LYNCHBURG-CLAY LOCAL SCHOOLS
Ron Sexton, Superintendent
Jacob Zink, Assistant Superintendent
937.364.2338
www.lclsd.org
PO BOX 515, 301 E. Pearl St., Lynchburg, OH 45142

HOME OF THE MUSTANGS

Wellness Committee Meeting Minutes
Date: February 20, 2026
Time: 8:30 AM

1. Policy Review
- The wellness policy was reviewed.
- Policy is revised every three years.
- Committee emphasized the importance of promoting the wellness policy.

2. Funding Plan
- Funding plan will be updated and distributed.
- Current plan on file is from last year.

3. Wellness Focus Areas
The committee identified the following focus areas:
- Immune system health
- Physical activity
- Mental health
- Classroom health

4. Engagement Brainstorm
Members were asked to begin thinking about ways to increase student and staff interest in wellness.
The committee will reconvene to further develop ideas.
Ideas discussed:
- District-wide step challenge
- Hydration challenge
- Elementary relay race/inflatables event
- High school incentive for gym participation
- Food samplings featuring new or unfamiliar healthy foods
- Yoga/Pilates club
- Staff massages
- Wii fitness games (e.g., Just Dance, tennis)
- Monthly nutritious snack offerings for students and staff

5. Upcoming Event
- Middle School is planning a Mental Health Awareness Day on March 4, 2026.

6. Next Meeting
- Scheduled for the end of May.
- Shawndra will send the confirmed date.

Meeting adjourned.