

RECORD OF BOARD PROCEEDINGS
(MINUTES)

Fulton, KY, January 19, 2021

The **Fulton Independent** Board of Education met at **Board of Education Office** at **5:45** o'clock

P. M. on the **19th** day of **January, 2021** with the following members present:

(1) **Mrs. Debbie Vaughn, Chair** (2) **Mrs. Carol Bransford** (3) **Mrs. Rea Jones** (4) **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.

OPENING PRAYER

2. Pastor Steve Cavness, of First Baptist Church, Fulton, KY, opened the meeting with prayer.

ROLL CALL

3. Mrs. Debbie Vaughn, Mrs. Carol Bransford, 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. Bransford and second by Mrs. Pettigrew, the January 19, 2021, Regular Monthly Meeting Agenda was approved as presented.

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

OATH OF OFFICE

6. Re-elected Board Member, Mrs. Debbie Vaughn, was given the oath of office by Mrs. Becky Fisette, Notary Public.

2021 ELECTION OF BOARD CHAIR

7. With a motion by Mrs. Bransford and second by Mrs. Pettigrew, Mrs. Debbie Vaughn was re-elected to serve as Board Chair for 2021.

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

2021 ELECTION OF BOARD VICE-CHAIR

8. With a motion by Mrs. Pettigrew and second by Mrs. Vaughn, the Board moved to re-elect Mrs. Carol Bransford as Board Vice-Chair for 2021.

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

2021 APPOINTMENT OF BOARD ATTORNEY

9. With a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board chose Mr. Jason Howell to serve as Board Attorney for 2021.

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

ESTABLISHMENT OF REGULAR MONTHLY BOARD MEETING TIME, DAY, LOCATION

10. With a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board set the regular monthly meeting date as the third Tuesday of each month;

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

With a motion by Mrs. Bransford and second by Mrs. Vaughn, the Board set the time of the regular monthly meeting at 5:45 p.m.;

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

With a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board set the location of the regular monthly meeting to be the Fulton Independent Board of Education office.

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

APPROVAL OF MINUTES

11. With a motion by Mrs. Pettigrew and second by Mrs. Bransford, the Board approved the minutes of the December 15, 2020, Regular Monthly Meeting as presented by the Board Secretary.

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

APPROVAL OF CONSENT AGENDA ITEMS

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

A. School Board Recognition Month

In honor of School Board Recognition Month, Board Members were given to student-made cards, a meal provided by the PTO, and Certificates of Recognition for their service to the students and community of Fulton Independent School District. In addition, out-going school board member, Mr. Bill Robertson was presented with a plaque commemorating his 16 years of service to the Fulton Independent Board of Education.

B. ASAP Moment – School Social Worker Report

Board Members heard and accepted a report from Mrs. Cayce Batts, School Social Worker, explaining her role in the district, and the plans and goals she has for working with students and staff.

C. Community Education Activities Update

Community Education Director, Olivia Crawford, updated Board Members on the activities she conducted during December, 2020.

Attachment A

D. Enrollment Report

Board members were provided with the Enrollment Report showing 284 students enrolled in the district at the end of month 5.

E. FRYSC Activities Update

Ms. Tracy Pulley, Family Resource / Youth Services Center Coordinator, submitted a report to Board Members detailing the activities and services she provided during December, 2020.

Attachment B

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P. M. on the **19th** day of **January, 2021** with the following members present:

(1) **Mrs. Debbie Vaughn, Chair** (2) **Mrs. Carol Bransford** (3) **Mrs. Rea Jones** (4) **Mrs. Christy Pettigrew**

F. Food Service Report

Mrs. Ashley Teasley, Food Service Director, submitted the Monthly Food Service Report, outlining food service department activity through December, 2020.

G. Fund Raising Request

Board Members granted the fund raising request of the PTO to hold an online silent auction in order to raise money for awards, incentives, and teacher requests. The date of the auction is to be determined but will take place between February 7 and April 1, 2021.

H. Employees of the Month

Mrs. Ashley Kendall, School Nurse, and Mrs. Amie Huff, Family and Consumer Science Teacher, were named as January Employee and Teacher of the Month for Carr Elementary and Fulton High School.

I. COVID Reopening Plan Update

Board Members accepted the updated COVID Reopening Plan, containing Enhanced Option Choices for orange and red status time frames, as required by the December 14, 2020 COVID-19 Mode of Instruction Metrics for K-12 Education released by the Kentucky Department of Education.

Attachment C

J. 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, Mrs. Jones, Mrs. Pettigrew, Mrs. Vaughn

PUBLIC COMMENTS

13. There were no public comments.

PERSONNEL REPORT

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

Appointment: Steven Langford, Emergency Certified Substitute Teacher

2019-2020 AUDIT REPORT

15. With the recommendation of the Superintendent, a motion by Mrs. Pettigrew and second by Mrs. Bransford, Board Members heard and accepted the 2019-2020 Financial 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 accounts were presented fairly, and the result was an unqualified, "clean" audit.

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

2021-2022 SCHOOL CALENDAR AMENDMENT

16. Following the recommendation of the Superintendent and Mr. Kent Green, Calendar Committee Chair, the Board moved to amend the 2021-2022 School Calendar by adding one snow day to the end of the calendar on June 1, per state requirements. This action was taken on a motion by Mrs. Bransford and second by Mrs. Pettigrew.

Attachment E

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

FINANCIAL REPORTS AND ORDERS OF THE TREASURER

17. With a motion by Mrs. Pettigrew 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, Mrs. Jones, Mrs. Pettigrew, Mrs. Vaughn

2021-2022 DRAFT BUDGET – ESTIMATED RECEIPTS AND EXPENDITURES

18. With the recommendation of Superintendent Miller, a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board approved the 2021-2022 Draft Budget, Estimated Receipts and Expenditures, as presented by Mrs. Becky Fisette, Finance Officer.

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

2021-2022 STUDENT INSURANCE RENEWAL

19. With the recommendation of the Superintendent, a motion by Mrs. Pettigrew and second by Mrs. Bransford, the Board voted to renew the Student Accident Insurance policy with Roberts Insurance Company for the 2021-2022 school year, at a cost of \$10,297.

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

APPROVAL OF SUPERINTENDENT TRAVEL REIMBURSEMENT

20. With a motion by Mrs. Pettigrew and second by Mrs. Bransford, the Board approved the travel reimbursement request of Superintendent Miller for travel expenses related to school business for December, 2020.

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

WINDSTREAM COMMUNICATIONS CONTRACT

21. With the recommendation of Superintendent Miller, a motion by Mrs. Bransford and second by Mrs. Pettigrew, the Board approved the continuation of the Windstream Communications contract to provide fiber optics to the district from July 1, 2021 through June 30, 2022.

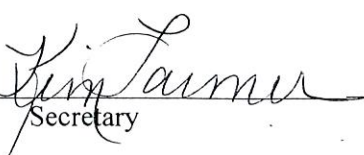
Members voting yes: Mrs. Bransford, Mrs. Jones, Mrs. Pettigrew, Mrs. Vaughn

ADJOURNMENT

22. With a motion by Mrs. Pettigrew and second by Mrs. Bransford, the Board meeting was adjourned at 6:35 p.m.

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


Chair


Secretary

Fulton Independent Community Education

December 2020 work

Liv Crawford, Director

Gathered photos and important articles from FIS staff each week to put in The Current.

Met with Thea Vowell, Executive Director of the Fulton Tourism Commission, to discuss the activities that will take place at Christmas in the Park.

Helped plan, buy and gather materials, set up, and work the Book Walk for Christmas in the Park alongside Anna McCoy from the Fulton County Cooperative Extension Office.

Contacted all seniors to provide information regarding how many community service hours they are required to complete, when they have to be completed, and ways that they can be completed.

Worked alongside a volunteer to paint and decorate the Fulton Independent School District Christmas Card to go in the city park.

Contacted Micah Jett Yates, FHS alumnae, and interviewed her for an article in the newspaper about the original artwork done by her that is on our FIS Christmas Card.

Contacted K-3rd grade teachers to ask students to write letters to Santa to be featured in The Current and assisted in gathering these cards to deliver them to Benita Fuzzell.

Helped facilitate senior volunteers for the Story Walk with Santa and helped work the event.

Wrote an article about my role as the Community Education Director and submitted it to Tracy Pulley for the January issue of Dawg Bites.

Participated in the staff parade led by Fulton City Police Department to wish FIS students and their families a Merry Christmas.

Created a social media graphic for the Rudolph Readers Book Delivery with Santa to be put on the FIS Facebook page.

Helped facilitate, capture photos, and participate in the Rudolph Readers Book Delivery with Santa.

Planned and contacted staff and students to ask them for short clips saying Merry Christmas for the virtual Christmas Card.

Created the Virtual Christmas Card video using a movie making software to be put on FIS social media pages.

Created a social media graphic for the Virtual Christmas Card to be posted on the FIS Facebook page.

Contacted John Gallimore, Assistant Director of Fulton Public Works, to discuss seniors volunteering with trash pickup and other city clean up tasks.

Stayed in contact with seniors over Christmas Break to ensure that they were trying to find ways to volunteer in our community.

The Family Connection, Fulton Independent's FRYSC
December 2020 work
Tracy Pulley, coordinator

StoryDrive With Santa event (December 12)

21 children participated. Pulley used CECC and FISD Head Start funds to provide ABC kits, filled FRYSC bags, cocoa, cookies. Pulley created StoryDrive flyer; she and Head Start family services worker Stephanie Veatch delivered flyers and Scholastic books to families to advertise event. Pulley delivered remaining bags/kits to preschool teachers to deliver to FISD students' homes. Partners: FISD preschool / Head Start, Community Education, Fulton County Extension Service, Purchase District Health Department, Four River Counties CECC. All materials and event designed to increase kindergarten readiness.

Connected 67 FISD children with holiday assistance (asked faculty for referrals, contacted parents about sizes/preferences/pickup/delivery info, delivered as needed). Programs: Shop With A Trooper, Fulton First United Methodist Church Angel Tree, Riceville Baptist Church program, Tri County Homemakers donation, anonymous donors

Second Zoom conversation with Kentucky's DCBS commissioner, Marta Miranda Straub; discussed Fulton's lack of child care, resources for grandparents raising grandchildren

Two FHS students chosen for statewide AHEC Health Career online club through Pulley connecting them with program

Helped several parents connect with Benefind when P-EBT cards not sent

Held first Zoom session for mentoring; mentors attended, but only one student

Provided car seat for Early Head Start child

Helped connect grandparent of new middle schooler with teachers

Connected grandparent with online peer support specialist position

Created, printed, mailed January issue of Dawg Bites newsletter to all FISD student households; sent to faculty via email

Backpack Feeding bags delivered to 21 FISD children on four Fridays by Pulley and by volunteer Mike Gargus

18 home visits

Attended online Leader In Me training for FISD

Emailed state representative Steven Rudy to congratulate him on his new leadership position as the House Majority Floor Leader in Kentucky's House of Representatives while also asking him to advocate for Fulton children and families

Used The Family Connection FRYSC Facebook page to inform families about infant/toddler developmental milestones, impaired driving prevention, stress reducers, WKAS utility funds, healthy discipline methods, Healthy At Home eviction relief fund, vaccine facts, pandemic holiday activities



Date Issued: Dec. 14, 2020



COVID-19 Mode of Instruction Metrics for K-12 Education

This framework provides guidance utilizing multiple metrics to help school officials determine the mode of instruction (i.e., in person, virtual, or hybrid) in Kentucky schools during the COVID-19 pandemic. This guidance was created in partnership between the Kentucky Department for Public Health (KDPH) and the Kentucky Department of Education (KDE).

The baseline mitigation strategies in the flagship document, [Guidance on Safety Expectations and Best Practices for Kentucky Schools \(K-12\)](#) must be followed in all school settings. Remote learning options must be available for all appropriate classes to all learners, regardless of the county status. Remote learning must be available in a manner that does not disadvantage remote students in terms of grade point average, class rank, graduation requirements, college credit, or other manners.

Additionally, meaningful accommodations must be made for all school personnel at elevated risk for adverse harm from COVID-19 infection.

This framework empowers local leadership to make decisions based on county incidence rates as published daily by KDPH on the kycovid19.ky.gov website. Specified mitigation measures are described for different levels of disease present within a county. Schools are encouraged to develop hybrid models of learning as necessary to decrease the volume of students physically present in school facilities to fully comply with the KDE flagship document. When disease is widespread, consideration of more aggressive hybrid or closing schools for in person activities at **red** or **orange** levels reflects multiple factors such as:

- Importance of in person education to the social, emotional, and academic growth and well-being of students and school personnel;
- Current level and rising/falling trend of community COVID-19 activity;
- Identification of cases among students and staff;
- Other public health indicators used to assess community COVID-19 impact, such as local healthcare capacity; and
- Effective implementation of student and staff cohorting that enables quarantining cohorts, rather closing the entire school.

Definition of Colors

- **Green:** Counties in this status may have in person or remote learning.
- **Yellow:** Counties in this status may have in person or remote learning.
- **Orange:** Counties in this status should take additional mitigation steps, implement a hybrid model to reduce volume of individuals physically present in school facilities, and consult with local public health officials and other community leaders to slow spread of disease.
- **Red:** Counties in this status should fully implement a hybrid model that further reduces the volume of individuals physically present in school facilities, consider suspension of activities at highest risk of disease transmission and prepare for possible remote learning and instruction only in consultation with local public health officials.



Kentucky Public Health
Prevent. Promote. Protect.

Date Issued: Dec. 14, 2020

COVID-19 Mode of Instruction Metrics for K-12 Education



GREEN	YELLOW	ORANGE	RED
<p>Minimal Community Transmission "On Track"</p> <p>< 1 CASES/100,000 PEOPLE DAILY In Person or Remote Learning</p>	<p>Increased Community Transmission "Community Spread"</p> <p>>1-10 CASES/100,000 PEOPLE DAILY In Person or Remote Learning</p>	<p>Heightened Community Transmission "Accelerated"</p> <p>>10-25 CASES/100,000 PEOPLE DAILY Hybrid or Remote Learning</p>	<p>Substantial Community Transmission "Critical"</p> <p>>25 CASES/100,000 PEOPLE DAILY More Aggressive Hybrid; Consider Remote Learning</p>
<ul style="list-style-type: none"> ➤ Maintain best health practices for social distancing, mask use, handwashing, and sanitation per <u>Healthy At Schools Guidance on Safety Expectations and Best Practices for Kentucky Schools (K-12)</u> ➤ Encourage small group cohorts in classrooms for in person instruction to reduce transmission ➤ Cancel field trips/assemblies or other large group activities ➤ Adhere to Governor's current guidance regarding group gatherings ➤ Encourage the school community to actively continue COVID-19 safety guidelines ➤ Limit any non-essential visitors, volunteers and activities who are not from the local geographic area, e.g., community, town, city, county ➤ At any level, if an outbreak is determined by the LHD, guidance may be provided to close a classroom or individual school 	<ul style="list-style-type: none"> ➤ Maintain best health practices for social distancing, mask use, handwashing, and sanitation per <u>Healthy At Schools Guidance on Safety Expectations and Best Practices for Kentucky Schools (K-12)</u> ➤ Encourage small student cohorts in classrooms for in person instruction to reduce transmission ➤ Cancel field trips/assemblies or other large group activities ➤ Adhere to Governor's current guidance regarding group gatherings ➤ Local officials, school administrators and public health leaders will coordinate additional mitigation needed ➤ Address with school community need to actively engage in heightened safety precautions to prevent ongoing cases or school closure ➤ At any level if an outbreak is determined by the LHD, guidance may be provided to close a classroom or individual school 	<ul style="list-style-type: none"> ➤ Assure highest level of best health practices for social distancing, mask use, handwashing, and sanitation per <u>Healthy At Schools Guidance on Safety Expectations and Best Practices for Kentucky Schools (K-12)</u> ➤ Consider implementing a hybrid learning model that reduces the volume of students and educators in school facilities ➤ Cancel field trips/assemblies or other large group activities ➤ Adhere to Governor's current guidance regarding group gatherings ➤ Local officials, school administrators and public health leaders should collaborate to implement aggressive mitigation measures both in schools and in communities ➤ Encourage school community to aggressively engage in safety precautions to prevent increase in cases resulting in school closure ➤ If the decision is made to move to remote learning, schools may bring small groups of students into the building to receive targeted services that supplements learning 	<ul style="list-style-type: none"> ➤ All students and staff entering facility must practice best health practices for social distancing, mask use, handwashing, and sanitation per <u>Healthy At Schools Guidance on Safety Expectations and Best Practices for Kentucky Schools (K-12)</u> ➤ Implement more aggressive hybrid model to further reduce volume of students and educators in school facilities ➤ Consider suspension of in person instruction activities until a lower level is achieved at a future weekly decision point ➤ If classes are suspended, activate remote learning for all learners ➤ If classes are suspended, continue essential student support services including meals, student engagement and special education service ➤ Community-wide meetings are encouraged to fully engage all leaders and citizens to halt disease spread and return the community to Orange, Yellow, or Green Level at a future weekly checkpoint to maintain in person learning
<ul style="list-style-type: none"> ➤ Athletic activities allowed per KHSAA guidance 	<ul style="list-style-type: none"> ➤ Athletic activities allowed per KHSAA guidance 	<ul style="list-style-type: none"> ➤ Athletic activities allowed per KHSAA guidance 	<ul style="list-style-type: none"> ➤ Consistent with above, consider suspending school related athletic and extracurricular activities

FULTON INDEPENDENT SCHOOL 2020-2021 REOPENING PLAN

This plan may be adjusted based on changing conditions or updated in expectations/guidelines from local, state, and federal agencies.

Instructional Options	<ul style="list-style-type: none"> Traditional learning approach: Involves students attending school on a regular five day schedule while following current health and safety guidelines. Online learning: (Bulldog Virtual Academy) Involves students receiving instruction using the internet in a home setting. Students will be allowed to change between methods of instruction once per nine weeks unless they are required to be quarantined. Virtual learning students can participate in sports and extra-curricular activities.
<ul style="list-style-type: none"> Markings placed on the floor to remind students and staff to maintain social distancing in hallways and other common areas. Hallways will be directionally separated. Classrooms will increase space between students by rearranging seating to maximize space between students to be 6 feet or greater. If social distancing in classroom is not possible, masks will be required. Masks are to be properly worn (covering face and mouth) when in hallways and common areas where social distancing is not possible. Assigned seating will be implemented when possible to assist with contact tracing. 	Social Distancing
Masks, PPE, and Health Policies	<ul style="list-style-type: none"> Students and staff are required to wear a mask on the bus and when 6 feet of social distancing can't be achieved, unless medically waived. Students are strongly encouraged to bring their own mask. All students will be given one cloth mask. Sharing or use of 'community supplies' in classrooms will not be allowed. If a student does not have a mask or has forgotten their mask, one will be provided. When students are outside and 6 feet from others, masks are not required. Preschool and kindergarten students are not required to wear a mask.
<ul style="list-style-type: none"> Students will be socially distanced in the seating areas. There will be a combination of eating in the cafeteria/commons areas and also in the classrooms for breakfast and lunch. Disposable food service items (utensils/dishes) will be used when possible. Food service items will be handed with gloves. Eating surfaces will be cleaned and sanitized between serving times. 	Food Services
Sanitation and Environmental Standards	<ul style="list-style-type: none"> Signs posted throughout the school facility encouraging proper hand and respiratory hygiene practices. Hand-cleaning supplies readily available. Scheduled cleaning and disinfection of bathroom and water fountain facilities throughout the school day. Daily cleaning and disinfection of facilities with special attention given to high-touch areas which will be cleaned and disinfected frequently throughout the school day. Hand sanitizer stations located throughout each school. Classroom desks cleaned and sanitized following transition of students.
<ul style="list-style-type: none"> Parents are to assess students for Covid-19 symptoms and fever prior to being picked up on the school bus or brought to school. Temperature checks will be conducted by staff prior to students entering the school. Students will be provided hand sanitizer upon boarding the bus. Driver, monitor and students WILL wear a mask on the bus unless medically waived. Buses will load from back to front and offload from front to back. Passengers from same household seated together. Assigned seating to assist with contact tracing. Students will not be allowed to change pick-up/drop-off location unless registration information is updated. 	Transportation
Screening and School Exclusion	<ul style="list-style-type: none"> Temperature checks (touchless thermometers) for all students and staff at point of entry to school. Each morning parents/guardians must attest that student does not possess any of the following symptoms: new and persistent cough, GI symptoms (vomiting/diarrhea), new loss of taste or smell, new rash, or has been exposed to a Covid-19 case during the prior 48 hour period. Students arriving at school or on bus that possess symptoms and/or have a temperature of 100.4 or higher will need to return home. Students meeting this criteria will be isolated for parents to pick up. Students must remain fever free for 24 hours with no other symptoms or use of fever reducing medicines before returning to school. If Covid-19 related, students must have a letter from the Fulton Co Health Dept allowing re-entry to in-person classes. Non-essential visitors to the school will not be allowed entry.
Enhanced Option Choices*	<ol style="list-style-type: none"> Use of gym, commons, and other large common areas for classes to meet in and social distance. Scheduled hand washing times for students. Additional student temperature checks at midday. Use of face shields over properly worn masks. School nurse to conduct student safety demonstrations of how to properly wash hands, wear a mask, and/or social distance. Water fountains will be turned off to decrease cross contamination. Masks are mandatory in classrooms during instruction and in hallways. Masks may be removed only while actively eating or drinking.

Updated 1/07/2021

*Items in red/italicized represent enhanced Covid-19 precaution options which may be used when the county incidence rate is in the red or orange. The FUSD Covid Team will meet and decide on the appropriate enhanced options to implement. Enhanced options will be disseminated via email and on social media.

Fulton Independent School Wellness Plan and Procedures 2020-2021

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, 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
Olivia Crawford	Community Outreach	olivia.crawford@fultonind.kyschools.us
Danielle Cruse	Secretary	danielle.cruse@fultonind.kyschools.us
Brad Rozzell	Physical Education Teacher	brad.rozzell@fultonind.kyschool.sus
Nakia Brown	5 th 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.

FISD 2021-2022 SCHOOL CALENDAR

Version: C

(1062 Hours)

◆ Traditional Calendar

July 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

August 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				

September 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		

October 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						

November 2021

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28					

March 2022

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20	21	22	23	24	25	26
27	28	29	30	31		

April 2022

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24	25	26	27	28	29	30

May 2022

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022

S	M	T	W	T	F	S
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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		

Break (no school)
Staff Only

Opening Day/Closing Day
First/Last Day

Parent/Teacher Conferences
Snow Day (no school) ✖

C--Month	Student Days	Staff Days
Aug	2	15 (PDx12, OD)
Sept	21	22 (H)
Oct	16	16
Nov	19	20 (H)
Dec	13	15 (H, H)
Jan	20	20
Feb	19	19
March	22	22
April	16	16
May	18	20
June	0	0
Total:	166	185
Hours Total:	164 * 6.5 2 * 8 =1074	--

Opening Day	August 27
First Day	August 30
Last Day	May 26
Closing Day/Grad	May 27
Fall Break	October 4-8
Thanksgiving Break	November 24-26
Christmas Break	December 20-31
Martin Luther King, Jr.	January 17
Election Day (Staff Only)	May 17
Early Release (P/T Conf)	Oct 28 & March 17
Snow Days (3)	Feb 21 May 31 June 1
Holidays (4)	Sept 6 Nov 25 Dec 24 Dec 31
PD/Work Days (Staff Only)	August 11-26 May 17

Break (no school)
Staff Only

Opening Day/Closing Day
First/Last Day

Parent/Teacher Conferences
Snow Day (no school)