

HURRICANE INTERMEDIATE JAGUARS



April 2021

Dear Parent and Students,

As we approach the end of the school year and our end of level RISE testing, it reminds me of how important it is that we all take time to take care of ourselves, so that we may deal with the everyday stresses of life. When thinking of self-care, the acronym "SELFIE" can be helpful:

S=Sleep

E= Eat

L= Light

F= Fun

I= Interact

E= Exercise

Sleep: With so many distractions in our modern society, many Americans suffer from chronic sleep deprivation, and many of our students at HIS are no exception. One way we get better sleep is to practice good "sleep hygiene", such as getting to bed at the same time every night, getting up at the same time every morning, and setting a bedtime early enough to allow for enough hours of sleep. For our students, getting enough sleep is critical in being equipped to handle the stressors of life.

Eat: Eating three meals a day also better equips a student for dealing with the ups and downs of life. Skipping meals will make it physically more difficult for kids to work through intense emotions, such as anger or anxiety. Skipping meals also makes concentration, focus, and learning more difficult.

Light: Getting outside for a few minutes, or being in a sunlit room has been shown to lift mood and to improve sleep patterns. For some people, light deprivation has been linked to higher levels of depression.

Fun: Life can get so busy that sometimes it can be hard for adults and kids alike to take time to have fun. For our kids especially, taking time to have fun can help them unwind, make social connections, and build resilience.

Interact: This is the one that has suffered for many of us through the pandemic. We all need social connection. The lack of social interactions has been connected with higher rates of depression. If your child has been struggling with a lack of social contact during the pandemic, perhaps sitting down together as a family and brainstorming options would help you find ways to build more opportunities for social interactions for your child.

Exercise: We all know the physical benefits of exercise. But we also need to remember that mental health benefits come through regular exercise. Exercise can be a powerful tool to help our kids in dealing with difficult feelings, such as depression, anger, and anxiety.

For more ideas on self-care and related parent resources, please see our schools district's social emotional learning page at:
<https://www.washk12wellness.org>

Tracy Shurtz

HIS School Counselor

April

APRIL 2-5:

SPRING RECESS — NO SCHOOL

APRIL 19:

RISE TESTING BEGINS

APRIL 28:

MRS. AMY GUBLER'S
STUDENT ART SHOW
6:00-7:00PM





City of St. George **JUNIOR GOLF PROGRAM**

REGISTRATION
STARTS APRIL 12TH
ENDS JUNE 20TH

Summer 2021 / Ages 7-17

\$40⁰⁰ JAG Membership includes:

- \$3 May-September Green Fee at Dixie Red Hills, Sunbrook, Southgate and St. George Golf Club.
- \$6 October-April Green Fee at Dixie Red Hills, Sunbrook, Southgate and St. George Golf Club.
- JAG T-Shirt
- 4 FREE Golf Instruction Clinics
- FREE Rules School Classes
- Range Ball Discount
- Mid-Year JAG Pool Party - Thursday, July 1st 2021 8:30pm to 10pm @ The City Pool
- Elks Skills Challenge (optional)
- *JAG Tournaments (optional)
- *Adult/Junior Tournaments (optional)
- *JAG Teaching Clinics throughout the Summer (optional)

JAG Kickoff Party!

WHEN: Saturday, May 15th 2021

WHERE: St. George Golf Center at Southgate

TIME: 9am to 11:30am

Contests, Prizes, Elks Skills Challenge,
FREE 5 Minute Lessons and Refreshments for all JAG
Participants and their Parents!

2 Ways to Register:

1) **ON-LINE:** www.sgcity.org/golf

2) **IN PERSON:** St. George Recreation Center
285 South 400 East, St. George UT

Leisure Services: 220 North 200 East, St. George UT



FOR MORE INFORMATION CALL:

435-627-4653

Directed by the City of St. George Golf Division
and local PGA Professionals



STEM & Entrepreneurship 2021 Summer Camp Schedule

AiMS

June 24-25

Adventures in Modeling & Simulation Camp. Participants will be exposed to open ended problems such as predicting trends of population and diseases, sports analytics, optimal marketing strategies, and much more! 9am - 1pm

Grades 9-12

\$50

Chess Camp

June 8-11

Design and 3D print a customized chess set, then DSU Chess Club students will teach you strategy to improve (or learn) your chess game. Compete in a chess tournament on the last day of camp. 9am - 1pm

Grades 5-12

\$100

Code School

June 1- July 30

An intensive nine-week course to jump-start a web programming career. Interaction with the local industry is facilitated by Code School. Learn modern web technologies: JavaScript, databases, web frameworks, client-side and server-side web app development. Mon-Fri, 9 am-1 pm. To apply, visit cit.dixie.edu.

Grades 11-Adult

Free w/Admission

Crypto Camp

July 16-17

Learn about the exciting world of mathematical cryptography and information security. Participants will make and break ciphers and codes and learn about exciting advances in quantum computing. 9am - 1pm

Grades 9-11

\$50

CSI Dixie

June 23-25

In this interactive camp, high school students explore the tools and practices of forensic scientists. Participants will go on a scavenger hunt to solve a mystery and will test and analyze their samples in DSU labs. 9am - 3:30pm

Grades 8-11

\$150

D.E.A.P Camp

May 27-29

Bring your instrument or come as you are and learn how to compose and perform electro-acoustic music. Under the guidance of DSU faculty members, participants will learn to use and create virtual instruments using Pure Data and Ableton Live, culminating in an informal group performance.

Grades 9-12

\$50

eSMART

June 2-4

eSMART (exploring Science, Math and Related Technologies) is a summer camp for girls entering the 8th or 9th grade. It was started by the St. George, Utah chapter of the American Association of University Women. Participants learn from DSU professors and local experts on topics ranging from electronics to biotechnology.

Girls Grades 8-9

TBA

Kids Launch

June 14-18 & 28-29

Kids Launch St George creates entrepreneurial opportunities for kids, and helps them make their businesses the best they can be, all while having a great time together!

Grades 3-5 & 6-9

\$80 & \$75

Machine Learning

July 19-21

Explore the world of machine learning with this hands-on experience. Participants will implement several applied machine learning techniques to build programs such as facial recognition, and more. If you are interested in engineering, this camp is for you. 9am - 1pm

Grades 8-12

\$150

STEM Girls Camp

July 27-29

STEM Girls is chance for girls to explore exciting topics from Science, Technology, Engineering, and Math. Taught by female STEM students at Dixie State with a strong emphasis on female-led innovations in STEM. 8 am - 12 pm

Girls Grades K-8

\$150

Wearable Technologies

July 12-15

Whether it's for art or healthcare, wearable technologies are a hot trend. Learn to code with arduino technology and create an exciting wearable piece to impress your friends. 9am - 1pm

Grades 6-9

\$150



Maker Workshops

Register for one or more of our maker workshops and learn the skills to design, code, and make your own creations. Register today at <https://stem.dixie.edu/community-events/>



Register Today!

stem.dixie.edu/summer-camps/

Questions?

stem@dixie.edu

Scholarship Opportunities

stem@dixie.edu



READINESS
IMPROVEMENT
SUCCESS
EMPOWERMENT

TESTING SCHEDULE

WEEK OF APRIL 19TH :

SCIENCE

WEEK OF APRIL 26TH :

LANGUAGE ARTS

WEEK OF MAY 3RD :

MATH

WEEK OF MAY 10TH :

MAKE-UP TESTING

*PARENTS: PLEASE BE MINDFUL OF WHEN YOU CHECK YOUR STUDENT OUT OF CLASS. WE WOULD LIKE TO MINIMIZE TESTING INTERRUPTIONS IF AT ALL POSSIBLE. THANK YOU! 😊