APRIL 2023

JAGUAR NEWS

MONTHLY NEWSLETTER OF HURRICANE INTERMEDIATE

CALENDAR ITEMS

<u>APRIL 3-7</u>

NATIONAL ASSISTANT PRINCIPAL'S WEEK

<u>APRIL 7-10</u>

SPRING RECESS (NO SCHOOL)

<u>APRIL 17</u>

NATIONAL SCHOOL LIBRARIAN DAY

<u>APRIL 24</u> RISE TESTING BEGINS

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.washk12wellnessorg

Tracy Shurtz HIS School Counselor



READINESS IMPROVEMENT SUCCESS EMPOWERMENT



2023 TESTING SCHEDULE

LANGUAGE ARTS MATH SCIENCE MAKE - UP TESTING

APRIL 24TH - APRIL 28TH May 1st - May 5th May 8th - May 12th 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

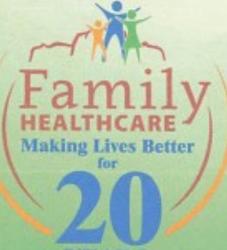
Thursday, April 6, 2023 2:00 to 6:00 p.m. Totally Free!

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 tool

Family Healthcare Hurricane 391 N. 200 W. Hurricane on the campus of Hurricane Middle School



PARKS &

435-527-4550

Directed by the City of St. George Galf Division

Manpact 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 ENTREPRENUER?





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!

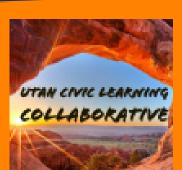
ENTER ONLINE BY MAY 21! Guidelines and prize details online at

WWW.MYIMPACTCHALLENGE.ORG

BILL of RIGHTS

UVU CENTER FOR CONSTITUTIONAL STUDIES







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

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SPONSOR LETTER

SUSTAINABLE PARTNERSHIP

Did you forget to pay your student's registration fees?

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CLICK HERE TO PAY ONLINE



MONTH		TOTAL \$
APRIL	8	\$46.80
MAY	8	\$46.80

\$2.60/DAY

Attendance National Builder Every student. Every 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





<u>PowerSchool</u>

<u>Hurricane</u> Intermediate <u>Calendar</u>

<u>Bell</u> <u>Schedules</u>

<u>District Year</u> <u>Calendar</u>