

Lincoln Public Schools
Health and Wellness Committee
December 3, 2025
Lincoln High School Media Center

Minutes

The meeting was called to order, and introductions were made. Mrs. Roll welcomed the students representing HOSA, a new organization at LHS this year, whose purpose is to bring students who are interested in health-related occupations together in a structure similar to the FBLA.

Mrs. Roll asked those who were able to attend the Annual RI Healthy Schools Coalition Breakfast in October to share one takeaway. A number of attendees mentioned the value of the Keynote presentation, "What if Health is the Most Important Class." Additionally, the presenter's skills-based approach to Health Education aligns with the new RI Health Education Framework. Karin Wetherill from the Coalition reported that this presentation also received high marks on the post-event evaluations. She also indicated that the Coalition is considering offering additional Professional Development opportunities with this presenter. There is a strong interest in this possibility, especially as it would be virtual and offered during a PD day. Dr. Monaco was supportive of pursuing this opportunity if it presents itself.

The presentation on Staff Wellness from the HR Director in Portsmouth was also mentioned. As Human Resource Director in Lincoln, Lisa indicated that she found the model helpful and sees an opportunity to include aspects of this approach in Lincoln. Dr. Monaco explained the concept of Wellness Champions at each school, who would be responsible for organizing staff wellness events. The goal is to have these in place by the next meeting.

On behalf of Khadija Kouraj, who attended the Breakfast, the LHS Green Team reported that Khadija has reached out to the Chariho presenter to learn more about the role of students in the High School's sustainability efforts. The Green Team also reported that they are currently writing a Bill as part of the Model Legislature and planning a fundraiser to support their efforts.

Kendra Gay reported on the status of the Food Waste Recycling Project at the elementary schools. With the opening of new cafeteria spaces in the new school year, things are running smoothly. Share Tables work differently at each school, and she is looking forward to offering a ZERO Waste Day to the schools in the Spring. As part of this discussion, various members of the committee indicated that reducing food waste would also benefit from engaging students in decisions about menu items through surveys and "tastings". Chef Charlie Diehl from Chartwells agreed and is interested in pursuing both.

Dr. Monaco reported that progress is being made on the Family Engagement Protocol and that there are also new efforts underway in the schools to engage all families.

LHS shared the new Peer Mentor program and the New Student Breakfast, both of which provide opportunities for students to share experiences and get support. Check-ins are built in regularly and supported through MTSS.

Karin Wetherill announced that Recess Rocks, a program for elementary schools, is providing a virtual introduction to interested schools and invited any interested school that has not already had an opportunity to explore this program to contact her.

Saylesville Principal Russo shared the Rhode to Bicycle Safety Program his PE staff brought to the school, that included free helmets for each student, on-bike instruction, as well as instruction on key elements of bike safety.

LHS Principal Ken Hopkins announced that LHS will be hosting the Annual Kyle Cares Summit this year.

The meeting adjourned at 8:55.