



LPGE Health Services Monthly Board Report

March 2026

Long Prairie-Grey Eagle Elementary & Secondary Schools

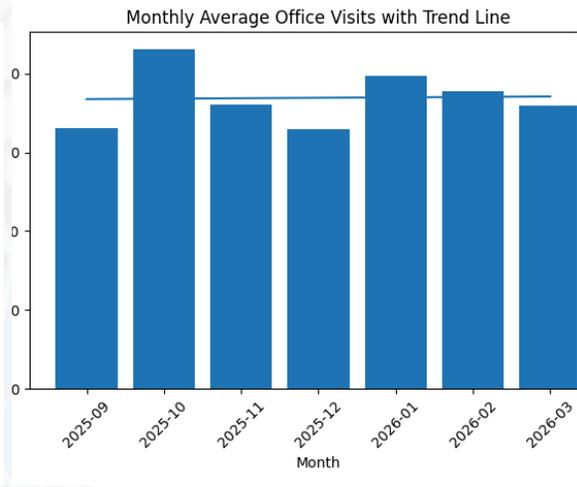
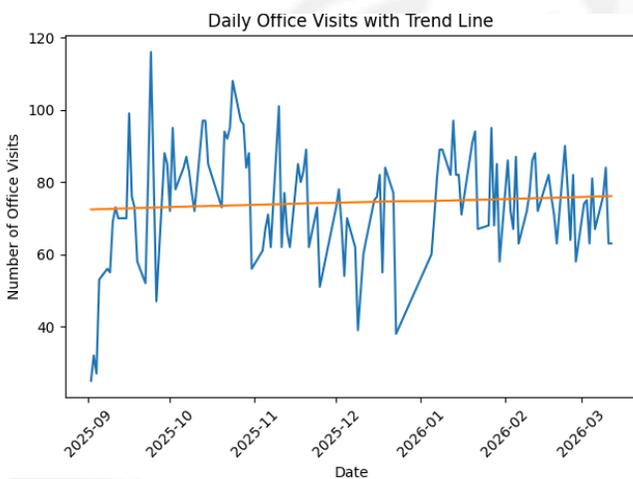
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Overview

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 - March 12th, 2026: 8,914. This averages approximately 74 student visits per school day.

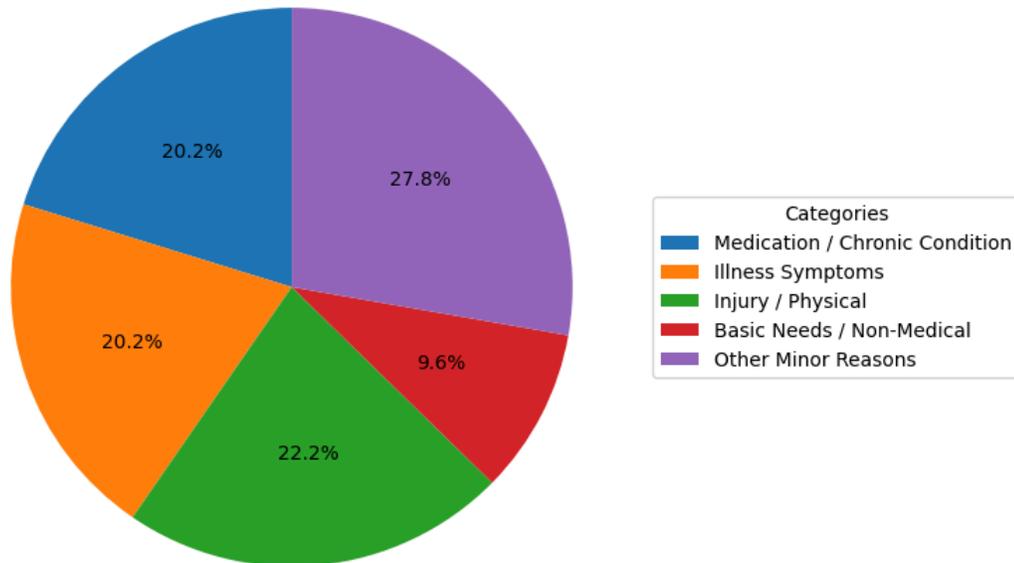


Top common reasons for visits:

- Illness/symptoms-
 - Congestion- 181
 - Cramps- 207
 - Headache- 722
 - Stomach ache- 703

- Head Injury- 708
- Chronic condition support-
 - Asthma- 240
 - Diabetes- 733

Office Visit Category Breakdown



Notable trends or changes observed:

In recent weeks, we have observed an increase in both gastrointestinal and upper respiratory illnesses. While case numbers have not reached the threshold requiring state reporting, trends have been noted at both school locations, with a higher concentration of cases at the Elementary level.

Confirmed cases during this period have included influenza, Strep throat, and COVID-19.

Illness & Communicable Disease Monitoring

Common illnesses observed this month:

Influenza A, COVID-19, Strep Throat, and Hand, foot, and mouth disease.

Confirmed or monitored communicable diseases (per MDH guidance):

- None

Chronic Health Conditions & Care Management

LPGE currently supports 410 documented chronic health conditions. The majority fall within respiratory, allergy, and neurodevelopmental categories. This level of medical complexity significantly impacts daily health office workload, care planning, medication administration, emergency preparedness, and staff training needs.

- 🫁 Respiratory / Airway (Asthma, Reactive Airway, Restrictive Lung, etc.)
-58 students (14%)
- 🧠 Neurodevelopmental / Behavioral (ADHD, Autism, ODD, Anxiety, PTSD, Mood Disorders, Developmental Disability, etc.)
-105 students (26%)
- 🌿 Allergies (Food, Environmental, Bee, Nut, Latex, etc.)
-98 students (24%)
- ❤️ Cardiac / Circulatory
-8 students (2%)
- 🩺 Endocrine / Metabolic (Diabetes, Hypothyroid, Pre-Diabetes, etc.)
-8 students (2%)
- 👁️ Vision / Hearing Related
-12 students (3%)
- 🌱 Gastrointestinal / Autoimmune (Celiac, Crohn's, GERD, etc.)
-9 students (2%)
- Other Rare / Single Incidence Conditions
-112 students (27%)

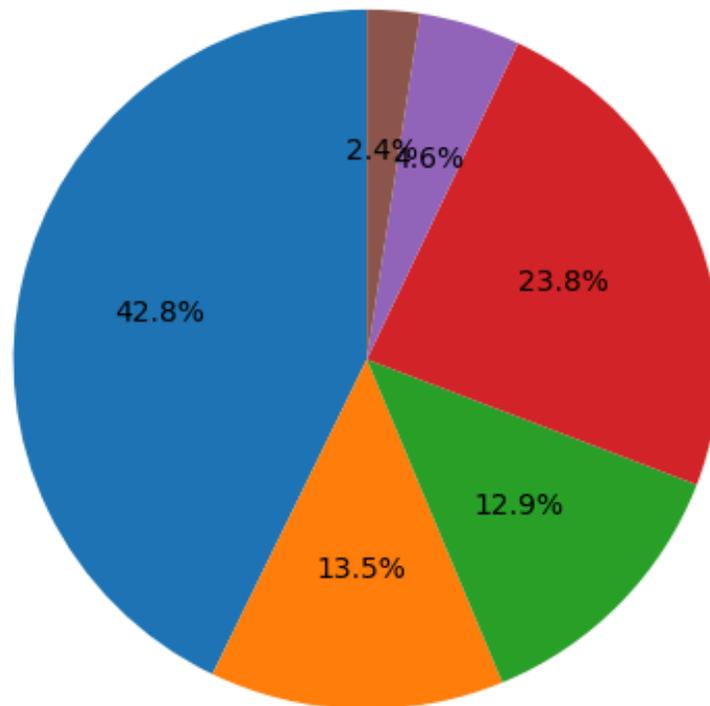
📈 Highest Prevalence Conditions

Condition	Count	% of Total
Asthma	48	11.7%
ADHD	46	11.2%
Seasonal Allergies	23	5.6%
Autism	21	5.1%
Anxiety Disorder (general)	13	3.2%
Allergic (unspecified)	13	3.2%
Bee Allergy	10	2.4%
Reactive Airway	10	2.4%
Lactose Intolerant	9	2.2%
Peanut Allergy	8	2.0%
Environmental Allergies	7	1.7%
Oppositional Defiant Disorder	6	1.5%
Eczema	6	1.5%
Hearing Loss	5	1.2%
Depression	5	1.2%

☐ Medications administered per provider orders:

- All Medication types- 1,946

LPGE Medication Administration by Category Total = 1,946



Category	Count	Percent
ADHD / Stimulants & Related	833	42.81%
Psychotropic / Mental Health	262	13.46%
Respiratory (Asthma / Inhalers)	251	12.9%
Other / Specialty Medications	463	23.79%
Pain / Fever / OTC	90	4.62%
GI / Nausea	47	2.42%

Staff training provided:

This month, the following staff members will complete their American Red Cross CPR, AED, and First Aid certification through the blended learning model. The hands-on skills assessment portion of the training will take place on March 23rd, 2026.

The following staff members will be recertified: Brooke Crouse, Jessica Richter, Tara Wojtowicz, Lesa Wettstein, Brenda Wood, Taralee May, Christy Kuhl, and Brooklynn Wolf.

This ongoing training ensures that the emergency response- RED team and LP Kids staff remain prepared to respond effectively to medical emergencies and supports our district's commitment to student and staff safety.

Mental Health & Social-Emotional Observations

General trends observed (non-identifying):

Weekly, 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 March 12th, 2026, 55 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 708 head injury office visits during this school year. This represents approximately 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 before 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, inflatable bounce activities were held at the Elementary location. While these events are highly engaging and enjoyable for students, they also increase the risk of injury, particularly head injuries. Staff members actively supervise and take appropriate precautions to minimize risk; however, due to the nature of inflatable play equipment, there is an elevated risk of minor injuries.

Screenings & Preventive Care

Vision Screenings (580 Total)

- Passed: 439
- Rechecked: 88
- Referrals: 48
- Unable to participate: 5

Hearing Screenings (598 Total)

- Passed: 479
- Rechecked: 105
- 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.

Health Lessons

On March 19 and March 26, 2026, the Growth and Development unit will be delivered as part of our ongoing student wellness initiatives. Instruction will be provided to all fourth-grade girls and all fifth-grade students, with boys and girls receiving instruction separately.

Students will receive age-appropriate education through the *Always Changing and Growing Up* Puberty Education program, which includes informational materials and educational videos designed to support understanding of physical and emotional changes during puberty. The girls' program will be taught by the Licensed School Nurse, and the boys' program will be facilitated by Jaycob M. Nietfeld, APRN, CNP from CentraCare Long Prairie.

Students will view the *Always Changing and Growing Up* educational video, followed by a guided discussion and supplemental learning materials. Each student will receive a booklet and sample products to take home.

A permission letter was sent home to allow families to opt out of the lesson if they choose.

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.

We have now received the fully executed Official Grant Award Notification (OGAN) from MDE. The agreement, along with our approved application, assurances, budget, and work plan, constitutes our fully executed grant contract. With this execution complete, we are authorized to proceed with ordering the grant-approved items identified in our original application.

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

MDE has provided guidance regarding reimbursement procedures. To request reimbursement, the district must submit the Financial Reporting Form (FRF) along with appropriate supporting documentation (invoices, financial activity reports, or transaction detail reports demonstrating

expenses were incurred and paid). The FRF template will be provided by MDE for submission. Any anticipated budget revisions must receive prior approval to ensure expenditures remain reimbursable under the grant terms.

In partnership with Project ADAM, we continue to move forward with implementation planning. A spring training meeting is scheduled, during which three LPGE staff members will attend and receive hands-only CPR training so they can serve as future in-district trainers. Additionally, Project ADAM will provide hands-only CPR training to all district staff during the fall workshop. This session will be approximately 1 hour and 15 minutes in length and will be followed by mock emergency response drills conducted by our Red Teams at each building.

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 sample CERP framework to finalize a district-specific plan, with the goal of full implementation by the start of the next school year. 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, fiscal accountability, 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 posted on the LPGE website to ensure transparency and accessibility.

In March, the district is hosting its annual March Madness Hoops Competition at both school buildings. At the Elementary level, staff are currently participating in a free-throw contest. Participants include: Cooper Goerd, Kayla Mathews, Joe Gaida, Megan Dreher, Diana Hegseth, Kristi Gaida, Ashley Pohlmann, Brett Eisenschenk, Taylor Psyck, and Sam Chisholm.

The final four competitors will face off during the week of March 16th to determine the 2026 Free Throw Champion.

At the Secondary level, both staff and students are participating in the competition.

Staff Participants: Brandon Schulte, Brooke Crouse, Tanner Roske, Brent Sterriker, Melanie Childrey, Jonathan Young, Dave Blanchard, Angela Eldred, Kelsey Paurus, Jeff Kalpin, Kendra Berg, and Jose Jimenez.

Student Participants: Luis Hernandez, Zariel Gonzalez, Carlos Cosme, Joseph Gohman, Kailey Luebesmier, Isaac Otremba, Elizabeth Poisson, Addisyn Larson, Clayton Johnson, Hudson Lieser, Ben Ecker, Oakley Dreher, Wilson Fanduz Pena, Nate Rengulbai, Hagen Brunkhorst, Leevke Brunkhorst, and Addison Young.

Participants will continue competing until the final four, where two staff members and two students will advance to compete in the gym.

This annual event has become a valued wellness tradition within the district. Both staff and students look forward to cheering on the finalists as they compete for bragging rights and a small prize.

Additionally, the Licensed School Nurse submitted the district's annual wellness plan and goals calendar on March 1, 2026, ensuring continued eligibility 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. The next Wellness Committee meeting is scheduled for March 19, 2026.

Health Services Updates

Beginning March 2nd, 2026, Secondary Health Services implemented a refined structure and support plan to strengthen systems, protect instructional time, preserve student confidentiality, and ensure the Health Office remains focused on delivering high-quality clinical care. As student needs and overall traffic to the Health Office have increased, adjustments were made to clarify expectations, reduce non-medical interruptions, and promote sustainable workload practices. Key updates include structured access during passing times, future implementation of a grab-and-go supply cart for minor needs, defined rest and ice time limits, clearer bathroom and food-use guidelines, reinforced confidentiality measures, and coordinated mental health referral procedures. These adjustments are proactive, systems-based refinements designed to maintain instructional focus, protect staff wellbeing, and ensure consistent, student-centered care.

We are already observing a measurable decrease in both the number of student office visits and the time students spend in the Health Office, indicating that the updated structure is supporting improved efficiency and instructional continuity.

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

As previously stated, I remain interested in engaging the Board in an ongoing discussion regarding the needed updates to our health services spaces.

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