

WELLNESS PLAN

This document, referred to as the “wellness plan”(the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]

STRATEGIES TO SOLICIT INVOLVEMENT

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

1. *Posting on the District’s website the dates and times of SHAC meetings at which the wellness plan is scheduled to be discussed.*
2. *Listing in the student handbook the name and position of the person responsible for the oversight of the District’s wellness*

plan along with an invitation to contact that person if the reader is interested in participation in the development, implementation, and evaluation of the wellness plan.

IMPLEMENTATION

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Superintendent is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

#### EVALUATION

In accordance with law, the District will periodically measure and make available to the public an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- Healthy School Programs online tools to complete a school level assessment based on the Centers for disease Control and Prevention's School Health Index  
[www.cdc.gov/healthyschools/shi/index](http://www.cdc.gov/healthyschools/shi/index)
- [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks)

#### PUBLIC NOTIFICATION

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

1. A copy of the wellness policy
1. A copy of this wellness plan, with dated revisions
2. Notice of any Board revisions to policy
3. The SHAC's annual report on the District's wellness policy

#### RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management

program. Questions may be directed to the Superintendent Secretary, the District's designated records management officer.

#### GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy.

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#### NUTRITION GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

#### FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

EXCEPTION—FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

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FOODS MADE AVAILABLE

The District will comply with state law, which allows a parent or grandparent to provide a commercial food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. Food labels must be on the product as to the contents of ingredients and nutritional content.

In addition, the District has established the following local guidelines on foods and beverages made available to students during the school day: These celebrations must occur after lunch and must be approved by the principal.

MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

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NUTRITION PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

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<p><b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p><b>Objective 1: The District will increase participation in federal child nutrition programs each year.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Yearly Registration/Enrollment packets include the Free &amp; Reduced Forms for families to assist with lunch and breakfast while in school.</p> <p>Have menus appealing to students throughout the school year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Participation rates in federal child nutrition programs at beginning, middle, and end of school year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Meal Menus on website and weekly campus newsletter, parent portals</li> <li>● Home access for computers</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Newsletters sometimes do not reach the parents</li> <li>● Negative perceptions of school meals</li> <li>● Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced –price meals</li> </ul>
<p><b>GOAL:</b> The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p><b>Objective 1: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Community food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.)Currently the district has our BackPack Blessing Program through an area church and Krum Clothes Closet as well.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Number of the supplemental programs the District currently offers or promotes</li> <li>● The types of food access programs identified and ways the information was communicated to families and the community</li> </ul> <p>Resources needed:</p>

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	<ul style="list-style-type: none"> <li>Partnerships with community organizations</li> <li>Literature to send to families/community</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Limited resources/organizations</li> </ul>
<p><b>Objective 2: Consistently post in an easily accessible location on the District's or each campus's website the monthly school breakfast and lunch menus.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Work with the District and Food Services to develop menus that are in compliance with this objective. Copy of menus sent home monthly pk-5<sup>th</sup>, 8th-12th menu available to be picked up in the serving line.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The manner in which the menus and nutrition information are communicated to parents currently</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Staff to create and distribute the menus for posting to the website</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Not all families have Internet access</li> </ul>

<p><b>GOAL:</b> The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.</p>	
<p><b>Objective 1: Displays/posters will depict healthy lifestyles.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Communicate this expectation to all campus principals.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Campus principals will report compliance</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Displays and posters</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Use of supplies and availability</li> </ul>

NUTRITION EDUCATION

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Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: District staff will promote and integrate nutritional education facts during District-sponsored events in a school year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Identify appropriate events at which nutrition education could be promoted.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The number of events during the school year at which nutrition education was either communicated or distributed.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>A weekly newsletter to distribute to event attendees</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>The SHAC may not be made aware of all District-sponsored events</li> </ul>
<b>Objective 2: One-hundred percent of students will have access to drinking water at all times during the school day.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Include in enrollment and registration material that students are permitted to carry personally owned water bottles at all times.</p> <p>KISD has water filling stations at campuses for use at all times.</p> <p>Cafeteria has water and paper cups available during the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle policy</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Easily accessible water fountains</li> <li>Water for students who do not have their own</li> </ul>

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	<ul style="list-style-type: none"> <li>Guidance/signs on any locations where water bottles may not be permitted</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>For students who do not have water containers, teacher will need to develop procedures regarding when a student would be permitted to get water from a fountain</li> </ul>
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<p><b>GOAL:</b> The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p>	
<p><b>Objective 1: Each campus administrator will determine appropriate annual professional development for staff responsible for nutrition education.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
At the first of each year it will be determined who will attend.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Campus administrator will document compliance</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Approved release-time for staff who need to attend professional development</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Nutrition education is one piece of a full array of required professional development</li> </ul>
<p><b>Objective 2: The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Provide students with the knowledge and skills necessary to promote and protect their health.	<p>Baseline or benchmark data points:</p> <p>Integration into classroom instruction through subjects as math, science, language arts, social sciences, and elective subjects</p> <p>Resources needed:</p>



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	<p>Programs that are relevant to culture, enjoyable, developmentally appropriate</p> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Financial restraints</li> <li>● Integration into classroom</li> <li>● Education training for teachers/staff</li> </ul>
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PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades.

The District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

At the Middle School level the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletic courses for at least 4 out of 6 semesters in grades 6, 7, 8.

Federal law requires that the District establish goals for physical activity in its wellness plan.

In accordance with, the District has established the following goal(s) for physical activity.

**GOAL:** The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

**Objective 1: Consistently employ crossing guards at 100 percent of the District-identified areas where students can be encouraged to safely walk or bike to school.**

Action Steps	Methods for Measuring Implementation
<p>Identify the number of crossing guards currently employed by the District and the locations at which they are stationed.</p> <p>Evaluate where additional crossing guards</p>	<p>Baseline or benchmark data points:</p>

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<p>are needed. Make recommendations to hire additional crossing guards.</p>	<ul style="list-style-type: none"> <li>• The locations and number of crossing guards employed compared to the previous school year</li> <li>• Survey results showing whether the number of students walking or biking to school increased from the previous year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Job descriptions / Approval to hire needed positions</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Response rate of job postings</li> </ul>
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**Objective 2: At least 60 percent of campuses will have secure storage facilities for bicycles and helmets to encourage biking to school.**

Action Steps	Methods for Measuring Implementation
<p>Determine campuses that do not have access and storage. Install necessary bike racks and helmet storage facilities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of campuses meeting this objective compared to the previous school year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Equipment and products that allow for secure storage</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• May result in a substantial cost or facility renovations, which would trigger additional steps for approval</li> </ul>

**GOAL:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1: After receiving appropriate staff development, teachers will report that physical activity breaks were regularly incorporated into their lessons.**

Action Steps	Methods for Measuring Implementation
<p>Determine appropriate in-service days in which teachers will receive staff development related to the importance of physical activity breaks.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous school year</li> </ul>

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	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Creation of a survey to District teachers</li> <li>• Time for training during in-service days</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Validity of self-reports</li> </ul>
<p><b>Objective 2: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Identify any campuses currently offering such programs and have staff for those campuses share information at a District-wide staff event.</p> <p>Events throughout the year for each campus most are with community support.</p> <p>Run clubs, holiday events and Special Olympic events promoting physical exercise.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number and type of programs offered compared to the previous school year</li> <li>• Student participation rates in the program from year to year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Support from campus administrators and employees to provide supervision for these programs</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Staffing/teacher involvement</li> </ul>

<p><b>GOAL:</b> The District shall promote employee wellness by holding annual flu vaccine clinics to District employees</p>	
<p>.</p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Seek out providers for this service on behalf of the District. Local Pharmacy assists in providing to the district.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of employees who participated compared to the previous school year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• District publications and correspondence to advertise the service</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Participation rates may be minimal if the service is only provided at one</li> </ul>

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	campus rather than at the campus of an employee
<b>Objective 2: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop a list of ideas to submit to campus administrators to meet this objective.  Assign a campus administrator to organize the event.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Self-reports of campus administrators about the events</li> <li>• Participation rates from year to year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Dissemination of a list to send to campus administrators</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Staff time</li> <li>• Participation rates may be low</li> </ul>

SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthy eating and physical activity and to promote and express a consistent wellness message

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Evaluate current meal time allowances by campus.	Baseline or benchmark data points:

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<p>Have microwaves accessible during lunch for student use. Work with campus administrators to adjust master schedules as necessary.</p>	<ul style="list-style-type: none"> <li>• The number of campuses that currently meet the standard compared to the previous school year</li> <li>•</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Average time it takes for students to receive a meal and be seated</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Master schedules take into account several issues, only one of which will be meal times</li> </ul>
<p><b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p><b>Objective 1: At each athletic event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one food and beverage that meets the Smart Snacks standards.</b></p>	
<p style="text-align: center;"><b>Action Steps</b></p>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p>
<p>Communicate this objective with appropriate organizations and booster clubs responsible for concessions sales in the District. Require concession vendors to provide a list of their concession items in advance of events.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Self-reports by administration whether this standards was met consistently during the year on campus</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• A list of Smart Snacks compliant foods and beverages to distribute to organizations and booster clubs that are responsible for concession sales</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Difficult to actively and accurately measure</li> </ul>
<p><b>Objective 2: All classroom or campus celebrations will include at least one item that is Smart Snacks compliant.</b></p>	
<p style="text-align: center;"><b>Action Steps</b></p>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p>
<p>Create a list of Smart Snacks compliant foods and beverages to be distributed to parents who have agreed to bring foods and beverages for a classroom or campus celebration.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of celebrations approved on each campus and whether the celebrations met this objective</li> <li>• Self-reported by the principal and teacher that parents were given the list</li> </ul>

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	<p>of approved foods and beverages and that at least one Smart Snacks compliant food or beverage was served at each celebration</p> <ul style="list-style-type: none"><li>• Resources needed:</li><li>• A list of Smart Snacks compliant foods and beverages</li></ul> <p>Obstacles:</p> <ul style="list-style-type: none"><li>• Validity of self-reporting</li></ul>
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Last updated 11/8/2022.

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Krum ISD 2022-2023 SHAC Members

<b>Name</b>	<b>Title</b>	<b>Role</b>
Ashley Doyal	Parent/employee	Member
Brad Curtis	Student Resource Officer	Member
<b>Jill Breathitt</b>	<b>Parent</b>	<b>Chair Member</b>
Brooke Cates	Parent/employee	Member
Cheryl Eager	Employee/Grand Parent	Member
Danean Byram	Parent/Registered Nurse	Member
Jessica Hunt	Parent	Member
Erin Quy, RN, BS	Registered Nurse/employee	Member
Charleen Sprabary	Teacher	Member
Dixie Knight, BSN, RN	Director Health Services	Member
Dana Craddock, RN	Employee/Nurse	Member

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Sally Bridges, LVN	Nurse	Member
Katie McDonald	Asst. Principal	Member
Lori Sprague	Adm/Parent	Member
<b>Stacy Cook</b>	<b>Parent</b>	<b>Co-Chair Member</b>
Stephanie Hadsall	Parent	Member
Taylor Poston	ADM/Employee	Member
Terry Rhan	ADM/Employee	Member
Tracy Raye	Parent	Member
Vanessa Steele	Employee/Parent	Member
Zach Pope	Employee/Parent	Member
Kacie Warnasch, BSN, RN	Employee/Nurse/Parent	Member