

RECORD OF BOARD PROCEEDINGS

(MINUTES)

Fulton, KY, January 8, 2019

The Fulton Independent Board of Education met at the Board of Education Office at 5:32 o'clock P. M. on the 8th day of January, 2019 with the following members present:

- (1) Mrs. Debbie Vaughn, Chair (2) Mrs. Carol Bransford, Vice-Chair (3) Mr. Bill Robertson
(4) Ms. Rea Jones (5) Mrs. Christy Pettigrew

REGULAR MONTHLY MEETING OF FULTON INDEPENDENT BOARD OF EDUCATION

OATH OF OFFICE

1. Mrs. Becky Fisette, Notary Public, administered the Oaths of Office to newly elected board members, Ms. Rea Jones and Mrs. Christy Pettigrew, and re-elected board member Mrs. Carol Bransford, as they began their new terms of office on the Fulton Independent Board of Education.

CALL TO ORDER

2. The meeting was called to order at 5:32 p.m.

PRAYER

3. Mr. Jeff Caldwell opened the meeting with prayer.

PLEDGE OF ALLEGIANCE

4. The Pledge of Allegiance was recited by those in attendance.

ROLL CALL

5. Mrs. Debbie Vaughn, Mr. Bill Robertson, Mrs. Carol Bransford, Ms. Rea Jones, and Mrs. Christy Pettigrew were present for roll call.

SUPERINTENDENT ATTENDANCE

6. Superintendent Miller was present for the January Meeting.

APPROVAL OF AGENDA

7. With a motion by Ms. Jones and second by Mr. Robertson, the January 8, 2019, agenda of the Fulton Independent Board of Education Regular Monthly Meeting was approved as presented.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

ELECTION OF OFFICERS & BOARD ATTORNEY

8. With a motion by Mr. Robertson and second by Ms. Jones, the Board chose Mrs. Debbie Vaughn to serve as Board Chair for 2019.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

With a motion by Ms. Jones and second by Mr. Robertson, the Board elected Mrs. Carol Bransford to act as Board Vice-Chair for 2019

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

With a motion by Mrs. Bransford and second by Mr. Robertson, the Board chose to retain Mr. Jason Howell as Board Attorney for 2019.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

ESTABLISHMENT OF REGULAR MONTHLY MEETING DAY, TIME, AND LOCATION

9. Acting on a motion by Mrs. Bransford, and second by Ms. Jones, the Board moved to change its regular monthly meeting day from the second to the third Tuesday of each month.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

With a motion by Mrs. Bransford and second by Mr. Robertson, the Board set the time of its regular monthly meeting for 5:45 p.m.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

With a motion by Mrs. Bransford and second by Ms. Jones, the Board designated the Fulton Independent Central Office as the location of its regular monthly meetings.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

APPROVAL OF MINUTES

10. With a motion by Mr. Robertson and second by Mrs. Bransford, the minutes of the December 20, 2018, Special Called Meeting were approved as presented by the Board Secretary.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

SPECIAL RECOGNITION

11. In observance of School Board Recognition Month, Board Members were presented with Certificates of Appreciation for their service to the students and families of the Fulton Independent School District.

APPROVAL OF CONSENT AGENDA ITEMS

12. With a motion by Mr. Robertson and second by Mrs. Bransford, the Board accepted the reports and approved action items listed in the consent agenda as follows:

A. Principal's Report

Principal Elam presented the Principal's Report highlighting some of the activities and events taking place over the past month at Carr Elementary and Fulton High School.

B. FRYSC Activities Update

Tracy Pulley, Family Resource / Youth Services Center Coordinator, submitted a report to Board Members detailing the activities and services she provided during December, 2018.

Attachment A

C. Teacher of the Month

Mrs. Nakia Brown and Ms. Stephanie Fulcher were named as Teachers of the Month for Carr Elementary and Fulton Middle/High School, respectively.

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D. Wellness Plan

Wellness Plan Co-Chairs, Mrs. Ashley Teasley (Food Service Director), and Mrs. Ashley Kendall (School Nurse), presented the district's Wellness Plan to Board Members for review and approval. Prior to the Board Meeting, a public forum was held in order to share the plan with community members.

Attachment B

E. Enrollment Report

Board members were presented with the Enrollment Report indicating a district enrollment of 307 students at the end of month 5.

F. Fundraiser Requests

There were no fundraising requests submitted.

G. Food Service Report

Mrs. Ashley Teasley, Food Service Director, submitted the Monthly Food Service Reports, outlining activity in the school cafeterias through December, 2018.

H. Superintendent's Report

Superintendent Miller provided Board Members with a report of her activities during December, 2018, noting how these activities aligned with the Kentucky NxG Superintendent Effectiveness Standards.

Attachment C

I. Travel Requests

Board members approved the travel request of Superintendent Miller to attend a KASA Planning Committee meeting, Jan. 15-16, 2019, in Frankfort, KY; and the Kentucky Women in Education Conference, Jan. 17-18, 2019, in Louisville, KY.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

PUBLIC COMMENTS

13. There were no public comments.

PERSONNEL REPORT

14. Superintendent Miller informed the Board of the following personnel action:

Appointments: Andrea Becker, Special Education Teacher
Melissa Mora, Substitute Teacher w/ Emergency Certificate

Resignation: Chloe Brian Harper, Special Education Teacher

NON-RESIDENT STUDENT CONTRACTS

15. Mr. Bill Robertson made a motion to table the vote on the Fulton County Non-Resident Student Contract, and approve the contracts with Carlisle, Graves and Hickman Counties, and Mayfield and Paducah Independent Schools; the motion was withdrawn.

Mr. Robertson made a motion to approve the Non-Resident Student Contracts with Carlisle, Graves and Hickman Counties, and Mayfield and Paducah Independent, and not accept the contract with Fulton County Schools; the motion was withdrawn.

The Board voted to approve the 2019-2020 Non-Resident Student Contracts authorizing the release of SEEK funds for ADA with Carlisle County (10 students), Hickman County (10 students), Graves County (10 students and a 1-for-1 exchange thereafter), Mayfield Independent (10 students and a 1-for-1 exchange thereafter), Paducah Independent (Any/All), and table the vote on the contract with Fulton County Schools. This action was taken on a motion by Mr. Robertson and second by Mrs. Bransford.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

STUDENT INSURANCE RENEWAL

16. Following the recommendation of the Superintendent, the Board, on a motion by Mrs. Bransford and second Ms. Jones, moved to renew the contract with Roberts Insurance Company to provide Student Accident Insurance, including catastrophic coverage, at a cost of \$11,386, for the 2019-2020 school year.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

2019-2020 SCHOOL CALENDAR – Second Reading

17. With the recommendation of the Superintendent, a motion by Mrs. Bransford, and second by Mrs. Pettigrew, the Board approved the second reading of the 2019-2020 School Calendar, as presented by Mr. Ken Green, Calendar Committee Chair.

Attachment D

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

2019-2020 DRAFT BUDGET – Estimated Receipts & Expenditures

18. With the recommendation of Superintendent Miller and Mrs. Becky Fisette, Finance Officer, the Board approved the presented 2019-2020 Draft Budget, detailing estimated receipts and expenditures. This action was taken on a motion by Mr. Robertson and second by Mrs. Bransford.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

APPROVAL OF SUPERINTENDENT TRAVEL REIMBURSEMENT

19. With a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board approved the travel reimbursement request of Superintendent Miller for travel expenses related to school business for December, 2018.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

FINANCIAL REPORTS AND ORDERS OF THE TREASURER

20. With a motion by Mr. Robertson and second by Mrs. Bransford, the Board approved the monthly Financial Statement and Claims, and Activity Account Reports, as presented by Becky Fisette, Finance Officer, and Kim Farmer, Activity Account Treasurer.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

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ADJOURNMENT

21. With a motion by Mrs. Bransford and second by Ms. Jones, the Board meeting was adjourned at 6:00 p.m.

Members voting yes: Mrs. Bransford, Ms. Jones, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn


Chair


Secretary

The Family Connection
Fulton Independent's Family Resource / Youth Services Center
December 2018 work

events

Cookies With Santa (Dec. 13): 21 families / 45 children attended
(FRYSC advertised event, rented Santa suit, brought in Santa, used ASAP family day funds to purchase cookies/milk/cocoa/paper products, set up refreshments and Santa visiting area, served cocoa and cookies, gave out CECC-supplied Scholastic books, cleaned up afterward)
Winter Wonderland Dance (Dec. 15): 45 children attended
(FRYSC advertised event, gathered decorations, scheduled decorating crew and chaperones, decorated, supervised dance, cleaned up afterward)

clubs/groups

BADD Club: 2 after-school substance abuse prevention conversations with basketball teams (Dec. 12, 13): 7 BADD members, 23 athletes, grades 9-12
Chess club: 3 after-school sessions (Dec. 3, 10, 17): 14 students, grades 3-4
Art club: 1 after-school session (Dec. 5): 8 students, grades 6-7
Carr Student Council: picked up recycling, completed penny drive (raised \$153.14 for Fulton food bank –decorated/distributed canisters, counted/rolled coins)
Mentoring: 1 session (Dec. 13): 11 students (grades 9-12) / 11 community volunteers

services

clothing for 10 students
school supplies for 7 students
2 home visits
2 food baskets
created, printed, distributed December Dawg Bites newsletter, grades K-12
boxed up 653 canned goods for Fulton food bank (collected by FUSD students)
connected 61 students with Christmas assistance
delivered food bags to 21 students every Friday (Backpack Feeding program)
connected teacher with parent after repeated attempts
connected student/family to Mountain Comprehensive therapist

Fulton Independent School Wellness Plan and Procedures 2018-2019

The National Alliance for Nutrition and Activity encourages schools, school districts, and others to use, distribute, and adapt the Model School Wellness Policies.

Policies

- I. School Health Councils
- II. Nutritional Quality of Foods and Beverages Sold and Served on Campus
- III. Nutrition and Physical Activity Promotion and Food Marketing
- IV. Physical Activity Opportunities and Physical Education
- V. Monitoring and Policy Review

Fulton Independent School District's Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the My Plate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Fulton Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Fulton Independent School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings, and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program). Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating, physical activity, and will establish linkages between health education and school meal programs, and with related community services. Methods of outreach will include newsletters, the district website, emails, The Parent Teacher Organization, and a yearly public forum. The wellness policy and annual health/wellness assessment will be posted on the FSD website.

TO ACHIEVE THESE POLICY GOALS:

I. School Wellness Committee

The school district and/or individual schools within the district will create, strengthen, or work within existing school wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources to school sites for implementing those policies. (A school wellness committee also will serve as resources to individuals representing the school and community, and should include parents, students, and representatives of the school food authority, member of the school board, school administrators, teachers, health professionals, and members of the public). The Wellness Committee will meet at least four times annually. The wellness policy will be revised as necessary by the Wellness Committee. The Wellness Committee will prepare a report annually for the superintendent, evaluating the implementation of the policy and regulations and include any recommended changes and revisions.

Committee Members are as followed:

| NAME | TITLE | EMAIL |
|-------------------|--|--|
| Ashley Kendall | Chairman, School Nurse | ashley.kendall@fultonind.kyschools.us |
| Ashley Teasley | Food Service Director | ashley.teasley@fultonind.kyschools.us |
| Mancell Elam | Principal | mancell.elam@fultonind.kyschools.us |
| Dana Crawford | Assistant Principal | dana.crawford@fultonind.kyschools.us |
| Tracy Pulley | FRYSC, Parent | tracy.pulley@fultonind.kyschools.us |
| Karen Dean | Community Outreach | karen.dean@fultonind.kyschools.us |
| Debbie Hastings | Secretary | debbie.hastings@fultonind.kyschools.us |
| Brad Rozzell | Physical Education Teacher | brad.rozzell@fultonind.kyschool.sus |
| Nakia Brown | 1 st Grade Teacher | nakia.brown@fultonind.kyschools.us |
| Zuzu Pulley | Student Representative | zuzu.pulley@fultonind.kyschools.us |
| Anna McCoy | Fulton Extension Office, Parent | anna.mccoy@uky.edu |
| Sarah Townsend | Director of Special Education | sarah.townsend@fultonind.kyschools.us |
| Dr. Deanna Miller | Superintendent | deanna.miller@fultonind.kyschools.us |
| Larrissa Roach | Health Educator/Health Dept. | larrissad.roach@ky.gov |
| Pamela Sloan | Baptist Health School Wellness Initiative Project Specialist | pamela.sloan@bhsi.com |
| Kelcey Rutledge | Baptist Health School Wellness Initiative Director | kelcey.rutledge@fultonind.kyschools.us |

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals Served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;

- Meet, at minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk;
- Ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

Free and Reduce-priced Meal. Fulton Independent is a Community Eligibility provision school. All student meals at no charge.

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will, encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Summer Food Service Program: Schools in which more than 50% of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least two weeks between the last day of the academic calendar and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g.; lunch should be scheduled between 10:20 am and 1:00pm.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will encourage staff to schedule lunch periods to follow take 10 periods when possible (in elementary schools);
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs.

As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their levels of responsibility.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte {snack} lines, fundraisers, school stores, etc.)

Elementary Schools: The school food service program will approve all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte {snack} lines, vending machines,

student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**
 - **Allowed:** water or seltzer water⁷ without added caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
 - **Not allowed:** soft drinks containing caloric sweeteners, sports drinks, iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- **Foods**
 - A food item sold individually:
 - Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans-fat combined;
 - Will have no more than 35% of its weight from added sugars;
 - Will contain no more than 230mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480mg of sodium per serving for pastas, meats, and soups; and will contain no more than 750mg of sodium for pizza, sandwiches, and main dishes.
 - A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables, 100% fruit juice or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- **Portion Sizes**
 - Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities will be to encourage to follow Smart Snack guidelines. Schools will encourage fundraising activities that promote physical activity.

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards: Schools will encourage not to use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than two food or beverages that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: Fulton Independent School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting: For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 30 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents: The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer parents, nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents efforts to provide sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness: Fulton Independent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a health lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member chairperson-school nurse, school food service director, health/PE teacher, assistant principal/principal, parent, student, and a person who

will serve as secretary to committee. The committee should develop, promote, and oversee a multifaceted plan and should outline the ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Staff Wellness committee should distribute its plan to the School Board annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12: All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education, which include take 10, Jam Session, Energizers and Brain Breaks (or its equivalent of 120 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Take 10 and PLCS: All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. View Additional Resources.

Physical Activity Opportunities Before and After School: All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special-health care needs.

After-school child care and enrichment programs will provide and encourage- verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activities for all participants.

Physical Activity and Punishment: Teachers and other school community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School: The school district will assess, and if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation when available and appropriate for travel to school and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours: School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations upon request. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring: The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be

provided to the school board and also distributed to all school wellness committee, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review: To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Footnotes

² To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

³ As recommended by the *Dietary Guidelines for Americans 2005*.

⁴ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

⁷ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

⁸ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁹ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).

¹¹ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

¹² Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

¹³ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

Physical Activity & Achievement

Schools play an important role in helping students develop the knowledge, attitudes, skills, & behaviors necessary to developing lifelong healthy eating habits and physically active lifestyles.

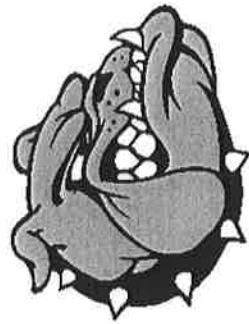
Carr Elementary offers our students the opportunity to engage in a variety of physical activity through curriculum and use of our facilities (outdoor basketball court, playground equipment, rainy day cart activities, and indoor gymnasium). Our students also take part in Go Noodle Plus and Take 10.



"Study after study proves what educators have long believed the be true: when children's exercise and fitness needs are met, that have the cognitive energy to learn and achieve."

"Promoting children's health and cognitive development may be the best way to build a strong America."

— Dr. J. Larry Brown, Tufts University
School of Nutrition



BULLDOGS

Fulton Independent School District

Nutrition & Health Report Card



At Fulton Independent School District, we guide students to success by providing rigorous learning experiences in a safe school climate supported by a partnership of students, parents, community members, staff, and administrators. Our district is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

Dream it! Believe it! Achieve it!

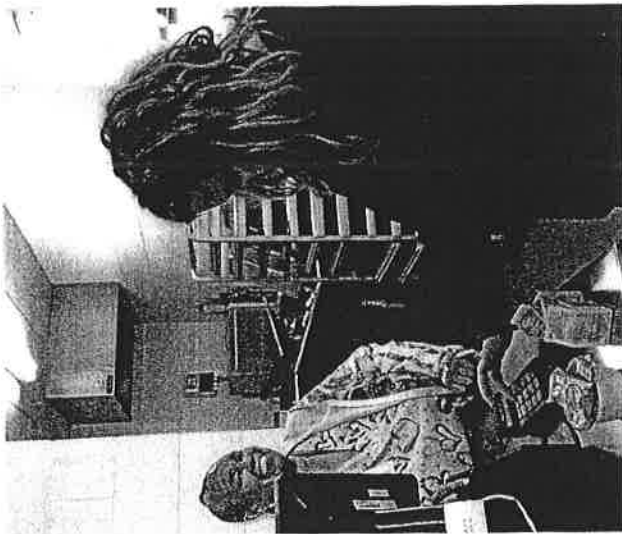
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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](http://www.fda.gov) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

www.fultonind.kyschools.us



School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the USDA nutrition guidelines. Studies show that children who participate in this program have significantly higher standardized achievement test scores than those who do not participate. Children with access to school breakfast also had a significantly reduced number of absences and tardiness rates.

Data based off of school year 2017-2018

| | |
|-------------------------------|--------|
| # of Participating Schools | 2 |
| Total Breakfasts Served | 49,081 |
| Average Daily Participation | 290 |
| Prices (adults/visitors only) | \$2.40 |

Each student receives 1 breakfast meal per day at no charge.

National School Lunch

The National School Lunch Program (NSLP) was conceived in 1946 as a "measure of national security to safeguard the health and well-being of the Nation's children." School districts receive federal reimbursement for each school lunch served that meets the USDA nutrition guidelines. These guidelines promote meal quality, while also using commodities donated from the USDA helps farmers as well as keep cost down for schools.

Federal regulations require that we offer minimum portion sizes daily and weekly of meat/meat alternative, grains, fruit, vegetable (of certain sub-groups), and milk. The portion sizes are designed to meet the needs of growing children and sizes increase as children get older. Students serve themselves and make their own choices each meal service. The menu cycle provides variety and allows us to make the most efficient use of commodities. All juice offered is 100% juice and milk is 1% or Fat Free Flavored. We use 100% whole grain products and have a sodium restriction each week.

Data based off of school year 2017-2018

| | |
|-------------------------------|--------------|
| Federal Reimbursement | \$279,848.78 |
| # of Participating Schools | 2 |
| Total Lunches Served | 52,391 |
| Average Daily Participation | 308 |
| Prices (adults/visitors only) | \$3.65 |

Each student receives 1 lunch meal per day at no charge.

"Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools."

— School Health Index-Centers for Disease Control (CDC)

Community Eligibility Provision

The Community Eligibility Program is still in effect for 2018-2019 school year. This provision is from the Healthy, Hunger-Free Kids Act of 2010 that allows schools and local educational agencies with high poverty rates to provide breakfast and lunch to all students at no charge. CEP eliminates the burden of collecting household applications to determine eligibility for school meals, relying instead on information from other means-tested programs such as the Supplemental Nutrition Assistance Program and Temporary Assistance for Needy Families. If you have any questions, you may call our office at (270) 472-1640.

After-School Snack Program

The After School Snack Program allows after-school care programs with regularly scheduled enrichment activities to provide and claim reimbursement for snacks served to students.

Data based off of school year 2017-2018

| | |
|----------------------------|-------|
| # of Participating Schools | 1 |
| Total Snacks Served | 4,381 |

Fresh Fruit & Vegetable

Fresh Fruit & Vegetable Program (FFVP) is a USDA Grant that we have been awarded for several years. Fulton Independent received \$11,300 in school year 2017-2018. Students preschool through fifth grade will be offered fresh fruit & vegetables three times per week. This program is great for our students to have access to fresh fruits & vegetables they may not have

Ashley Teasley, Food Service Director
400 West State Line Street
Fulton, KY 42041
ashley.teasley@fultonind.kyschools.us

Superintendent Report for January 2019 Board Meeting

Listed below are some of the activities that Superintendent Miller accomplished during December 2018. The items are categorized under the Kentucky NxG Superintendent Effectiveness Standards. This list is not inclusive of the daily duties of the Superintendent.

Standard 1: Strategic Leadership

- Met with a parent concerning a plan for one of her children and dual credit courses

Standard 2: Instructional Leadership

- Completed 7 walkthroughs of buildings
- Completed 6 classroom walkthroughs
- Participated in a conference call with Mr. George Griffin concerning an upcoming audit with Advanc-Ed
- Conducted a Simile/Metaphor Literary Activity with Mrs. Smith's 5th grade class
- Nominated Corbin Fulcher for the Kentucky Association of Gifted Education students of the Year. This award is for 4th-6th grade students identified as gifted learners.

Standard 3: Cultural Leadership

- Met with 27 FIS teachers – asked them to share their concerns, positives, goals, recommendations and what they need from Supt to be successful
- Mailed thank you and congratulations cards
- Attended the Christmas Book Walk in Pontotoc Park sponsored by FIS Community Education Director, Karen Dean, FIS Gifted Education, and Student Volunteers

Standard 4: Human Resource Leadership

- Held Administrative Meeting on 12-11-18
- Participated in a SchoolPointe webpage training in order to manage the FIS school website
- Participated in call with Nanette Johnston of Studer Education for advisement on Human Resource items

- Required the completion of all first semester observations by administrators, reviewed those and sent to personnel files
- Held Interviews at WKEC Cooperative in Eddyville for the position of Gear Up Grant Director. Mr. Terry Sullivan was selected as Director of the Gear Up Grant and has resigned his position as 4 River Career Academy (Vocational School) Principal effective 01-31-19.
- Nominated three employees for the Educators of Excellence Awards presented by WKCTC in March. Castleman for Administrator of Excellence, Roberson for Unsung Hero Award, Pledge for Secondary Level Teacher of Excellence. Cyndi Brown was nominated for Elementary Level Teacher of Excellence.
- Conducted official site visit for the Principal's first semester evaluation process

Standard 5: Managerial Leadership

- Met with Pebbles Lancaster and Tim Huddleston, KDE Consultants for advisement on preparing for the January 7, 2019 Advanc-Ed audit
- Participated in Conference Call with Dr. George Griffin, chair of our Advanc-Ed Audit
- Attended two Facilities Local Planning Committee meetings and two public forums (12-20-18 & 12-27-18)
- Addressed personnel issue

Standard 6: Collaborative Leadership

- Attended WKEC Board of Directors Meeting on 12-12-18
- Rudolph Readers at Carr Elementary on 12-14-18. All students K-5th grade received a free book from the Four Rivers Foundation
- Held Interviews at WKEC Cooperative in Eddyville for the position of Gear Up Grant Director. Mr. Terry Sullivan was selected as Director of the Gear Up Grant and has

resigned his position as 4 River Career Academy (Vocational School) Principal effective 01-31-19.

Standard 7: Influential Leadership

- Attended three Rotary meetings
- Met with Leslie Slaughter, the Kentucky Department of Education's New Skills for Youth Grant State Director, Shelly Bell, with the Kentucky Chamber of Commerce, and Dianne Owen, Four Rivers Career Academy to discuss the opportunity of work based learning and coop opportunities for our students on 12-18-18.

Standard 1: Strategic Leadership

SUMMARY: Superintendents create conditions that result in strategically reimagining the district's vision, mission and goals to ensure that every student graduates from high school, is globally competitive in post-secondary education and/or the workforce, and is prepared for life in the 21st century. Superintendents create a community of inquiry that challenges the community to continually repurpose itself by building on the district's core values and beliefs about the preferred future and then developing a vision.

Standard 2: Instructional Leadership

SUMMARY: The superintendent supports and builds a system committed to shared values and beliefs focused on teaching and learning where performance gaps are systematically eliminated over time and every student graduates from high school college-and-career ready.

Standard 3: Cultural Leadership

SUMMARY: The superintendent understands and acts on the important role a system's culture has in the exemplary performance of all schools. He/she works to understand the people in the district and community as well as their history and traditions as they move forward to support and achieve district goals. The superintendent must be able to improve the district culture, if needed, to align the work of adults with the district's goals of improving student learning and infusing the work with passion, meaning and purpose.

Standard 4: Human Resource Leadership

SUMMARY: The superintendent ensures the district is a professional learning community with processes and systems in place that result in recruitment, induction, support, evaluation, development and retention of a high-performing, diverse staff. The superintendent uses distributed leadership to support learning and teaching, plans professional development, and engages in district leadership succession planning.

Standard 5: Managerial Leadership

SUMMARY: The superintendent ensures that the district has processes and systems in place for budgeting, staffing, problem solving, communicating expectations, and scheduling that organize the work of the district and give priority to student learning and safety. The superintendent must solicit resources (both operating and capital), monitor their use, and assure the inclusion of all stakeholders in decision about resources so as to meet the 21st century needs of the district.

Standard 6: Collaborative Leadership

SUMMARY: The superintendent, in concert with the local board of education, designs structures and processes that result in broad community engagement with support for and ownership of the district vision. Acknowledging that strong schools build strong communities, the superintendent proactively creates, with school and district staff, opportunities for parents, community members, government leaders, and business representatives to participate with their investments of resources, assistance, and goodwill.

Standard 7: Influential Leadership

SUMMARY: The superintendent promotes the success of learning and teaching by understanding, responding to, and influencing the larger political, social, economic, legal, ethical, and cultural context. From this knowledge, the superintendent works with the board of education to define mutual expectations, policies, and goals to ensure the academic success for all students.

2019-2020 SCHOOL CALENDAR, COMMITTEE PROPOSED

Bd. Order# 19-01-1325
District: Fulton Independent
Attachment D

Part I ☒ Traditional Calendar ☐ Year-round Calendar

July 2019

| S | M | T | W | T | F | S |
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August 2019

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September 2019

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October 2019

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November 2019

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December 2019

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January 2020

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February 2020

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March 2020

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April 2020

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May 2020

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June 2020

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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

No School/Holiday
Opening Day/Closing Day
Professional Development

Snow Day
G-Day
First Day/Last Day

Election/No School
Early Release

Student Days: 175
Contract Days: 185
(4 Holidays: Labor Day, Thanksgiving, Christmas, New Years Day)

| 2019-2020 Proposed | Student Days | Contract Days |
|--------------------|--------------|---------------|
| August | 12 | 17 |
| September | 20 | 21 |
| October | 18 | 18 |
| November | 17 | 18 |
| December | 15 | 16 |
| January | 19 | 20 |
| February | 19 | 19 |
| March | 20 | 20 |
| April | 17 | 17 |
| May | 18 | 19 |
| Totals | 175 | 185 |

- *First Day: August 15*
- *Last Day: May 28*
- *Fall Break: Oct 7-11*
- *Christmas Break: Dec 23-Jan 3(10 days)*
- *Spring Break: April 6-10*
- *Early Release: Dec 20, May 28*
- *Opening: August 14*
- *Closing/Graduation: May 29*
- *G-Days: Oct 24; March 19*
- *Martin Luther King, Jr.: School Not in Session (January 20)*
- *Election Days: School Not in Session (Nov 5 & May 19)*
- *PD Dates: August 8-9-12-13*
- *Snow Dates (7):*
 1. *Feb 17*
 2. *March 6*
 3. *March 20*
 4. *June 1*
 5. *June 2*
 6. *June 3*
 7. *June 4*