



**Hastings
Public Schools**

Student Wellness

August 24, 2026



Report prepared by:
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with additional support from Wellness Consultants Annie
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Students are the heart  *of all we do*

Student Wellness

In compliance with [The Student Wellness Policy \(#533\)](#) and with guidance from the USDA Dietary Guidelines and the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans, Hastings Public Schools, led by the [Smart Choices Wellness Committee](#), continues to strive to provide opportunities for students to access healthy food and water, engage in physical activity opportunities, and establish a sense of safety within their respective school environments.

The following report will outline aggregate student survey data to assist with district planning to further improve the health and wellbeing of the students in attendance at Hastings Public Schools.



Student Wellness

2025-2026

School Year in Review

- The Smart Choices Wellness Committee met four times.
- HMS SHIP Grant to reduce the noise levels in the cafeteria.
- Students, parents and staff were surveyed in regards to student wellness in the spring.



Student Wellness

Spring 2026 Student Wellness Survey Results

(Links to Survey Reports)

- [Elementary Student Survey](#)
- [Middle School Student Survey](#)
- [High School Student Survey](#)
 - [Parent Survey](#)
 - [Staff Survey](#)



Student Wellness

Elementary Student Survey Results

Strengths:

- 74% play outside for at least 15 minutes or more for physical activity besides gym and recess.
- 87% of students reported that they 'mostly' or 'always' feel safe at school.
- 84% of students reported that 'yes', they had a trusted adult they could talk to.

Middle School Student Survey Results

Strengths:

- 71% of students 'agree' or 'strongly agree' they have opportunities to eat healthy, an increase from 68% in 2025.
- 85% 'agree' or 'strongly agree' that they have opportunities to stay physically active, an increase from 81% in 2025.
- 77% of students reported that they 'agree' or 'strongly agree' that they feel safe at school, an increase from 73% in 2025.

High School Student Survey Results

Strengths:

- 69% of students reported that they 'agree' or 'strongly agree' that they feel safe at school, an 11% increase from 2025.
- 82% agree or strongly agree that they have opportunities to stay physically active.



Student Wellness

Plans for Next Year

- Communicate survey results to community at large
- Analyze survey results and develop goals
- Promote wellness initiatives in the district
- Survey students, parents and staff in the spring of 2027 (The triennial survey consists of additional surveys and is due in 2028)

Meeting schedule for 2026-2027 (Virtual meeting - open to the public)

Wednesdays 10/21/2026, 12/9/2026, 2/17/2027, 4/21/2027 3:30 - 4:30 pm



Student Wellness

Smart Choices Committee Members (2025-2026 School Year)

Sara Stenger, LICSW, Building Representative HHS

Michaela Burr, School Social Worker, Building Representative Pinecrest Elementary

Katie Skramstad, School Social Worker, Building Representative Kennedy Elementary

Kassy Podvin, Health Promotion Specialist, Dakota County

Anna Kuczwarskyj, Dakota County School Wellness Consultant

Melissa Millner, School Board Representative

Brittney Hirschauer, Director of Food and Nutrition Services, co-chair

Mary Ellen Fox, Health Services Supervisor, co-chair





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Thank you
for supporting and promoting
Student Wellness!



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