District Wellness Committee

In accordance with Federal Regulations, Pemberton Township Schools established a School Wellness Policy in 2017. A committee was formed, comprised of a cross-representation of school administrators, nurses, physical education teachers, school counselors, teachers, students and parents who met several times throughout the 25-26 school year to ensure compliance with this policy, to discuss topics related to wellness and to evaluate where we currently stand as a district in regard 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 16-20, 2026

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 - 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.
- Wellness Day at Whitesbog (cancelled due to inclement weather)
- Healthy Selfie Challenge (for staff & students)
- Self-Care Bingo (for staff)
- Blood pressure screenings (for staff)

Mental Health Awareness Day

May 22, 2026

The W.H.Y. Club & Character Ed team hosted our annual Mental Health Wellness Day during lunch blocks for students and staff to attend. Thanks to a generous donation from Legacy Treatment Services, we were able to offer to students such as caricatures, henna tattoos, an obstacle course, t-shirts to helpers, & more!



Physical Activity & Achievement

Physical activity plays a vital role in enhancing academic achievement within schools. Engaging in regular physical exercise has been linked to improved concentration, memory retention, and heightened focus, all of which are fundamental for academic success. When students participate in physical activities, whether through structured sports programs, recess, or physical education classes, they not only improve physical fitness but also sharpen their cognitive abilities. In addition, studies have shown that regular exercise triggers the release of chemicals that can enhance mood and alleviate stress.

Moreover, physical activity fosters essential skills such as teamwork, discipline, and resilience. Through participation in sports or group activities, students learn to collaborate effectively, communicate with peers, and persevere through challenges—attributes that are equally valuable in the classroom. Furthermore, physical fitness contributes to overall health and well-being, reducing absenteeism due to illness and promoting a positive school culture. By prioritizing physical activity in schools, educators not only promote academic achievement but also nurture holistic development, empowering students to thrive academically, physically, socially, and emotionally.

Healthy Heart Opportunities in our Schools

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



For more information be sure to check out our "District Wellness Committee" page on our district website at
www.pemberton.k12.nj.us/departments/health-nursing/promoting-wellness

You can get there from here!

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

Pemberton Township Schools

2025-2026 Wellness Report Card

Nutrition & Physical Activity

Pemberton Township Schools is dedicated to providing nutritious meals, opportunities for physical activity, health education, and other school-based activities that promote student health and wellness.

Student Wellness Requires



All Hands on Deck!

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 the Pemberton Early Childhood Education Center and at Pemberton Township High School. Grab-n-Go options are also available at Presidential Lakes Community Center and Denbo-Crichton Elementary School. Children are provided a nutritious breakfast and lunch free of charge. Visit ***www.pemberton.k12.nj.us*** for more information regarding locations and times.

Hornet Helping Hands

At Pemberton Township Schools, we believe in taking care of our own. The Hornet Helping Hands Initiative was born out of a desire to support our neighbors during challenging times. By gathering everything from pantry staples to seasonal clothing and daily hygiene essentials, we turn community donations into direct support for local families. We aren't just distributing goods; we're delivering hope and a reminder that no Hornet flies alone.



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 Schools 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	1¼
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	1½
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.					

SMART CHOICES

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