

Student and Family Wellness

JUULING/E-CIGARETTES

Use of tobacco products by youth is on the rise due to e-cigarettes (Juil 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.

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](#)



MENTAL HEALTH HOTLINE CALL 9-8-8

In a moment of crisis: call 9-8-8. People experiencing a mental health crisis have a new way to reach out for help, they can simply call or text the numbers 9-8-8. Modeled after 911, the new three-digit 988 [Suicide & Crisis Lifeline](#) is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional. The primary goal of the number is to make it easier for people to call for help.

STUDENT WELLNESS

Last spring 2022, 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 and social media. Staff completed the School Health Index ([SHI](#)). For more information, check out the [Student Wellness Report to the School Board](#) at the June 2022 meeting.

IMMUNIZATIONS

If you have a preschool, 6th or 11th grade please check with your child's health care provider to make sure their immunizations are up to date. Additional immunizations are required for students entering kindergarten, 7th and 12 grade. [Student Immunization Form](#)

GET OUTDOORS WITH YOUR FAMILY THIS WINTER!

There are many places in close proximity to the School District #200 area. Here are a few for you to try. (Click on the title for the website).

[HASTINGS CITY PARKS](#)

The City of Hastings maintains several ice skating rinks. The rinks are free for the general public to use during the posted dates and times on the city website.

[SPRING LAKE PARK RESERVE](#)

With more than three miles of trails, this is a scenic Dakota County park that overlooks the Mississippi River. Hiking and cross country ski trails. Open daily 8 AM – 10 PM, FREE.

[CARPENTER NATURE CENTER](#)

Located to the north of the Mississippi River and west of the Saint Croix River, the Center has hiking trails across open prairies and through forested areas, an apple orchard and ravines. It is open to the public 8 AM – 4:30 PM daily except for Easter, Thanksgiving, Christmas and New Year's Day.

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](#).

