

# Student and Family Wellness

## MEDICATIONS AT SCHOOL?

We have found that some of our students have brought in medication to use independently such as inhalers, eye drops, and pain relief medication like Advil and/or Tylenol.

For the safety of all of our students, this is a reminder that **elementary students (K-6) may not carry and take medication on their own: prescription or non-prescription medications with one exception, they are allowed to carry and self administer epipens and inhalers with the mutual agreement of their doctor, parent, and building nurse.**

Secondary students (grade 7 – 12) may possess and use nonprescription pain relief medication when parent/guardian has submitted written authorization to the nurse.

IF your student needs to take medication at school, you need to send it to the nurse, in it's original container with current expiration date, unexpired, with written permission from you. If it is a prescription medication, then written permission from the health care provider is also required.

[Medication forms and information about medications](#) at school are available on the health services website.

## IMMUNIZATIONS

### No SHOTS, No SCHOOL

If you have a preschool, 6<sup>th</sup> or 11<sup>th</sup> 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, 7<sup>th</sup> and 12th grade. Students need to be up to date on their immunizations to attend school.

[Student Immunization Form](#)

## STRUGGLING? *Help is available.*

**Call 952-891-7171** to get 24-hour phone and face-to-face support from the Dakota County Crisis Response Unit.

**Text "988"** to get 24-hour support now or visit [988lifeline.org](http://988lifeline.org) for more chat options.

## HELP IMPROVE YOUR HEART HEALTH

**Move** your body 30-60 minutes every day. Your heart will especially thank you for doing activities that get you huffing and puffing.

**Eat** at least 5 fruits and vegetables each day. Your heart loves these foods because they are low in sodium and high in fiber.

**Choose** low sodium foods whenever possible. Try using spices instead of the salt shaker to give your food more taste. Your heart will thank you.

**Enjoy** foods with saturated and trans fat in moderation: butter, full fat dairy products, less lean cuts of meat, fried and baked foods. Fat is an important part of your diet, but too much saturated and trans fat can take a toll on your heart.

## THE REAL COST OF VAPING, POOR MENTAL HEALTH

Young people who vape frequently are

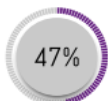
**2.4X**

more likely to be diagnosed with depression than their non-vaping peers.<sup>2</sup>

- Young people who vape report more days of poor mental health than those who don't.<sup>2</sup>
- Vaping nicotine can make existing mental health conditions worse.<sup>4</sup>
- Using e-cigarettes is associated with difficulty concentrating, remembering and making decisions.<sup>2</sup>

## QUITTING IS THE BEST STRESS RELIEVER

Of young people who quit vaping...



Quitting vaping can relieve mental health symptoms and improve quality of life. Visit [www.flavorshookkidsmn.org](http://www.flavorshookkidsmn.org) to learn more about tobacco industry targeting and how to take action.



*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](#).*