Student Wellness

Schools play a critical role in promoting student health, preventing childhood hunger and obesity, and combating issues associated with poor nutrition and physical inactivity. School systems are required to establish a local wellness policy that includes nutrition guidelines for all foods and beverages available on campus during the school day along with goals for nutrition education, nutrition promotion, physical activity and other activities to promote student health.

The Student Health Advisory Council (SHAC) helps to plan, update, implement, promote and monitor the wellness policy. The council is to be composed of representatives from the school system, the local health department and the community.

Parents and community members are always welcome to attend the monthly meetings of the Madison County Schools Student Health Advisory Council (SHAC). If you would like additional information please call:

(828) 649-9276

Lisa Gahagan, Assistant Superintendent/ Lead Wellness Official, Ext. 10105
Brooke Ledford, School Nutrition Director, Ext. 10116