

District Wellness Meeting
December 5th, 2025
9 am in the Central Office Boardroom

Attendees: Trey Brown, Colton Trickey, Jenna Brush, Kristen Lucy, Elen Smith, Justin Carpenter, Steven Barnett, Dawn Mersinger, Erica Jewell, Misty Eads, Brett Bunch

1. Welcome - K.Lucy 9:02 am
2. Triennial Assessment/Wellness Committee Checklist Wellness Policy - K. Lucy
 - a. Triennial Assessment to be completed by the end of this school year
 - i. Completed select sections of checklist: Ark 6.06.5, Ark 6.02, Ark 6.06.6-10.
 1. Non-food related fundraisers discussed.
3. Building Updates
 - a. none
4. Review menus - E. Smith
 - a. LHS
 - i. Student representatives request more chicken biscuits for breakfast and Cane's chicken strips for lunch.
 - ii. December 19th - Power up sports nutrition. Power up foods at LHS-basketball themed
 - iii. Elementary-chef coming to read book and cook
 - iv. November-February "warm bellies"- focus on warm foods (soups, baked potatoes, etc)
 - v. Possible fun lunch change to include a chef salad
 - vi. Nutrition funding from PALS for fresh fruits and veggies - hasn't needed to apply for grant money because there is plenty of funding to use.
5. Nurse updates -
 - a. LPS
 - i. Working with Dr. Cleveland to assist in completing student hearing and vision screenings.
 - ii. Working on details on American Heart Challenge for students
 - iii. Staff Flu shots October 9th at 10 am by Lyons Drug
 - iv. Student Flu Shots October 16th, 2025 from 2-4 pm at LPS Gym
 - b. LES
 - i. Completed vision and hearing screenings
 - ii. UAMS Vision Bus came November 17th, 2025 for students that can not afford to go to the eye doctor for an exam/prescription.
 1. 5 students were able to get a prescription for glasses
 - iii. Lonoke Lions Club has an application for eye glasses coverage for students that can not afford glasses.
 1. Lions Club application submitted and they paid for student to get glasses from Turner Eye Care in Cabot.
 - iv. Monthly Health Newsletter for students and staff

- c. LMS
 - i. none
 - d. LHS
 - i. Blood Drive for students and community Dec 10th
- 6. Counselor updates - J. Brush
 - a. Capturing Kids Hearts (Morning Slides, small groups, advisory)
 - i. Grinch - Growing his Heart
 - ii. EAST hygiene lesson
 - iii. Christmas Coalition Angel Tree
 - 1. Based on backpack buddies
 - 2. Each school gets 25 family vouchers
 - 3. Remington took over remaining students on Angel Tree
 - b. Student of the month at each campus
 - c. Mrs. Brush to start a "New year, new me" program every Friday beginning in January at high school
 - d. LPS/LES doing backpack buddies
 - e. Kids Heart Challenge at LHS almost completed
 - f. EAST - Simply Fresh Always Free - Family Resource Center/Maybeline
 - i. All campuses can use - counselor can send google order form
 - ii. Family Resource Center - students can get hours for helping unload trucks
 - iii. Stock in LHS Library - students fill out google order form, order packed and able to be picked up discretely/anonymously
 - g. Nurse Dawn washing clothes for students to reuse at LES
 - h. Rabbit Reps - Kind Acts
 - i. Co-op doing monthly counseling technique training
 - j. Mrs. Brush voiced concern that LHS is struggling with building support from parents due to most parent moving to booster club from PIE.
- 7. Other/New Business
 - a. Mr. Bunch would like to bring special olympics back to Lonoke. Need to survey staff interest then parent interest before contacting regional specialist for next steps.
 - b. Mr. Bunch proposed for homecoming dress up days to do a classroom competition then a campus winner be chosen from these winners.
 - c. Mr. Bunch proposed toy toss at games - parents can purchase a toy to be thrown on the course at the end of the game. Proceeds and toys would be donated to ACH.
 - i. Student representatives to follow up on this.
 - d. Student/teacher silent auction proposed where parents bid to have their child follow certain staff.
 - e. Proposed to auction/sell reservation for 1st and 2nd car position in car rider pickup line
 - f. Movie night Showing Polar Express on the football field December 18th
 - g. Student representative proposed having LPS student shadow them

8. Next meeting - March 13th at 9 am
9. Meeting adjourned at 10:10 am