

Healthy/Safe School Committee Meeting
December 4, 2019
Agenda

- **Welcome**
- **Minutes from August 26, 2019**
- **Old Business**
 - **Lights in Girls Locker Room**
 - **Nutritional Meals**
 - **Health/ Hygiene**
 - **Farm to School Program**
 - **Installation of new equipment for playground**
- **New Business Discuss:**
 - **Wellness Policy**
 - **Wellness Policy Assessment Tool**
 - **24/7 Tobacco Free Policy**
- **Adjournment**

Healthy/Safe Committee Meeting
December 4, 2019

Name	
Calli Harmon	Cafeteria
Lisa Webster	Cafeteria
Lori Dunlap	Principal
Healann Hobbs	5 th grade Teacher
Brinklee Blanton	5 th grader
Hadley ward	4 th grade
Abbie Silks	4 th grade
Riley Skaggs	5 th grade
Amanda Compala	Parent
Shelly Braden	Shelly Brad 6 th Grade
Nancy Wood	6 th grade
Jace Lopez	6 th grade
Tiffany Lopez	Mem 6 th grade
Colby Love	PE Coach
Kayla Hohmann	Parent

**Healthy/Safe School Committee
Minutes
December 4, 2019**

Members Present: Callie Hinman, Lisa Webster, Lea Ann Hobbs, Amanda Compaia, Shelly Braden, Tiffany Lopez, Colby Love, Kayla Hohmann, Lori Tingley

Students Present: Brinklee Blanton, Hadley Ward, Addie Silks, Riley Skaggs, Neely Ward, Jace Lopez

Minutes from last meeting were read:

Old items discussed:

- **Lights in the girls locker room**
The lights in the locker room were fixed by an electrician. They are in working order now,
- **Nutritional meals**
Nutritional meals were discussed and it was decided that the Cooks were doing a great job making sure that our menu follows guidelines set forth by the United States Department of Agriculture's (USDA) requirements. Calorie counts are made available to the public and information was distributed to the public about our school lunch and breakfast program.
- **Health/Hygiene was discussed and it was reported by the Custodian that all water sources were kept clean and were ready for use.**
- **Farm to School Program:**
This program is one we would like to establish in the future. We need to work on our greenhouse and talk to nearby farmers. We are not able to start a Farm to School Program at this time. We are looking into the process and how we can make it work for our district.
- **Installation of new equipment for playground.**
We have installed the tetherball for our students to enjoy. We are still in the process of working on the basketball goals. We still want to purchase new swings.

New Business:

- **Wellness Policy**

The new Wellness Policy was adopted by the Deer Creek-Lamont School Board on December 2, 2019. This policy helps us to understand the development of our children and their health habits. We will utilize this policy to help our school improve on those behaviors.

- **Wellness Policy Assessment Tool**

We completed the Assessment to give us more information and to help us set goals. We will use it to track our school's progress to create a healthy and safe school.

- **24/7 Tobacco Free Policy**

Adjourned

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 Deer Creek-Lamont Elem Reviewer

School Name Deer Creek-Lamont Date 12-4-19

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: Lori Tingley Elem. Principal

We make our policy available to the public.

Please describe: It is published on the school website

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

Please describe: Published through the website + newsletters

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)

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes No We operate an Afterschool Snack Program.
- Yes No We operate the Fresh Fruit and Vegetable Program.
- Yes No We have a Certified Food Handler as our Food Service Manager.
- Yes No 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

V. Physical Activity

- Yes No Our district's written wellness policy includes measurable goals for physical activity.
- Yes No We provide physical education for elementary students on a weekly basis.
- Yes No We provide physical education for middle school during a term or semester.
- Yes No We require physical education classes for graduation (high schools only).
- Yes No We provide recess for elementary students on a daily basis.
- Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes No Teachers are allowed to offer physical activity as a reward for students.
- Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes No We provide training to staff on the importance of modeling healthy behaviors.
- Yes No We provide annual training to all staff on: Nutrition Physical Activity
- Yes No We have a staff wellness program.
- Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes No We have a recycling/environmental stewardship program.
- Yes No We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes No 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

At this time we have vision & dental Screenings for all students.
 In the future we want to start a small vegetable garden to help with expenses as well as teach students about healthy fresh foods.

VIII. Contact Information:

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

Name Position/Title

Email Phone

This institution is an equal opportunity provider

Healthy, and Fit School Committee Meeting December 18th, 2019

Committee Members:

Brandon Barnett, Principal _____ Present _____

Colby Love, Teacher _____ Present _____

Kassandra Junghanns, Teacher _____ Present _____

Kay Gilchrist, Student Counselor _____ Present _____

Jeff McReynolds, Parent _____ Present _____

Heidi Schneeberger, Parent _____ Present _____

Tammy Bufford, Cook _____ Present _____

Caleb Webster, Student _____ Present _____

Abigail Cardwell, Student _____ Present _____

Begin: 10:33

Minutes:

- **Welcome**
- **Minutes from August 28th meeting were read:**
- **Old Business**
 - **Emergency Operations Plan**
Went over Emergency Drill Documentation. Members were pleased with the procedures and promptness of students completion of drills.
 - **Rave App**
Teachers have App on phone. Discussed that we need to get together to make sure that all staff know exactly how to use it.
- **New Business**
 - **Wellness Policy**

Wellness Policy Assessment Tool Report

Purpose:

The Deer Creek-Lamont High School has implemented an assessment tool to ensure that our District's New Wellness Policy follows the guidelines of the Oklahoma State Department. We also implemented this tool because 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 and mental growth, as well as, ensuring they have the knowledge to maintain lifelong health and well-being.

Effective wellness policies shall support a culture of health within a school community by establishing practices and procedures that make the healthy choice the easy choice for students, staff, and families.

Overall Goals:

The students of Deer Creek-Lamont High School shall have the skills necessary to make nutritious food and enjoyable physical activity choices for a lifetime. The staff is encouraged to model those choices as an important part of daily life.

To meet this goal, the Board of Education has adopted the new wellness policy to help ensure nutrition, nutrition education, physical activity, and other school-based activities in order to support the wellness of students and staff.

- The Wellness Policy was adopted by the DCLA Board of Education on December 2, 2019.

- **Wellness Policy Assessment Tool**

The Wellness Policy Assessment tool was used to help inform the committee of what was needed in the policy. After using this tool we found that the DCLA Wellness Policy was compliant with state regulations.

- **Student Cafeteria Menu Suggestions**

We discussed the cafeteria menu and went over the monthly calendar that the students put together. The committee decided that we will meet again to try and implement the students ideas for a menu.

- **Adjourn: 10:49**

Wellness Policy Assessment Tool

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LEA/District Name Deer Creek-Lamont High School Reviewer Brandon Barnett

School Name Deer Creek-Lamont Date _____

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:

- | | | | |
|--|---|--|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input type="checkbox"/> Public |

We have a designee in charge of compliance.

Name/Title: Brandon Barnett JH/HS Principal

We make our policy available to the public.

Please describe: On school website

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

Please describe: Comments are published on website

Our district reviews the wellness policy at least annually.

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Name Position/Title

Email Phone