

# Student and Family Wellness

## HYDRATION

*It's hot outside. When outdoors, make sure you and your family stay hydrated.*

- drink plenty of liquids, even if you're not thirsty
- Stay in shaded areas and rest when outside
- Avoid heavy activity in the heat of the day
- Wear clothing that is light colored and loose fitting.

## HEAT EXHAUSTION (TAKE ACTION):

- increased thirst
- weakness and extreme tiredness
- fainting
- muscle cramps
- nausea and vomiting
- irritability
- headache
- increased sweating
- cool, clammy skin
- body temperature rises, but to less than 105°F (40.5°C)

## HEAT STROKE (EMERGENCY - 911):

- severe headache
- weakness, dizziness
- confusion
- fast breathing and heartbeat
- loss of consciousness (passing out)
- seizures
- little or no sweating
- flushed, hot, dry skin
- body temperature rises to 105°F (40.5°C) or higher

[Excerpt from KidsHealth First Aid: Heat illness.](#)

## IMMUNIZATIONS

*With school just around the corner, make sure your child is up to date on their immunizations.*

**Kindergarten, 7<sup>th</sup> and 12<sup>th</sup> grade students** have additional immunizations required before the start of school. Minnesota state law requires that the parent/guardian of all public and private school students provide their child's school with written evidence of immunization against certain diseases or provide a notarized waiver using the [Student Immunization Form](#).

**Hastings School District has a No Shots, No School Policy.** This means that your child's immunizations need to be up to date before they start school.

**As a service to parents,** the nurses are able to update some student immunizations using the state immunization database known as MIIC (Minnesota Immunization Information Connection). If you have opted with your clinic to have this information posted, the nurse will be able to access your child's immunization information online and update your child's immunizations. This updating is done only as time permits in the nurse's scheduled hours. The MIIC registry **ONLY** provides immunization information. **NO OTHER** health information is available or accessible.

## SUMMER OUTREACH

*As we enjoy the long days of summer and sunshine, it is important to check in with young people during the transition from the busy school days. Summer may lead to social isolation as young people scatter in many different directions. As parents, it is important to know the signs of adolescent depression and suicide. Go to <https://save.org> for more information.*

### Messages to give your child:

- I am always here to help you through any problem, no matter what.
- Do you have people you would go to if you or a friend were feeling worries, depressed, or had thoughts of suicide?
- Asking for help is a sign of strength and courage, not a sign of weakness.

### If you see the signs of suicide begin a dialogue by asking questions:

- "Do you ever feel so bad that you think about suicide?"
- "Do you have a plan to kill yourself or take your life?"
- "Have you thought about when you would do it (today, tomorrow, next week)?"
- "Have you thought about what method you would use?"

Asking these questions will help you determine if your child is in immediate danger, and if so, call 911. The Dakota County Crisis Response Unit is available 24/7 and offers support, resources and interventions. **Call: 952-891-7171.**



*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](#).*