



# LPGE Health Services Monthly Board Report

February 2026

Long Prairie-Grey Eagle Elementary & Secondary Schools

Melissa Meagher BAN, RN, PHN, LSN

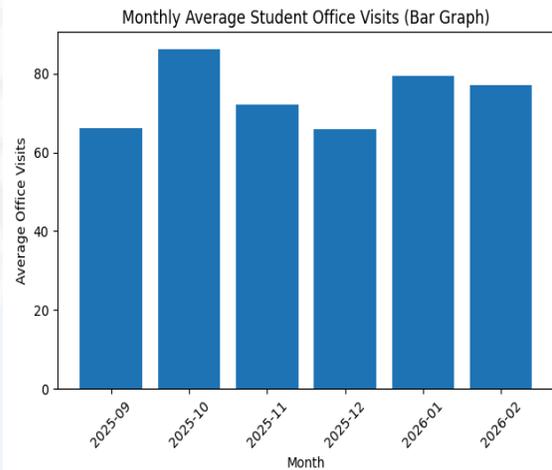
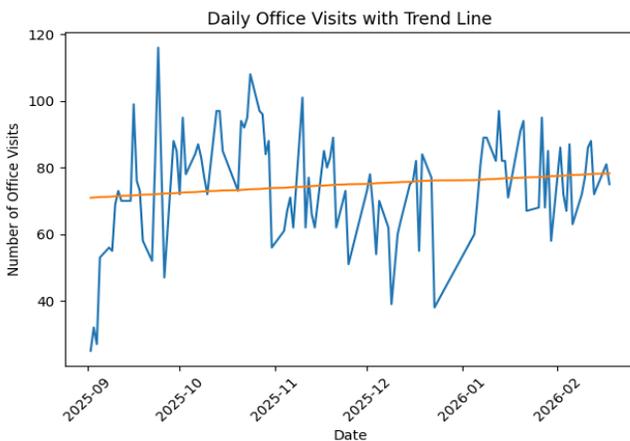
## Overview

This report provides a summary of student health services, trends, and activities for the reporting period. Health services continue to play a critical role in student safety, attendance, academic readiness, and regulatory compliance across both buildings.

## Health Office Activity

**Approximate number of student visits** September 2nd, 2025 - February 18th, 2026: 7,760.

This averages approximately 75 student visits per school day.



### Top common reasons for visits:

Illness/symptoms-

- Congestion- 159
- Cramps- 181
- Headache- 647
- Stomach ache- 603

Head Injury- 638

Chronic condition support-

- Asthma- 206
- Diabetes- 630

### **Notable trends or changes observed:**

In recent months, we have seen a large uptick in illness. On January 11th, 2026, a report was submitted to the state regarding this influx at our Elementary location, as 10% of students were absent due to illness. We had a total of 7 students with confirmed influenza and 1 student with confirmed RSV. We are currently seeing this continue at the Elementary level, but at a lower percentage. Recently, we have had reports of confirmed COVID-19, Strep Throat, and, a few weeks ago, a suspected Varicella (Chickenpox) case.

### **Illness & Communicable Disease Monitoring**

#### **Common illnesses observed this month:**

Influenza A, COVID-19, Strep Throat, and Varicella (Chickenpox).

#### **Confirmed or monitored communicable diseases (per MDH guidance):**

- **Varicella (Chickenpox)**

Exclusion guidance and return-to-school protocols were followed as required.

On January 28, 2026, a notification letter regarding a suspected Varicella case was distributed to all Kindergarten families and staff via ParentSquare. A total of 132 individuals were notified. The letter was provided in English, Spanish, and Haitian Creole to ensure accessibility for all families. In addition, a printed copy of the letter was sent home with students in the classroom where the suspected exposure occurred.

### **Chronic Health Conditions & Care Management**

#### **Students with health care plans (e.g., asthma, diabetes, seizures, allergies):**

Emergency Action Plans / Individual Health Plans:

- Asthma- 47
- Food Allergies- 46
- Insect Stings- 14
- Epilepsy/Seizure Disorder- 5
- Diabetes- 2

Medications administered per provider orders:

- All Medication types- 1,677

### **Staff training provided:**

Three LPGE staff members and two St. Mary's staff members successfully completed the Medication Administration for School Personnel training through Workforce Development Solutions. Participants completed a four-hour virtual course and fulfilled the Minnesota State Community and Technical College Skills Checklist under the supervision of the Licensed School Nurse, in accordance with state requirements.

Congratulations to Christy Kuhl, Audrey Morrill, Amy Langford, Jessica Elmer, and Linda Dinkel on earning their certificates of completion. They are now authorized to administer medications within the school setting in compliance with established guidelines.

### **Mental Health & Social-Emotional Observations**

#### **General trends observed (non-identifying):**

On a weekly basis, we encounter students who present with physical symptoms that are ultimately related to underlying mental health concerns. Many students may not recognize or may be reluctant to acknowledge that anxiety or emotional stress is contributing to their physical discomfort.

Through careful assessment, targeted questioning, and elimination, we identify potential mental health factors and collaborate with school social workers and counselors when appropriate. While some students may initially decline formal support services, health office staff strive to meet students where they are by providing a supportive, nonjudgmental environment and a listening ear.

Collaboration with counseling/support staff as needed:

From September 2nd, 2025, to February 18th, 2026, 49 students were referred for counseling/social work services after presenting to the health office with physical symptoms that were determined to be mental health-related.

### **Safety & Injury Prevention**

#### **Common injury types or safety concerns:**

Head injuries remain our primary injury concern. To date, we have documented 686 head injury office visits during this school year. This represents approximately 8.8% of all office visits this school year.

Each head injury is treated with the utmost caution and care. Students are evaluated using established school-based concussion screening protocols. In most cases, this involves approximately four separate office assessments throughout the school day to ensure the student remains free of concussion-related symptoms prior to dismissal.

If a student exhibits ongoing or worsening symptoms, families are promptly contacted and advised to seek medical evaluation for further assessment.

The majority of these injuries occur during playground activities or physical education classes.

**Follow-up actions or prevention efforts:**

Recently, we contacted custodial services to address concerns regarding icy conditions near the main playground entrance. Custodial staff assessed the area and applied salt to mitigate the hazard. This proactive response helped reduce the risk of injuries associated with the significant ice accumulation along the entrance pathway and leading into the playground area.

## **Screenings & Preventive Care**

### **Vision Screenings (573 Total)**

- Passed: 436
- Rechecked: 84
- Referrals: 48
- Unable to participate: 5

### **Hearing Screenings (588 Total)**

- Passed: 472
- Rechecked: 102
- Referrals: 8
- Unable to participate: 6

Vision and hearing screenings are conducted throughout the school year. Screenings are performed upon request when concerns arise, as well as for students referred through the BLAST team or those undergoing evaluation for IEP consideration.

Any student who does not meet established screening criteria receives a rescreening to confirm results. If the student does not pass the rescreening, a formal referral letter is sent to the family recommending further evaluation by an appropriate healthcare provider.

**Immunization compliance monitored:**

At this time, all students are in compliance with Minnesota school immunization requirements. Compliance is defined as having received the required immunizations, or having a properly completed medical exemption signed by a licensed healthcare provider, or a notarized conscientious exemption on file.

One student is currently within the allowable waiting period for a scheduled immunization. A notification letter outlining the compliance deadline has been sent to the family.

## Health Lessons

On February 19, 2026, the dental health unit was delivered to all first-grade classrooms as part of our ongoing student wellness initiatives. Students received instruction on proper brushing and flossing techniques and learned strategies to prevent cavities and tooth decay.

Through Delta Dental's *Smiles@School* program, each student received a toothbrush, toothpaste, and additional donated oral health materials to support healthy habits at home. This initiative reinforces preventive health education and promotes lifelong oral health practices.

## Cardiac Emergency Response Planning Update

Work continues on developing a comprehensive Cardiac Emergency Response Plan (CERP) for the district. This ongoing initiative focuses on strengthening preparedness and ensuring an effective response to cardiac emergencies in our schools.

As you know, the district was awarded the state CERP Assistance Grant in the amount of **\$23,168.15**. To align with the awarded amount, we reduced projected expenditures by approximately \$2,500. We recently met with Leah Bancroft from the Minnesota Department of Education, who is overseeing the grant, and submitted an updated budget document on February 20, 2026.

Grant funds will support key components of implementation, including:

- CPR and First Aid training supplies
- Purchase of additional AED units
- Weather-resistant outdoor AED cabinets
- Certification costs
- Employee training stipends

In addition, we have partnered with Project ADAM to guide the planning process. RedCaps have been entered with detailed information on our designated Emergency Response Teams ("Red Teams") and team members across the district.

The next phase involves using the Project ADAM sample CERP framework to develop a district-specific plan, with the goal of implementation by the start of the next school year. We will also work with Project ADAM to provide hands-only CPR training to staff district-wide, while Red Team members will continue to maintain full CPR/AED and First Aid certification.

This initiative reflects the district's proactive commitment to student and staff safety, emergency preparedness, and compliance with state guidance.

## **Wellness Committee Update**

The LPGE Wellness Committee continues to meet quarterly. Meeting notes are distributed to all staff via email and are also posted on the LPGE website to ensure transparency and accessibility.

In recognition of February as Heart Health Month, the committee is promoting heart-healthy wellness initiatives district-wide. On the first Friday of the month, staff participated in “Wear Red Day” to raise awareness of heart health. The committee is also developing a digital heart-healthy cookbook and is inviting staff to submit recipes to support healthy lifestyle habits.

The Licensed School Nurse recently met with Jerrod Tarman from HealthSource Solutions for the Quarter 1 one-to-one meeting. Discussion included promotion of Quarter 1 wellness challenges and the requirement to submit the district’s annual wellness plan and goals calendar by March 1, 2026, in order to remain eligible for future grant funding.

The Wellness Committee remains committed to fostering a culture of health and well-being among staff and supporting district-wide wellness initiatives.

## **Health Services Facilities Update**

As always, I would like to thank the Board for its continued support of health services within our district.

I remain interested in engaging the Board in ongoing discussion regarding needed updates to our health services spaces. Previously, our LPN and I presented to the Board, outlining concerns about our current facilities. Specifically, the Elementary health office restroom does not meet ADA compliance standards, and the Secondary health office was designed for a much smaller and older student population and is no longer adequate for current needs.

With increasing student enrollment, rising office visit numbers, and the growing complexity of student health conditions, our current spaces are becoming increasingly challenging to utilize effectively and safely.

I respectfully invite Board members to tour our health services spaces and meet with me personally to better understand our current limitations and future needs. I would appreciate consideration of health services facility improvements in any upcoming discussions on construction or renovation planning.

Thank you again for your continued partnership and support of student health and safety. I welcome any questions or requests for additional data.