

Student and Family Wellness

JUULING/E-CIGARETTES

Use of tobacco products by youth is on the rise due to e-cigarettes (Juul is the most common). E-cigarettes contain addictive nicotine and other dangerous chemicals including heavy metals, cancer-causing chemicals, volatile organic compounds, ultrafine particles, flavoring.

Nicotine exposure during adolescence can:

- Harm brain development, which continues until about age 25
- Impact learning, memory, and attention
- Increase risk for future addiction to other drugs.

E-cigarettes come in many shapes and sizes. Some look like cigarettes. Others look like objects commonly used by youth such as pens or USB flash drives.

[Should I talk to my kids?](#) There is a lot of misinformation about E-cigarettes and vaping. It's important young people know that it poses a serious health risk. Talk with your child about about E-cigarettes and vaping. [Tip Sheet for Parents](#)



STUDENT WELLNESS

Last spring, students were surveyed regarding their wellness to help the Smart Choices Committee measure the School District's progress towards meeting the Wellness Policy Objectives. Students were asked questions relating to physical activity, healthy foods, safety, stress ([elementary](#)) and social media ([HMS](#)). Additionally staff completed the School Health Index ([SHI](#)). For more information, check out the [report presented](#) to the School Board at the June 2019 meeting.

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

Room for Improvement: Family involvement, community outreach, elementary health curriculum.



PARENTS OF 11TH GRADERS

Next year's 12th grade students will need to have additional Meningococcal vaccine prior to the start of the 2020-21 school year or have a notarized waiver on file. To find out if your child has had a 2nd dose, you can check Infinite Campus>More>Health or contact the [High School Nurse](#).

ANGEL FUND

The goal of the Hastings ISD 200 Food Service department is to provide nutritious meals to all students. School meals help students sustain the energy they need to be successful in the classroom; however, many families who are experiencing financial difficulties cannot afford to keep money in their student's lunch account. The Angel Fund seeks to provide short-term assistance to families in need by covering negative lunch account balances and ensuring no child goes hungry.

HOW TO DONATE

You can make a tax-deductible gift by sending a check to Hastings ISD 200 School Nutrition Angel Fund, 1000 West 11th Street Hastings, MN 55033 or drop it off at the district office. (Be sure to write "Angel Fund" in the note section).

The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the [Smart Choices Website](#).

