

Student and Family Wellness



HOW TO TALK ABOUT VAPING WITH STUDENTS

Nicotine is a highly addictive chemical found in most e-cigarettes, also known as vapes. There has been an alarming increase in vaping in recent years and kids do not fully understand the consequences. You don't need to be an expert.....understanding facts about e-cigarettes and the dangers of vaping will help you talk to your child about this important topic.

- [Learn the Facts about Vaping](#)
- [How to Spot Stealth and Disposable E-Cigarettes](#)
- [Educate Students About the Dangers of Vaping](#)

IN THE PICTURES BELOW, CAN YOU IMMEDIATELY TELL WHICH PRODUCT IS THE E-CIGARETTE?



E-Cigarette



Smartwatch



E-Cigarette



Gaming Device

MANAGING HEALTH CONCERNS AT SCHOOL

If your child has a health concern that may affect them during their school day, please notify your child's nurse at school. Action plans for asthma, life-threatening allergies, diabetes and seizures are on the [Health Services website](#). New action plans with health care provider orders are required yearly. Plans need to be signed by the health care provider and parent/guardian. Permission forms and medications need to be brought to the nurse at school.

IMMUNIZATIONS – NO SHOTS, NO SCHOOL

If you have a preschool, 6th or 11th grader 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. Students need to be up to date on their immunizations to attend school.

[Student Immunization Form](#)

INDIGENOUS PEOPLES' DAY

Hastings Public Schools honored Indigenous Peoples' Day the week of October 9, 2023. As part of the celebration, Chef Brian, pictured below at the Middle School, visited all schools giving students samples of Wild Rice Bowls to try. The bowl consisted of wild rice, wild onion, maple syrup, parsnips, and squash. Students and staff were excited to try it!



STUDENT WELLNESS SURVEYS

In April 2023, students and parents completed surveys on student wellness regarding nutrition, physical activity, and social/emotional wellbeing at school. The information from these surveys was presented to the school board in June. Click [HERE to see the Student Wellness Report](#). Thank you for the feedback!



To learn more about the wellness initiatives in Hastings, check out the [Smart Choices Website](#).