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 to be 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 for fun. For our kids especially, taking time to have fun can help them to unwind and to make social connections.

Interact: We all need social connection and we know that research shows that the lack of social interactions has been connected with higher rates of depression. If you feel that your child would benefit from more social connections, one suggestion would be to sit down together to brainstorm changes your child could make to increase their opportunities for social interaction.

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
2023 TESTING SCHEDULE

- **Language Arts**: April 24th - April 28th
- **Math**: May 1st - May 5th
- **Science**: May 8th - May 12th
- **Make-Up Testing**: May 15th - May 19th

*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.*
1st Annual
Family Healthcare Hurricane
SPRING HEALTH FAIR

Thursday, April 6, 2023
2:00 to 6:00 p.m.

Totally Free!
Popcorn
Bounce Houses
Pictures with the Easter Bunny
Easter Egg Hunt

TONS! Of giveaways and great health info!

Everyone Welcome! Bring your family, friends, colleagues and pets too!

Family Healthcare Hurricane
391 N. 200 W. Hurricane
on the campus
of Hurricane Middle School
City of St. George
JUNIOR GOLF PROGRAM
Summer 2023/Ages 7-17

REGISTRATION STARTS APRIL 17TH

$40.00 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 Online Rules and Etiquette Class
- Range Ball Discount
- Mid-Year JAG Pool Party - Thursday, June 29, 2023
  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 13th 2023
WHERE: St. George Golf Center at Southgate
TIME: 9am to 11:30am
Prizes, Elks Skills Challenge, 1 Free Golf Club (while supplies last)
provided by Utah Section PGA for Juniors that
do not have Golf Clubs and Refreshments for all JAG
Participants and their Parents!

2 Ways to Register
1) ONLINE: 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: 435-627-4560
Directly by the City of St. George Golf Division

GREAT NEW OPPORTUNITY THIS YEAR...
IN CONJUNCTION WITH THE LPGA EPSON TOUR
Admission to Copper Rock Club Championship Jr Clinic:
Saturday, April 29, 1:00 pm with a paying adult ($20 GA ticket)
My Impact Challenge
The Bill of Rights Institute's National Civics Contest

Win up to $10,000 for Utah Service Projects!

Community Volunteer? Scouting Project? Teen Advocate? Youth Entrepreneur?

Learn more!
In-Person Summer Showcase
June 14 - Utah Valley University

All valid entries from Utah will be invited to compete for local prizes in-person at the Utah Civic Learning Collaborative's Summer Showcase in addition to entering the national MyImpact Challenge!

Enter online by May 21!
Guidelines and prize details online at www.myimpactchallenge.org

Bill of Rights Institute
UVU Center for Constitutional Studies
Utah Civic Learning Collaborative
Youthline Inc.
Get The Scoop

DIXIE TECHNICAL COLLEGE
OPEN HOUSE

APRIL 4TH, 2023
4:00 PM - 6:00 PM
610 S TECH RIDGE DRIVE, ST. GEORGE, UT 84770

FREE ICE CREAM  |  CAMPUS TOURS  |  LIVE MUSIC

AFFORDABLE  |  ACCELERATED  |  ESSENTIAL  |  PRACTICAL
DIXIETECH.EDU  |  435.674.8400  |  610 S TECH RIDGE DR, ST. GEORGE, UT 84770
LEGO LEAGUE

SPONSOR LETTER

SUSTAINABLE PARTNERSHIP
Did you forget to pay your student’s registration fees?

CLICK HERE TO PAY ONLINE
### School Lunch

<table>
<thead>
<tr>
<th>MONTH</th>
<th>DAYS</th>
<th>TOTAL $</th>
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<tbody>
<tr>
<td>APRIL</td>
<td>18</td>
<td>$46.80</td>
</tr>
<tr>
<td>MAY</td>
<td>18</td>
<td>$46.80</td>
</tr>
</tbody>
</table>

$2.60/DAY
If your student will not be at school, please call 635-8931 or email karina.goodwin@washk12.org to excuse your student with a valid absence reason.

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