

**INOLA PUBLIC SCHOOLS**

**HEALTHY SCHOOL  
NUTRITION  
ENVIRONMENTS**

**SCHOOL WELLNESS POLICY**

## **MODEL SCHOOL WELLNESS POLICY**

### **Purpose:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

### **Overall Goal:**

All students in Inola School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Inola School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Inola School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

## NUTRITION GUIDELINES/STANDARDS

### School Meals

#### *Required State Policy Statements:*

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

#### *District Policy Statements:*

1. Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
2. Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
3. Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
4. Students will be offered a variety of skim and lowfat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.
5. School staff will support and encourage student participation in the USDA school meals programs.
6. School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.

## **Other Food Items Sold on School Campuses**

### ***Required State Policy Statements:***

- Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

### ***District Policy Statements:***

1. Fried food items will not be available for sale as á la carte food items.
2. Beginning July 1, 2007:
  - a. Snack food items available for sale will contain less than 30 percent or 7 grams of fat per single serving as stated on the Nutrition Facts label (exception: nut and seed mixes).
  - b. Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts label.
  - c. Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
  - d. Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the Nutrition Facts label.

## NUTRITION EDUCATION

### *Required State Policy Statements:*

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

### *District Policy Statements:*

1. My Plate nutrition education resources will be used in the cafeteria and classroom.
2. Students, parents, and the school staff will participate in an annual school health fair.
3. Family/parent nutrition education opportunities will be provided.
4. School staff will promote healthful eating and healthy lifestyles to students.



## PHYSICAL ACTIVITY

### *Required State Policy Statements:*

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

### *District Policy Statements:*

1. Students will participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
2. School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
3. Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
4. Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by installing bike racks at school buildings.
5. Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and, at the secondary level, interscholastic athletics.
6. All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
7. School sites will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.
8. Recess and other physical activity will be promoted at all students. Students will not be denied participation unless specific discipline issues occur (determined by the Building Principal).

## SCHOOL-BASED ACTIVITIES

### *Required State Policy Statements:*

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

### *District Policy Statements:*

1. Students will be provided with a clean, safe, enjoyable meal environment.
2. Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 15 minutes at lunch (after students receive their trays).
3. Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

# Healthy and Fit Advisory Committee

Date: 09/17/21

Location: Inola Elementary School

## Agenda:

1. What committee consist of
2. Healthy – Menu – Snacks -
3. Fit – Playground - PE
4. Review – Sidewalk/pickup signage
5. Bullying/Human trafficking/suicide
6. Items to consider for the future



# Safe School/Healthy & Fit Committee Meeting

Sign-In sheet for attendees of the Committee Meeting(s). Please attach dated minutes to sign-in sheet for upload.

## Required Members:

Rebecca CutSinger  
School Administrator

Tamara Adams  
Teacher

Bryana Kan qah  
Student

Owen Titus  
Other

Chad Dobet  
School Counselor

Carly Manning  
Parent (not employee)

Cooper Miller  
Student

Kainan Blake

## Optional Members:

\_\_\_\_\_  
Student  
Chisel Gandy  
School Nurse

Sharon R Matheson  
School Custodian

Rebecca LaMantia  
School Food Service

\_\_\_\_\_  
Other

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Law Enforcement Representative  
[Signature]  
School Transportation

\_\_\_\_\_  
Business/Community Representative

\_\_\_\_\_  
Other

**Upload Documentation:** A minimum of 7 members which include, teachers, parents of enrolled students, students, counselor, and a school official who participates in the investigation of reports of bullying are required members in law. Provide a copy of the committee members with titles **and** the agenda/minutes & sign-in sheet. Items of discussion must include bullying, human trafficking, and suicide.

# Safe School Committee Recommendations

Inola Elementary  
School Name

Inola Public School  
District Name

Rogers  
County

## Recommendations:

1. Custodian will check all exit lights
2. Custodian will check there is 3-foot access in front of breaker panels
3. Storage rooms have 24" clearance to ceiling
4. Review of new signage
5. Bullying, human trafficking, suicide-STOP IT will be used
6. Continue to revisit throughout the year
7. Lunch menu will change after first 21 days
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

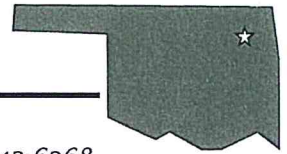
## Other Comments:

  
\_\_\_\_\_  
Committee Chair Signature

9-17-21  
Date



# Inola Middle School



P.O. Box 819 803 East Commercial Inola, OK 74036-0819 FAX 918-543-6268

*Patrick Mullen- Middle School Principal*

*Tucker Thompson- Middle School Assistant Principal*

*Kim Mizera*

*Secretary*

*543-2434*

*Amanda Bullard*

*Secretary*

*543-3105*

*Jamee Combs*

*Counselor*

*543-3103*

## Menu Advisory Board

September 23, 2021

### Members Present:

Amber Walker, parent

Cannon Walker, student

Briley Mullen, student

Kevin Walker, parent/teacher/coach

Iva Lynn Hobson, teacher

Les Pratt teacher

Patrick Mullen, principal

Tucker Thompson, assistant principal

Jamee Combs, counselor

*Amber Walker*  
*Cannon Walker*  
*Briley Mullen*  
*Kevin Walker*  
*Iva Lynn Hobson*  
*Les Pratt*  
*Patrick Mullen*  
*Tucker Thompson*  
*Jamee Combs*

### Items of discussion:

- Discussion regarding new rules/regulations concerning COVID-19 and the cafeteria.
  - Pre-packaged meals, such as vegetable baggies or cups.
  - Individual water bottles and milk cartons are back.
  - No condiment bar.
  - Salad Bar will remain pre-packaged.
- Masks are recommended, but not required when entering cafeteria and when finished eating.
- Recommended sanitizing of hands before and after eating.
- Cafeteria: New company taking over breakfast and lunch, Taher. Any recommendations on ways to improve school breakfast/lunch menu if possible/feasible, menu likes and dislikes.
- Any health concerns from members of the advisory board.
- All student meals are free this school year, including breakfast and lunch.

# Safe School/Healthy & Fit Committee Meeting

Sign-In sheet for attendees of the Committee Meeting(s). Please attach dated minutes to sign-in sheet for upload.

## Required Members:

HEATHER ELLIS  
School Administrator

KEPPY HALLMAN  
Teacher

ADDISON MOODY  
Student

PAUL GREENBERG  
Other

SHARLA HARRIS  
School Counselor

TRINITY TURNER  
Parent (not employee)

LEXI WHEELER  
Student

## Optional Members:

\_\_\_\_\_  
Student

\_\_\_\_\_  
School Nurse

\_\_\_\_\_  
School Custodian

\_\_\_\_\_  
School Food Service

\_\_\_\_\_  
Other

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Law Enforcement Representative

\_\_\_\_\_  
School Transportation

\_\_\_\_\_  
Business/Community Representative

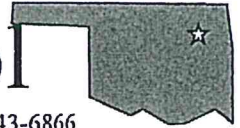
\_\_\_\_\_  
Other

**Upload Documentation:** A minimum of 7 members which include, teachers, parents of enrolled students, students, counselor, and a school official who participates in the investigation of reports of bullying are required members in law. Provide a copy of the committee members with titles **and** the agenda/minutes & sign-in sheet. Items of discussion must include bullying, human trafficking, and suicide.





# Inola Elementary School



918-543-2271

P.O. Box 909

450 B St NW

Inola, OK 74036

FAX 918-543-6866

**Rebecca Cutsinger – Elementary School Principal**

**T.J. Helling – Assistant Principal**

**Shay Day**  
**Secretary**  
**543-2271**

**Connie Thacker**  
**Secretary**  
**543-2875**

**Cheryl DeBolt**  
**Counselor**  
**543-3115**

---

9-18-2020

Dear Future Committee Member:

I am excited about what the 2020-2021 school year holds for Inola Elementary School! In order to continually improve our school system we have created a Safe School Committee and a Healthy and Fit School Advisory Committee. I would like for you to be a part of both committees to continue to create a healthier and safer school! Due to Covid-19 regulations we will not be able to meet in person this year. I would like to set up a virtual meeting that consists of parents and students. If you are willing to serve on these committees please email me your email address and I will send an invite for an online meeting. My email is [tjhelling@inola.k12.ok.us](mailto:tjhelling@inola.k12.ok.us). The meeting is scheduled for September 30, 2020 at 8:15 am.

Thank you so much for your help!

T.J. Helling  
Alternative Education Director  
Inola High School  
918.543.1556  
Assistant Principal  
Inola Elementary School  
918.543.3111





# Inola Elementary School



918-543-2271

P.O. Box 909

450 B St NW

Inola, OK 74036

FAX 918-543-6866

**Rebecca Cutsinger – Elementary School Principal**

**T.J. Helling – Assistant Principal**

**Shay Day**  
**Secretary**  
**543-2271**

**Connie Thacker**  
**Secretary**  
**543-2875**

**Cheryl DeBolt**  
**Counselor**  
**543-3115**

---

## Healthy and Fit Advisory Committee Child Nutrition Menu Advisory Board

Date: 9-30-2020

Location: Inola Elementary/Zoom

### Agenda:

- 1) What this committee does
- 2) Nutrition Menu/Changes/Covid-19
- 3) Packets will be sent home/provided
- 4) School Snacks
- 5) Playground East/West, added materials
- 6) Safety Concerns
- 7) Human Trafficking/Suicide

# Safe School Committee Recommendations

Inola Elementary Inola Rogers  
School Name District Name County

## Recommendations:

1. Colored bandaids
2. teachers provided notes home to parents about healthie snack
3. more hot breakfast items requested
4. real cheese with nachos requested
5. peanut butter does not taste like peanut butter
6. more basket balls and pumps for playground use
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Other Comments:

[Signature]  
Committee Chair Signature

9-30-2020  
Date

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Inola Public Schools Reviewer TJ Helling

School Name Elementary Date 9/30/2020

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

## Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators ☒ School Food Service Staff ☐ P.E. Teachers ☒ Parents  
☒ School Board Members ☒ School Health Professionals ☒ Students ☐ Public

☒ ☐ We have a designee in charge of compliance.

Name/Title: T.J. Helling

☐ ☒ We make our policy available to the public.

Please describe:

☐ ☒ We measure the implementation of our policy goals and communicate results to the public.

Please describe:

☒ ☐ Our district reviews the wellness policy at least annually.

## Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

## Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☒ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☐ ☒ We offer taste testing or menu planning opportunities to our students.

☒ ☐ We participate in Farm to School activities and/or have a school garden.

☐ ☒ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☐ ☒ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☐ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ ☐ We provide teachers with samples of alternative reward options other than food or beverages.

☒ ☐ We prohibit the use of food and beverages as a reward.

(Cont. on page 2)



Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☐ ☒ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
☐ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☐ ☒ We offer before or after school physical activity: ☐ Competitive sports ☐ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☐ ☒ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☒ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☐ ☒ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☒ We have a recycling/environmental stewardship program.
- ☐ ☒ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name T.J. Helling Position/Title Assistant Principal

Email tjhelling@indiana.k12.us Phone 918-639-8525

## Safe School/Healthy & Fit Committee Meeting

Sign-In sheet for attendees of the Committee Meeting(s). Please attach dated minutes to sign-in sheet for upload.

### Required Members:

Rebecca Long  
School Administrator

Shawna Pratt  
Teacher

Eyedeal  
Student

Easton Hallman  
Other

Ch DeBolt  
School Counselor

Jeff Olson  
Parent (not employee)

Macy R.  
Student

### Optional Members:

\_\_\_\_\_  
Student

Chris Gung  
School Nurse

\_\_\_\_\_  
School Custodian

\_\_\_\_\_  
School Food Service

J. Miller  
Other

Clint Russell  
Parent

\_\_\_\_\_  
Law Enforcement Representative

\_\_\_\_\_  
School Transportation

\_\_\_\_\_  
Business/Community Representative

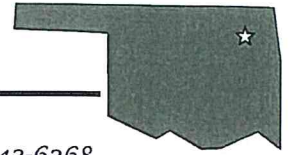
\_\_\_\_\_  
Other

**Upload Documentation:** Provide a copy of the committee members with titles and the agenda/minutes & sign-in sheet including items of discussion over suicide and human trafficking. A minimum of 7 members which include, teachers, parents of enrolled students, students, counselor and school official who participate in the investigation of reports of bullying is also required.





# Inola Middle School



P.O. Box 819 803 East Commercial Inola, OK 74036-0819 FAX 918-543-6268

Jeff Unrau- Middle School Principal

Patrick Mullen- Middle School Assistant Principal

Kim Mizera  
Secretary  
543-2434

Amanda Bullard  
Secretary  
543-3105

Jamee Combs  
Counselor  
543-3103

## Menu Advisory Board

October 7, 2020

### Members Present:

Amber Walker, parent  
Cannon Walker, student  
Briley Mullen, student  
Kevin Walker, parent/teacher/coach  
Iva Lynn Hobson, teacher  
Tucker Thompson teacher  
Jeff Unrau, principal  
Patrick Mullen, assistant principal  
Jamee Combs, counselor

*Amber Walker*  
*Cannon Walker*  
*Briley Mullen*  
*Kevin Walker*  
*Iva Lynn Hobson*  
*Tucker Thompson*  
*Jeff Unrau*  
*Patrick Mullen*  
*Jamee Combs*

### Items of discussion:

- Discussion regarding new rules/regulations concerning COVID-19 and the cafeteria.
  - Pre-packaged meal instead of buffet style.
  - No beverage containers (cups). Individual water bottles.
  - No condiment bar.
  - No salad bar (already pre-packaged).
- Masks on when entering cafeteria and when finished eating.
- Recommended sanitizing of hands before and after eating.
- Cafeteria: Possible ways to improve school lunch menu if possible/feasible, menu likes and dislikes.
- Any health concerns from members of the advisory board.
- Update: ALL students eat breakfast and lunch for free until Christmas break.