

Health and Wellness Committee

Minutes

September 30, 2026

The first meeting of the 2026-2027 school year convened at 8:00 AM in the LHS Media Center.

Mrs. Roll welcomed everyone, and introductions were made. She shared the Wellness Committee's Annual Report for the 2025-26 school year. The report was presented to the School Committee at its September 14th meeting. Mrs. Roll noted the value of the consistent participation of the District's Administrative staff, Building Principals, Student Support Staff and parents in the Quarterly meetings of the Wellness Committee. Most importantly, the effectiveness of the Committee is directly tied to the work that gets done at both the District and school level over the course of the year.

Karin Wetherill from the RI Healthy Schools Coalition provided information about the program for the organization's Annual Breakfast for School Leaders scheduled for October 21st at the Crowne Plaza in Warwick. This year's keynote will focus on Family Engagement. Lincoln has reserved a Table of 10 for this event. Mrs. Roll asked those interested in attending to add their name to the list that was circulated before leaving the meeting.

Mrs. Wetherill and Dr. Monaco presented the elementary schools with the RI RECESS ROCKS banners in recognition of their participation in this statewide program that provides Professional Development supporting both outdoor and indoor recess.

Dr. Monaco reviewed the focus areas for the Wellness Committee during the 2026-27 school year:

Family Engagement: Dr. Monaco noted that this focus has already been linked to ATTENDANCE MATTERS and other key elements in School Improvement Plans. Schools have been asked to use the District's Family Engagement Policy and Protocol to develop strategies for the year and monitor progress.

School Nutrition Services: Chartwells staff will take the lead in creating a School Meals Advisory Board that will develop a District-wide Action Plan to engage students and families in Menu development.

Mental Health Awareness: Schools are asked to consider a Wellness Spotlight in their communications with students and families. Dr. Monaco reported that the District applied for and was awarded a grant through RIDE that will provide Professional Development for staff and service providers to support the District's efforts at the school level. Mrs. Hassel reported that a survey was distributed through her office to families that will help focus efforts to support Mental Health.

Food Waste Recycling: Mrs. Tompkins provided an update on the status of the implementation of the RI School Food Waste Recycling Program across the district. She noted the significant reduction in food waste at all the elementary schools as a result of the implementation of the program during the 2025-26 school year. LMS has had a "soft start" and will expand the program in October.

Mrs. Kilroy, Lincoln's 2026-27 Teacher of the Year, shared her efforts to support mental health at Lincoln Middle School. She shared a video presentation on LMS R.S.E.T., including the creation of a space that was grant-funded. This unique space is designed to support staff and students.

The meeting was adjourned at 8:55 AM.

Future meeting dates: December 2, 2026; February 3, 2027; May 2027 TBD