

Local Wellness Committee

In accordance with new Federal Regulations, Pemberton Township Schools established a Local School Wellness Policy in 2017. A committee was formed, comprised of a cross-representation of School administrators, nurses, physical education teachers, guidance counselors, teachers, students and parents who met several times throughout the 17-18 school year to ensure our compliance with this policy, to discuss topics related to wellness and to evaluate where we currently stand as a district in regards to overall wellness.

Specific goals were discussed for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

School Wellness Week

March 12-16, 2018

District-wide, our schools held fun and educational programs and activities designed to promote healthy eating, exercise and overall wellness.

Some of the activities included:

- Drop Everything & Let's Dance (Music over the loudspeaker)
- Meditation Breaks for students & teachers
- Milk Mustache Photo Booth
- Wegman's "Good Food Tour" Assembly
- Bike & Pedestrian Safety Assembly
- Dress in the color of your favorite fruit/vegetable day
- "Wiggle your Waist Wednesday" (The high school band went to play for the early childhood students)
- "Step Up & Stay Active" Bulletin Board - "Great Apps: Healthy Food + Activity = Winning Combination"
- P.A.C.K. (Pack Assorted Colors for Kids) - Food Services Staff offered fresh fruit and vegetables each day to all students
- Omar Stinney - owner of Drills for Skills - presentation on the importance of exercise
- Jump-a-Thon with proceeds going to the American Heart Association
- Facebook video including photos of students and their families getting active together
- Lessons in nutrition from school nurses
- Student challenge to use the "My Plate" super tracker program on their iPads to track how many servings of fruit, grains and protein they ate for 5 days



Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between academic achievement and the physical well-being of students.

When individuals learn to move safely, effectively, and efficiently, and feel comfortable and confident in the performance of motor skills, they are more likely to participate in health-enhancing forms of physical activity throughout life. In order to reach these goals, students must participate in a wide range of developmentally-appropriate activities. In addition to these activities, students will understand the components of health-related and skill-related fitness. They will learn how each component is developed and measured and how to implement fitness activities in order to support a healthy, active lifestyle.

Intense physical activity programs have positive effects on academic achievement, as well as overall physical, mental and emotional wellness.

Healthy Heart Choices in our Schools

- | | | |
|---------------------|------------------------|---------------|
| • Kickball | • Track/Cross Country | • Yoga |
| • Playgrounds | • Volleyball | • Basketball |
| • Baseball/Softball | • Aerobic Exercise | • Weight Room |
| | • Walking/Running Laps | |

Menus and other information related to nutrition are available to students and parents on our district website under Departments/Food Services:

<http://www.pemberton.k12.nj.us>



Pemberton Learning Community;
Pursuing Excellence One Child at a Time.

Pemberton Township Schools

2017-2018

Wellness Report Card

Nutrition & Physical Activity

Pemberton Township Schools is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

Helping our Students Feel



National School Breakfast Program

USDA studies show that children who eat breakfast daily have significantly higher standardized achievement test scores than students who do not eat breakfast. Children with access to school breakfast also have significantly reduced absence and tardiness rates.



National School Lunch Program

Federal Regulations require that we offer certain portion sizes of meat, fruit, vegetable, grains/breads and milk during every lunch meal service. Portion sizes are designed to meet the needs of growing children, and as a rule, we increase portion sizes as children grow older. Our menu provides for a variety of foods and allows us to make the most efficient use of donated commodities, especially seasonal fruits. We offer 1% and fat-free milk as well as 100% fruit juice.

Summer Meals Program

The USDA Summer Meal Program was established to ensure children continue to receive nutritious meals when school is not in session. The Summer Meal Program provides free meals to kids 18 years and younger in many locations across the county regardless of income, race, sex, religion or nationality. Pemberton School District participates with sites open to the public at Har-ker Wylie, Samuel Busansky, Nesbit Center, Country Lakes Club House and at the High School. Children are served a nutritious breakfast and lunch free of charge. All meals are eaten on site. Visit <http://www.pemberton.k12.nj.us> for more information regarding locations and times.

Healthy Hunger-Free Kids Act

The Healthy, Hunger-Free Kids Act of 2010 contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. Pemberton Township School District is 100% compliant in serving school meals that meet these challenging Federal Nutrition Standards, ensuring that meals are healthy and well-balanced, and providing students with all of the nutrition they need to succeed in school.

School meals offer students milk, fruits, vegetables, proteins/meats and bread/grains and meet strict limits for saturated fat and portion size. School lunches meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- Fat-free or 1% milk
- More whole grains
- Less sodium
- A wider variety of vegetables (including dark green, red/orange vegetables and legumes)

The Child Nutrition Program utilizes the USDA's MyPlate to aid in education about healthy eating habits by teaching what should go on our plate at every meal.

Balancing Calories:

- Switch to fat-free or low-fat (1%) milk
- Make ½ of your plate fruits and vegetables
- Make at least ½ of your grains whole grains

Foods to reduce:

- Reduce sodium in foods
- Drink water instead of sugary drinks



Smart Snacks in Schools

As of July 1, 2014, School Sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. These standards, required by the Healthy Hunger-Free Kids Act of 2010, allow schools to offer healthier snack foods to students, while limiting junk food. Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students. All snacks sold in our cafeterias during school hours are Smart Snack compliant!

Meal Pattern Chart



	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern						
Fruits (Cups)	5 (1)	5 (1)	5 (1)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (Cups)	0	0	0	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Greens	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1 ¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Veg to Reach Total	0	0	0	1	1	1 ½
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0	0	0	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications:						
Daily Amount Based on the Average for a 5-Day Week						
Min-Max Calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated Fat (% of total Calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					



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