

Lincoln Public Schools
Health and Wellness Committee
February 4, 2026 - Lincoln High School Media Center
Minutes

The meeting convened at 8:00 AM.

Mrs. Roll welcomed everyone. She noted how valuable the presence and involvement of District Administrators, Principals, Health/PE teachers, School Nurses, Student Support Staff, parents, and students are to the work of the Wellness Committee.

Staff Wellness

Lisa Peck, Director of Human Resources, reported that Staff Wellness is a major focus for the School District. Wellness Champions have been identified at each school to promote and support staff-wellness initiatives. A survey was sent to staff in order to gather input/suggestions for wellness activities for both the current school year and the next. Based on survey responses, mental health and a variety of wellness initiatives will be planned and implemented.

Health Education

Dr. Monaco reported that the K -12 Health Education Curriculum will be updated. The RMC Health Curriculum has been purchased and Professional Development will be provided to staff to support effective implementation. Additionally, the District is working to develop a District/ school-wide mindset that prioritizes health and wellness across all curricular areas.

LMS

Mr. Williamson reported that LMS received a grant to support staff and student wellness. The grant will create a Sensory Room designed to support self-regulation. The Second Step program, purchased through a grant last year, continues to support social-emotional learning.

The approach focuses on the importance of building strong relationships between students and staff not only supports wellness but also helps teachers recognize/identify and address student needs early.

Mr. Williamson also provided an update on the status of the RI School Recycling Program at LMS. Mr. Williamson reported that he has contacted a number of Middle School Principals who have implemented the program and plans to visit at least one where he can see how the program works. A major concern he has relates to the number of students in each lunch period. There is also a problem with the installation of dishwashers purchased through the Get the Foam Out Grant last year. Mrs. Gay from the Recycling Project indicated that the Recycling Project staff is willing to help support the effort at LMS for as long as needed when it is ready.

Student Organization Reports

Kyle Cares: Students displayed and reported on a variety of activities/projects that they have been involved in this year to promote Mental Health. These included a guest speaker from Active Minds during Mental Health Awareness Month, creating a Reset Room, promoting the Mindful Minute and holding a Green Out Day. They are using Social Media (Instagram) in an effort to engage students and have created a QR Code that connects students to LHS Support staff. The LHS Kyle Cares Chapter also participated in the RIC Summit for students from across the state.

The LHS Green Team continues to explore ways to increase awareness among LHS about environmental issues and developing advocacy skills through participation in the Model Legislature.

HOSA representatives provided an update on their activities during this, their first year, to explore career opportunities in a variety of Health Occupations, including guest speakers and exploring opportunities for and exploring opportunities for internships.

Next meeting: Thursday, April 30, 2026

