

Hurricane Intermediate Jaguars



November 2020

The end of 2020 is getting closer! We have had a pretty great start to the year considering all the obstacles we have been faced with, and have many things to celebrate.

We would like to celebrate our students. We have had an excellent start to a challenging year, and our students have met those challenges by continuing to adhere to the guidelines of keeping themselves and others safe. We would like to celebrate that HIS. students are participating in Life Launch University's powerful curriculum. The curriculum is unique as it combines social-emotional and character education. We know that a connection between home and school is important to offer the support our children require. So, each week we ask that parents and guardians have a conversation with their children about the concepts being taught in their homeroom on Fridays (Previously Mondays). Please check your email to get weekly prompts to questions that reiterate these concepts. If you haven't yet had the opportunity to create your parent account, please visit the link below so you too can practice these important skills.

https://applifelaunchuniversity.org/accounts/register/parent/?access_code=ff0ea981-9ffb-4321-8da5-d520052fabbe

We celebrate that this month, the week of November 9th, 7th grade students will participate as a group, in their Plan College and Career Ready Conference during their CCA class. P.C.C.R.'s engage students to discuss and provide information about career clusters, high school credit required for graduation, career interests, and student strengths. We also introduce students to resources on job training and ways to pay for college. Please look for an email from counselors with more information in the coming weeks.

Finally, we celebrate our community of supportive parents! As teachers work to engage students in learning, the support parents provide by ensuring their child's needs are met, help children stay focused and connected to their own learning. Please reach out to your child's School Counselor if there is anything we can do to support you.

Thank you,

Ms. Stefnee McMullin

School Counselor A-J

CALENDAR ITEMS

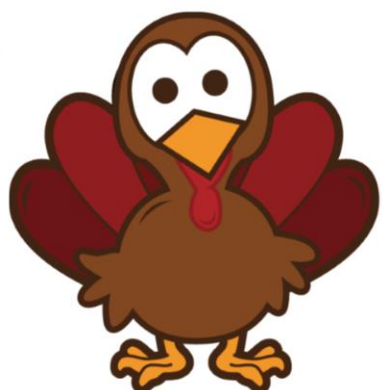
NOVEMBER 1ST

DAYLIGHT SAVING TIME



NOVEMBER 25TH–27TH

THANKSGIVING BREAK—NO SCHOOL

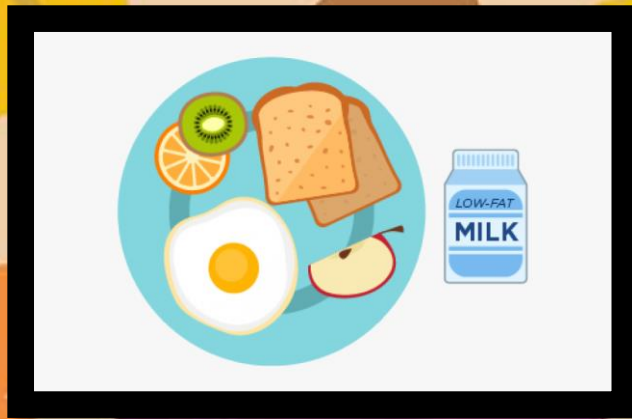


**Happy
Thanksgiving**

School Breakfast

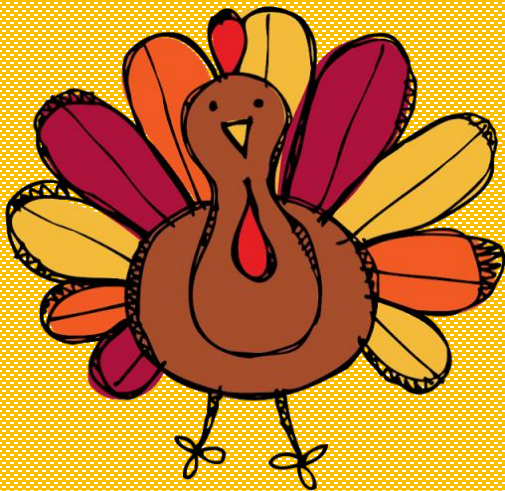
Breakfast at Hurricane Intermediate School is served from 7:15am-7:35am.

Monthly breakfast menus can be found at <https://washkl2.org/food-service/menus>



Attendance

- If your child will not be at school, please call 635-8931 or email karina.goodwin@washk12.org
- If you are checking your student out of school, you will need to come in to the school and sign your student out. You must have photo ID in order to check out a student. We will not release students to anyone who is not on your contact list.
- District policy allows us to excuse valid absences/tardies that are within 7 days.



WCSD Attendance Policy



October/November 2020

Happy Fall!

Happy Fall! We are so thrilled that we are back to school! COVID-19 is an important health concern at school this year and you can find all the updated information regarding the pandemic in our schools on our district website, www.washk12.org.

If your student has any health concerns at school, please take the time to contact your school nurse and discuss those concerns with the nurse. If your student has a health concern that requires medication at school, please ask the nurse or your school's front office for the proper paperwork that needs to be completed to allow the medication at school. Again, we are excited to be back and look forward to the school year!



Caring for and preventing Nosebleeds

If you have a nosebleed:

- **Stay calm.** If you start to get nervous, it can actually make you bleed more. Try to relax.
- **Sit up, don't lie down.** Keep your head above your [heart](#).
- **Lean a little bit forward.** This keeps the [blood](#) from draining down the back of your throat.
- **Pinch your nostrils closed.** Use your thumb and index finger to hold your nostrils closed for 5 to 10 minutes while you breathe through your mouth. This puts pressure on the part of your nose that's bleeding and can make the blood stop flowing.
- **Call Your Doctor if:** your nosebleed lasts longer than 20 minutes or if your nosebleed was caused by an injury to the head.

Preventing Nosebleeds:

- **Keep the inside of your nose moist.** Dryness can cause nosebleeds. Use a cotton swab to gently smear a thin layer saline gel in your nostrils up to three times a day, including before you go to [sleep](#). You can also use an antibiotic ointment like [Bacitracin](#) or [Polysporin](#).
- **Use a humidifier.** Your nostrils might be dry because the air in your house is dry.
- **Don't pick your nose.** Also, don't blow or rub it too hard. If your child is getting nosebleeds, keep his [fingernails](#) short and discourage him from picking his nose.
- **Don't use cold and [allergy medications](#) too often.** These can dry out your nose. In some cases, certain medications can cause nosebleeds or make them worse. You may need to discuss your medications with your doctor. But keep taking them unless your doctor tells you to stop.

November is Diabetes Awareness Month

What is Type 1 diabetes?

Type 1 diabetes, which was formerly known as juvenile diabetes, is a chronic autoimmune condition that makes the body unable to produce insulin, which is the hormone that regulates blood sugar. Without insulin, our bodies cannot use the sugar in our bloodstream as energy, causing people to experience Diabetic ketoacidosis ([DKA](#)). ([beyondtype1.org](#))



If you recognize any of the symptoms, contact your doctor immediately for possible testing. Every day, thousands of adults and children around the world are diagnosed, but many go undetected. Early diagnosis cannot prevent Type 1, but it can head off potentially devastating, even fatal, health concerns.

[Beyondtype1.org](#)



Vision

In an effort to limit large group gatherings and the spread of COVID-19, the Utah Department of Health will not be requiring schools to conduct mandatory mass vision screenings this school year. Therefore, the Washington County School District will not be conducting our usual mass vision screenings at the start of the school year.

Until further notice, we ask that parents who have a concern about their child's vision contact their healthcare provider or eye care professional. If you feel there is a vision issue and you would like the school nurse to complete an individual vision screening for your child, please fill out and return the attached Vision Symptoms Questionnaire form. The school nurse will review the form and determine if an individual vision screening with the nurse would be appropriate, or if an automatic referral to an eye care is recommended. Teachers will also fill out this form when a student is referred for a special education evaluation, does not achieve benchmark on the benchmark reading assessment, or if there is another concern regarding his/her vision. Please note that a vision screening is not a substitute for a professional eye exam.

Please contact your school counselor or school nurse if you need assistance with the cost of a professional eye exam, and if needed, glasses.

THE LA VERKIN CITY POLICE DEPARTMENT PROUDLY PRESENTS



SATURDAY, NOVEMBER 7, 2020 10AM-1PM
LOCATION: LA VERKIN ELEMENTARY SCHOOL

**Featuring Southern Utah Car Clubs,
Food Trucks, Race Cars, and Vendor Booths!!**

Build your own Soap Box Derby car and race it down center street for a chance to win money and prizes! To find the rules and permission forms please visit LaVerkinCity.org or the La Verkin City Police Facebook page. Check out event photos on Instagram @[race.ready.foundation](https://www.instagram.com/race.ready.foundation).

This is a free community event.

For more info or to sign up for the event email: nick.nuccitelli@laverkincity.org or text: 435-632-7708

Social distancing is encouraged.