

WHAC
Wellness and Health Advisory Council
September 21, 2026

1. Attendees : Courtney Lyons, Cassie Reed, Bri Eisenbarth, Hunter Foley, Tracy Tindle, Crystal Tebbenkamp, Michelle Fronick, Rolanda Lawler, Christy Willis, Charlotte Gallagher
2. Nurse Updates:
 - a. August: 252 Office Visits, 178 Communications, 18 prn meds
 - b. Nourish: Dietician Counseling Free through our school insurance
 - c. Immunizations updates, vision screenings, Health concerns
3. Counselor Updates
 - a. High School: College & Career Night for Parent/Teacher Conferences
 - Mental Health Club: Person from Awaken 360/The Dream Center
 - [Erika's Lighthouse](#)
 - b. Middle School: New Student Breakfast
 - Counselor Lessons
 - SWAY winners get Crumbl
 - c. Elementary: Counselor Lessons
 - Student Success Meetings
 - Eating lunch with every student
 - d. ECC: Counselor Lessons
 - Taking over Behavior Groups from Daisy
 - Student Success Meetings
 - e. SBC: Seeing students
 - i. Sand Tray
4. SMART Goals
 - a. By the end of First Quarter we will have a diverse group of stakeholders participating in our school mental health team along with our advisory councils to improve school/community partnerships.
 - b. By the end of the second quarter we will have a comprehensive, updates resource list available for each building to align existing mental health supports and services

5. 988 Posters/Materials

6. Family Wellness Fest

Tentatively November 5th

Wellness and Health Night

- Situation/Conversation scripts
- Internet Safety
- Nutrition Information
- Bike Safety
- Partner with other schools
- Taste testing
- Gratitude station
- Mindful breathing/yoga
- Feelings games
- Screen free crafting
- Routines/bedtime
- Worry jar
- Little Rock Big Rock Demo
- Stress Ball Creations
- Love language quiz