculture (USDA) required all schools districts to adopt a School Wellness policy. Policy requirements included:

- Establishing a wellness committee to support implementation of the policy and triennially assess the policy
- Providing quality physical education
- Adhering to USDA standards for food services and competitive foods
- Adhering to Smart Snack® guidelines for fundraisers and classroom
- Celebrations
- Providing nutrition education and modeling healthy behaviors

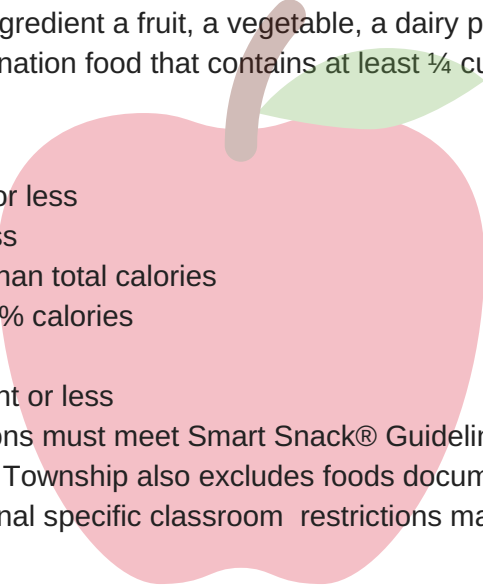
School Wellness Policy 246 was Board approved June 15, 2017. The policy and FAQs may be found on the SDHT website under the tab for Parents.

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 $\frac{1}{4}$ 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	Less 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/>



As a parent, you have the ability to help make the school meals a positive and exciting experience for your child. School meals have whole grains, fruits, and vegetables; low-fat milk; and less salt and fat. Help your child check out these new meals and find what they like. It takes time to get kids to learn to like new foods.

Here are some tips to help your children eat healthy foods:

- * When your child gets home from school, ask what they ate for lunch.
- * Eat meals with your child as much as you can and let your child see you eat fruits, vegetables, and whole grains.
- * Grocery shop with your child. Talk about where vegetables, fruits, grains, milk and meat come from.
- * Try new foods and describe how they smell, feel and taste. Offer one new food at a time and serve something your child likes with that new food.

Source: USDA

PHYSICAL ACTIVITY

- Create a family goal for daily physical activity
- Add a few minutes each day into your daily routine
- Trade screen time for physical activity time
- Go for a family walk each day
- Shoot hoops
- Do jumping jacks during commercials
- Turn on the music and dance
- Kick a soccer ball
- Jump rope
- Find a yoga video on YouTube or TeacherTube
- Go for a bike ride and always wear a helmet
- Run in place and track your steps! Aim for 10,000 steps a day
- Play catch with a soft ball, football or Frisbee
- Use the stairs instead of the elevator
- Stretch!

FOCUS ON SOCIAL EMOTIONAL WELLNESS

CHESTNUTWOLD ELEMENTARY celebrated the Winter Olympics by connecting their Chestnutwold Character Kids Traits (ChCK Traits) with an emphasis on kindness and tolerance to the Olympic theme - promoting unity. Over 35 flags from across the globe representing the students' native countries were hung for display in the gym to celebrate the diversity in the school. In addition to promoting the purpose of the ChCK Traits, the school community wanted to show their empathy and compassion for each other in ways that strengthen the whole school community, no matter their differences. To strengthen and add value to their existing Character Education program, Chestnutwold is joining "The Great Kindness Challenge" movement. This initiative kicked off on Friday, February 16, 2018 as Chestnutwold hosted a "Kindness and Tolerance" school meeting and assembly.

MANOA ELEMENTARY congratulates all of their trustworthiness award winners. The students who won this award exhibited the traits of being trustworthy; by being honest, reliable and not taking things that don't belong to them. Also, congratulations to their silver award winners; Mrs. Cirillo's class won the silver sneakers, Mrs. Donovan's class won the silver slippers, and Mr. Robarge's class won the silver spoon.

SDHT Wellness Committee

John Beradoni- Admin
Mary Pat Bongiovani- Nurse
Ed Brockelsby- Health/PE
Valerie Burnett- District Rep
Julia Davies- Student
Emma Davies - Student
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
Michael Selfridge- Student
Mary Somers- Nurse

Physical Activity and Wellness

Subcommittee Representative:

Katie Thompson- Nurse, Parent

Food and Nutrition

Subcommittee Representative:

Stephanie Vander Veur-
Community, Parent



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 and MORE!



To me, good health is more than just exercise and diet.
It's really a point of view and a mental attitude you have about yourself.

Albert Schweitzer