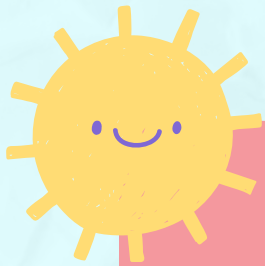


Jaguars

Newsletter



Easter Break
No school March 29-
April 1

Calendar Items

Rise Testing

Math, April 22-26
Science, April 26-May 3
Language Arts, May 6-10
Make up, May 13-17

Rest Up!

Eat a good
Breakfast!

Thank you!

April 3 - National Para Day
April 4 - National School
Librarian Day
April 5 - Assistant Prinipal
Day
April 24 - National
Secretaries Day

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

Important Immunization Information!

Please Read!

All upcoming 7th grade students need the following additional immunizations BEFORE the start of the school year:

1 Meningococcal

1 Tdap booster (Tetanus/Diphtheria/Pertussis)

2 Hepatitis A and 3 Hepatitis B Immunizations

2 Varicella (Chicken Pox) Immunization (or proof of having had the disease by signing the official card.

If your student has received these immunizations, please provide a copy of the immunization record to the school before school starts. If you have previously submitted an exemption form, please note that Section 53G-9-303 of the Utah Statutory Code requires these exemptions to be renewed before 7th grade entry. This needs to be done on a computer not a mobile phone as the Certificate does not download correctly. You will need to send in a copy of the New Exemption Certificate. Remember that all of the Vaccine boxes need to be checked off. Please check that before printing it. For any questions, feel free to email me @cheree.crosby@washk12.org.

The full list of required immunizations are attached to this email. For questions regarding your child immunization status, contact your health care provider, Southwest Utah Public Health Department or the Immunization Hotline 1-800-275-0659.

Thank you

Click on the links below for more information

General Immunization Information

[Kindergarten - 6th grade
Immunizations - English](#)

[7th grade Immunizations - English](#)

[Kindergarten - 6th grade
Immunizations - Spanish](#)

[7th grade Immunizations - Spanish](#)

Library Media Center

=Verse Immersed Universe=

Mt. Readmore Leader Board



1.28.960 pages

2.28.245 pages

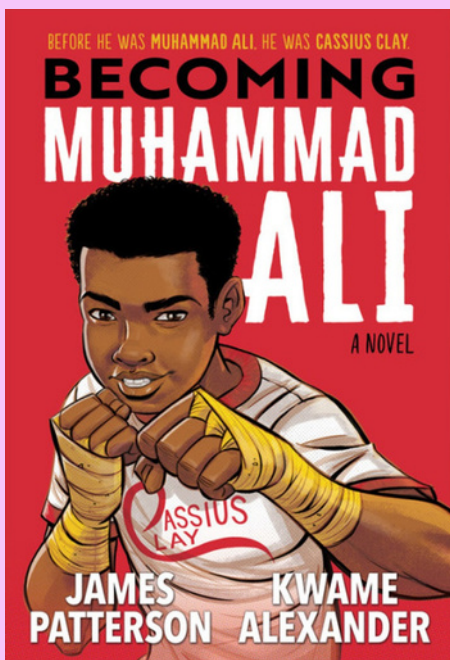
3.19.894 pages

4.19.694 pages

Teacher Spotlight



We want to shout out Mr. Yu, who donated over 100 books written in Chinese to our library. Our Chinese section is now brimming with options!



Library Staff Pick

April is National Poetry Month which also happens to coincide with the release of Taylor Swift's new album, "The Tortured Poets Department." We are here for Swift's bard era and for celebrating other noted bards, like Kwame Alexander. We recommend checking out his latest book written in verse, "Becoming Muhammad Ali."

Wellness Club Happenings!



The Wellness Club will be collecting donations for the Hurricane Animal Shelter April 8th - April 12. We will be asking students to deliver donations to their homeroom classes. Feel free to have a student bring the donations to the wellness room (106) daily.

Thanks, Erin Papa

Items Requested by the shelter:

Old fluffy blankets

old stuffed animals or other

animal toys

Dog food

Dog treats - no rawhide



4th and FINAL Quarter!

PLEASE! If you have not paid your school fees, **DO SO IMMEDIATELY!**
All unpaid fees will be sent to **collections.**

[Pay school Fees Link](#)

[Pay using your Parent Powerschool account](#)

WCSD Intermediate Fees

Helpful Links



[School Website](#)



[School Calendar](#)



[School Instagram!](#)



[Cell Phone Policy](#)



[Our School Wellness Room!](#)



[Pay for Lunch](#)

DIXIE
TECHNICAL COLLEGE

Get
THE
Scoop

**OPEN
HOUSE**

APRIL 2ND, 2024

4:00 PM - 7:00 PM

**610 S. TECH RIDGE DRIVE
ST. GEORGE, UT 84770**

**FREE
TSHIRT!**



LIMITED QUANTITIES AVAILABLE. WHILE SUPPLIES LAST.

FREE
ICE CREAM

**CAMPUS
TOURS**

LIVE
MUSIC

DIXIETECH.EDU

435.674.8400

PLAYBILL HHS AUDITORIUM

BROADWAY MAGIC

WEDNESDAY & THURSDAY

APRIL 3RD & 4TH

7:00 PM

\$5 ADULTS/ \$4 STUDENTS/ \$25 FAMILY
(FAMILY IS UP TO SIX PEOPLE)



More than a game



YOUTH ESPORTS GAMERS WANTED

FEATURING



WHAT: NEW St George coach led esports teams
WHERE: Atwood Innovation Plaza @ Utah Tech
HOW: DM Instagram or submit info on web for free coaching session NOW!

AGES 7-17

JOIN THE ST GEORGE



Bridging the gap between traditional athletics and esports.



- COACH LED IN-PERSON TEAMS
- 1 PRACTICE PER WEEK
- 1 GAME PER WEEK
- CUSTOM JERSEYS
- TEAMWORK/COMMUNICATION
- FRIENDSHIPS/CONFIDENCE
- GAMING PCS PROVIDED



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[HTTPS://STGEORGE.XPL.GG](https://stgeorge.xpl.gg)

These materials are neither sponsored nor endorsed by Washington County School District. Washington County School District Foundation has received direct financial benefit for distribution of this flyer.

Arborday

Celebration!

DATE: Saturday, April 27th

TIME: 9am - 11am

LOCATION: Virgin River North Trail

1036 E. Riverside Dr. • St. George, UT
(The parking lot of Doctor's Free Clinic)



Join us for Tree Planting,
Crafts, Giveaways & Breakfast
Refreshments!

Bring Your Gloves and Have Fun!



St. George Parks &
Community Services Office:
220 North 200 East
St. George, UT

