

Student Wellness

Report to School Board – June 19, 2019



[Smart Choices](#) (link to website)

Accomplishments this year:

- Establish an Active Recess training module for elementary sites to use when training new playground staff
- [Monthly parent newsletters](#) (sent to ALL parents which included topics: e-cigarettes, technology, influenza/flu shots, winter outdoor activities, immunizations, parent mental health support groups, heart health, kindness, nutrition, stress management, bike safety, skin health, and summer outdoor activities)
- Student surveys – basis for this year's report for review of wellness policy
- School Health Index (SHI) – basis for this year's report for review of wellness policy
- Committee met 3 times this year (fourth meeting was cancelled due to snowstorm)

Spring 2019 Student Wellness Survey Results

[Elementary](#)

[Middle School](#)

School Health Index (SHI) - Spring 2019

[Hastings SHI Summary](#)

[Elementary assessment and planning guide](#)

[MS and HS assessment and planning guide](#)

Where are we?

Strengths: physical activity offerings, most students feel safe at school, healthy foods are served at lunch

Room for Improvement: Family Involvement, Community outreach, Elementary Health Curriculum, HMS students: more opportunities for movement (during class, recess, going outside)

Goals for next year:

- Elementary health curriculum – will be exploring opportunities
- Continue parent newsletters (education about e-cigarettes, screen time)
- Emotional/Social well-being of all students
- Community Outreach
- SHIP grant application

Smart Choices Committee Members

- Mona Roach, parent
- Marisa Fritz, HHS student
- Lori Gaertner, Pupil Support Assistant, Building Representative HHS
- Steve Kovach, Principal, Building Representative HMS
- Paula Wenker, Nurse, Building Representative McAuliffe
- Michael Manning, Food and Nutrition Services Director
- Alexandra Groten, Health Promotion Specialist, Dakota County
- Mary Ellen Fox, Health Services Coordinator, chair