

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 22-23 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 20-24, 2023

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:

- Kids Heart Challenge - Teamed up with the American Heart Association
- Morning Announcements on Wellness & Stress reducing tips
- Nutritional/Wellness lessons in PE class
- Color of the Day: Students were encouraged to wear the color of the day and to sample fruits and vegetables.

Food Services provided fruits and vegetables for students to try during the week. Each school coordinated the colors of the produce to reflect the color of the day.

Mental Health Awareness Day

Thanks to the WHY Club, Student Council, School-Based Youth Services (The HIVE) and the Character Education Committee, PTHS sponsored a Mental Health Awareness Day on May 5, 2023, to provide an opportunity for all students to learn and recognize the importance of self-care

New This Year

- Our District Wellness Committee partnered with SNAP Ed Nutrition Educators for Rutgers Cooperative Extension of Burlington County.
- Denbo-Crichton created their own School Wellness Committee and they are currently working with Rutgers Whole School, Whole Child, Whole Community program to enhance their school garden!

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 | |



**BEING ACTIVE FEELS
BEACHY-KEEN!**

For more information be sure to check out our "Promoting Wellness" page on our district website at <https://www.pemberton.k12.nj.us/Page/4578>



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

Pemberton Township Schools

2022-2023

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.

**APPLYING A
BROAD-SPECTRUM
APPROACH TO
STUDENT
WELLNESS**



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 Meal 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 Township Schools participates with sites open for any students as well as those attending Summer programs at Stackhouse, Emmons, Denbo-Crichton, and at Pemberton Township High School. Children are provided a nutritious breakfast and lunch free of charge.

Visit <http://www.pemberton.k12.nj.us> for more information regarding locations and times.



**A FULL
BUCKET
BUILDS A
STRONGER
CASTLE!**

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



**IT'S ALL ABOUT
BALANCE!**

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)	≤ 540	≤ 600	≤ 640	≤ 1110	≤ 1225	≤ 1280
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					



Menus and other information related to nutrition are available to students and parents on our district website <http://www.pemberton.k12.nj.us> and click on the tab for **Departments/Food Services**