



MGSD School Health Advisory Council Action Plan 2017-2018

This document, referred to as the “SHAC Plan,” is intended to complement and fulfill the MGSD District Wellness Plan which has been adopted by the Board of Education [[Policy Code 6140: Student Wellness](#)], the State Board of Education's Healthy Active Children Policy, [HRS-E-000](#), and to comply with the the Federal requirements for a school wellness policy [[Section 9A\(a\) of the National School Lunch Act \(NSLA\), 42 U.S.C. 1758b](#)].

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public

Each school principal is responsible for the implementation of this SHAC Plan at his or her campus, including the submission of necessary information to the SHAC for evaluation. Tanae Sump-McLean, MGSD Chief Communications Officer and SHAC Coordinator, is the District official responsible for the oversight and implementation of the MGSD SHAC Plan and ensuring that each school complies with the policy and plan.



In accordance with law, the District will periodically measure and make available to the public an assessment on the implementation of the District's wellness policy and SHAC Plan, the extent to which each school is compliant with the wellness policy, and a description of the progress made in attaining the goals of the plan. Annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each school's progress toward meeting the goals of the policy and plan by reviewing District and school level activities and events tied to the plan and wellness program.

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

- A copy of the wellness policy [MGSD Policy 6140: Student Wellness];
- A copy of the SHAC Plan, with dated revisions;
- Notice of any Board revisions to Policy 6140;
- Notice of District SHAC meetings;
- The SHAC's annual report on the District's wellness policy and plan; and
- Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

For additional information or records pertaining to the MGSD Wellness Policy or SHAC Plan, please contact the MGSD Chief Communications Officer Tanae Sump-McLean at (704) 658-2543 or tmclean@mgsd.k12.nc.us.



I. **Focus: Healthy Body** - A healthy body results from a coordinated effort between the community, parents, staff, and students to provide and engage in health education, physical education, a program of regular and impactful physical activity and/or fitness and adequate access to health screenings and services.

Goal: Students and staff will increase their participation in healthful living activities and/or education by 10%.

Steps or Strategies	Who is Responsible?	Resources Needed	By When?	Evaluation?
Develop a survey to identify the baseline levels of physical activity and/or participation in health education offerings.	Designing: Tanae McLean / SHAC	Laptop / Time	January 15, 2018	Survey Completed
Administer healthy living survey to students and staff.	Building level administrator	Laptop / Time	January 31, 2018	Completed Survey Completed
Analyze survey data and identify potential healthy living program/speaker resources for staff and students	SHAC	Time / Budget	May 31, 2018	Survey analysis and 2018 - 2019 Plan for Service and Activities



II. **Focus: Healthy Mind** - A healthy mind results from a coordinated effort between the community, parents, staff, and students to provide age appropriate emotional and behavioral education; as well as, provide counseling, psychological services, and social services as a system of support.

Goal: Students and staff will report a 10% decrease in anxiety, emotional distress, bullying, and behavioral difficulties.

Steps or Strategies	Who is Responsible?	Resources Needed	By When	Evaluation
Develop a survey to identify baseline levels of anxiety, emotional distress, and bullying.	Designing: Tanae McLean / SHAC	Laptop / Time	January 15, 2018	Survey Completed
Administer survey to students and staff.	Building level administrator	Laptop / Time	January 31, 2018	Completed Survey Completed
Compile behavioral data for each school.	Building Level Administrator / District	Educator's Handbook / Discipline Reports / Time	June 15, 2018	Data pulled and compiled Completed and Ongoing



III. **Focus: Healthy Habits** - Making healthy choices a lifelong habit leads to a higher quality of life. Healthy habits that should be developed and promoted include, but are not limited to, following safety guidelines and procedures, eating nutritious meals, and restraining from the use/abuse of drugs, alcohol, and tobacco.

Goal: Students and staff will have access to health information to assist them in making healthier choices. There will be a 10% increase in student and staff awareness of healthier choices that are made available to them.

Steps or Strategies	Who is Responsible?	Resources Needed	By When	Evaluation
Continue to improve quality and nutrient density of school meals (breakfast and lunch)	School Nutrition Department	Use of Culinary Institute Recipes and Training materials	Ongoing	Review and compare Nutrient Analysis for menus for the last three years and subsequent years. Comparison will be done annually every December. Completed
Provide Nutrition Education Information to students, teachers, and parents	School Nutrition Department	<ol style="list-style-type: none"> Nutrislice App - Promote and Make students, teachers and parents aware Facebook - Provide information on nutrition quarterly My Plate Signs - Displayed at all serving Lines 	<ol style="list-style-type: none"> Ongoing throughout the year Ongoing throughout the year By the first day of school 	<ol style="list-style-type: none"> Send out a survey asking if they are aware of the Nutrislice app at the end of the school year Will be sending this out in February Documentation of Nutrition related posts at the end of the school year Completed and Ongoing 8/28/17 - all serving lines have My Plate Signs



				explaining the food groups at lunch Completed
Improving Food Allergy Awareness	School Nutrition Department and School Administrators	<ol style="list-style-type: none"> 1. Update current policy and procedures for Peanut and Tree Nut Aware areas in the dining room 2. Communicate the updated policy and procedures to School Administrators 3. School Administrators communicate the updated policy and procedures to the entire school staff and parents 	<ol style="list-style-type: none"> 1. December 31, 2017 2. January 15, 2018 3. February 1, 2018 	<ol style="list-style-type: none"> 1. Demonstrate that policy and procedures have been updated Completed 2. Demonstrate using a documented form of communication that updated policy and procedures have been communicated and received. Completed 3. Demonstrate using a documented form of communication that updated policy and procedures have been communicated. Completed
Survey students grades 4-12 about tobacco use to develop a baseline	SHAC/Building level admin	NC Tobacco Survey Laptops / Time	January 15, 2018	Completed survey Completed