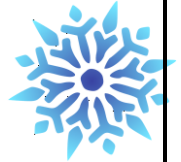




Student and Family



Wellness



Tips for a healthier winter season



HAPPY NEW YEAR!

New Year's resolutions often focus on food and physical activity. What would it be like to think about sustainable changes for you and your family that last all year long? Forget the diet, and think about how you can live a healthy life.

HERE ARE SOME TIPS:

- Eat more fruits and vegetables. The goal is at least 5 servings per day. Ask your child what fruit or vegetable s/he wants to try.
- Add more whole grains. The goal is half your grains are whole.
- Get enough low-fat dairy servings. Your child needs 3-4 servings per day.
- Eat breakfast every day. It really is the most important meal. Consider school breakfast if timing is an issue.
- Move your body each day. Try a fun family activity like snowshoeing or ice skating.
- When trying to make changes, start with small goals that you and your family can achieve.

BE PATIENT, CHANGING HABITS IS HARD WORK!

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 to go to the website link).

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.



A BIG PART OF BEING HEALTHY is not getting sick.

- Cover your cough
- Wash your hands after eating, using the bathroom, touching your face, etc.
- Get your flu shot
- Stay up to date on your [immunizations](#)*

**Additional immunizations are required for students in 7th grade. Click on link above to see what's required. Please let the nurse know when your child gets immunized.*



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:

<http://www.smartchoiceshastings.info>

