

MARCH 2022

# JAGUAR NEWS

MONTHLY NEWSLETTER OF HURRICANE INTERMEDIATE



**DAILY VIDEO ANNOUNCEMENTS**

# CALENDAR

March 2nd - Orchestra Concert 6pm

March 3rd - Choir Concert 6pm

March 7th - 7th Grade Vision Screening

March 8th - Band Concert 6pm

March 11th - End of 3rd Quarter

March 14th-21st - Spring Break NO SCHOOL

March 30th - Mrs. Gubler's Art Show 6pm

Bell  
Schedules

District Year  
Calendar



Hello Jaguars!

With February behind us, you may be helping your child mend their broken heart. Emotional Intelligence is important and also talking about Sadness, Loss and Grief can be challenging. In the article Building Emotional Intelligence in Children: Talking About Sadness, Loss and Grief, by Karen Young she lists 8 things parents and caregivers can do to show support. If you would like to read the whole article or find additional information on this topic, please click on the link below.

1. Validate their sadness. But don't try to change it.

Don't force your sad one to move on or let go of their sadness too quickly. Sadness is a normal, healthy emotion and if you pull them away from it before they've had the time to adjust to their new reality or work through what it means for them, it could stifle them. Grief and sadness is the way we adjust to loss. It's healthy, important and normal. If it's ignored, played down or not allowed, it can actually make their sadness more difficult and last for longer.

2. They might avoid the things they used to love.

Things won't make sense for a while, and it will be completely normal for them to avoid the things they used to love. When there is a loss, many of the things that were important and fun will take on a different meaning because those things will feel different, as though something is missing, and most likely, something will be. Encourage them, but don't hurry them or force them. The best time for them to get there is when they get there.

3. Watch the silence.

Children might not have the words or the self-awareness to articulate what they are feeling. Be careful not to interpret their silence as a sign that everything is fine. Check in with them from time to time. Sometimes their silence will be okay and the best thing will be to give them the space they need to make sense of what they're feeling. Sometimes though, their silence might be a sign that they need help to put words to what they're feeling, to make sense of what has happened, or that they are waiting for someone to hold them steady when their world feels like it's falling apart.

4. And when they're grieving ...Grief will come with so many intense feelings and it will likely change their behavior for a while, sometimes drastically. They might have trouble sleeping, become angry, not want to talk, or struggle in school. See these for what they are — part of an adjustment this young person never imagined having to make. Give them time and reassure them that their feelings are normal, that however they feel is completely okay and above all else, that they are loved.

5. Understand the relationship between sadness and anger.

Grieving children (and adults) will often move between deep sadness and fiery, angry outbursts. The move can happen quickly and unexpectedly. Children might not know how to deal with their anger and might need a hand to work through their feelings. It's likely that their feelings won't make sense to them and even if they do, they won't necessarily know what to do with those feelings. When this happens, they might take it out on the person or people they love the most. The target will be wrong, but it's likely to be the only target they have. Understand where it's coming from, and be patient.



#### 6. Let them talk

Let them talk about the loss, whether it's a loved one, a pet, a friendship, or a parental separation. It might feel as though you're doing the right thing by putting a lid on discussions and your own feelings, but children need to know that what they're feeling is okay, and they need the information that will safely fill the gaps for them. Let nothing be off limits for them if they want to talk. They need to be able to revisit the relationship or whatever has been lost to them, even if it's only in their thoughts or their words or the conversation with you. They might also be aching for someone to tell them that whatever they're feeling is okay, so if you're the one they're coming to, know how important you are and be the one to give that to them.

#### 7. Let them see you feel, but don't lean on them for support.

Let them see that you also have feelings and that you can manage those feelings. This will help to normalize their experience and make it safe to talk about what they're going through. It will also help them to expand their emotional vocabulary, so they can be aware of their feelings when they feel them. It's important though, that you don't lean on them for support. They need to feel safe and secure, and as though they can come to you, not as though they have to look after you.

#### 8. Watch that the sadness doesn't continue for too long.

The body has a way of responding to loss. In the short-term, it will release stress hormones that will be helpful at first. Eventually though, they can do harm and effect the hardwiring of the brain. We know that the brain continues to produce new brain cells right throughout the life span. When sadness stays for too long, it can turn into depression and inhibit the growth of brain cells in the hippocampus, which is the part of the brain that's responsible for memory, learning, emotion and mood. Depression causes the production of new brain cells in the hippocampus to slow right down. The way to relieve this is to encourage things that actually promote the growth of new brain cells such as exercise, learning something new and connecting with others.

<https://www.heysigmund.com/building-emotional-intelligence-in-children-talking-about-sadness-loss-and-grief/>

Mrs. McMullin





# Dr. Seuss Week

**February 28th - March 4th**

**MONDAY: Crazy Socks**

**TUESDAY: Wacky Patterns**

**WEDNESDAY: Dr. Seuss Characters**

**THURSDAY: Twin Day**

**FRIDAY: Crazy Hair / Hat Day**

# SPRING



WHEN: May 3rd and 4th

CATEGORIES: Dance, Vocal, Instrumental,  
Tumbling/Gymnastics, Piano, Art, Other

\*Watch student announcements for more  
details to come.

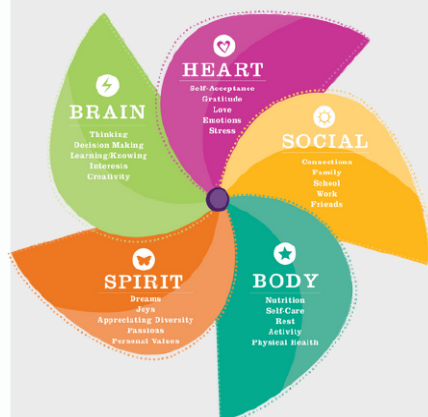


# heart & sole®

## Spring Program Begins

### MARCH 29

After-school  
program for  
6th & 7th  
grade girls!



Heart & Sole, a program from Girls on the Run, is a character development program for girls in 6th-8th grade. It combines social and emotional learning with training for a 5K. A safe space where girls can learn and grow with their peers.

- Increase Self-Confidence
- Build Healthy Relationships
- Make Intentional Decisions
- Setting Boundaries
- Conflict Resolution
- Making Friends

## Register Online

[www.gotrsouthernutah.org](http://www.gotrsouthernutah.org)



Scan Me

## Hurricane Intermediate

Tuesdays & Thursdays 2 - 3:30 pm

Program Fee\*: ~~\$175~~ **\$85**

Teams meet twice a week for 8-weeks and concludes with a Community 5K Celebration on May 21. Fee includes:

- Program Materials
- Healthy Snacks at Practice
- H&S T-shirt & Cinch Sack
- 5K Entry
- Water Bottle
- Finisher's Medal

**For convenience, payment plans are available.**

**Volunteer  
Coaches  
NEEDED!**

\*Thanks to the generosity of local donors, we are able to reduce the program fee.

**Questions**

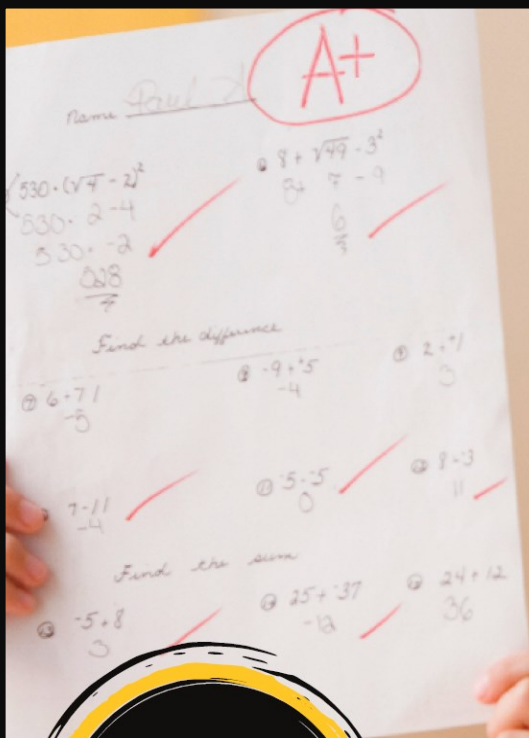
Contact

*Melissa  
Miller*

(435) 703-0299

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# There's No Stopping the Kid Who's Confident in Math



Call or Text  
for a Free Math  
Skills  
Assessment

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## Give Your Child an Edge in School & in Life with Mathnasium.

They'll get the personalized instruction they need to accelerate their math skills and finish the school year with confidence. We meet kids where they are, customizing a plan specifically for each student and teaching in a way that makes sense to them, so they understand it, master it, and enjoy it. The goal is not just to improve grades and scores, but to teach children how to think critically, solve problems, and work independently.



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Mathnasium.com/stgeorge  
(435) 767-0335  
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St. George

**MATHNASIUM**  
The Math Learning Center



# BASKETBALL CAMP



**JIMMER FREDETTE**

**APRIL 22 - 23**

**NETS ON FIRE**

**\$125 PER PLAYER**

**K-12TH GRADE | BOYS/GIRLS**

**Register at [Netsonfire.org](http://Netsonfire.org)**

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# WELLNESSES ROOM

Wellness Room  
Rationale

Self Regulate

A letter to  
Parents

Scan Info



# FINANCE

DID YOU FORGET TO PAY  
YOUR STUDENT'S FEES?

**[CLICK HERE TO PAY ONLINE](#)**



# ATTENDANCE

If your student will not be at school, please call [635-8931](tel:635-8931)  
or email [karina.goodwin@washkl2.org](mailto:karina.goodwin@washkl2.org)

If you are checking your student out of school early, 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 within 7 days.



**WCSD ATTENDANCE POLICY**