

APRIL 2023

JAGUAR NEWS

MONTHLY NEWSLETTER OF HURRICANE INTERMEDIATE

CALENDAR ITEMS

APRIL 3-7

NATIONAL ASSISTANT
PRINCIPAL'S WEEK

APRIL 7-10

SPRING RECESS
(NO SCHOOL)

APRIL 17

NATIONAL SCHOOL
LIBRARIAN DAY

APRIL 24

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.washk12wellness.org>

Tracy Shurtz

HIS School Counselor

RISE



READINESS
IMPROVEMENT
SUCCESS
EMPOWERMENT



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



\$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 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) **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

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)



PARKS & COMMUNITY

FOR MORE INFORMATION CALL:

435-627-4560

Directed by the City of St. George Golf Division



MyImpact CHALLENGE

THE BILL OF RIGHTS INSTITUTE'S
NATIONAL CIVICS CONTEST

WIN UP TO \$10,000 FOR UTAH SERVICE PROJECTS!

COMMUNITY VOLUNTEER?
TEEN ADVOCATE?

SCOUTING PROJECT?
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

Youthline
CIVIC LEARNING COLLABORATIVE





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

The image features a black background with a border of colorful LEGO bricks in red, yellow, green, and blue. At the top, the words "LEGO LEAGUE" are written in a pixelated, blocky font. Each letter is a different color: L (red), E (orange), G (yellow), O (green), L (blue), E (purple), A (red), G (orange), U (yellow), and E (green).

LEGO LEAGUE

SPONSOR LETTER

SUSTAINABLE PARTNERSHIP



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

[CLICK HERE TO PAY ONLINE](#)



School

Lunch



MONTH	DAYS	TOTAL \$
APRIL	18	\$46.80
MAY	18	\$46.80

\$2.60/DAY



Attendance Matters

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

HELPFUL LINKS

[PowerSchool](#)

[Hurricane
Intermediate
Calendar](#)

[Bell
Schedules](#)

[District Year
Calendar](#)