

RECORD OF BOARD PROCEEDINGS
(MINUTES)

Fulton, KY, January 21, 2020

The **Fulton Independent** Board of Education met at the **Board of Education Office** at **5:45** o'clock **P. M.** on the **21st** day of **January, 2020** with the following members present:

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

**REGULAR MONTHLY MEETING OF
FULTON INDEPENDENT BOARD OF EDUCATION**

CALL TO ORDER

1. Mrs. Vaughn called the Regular Monthly Meeting of Fulton Independent Board of Education to order at 5:45 p.m.

PLEDGE OF ALLEGIANCE

2. The Pledge of Allegiance was led by Tristan Lalley, a ninth grader at Fulton High School.

ROLL CALL

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

SUPERINTENDENT ATTENDANCE

4. Superintendent Miller was present for the January meeting.

AGENDA APPROVAL

5. With the recommendation of Superintendent Miller, a motion by Mrs. Jones and second by Mrs. Pettigrew, the January 21, 2020, Agenda of the Fulton Independent Board of Education was approved as presented.

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

2020 ELECTION OF BOARD CHAIR

6. Board Members Mrs. Rea Jones and Mrs. Christy Pettigrew put forth the nominations of Mrs. Carol Bransford and Mrs. Debbie Vaughn to serve as Board Chair for 2020.

The vote for Mrs. Bransford was as follows:

Members voting yes: Mrs. Jones

Members voting no: Mrs. Bransford, Mrs. Pettigrew, Mr. Robertson, Mrs. Vaughn

The vote for Mrs. Vaughn was as follows:

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

Members voting no: Mrs. Jones

Mrs. Debbie Vaughn was approved to serve as Board Chair for 2020.

2020 ELECTION OF BOARD VICE-CHAIR

7. Mrs. Christy Pettigrew nominated Mrs. Carol Bransford to service as Board Vice-Chair for 2020.

With no other nominations, the vote for Mrs. Bransford was as follows:

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

Mrs. Carol Bransford was approved to serve as Board Vice-Chair for 2020.

2020 APPOINTMENT OF BOARD ATTORNEY

8. With a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board chose Mr. Jason Howell to serve as Board Attorney for 2020.

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

ESTABLISHMENT OF REGULAR MONTHLY BOARD MEETING TIME, DAY, LOCATION

9. With a motion by Mrs. Jones and second by Mrs. Bransford, the Board set the schedule for its regular monthly meeting as the third Tuesday of each month, at 5:45 p.m., to be held at the Fulton Independent Board of Education office.

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

APPROVAL OF 2020 BOARD AGENDA CALENDAR

10. With a motion by Mrs. Pettigrew and second by Mrs. Bransford, the Board approved the 2020 Board Agenda Calendar as presented by Superintendent Miller.

Attachment A

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

APPROVAL OF MINUTES

11. With a motion by Mrs. Jones and second by Mrs. Bransford, the Board approved the minutes of the December 17, 2019, Regular Monthly Meeting as presented by the Board Secretary.

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

APPROVAL OF CONSENT AGENDA ITEMS

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

A. Board Member Recognition Month

In honor of School Board Recognition Month, Board Members were treated to candy, hand-made cards, videos made by students and staff, a meal provided by the PTO, and Certificates of Recognition for their service to the students and community of Fulton Independent School District.

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, 2019.

Attachment B

C. Enrollment Report

Board members accepted the quarterly Enrollment Report showing a total of 281 students enrolled in the district at the end of the month 5.

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(4) Mrs. Rea Jones (5) Mrs. Christy Pettigrew

D. Food Service Report

Mrs. Ashley Teasley, Food Service Director, submitted the Monthly Food Service Report, outlining activity in the school cafeterias through December, 2019.

E. Fundraiser Requests

There were no fundraising requests.

F. Superintendent Report

Superintendent Miller provided Board Members with a report of her activities during December, 2019, noting how these activities aligned with the Kentucky NxG Superintendent Effectiveness Standards.

Attachment C

G. Teachers of the Month

Melissa Trice-Martin, Special Education, and Summer Frields, Kindergarten, were named as December, 2019, Teachers of the Month for Fulton High School and Carr Elementary, respectively.

H. Travel Requests

Board Members approved the travel requests of Debbie Vaughn, Bill Robertson, Rea Jones, and Christy Pettigrew to attend the KSBA Annual Conference in Louisville, KY, Feb. 21-23, 2020, in order to obtain required Board Member Training Hours. Superintendent Miller will also attend the conference.

In addition, permission was granted for Dr. Miller to attend the Gifted Advisory Council meeting in Frankfort, KY, Feb. 7, 2020; and the KAGE Conference in Lexington, KY, Feb. 23-25, 2020.

I. Wellness Plan

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

Attachment D

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

PUBLIC COMMENTS

13. There were no public comments.

PERSONNEL REPORT

14. There were no personnel actions taken in December.

2018-2019 AUDIT REPORT

15. With the recommendation of Superintendent Miller, a motion by Mrs. Bransford and second by Mr. Robertson, Board Members accepted the 2018-2019 Audit Report as presented by Mr. Jay Davis of Alexander Thompson Arnold, PLLC, Union City, TN. Mr. Davis reviewed various sections of the report concluding that the management procedures and financial accounts of Fulton Independent School are in compliance and have been presented fairly, resulting in an “unmodified” and clean opinion.

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

2019-2020 CALENDAR AMENDMENT

16. With the recommendation of the Superintendent, a motion by Mrs. Pettigrew and second by Mr. Robertson, the Board approved the 2019-2020 Calendar Amendment in which a snow day taken in November is to be made up on March 19 by changing a full G-Day to a half instructional day.

Attachment E

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

2020-2021 CALENDAR APPROVAL – Second Reading

17. With the recommendation of the Superintendent, a motion by Mrs. Jones and second by Mr. Robertson, the Board approved the second reading of the 2020-2021 Fulton Independent School Calendar as submitted by Mr. Kent Green, Calendar Committee Chair.

Attachment F

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

FINANCIAL REPORTS AND ORDERS OF THE TREASURER

18. With a motion by Mr. Robertson and second by Mrs. Jones, 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

2020-2021 ESTIMATED RECEIPTS AND EXPENDITURES – Draft Budget

19. With the recommendation of the Superintendent, a motion by Mrs. Jones and second by Mrs. Pettigrew, the Board accepted the presented 2020-2021 Draft Budget detailing the estimated receipts and expenditures for the next school year.

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

NON-RESIDENT STUDENT CONTRACTS

20. Acting on a motion by Mrs. Bransford and second by Mrs. Jones, the Board approved the 2020-2021 Non-Resident Contracts as submitted by neighboring districts for students living the Fulton Independent School District, but attending other schools, with the exception of Fulton County. The Fulton County proposal of any/all was denied; approved contracts with the other districts are as follows:

Paducah Independent - any/all
 Mayfield Independent – any/all
 Hickman County - 10 students
 Graves County - 10 students/one-for-one after 10
 Carlisle County - any/all

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(4) **Mrs. Rea Jones** (5) **Mrs. Christy Pettigrew**

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

2020-2021 STUDENT INSURANCE

21. Following the recommendation of Superintendent Miller, the Board accepted the quote of Roberts Insurance Company to provide student accident insurance for the 2020-2021 school year at a cost of \$11,366. This action was taken on a motion by Mrs. Bransford and second by Mrs. Jones.

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

APPROVAL OF SUPERINTENDENT TRAVEL REIMBURSEMENT

22. With a motion by Mrs. Bransford and second by Ms. Jones, the Board approved the travel reimbursement request of Superintendent Miller for travel expenses related to school business for December, 2019.

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

ADJOURNMENT

23. With a motion by Mrs. Pettigrew and second by Mrs. Jones, the Board meeting was adjourned at 6:38 p.m.

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


Chair


Secretary

FULTON INDEPENDENT SCHOOLS

Regular Scheduled School Board Meetings 2020

January 21, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
February 18, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
March 17, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
April 21, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
May 19, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
June 16, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
July 21, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
August 18, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
September 15, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
October 20, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
November 17, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line
December 15, 2020	5:45 p.m.	Fulton Independent Board of Education, 304 West State Line

The Family Connection, Fulton Independent's FRYSC
December 2019 work
Tracy Pulley, coordinator

events / speakers

Principal's Lunch (December 12, 16 students, grades K-5)

During Red Ribbon Week, faculty recognized students caught doing random acts of kindness. FRYSC gave each student a Choose Kind shirt. As a followup reward, FRYSC arranged for principal Mancell Elam to have lunch with the students at Carr.

Dress For Success (December 18, grades 6-8)

The December career session featured Tim Britt, who discussed how school athletics led to a stint playing basketball for the national team of Malta. Sixteen students attended. (Pulley advertised event, scheduled speaker, and used FRYSC funds to buy a special dessert for attendees.)

Family Reading Night

For the past several years FRYSC has arranged for Santa Claus to give out books and eat cookies with students at the December family reading night. B3 director Rebecca Copeland, who coordinates FRNs this year, agreed that Santa would be a great addition to the event. However, assistant principal Dana Crawford contacted Pulley to say that there would be no time for Santa to be included.

clubs / groups

mentoring: 1 during-lunch meeting (10 mentor pairs, grades 9-12). Pairs shared photos and discussed family life during December session.

BADD Club: 3 during-lunch meetings (11 BADD members, grades 9-12). Four BADD members are currently featured on a WPSD commercial for Breathe Clean Fulton County.

Art club: 2 after-school sessions (9 students, grades 6-8). Art teacher led lessons. Continue to meet in FHS computer lab.

Equality Café: 2 after-school sessions (4 students, grades 9-12). Student-led "hang" for those who might not fit any other team or club. Café provided drinks/snacks for choir members during dress rehearsal after school on December 12.

Too Good For Drugs: 1 during-school session (6th graders). Last of ten lessons taught by Pulley (December 2). Students' post-surveys showed an increase in knowledge.

services

clothing - 8 students

school supplies / toiletries - 4 students

6 home visits (holiday assistance)

Connected 63 children with holiday assistance

Delivered bunk beds to two Carr / Head Start students

3 weekly Backpack Feeding Program deliveries made to 20 children

created, printed, distributed Dawg Bites newsletters, grades K-12

re-filled feminine hygiene products stations in middle and high school girls' restrooms

created, copied, distributed Christmas Store flyer for PTO

Head Start parent cleared to volunteer 20 hours a week with FRYSC through Ready To Work program

Superintendent Report for December 2019 Board Meeting

Listed below are some of the activities that Superintendent Miller accomplished during December 2019. 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 4 parents
- Phone call with 2 bd members

Standard 2: Instructional Leadership

- Six walkthroughs at schools
- Walkthroughs at both buildings and several classrooms

Standard 3: Cultural Leadership

- Mailed thank you, birthday, and congratulations cards
- Attended Musical program at FHS and Christmas program at Carr

Standard 4: Human Resource Leadership

- Completed Administrative and Office Staff Calendar entries into MUNIS

Standard 5: Managerial Leadership

- Recorded checks received and reviewed bank statements
- Managed two personnel issues

Standard 6: Collaborative Leadership

- 4RCA Steering Committee
- Met with Dr. Frazier re: Perkins grant

Standard 7: Influential Leadership

- Attended four Rotary meetings
- Attended AASL advisory committee meeting

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.

Fulton Independent School Wellness Plan and Procedures 2019-2020

The National Alliance for Nutrition and Activity encourages schools, school districts, and others to use, distribute, and 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, ethic, 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 Fisd 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	5 st Grade Teacher	nakia.brown@fultonind.kyschools.us
Zuzu Pulley	Student Representative	zuzu.pulley@fultonind.kyschools.us
Sarah Townsend	Director of Special Education	sarah.townsend@fultonind.kyschools.us
Dr. Deanna Miller	Superintendent	deanna.miller@fultonind.kyschools.us
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.

2019-2020 SCHOOL CALENDAR (Amended January 2020)

District: Fulton Independent

Part I ☒ Traditional Calendar ☐ Year-round Calendar

July 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2020

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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

(4 Holidays: Labor Day, Thanksgiving, Christmas, New Years Day)

Student Days: 175
Contract Days: 185

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*

Fulton Independent: Proposed to BOE —2020-2021

Traditional Calendar

July 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18e	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021

S	M	T	W	T	F	S
				1	2e	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27e	28	29
30	31					

June 2021

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	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

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

E—2020-2021	Student Days	Contract Days
August	10	15 (PD4,O)
September	21	22 (H)
October	17	17 (G)
November	17	18 (H)
December	14	15 (H)
January	19	20(H)
February	19	19
March	22	22 (G)
April	17	17
May	19	20(C)
Totals	175	185

- Opening Day: Aug 17
- First Day: Aug 18
- Last Day: May 27
- Closing Day/Graduation: May 28
- Holidays: (4)
 - Labor Day: Sept 7
 - Thanksgiving: Nov 26
 - Christmas: Dec 25
 - New Years Day: Jan 1
- Election Dates:
 - Nov 3, 2020
 - No Election in 2021
- Martin Luther King: Jan 18, 2021
- Fall Break: Oct 12-16, 2020
- Spring Break: April 5-9, 2021
- Christmas: Dec 21-Jan 1
- Early Release at Noon:
 - Oct 29(G)
 - Dec 18
 - March 18(G)
 - April 2
 - May 27
- G-Days: (2) (Release at Noon)
 - Oct 29, 2020
 - March 18, 2021
- PD Dates: (4)
 - Aug10, 11, 12, 13
- Snow Dates (7): (For 21-22 will go down to only 3)
 1. February 26, 2021
 2. March 19, 2021
 3. Tuesday June 1
 4. Wednesday June 2
 5. Thursday June 3
 6. Friday June 4
 7. Monday June 7