

Student and Family

Wellness

HELPING STUDENTS**SOCIAL & EMOTIONAL HEALTH**

Social and emotional health across the district is a priority.

School social workers play a vital role connecting home, school and community in a unified effort to support students in the educational setting.

Working collaboratively with other support staff, school social workers provide a skilled spectrum of services ranging from engagement, assessment, intervention, and evaluation of outcomes related to the students, families, schools, and communities they serve.

As licensed mental health professionals, school social workers are dually licensed by the Board of Social Work (BOSW) and the Professional Educator Licensing and Standards Board (PELSB). Contact your child's social worker:

ISD 200 School Social Workers

Kennedy - Dirk Wassink

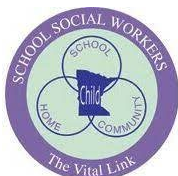
McAuliffe - Mackenzie Lucas-Kennedy

Pinecrest - Michaela Burr

HMS - Cyndi Sheehan

HHS & HAHS - Mariah LaVold

Tilden & District-Molly Cirillo

**IMMUNIZATIONS**

If your child is in preschool, 6th or 11th grade please check with their 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](#)

PHYSICAL ACTIVITY

There are immediate benefits following moderate-to-vigorous physical activity including:

- Improved thinking for children 6-13 years of age
- Reduced short-term feelings of anxiety for adults.

Regular physical activity can help keep your thinking, learning, and judgement skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

Check out [the CDC](#) website for more information.



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](#).

NATIONAL NUTRITION MONTH®

is a campaign that focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Here are a few ways to get the most from foods you eat everyday:

Start with Breakfast Rise and shine with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal. Not a morning person or in a rush? Grab an apple or banana and some nuts to fuel your morning. Packing whole grain cereal in a zipper bag is easy to pull out mid-morning when you are ready for breakfast.

Make Half Your Plate Fruits and Veggies Fruits and vegetables add color, flavor and texture plus vitamins, minerals and fiber to your plate. These amazing super foods help increase your energy and immunity while also protecting your body from inflammation. Experiment with different types and colors, including fresh, frozen and canned.

Fix Healthy Snacks Snacking is not always the enemy when foods are minimally processed and portion sizes are kept in check. In fact, snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

[Eating Right on a Budget](#) Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics