

# Jaguars Newsletter



## CALENDAR EVENTS

Spring Break

No School

March 11-18


Easter Break

March 29-April 1

## Events

- ✓ Spring Talent Show  
March 7th  
1:07 pm during  
Homeroom
- ✓ Rise Testing begins  
April 22
- ✓ End of 3rd Quarter  
March 8





Spring is in the air and I am so excited to welcome change and new growth!

On the intermediate level, it is our hope that you will continue to have high and achievable expectations, engage in your child's learning, empower and help your child establish consistent routines to strengthen and encourage healthy outcomes, as they transition through their highschool years.

So, as our daylight expands and our evenings become brighter, it is so important to be mindful of getting good quality sleep. Below, I have included a resource from the Sleep Foundation, which I hope offers helpful information for you and your family!

### Sleep Hygiene

Ultimately, we want to prepare students for life after highschool and teach them skills they will use throughout their lives.

Have a wonderful and safe Spring Break and let's continue to celebrate our growth, accomplishments and especially each other!

Mrs. McMullin  
School Counselor

# Library Media Center

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## Mt. Readmore Leader Board

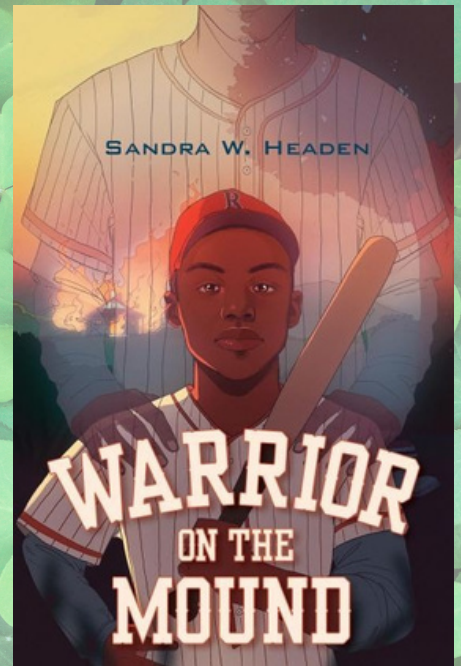


1.24.205 pages

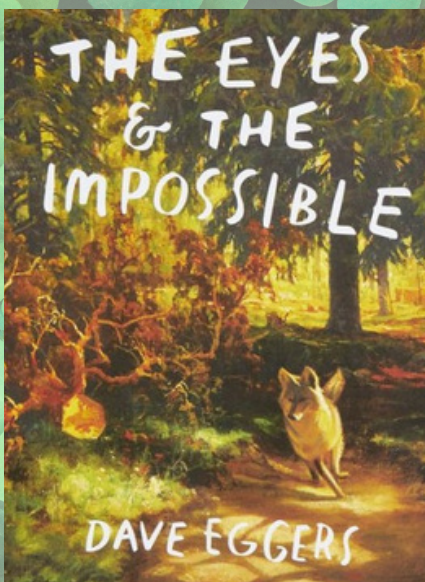
2.22.067 pages

3.19.894 pages

4.16.006 pages



Notable New Release



## Library Staff Pick

"The Eyes & the Impossible" by Dave Eggers is the 2024 Newbery Medal Winner. Told through the perspective of a dog that roams free in a large city park, this is a perfect book for fans of "The Wild Robot" by Peter Brown.

# Start Now and Finish the School Year Strong!

## \$100 OFF FIRST MONTH ON OUR MATH PROGRAMS

Now is the perfect time to take your child's math skills to the next level. Mathnasium provides the personalized instruction kids need to catch up, keep up, and get ahead.



### SUMMER-LONG MATH PROGRAMS

#### Enroll Early and Save!

Enroll by March 31st -15% off

Enroll by April 30th -10% off

Enroll by May 31st - 5% off

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### SUMMER MATH CAMP

July 15th -18th

#### Reserve Your Spot Early and Save!

Register by March 31st - \$250

Register by April 30th - \$300

Regular Price - \$350



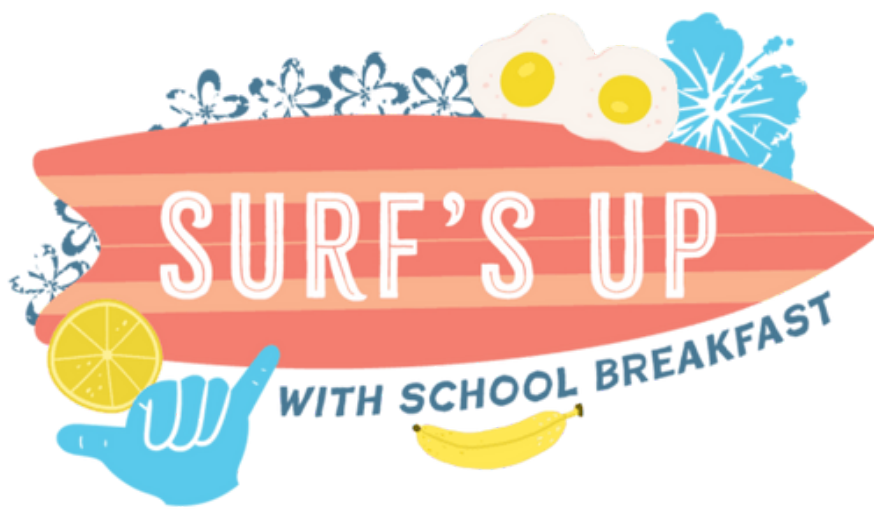
These materials are neither sponsored nor endorsed by Washington County School District. Washington County School District Foundation has received direct financial benefit for distribution of this flier.

# MATHNASIUM<sup>®</sup>

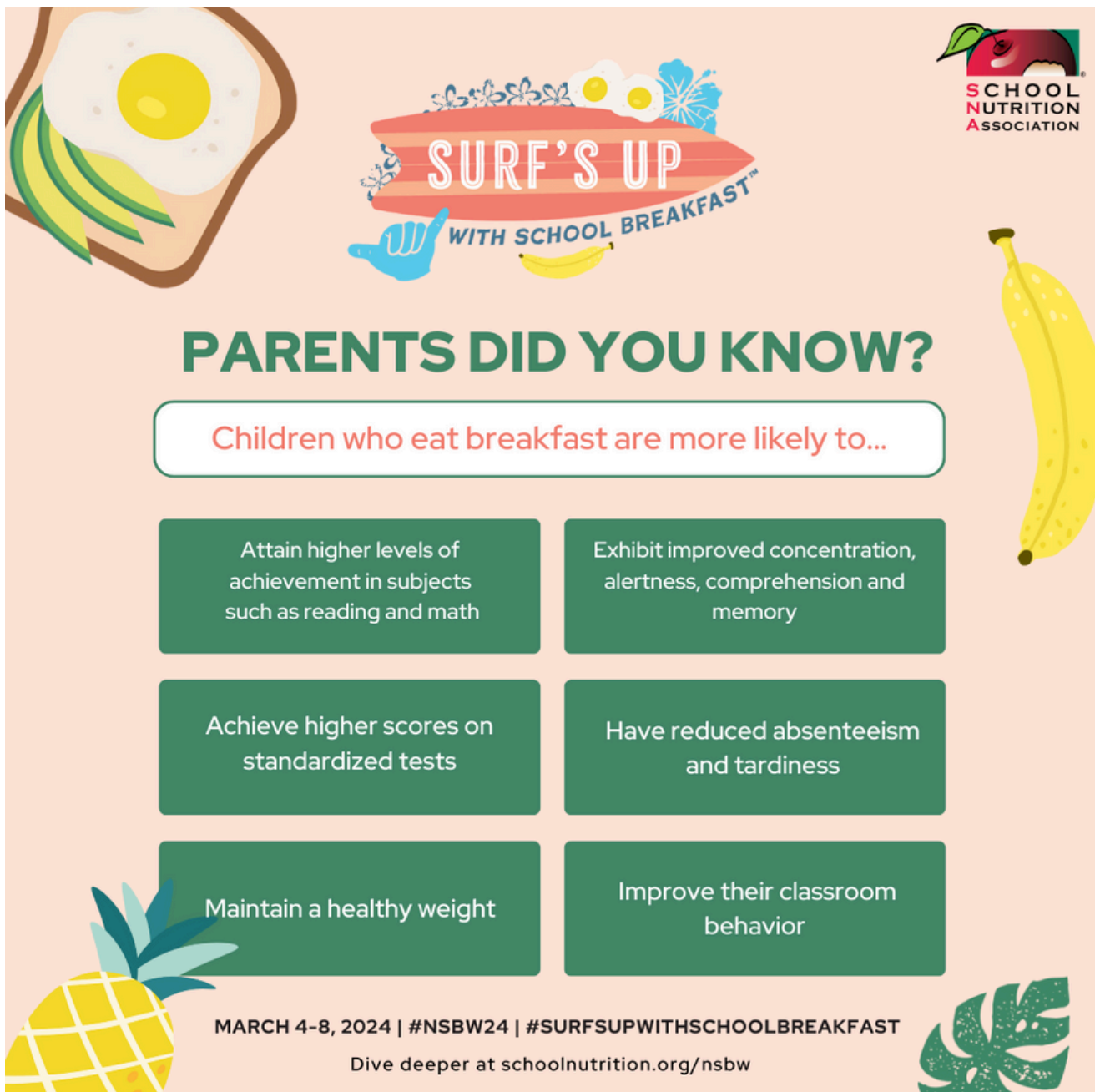
The Math Learning Center

922 E Brigham Rd Bldg 3 # B. St George

(435) 767-0335 [Mathnasium.com/stgeorge](http://Mathnasium.com/stgeorge)



Each of our Secondary Schools will have decorations and prizes. Students who eat breakfast have a chance to win.

An infographic with a light orange background. At the top left is an illustration of a fried egg on a slice of toast with avocado. At the top center is a smaller version of the "SURF'S UP WITH SCHOOL BREAKFAST" logo. At the top right is the "SCHOOL NUTRITION ASSOCIATION" logo, which includes a red apple icon. On the right side, there is a vertical illustration of a yellow banana. The main heading "PARENTS DID YOU KNOW?" is in large, bold, green letters. Below it, a white rounded rectangle contains the text "Children who eat breakfast are more likely to...". There are six green rounded rectangles arranged in a 3x2 grid, each containing a benefit of eating breakfast. At the bottom left is a pineapple illustration, and at the bottom right is a green monstera leaf illustration. The footer text is centered at the bottom.

**SURF'S UP**  
WITH SCHOOL BREAKFAST

**SCHOOL NUTRITION ASSOCIATION**

## PARENTS DID YOU KNOW?

Children who eat breakfast are more likely to...

- Attain higher levels of achievement in subjects such as reading and math
- Exhibit improved concentration, alertness, comprehension and memory
- Achieve higher scores on standardized tests
- Have reduced absenteeism and tardiness
- Maintain a healthy weight
- Improve their classroom behavior

MARCH 4-8, 2024 | #NSBW24 | #SURFSUPWITHSCHOOLBREAKFAST  
Dive deeper at [schoolnutrition.org/nsbw](https://schoolnutrition.org/nsbw)

**Washington County  
School District  
6th - 12th Grade Menu**

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b></p>		<p>Menus are subject to change</p>	<p>DONUT FRUIT CUP</p> <p>PIZZA RIPPERS DINNER SALAD CARROT STICKS PUMPKIN COOKIE MILK</p>
<p>4 PANCAKE FRUIT CUP</p> <p>CHICKEN SANDWICH FRENCH FRIES CHOC. CHIP COOKIE FRUIT MILK</p>	<p>5 BREAKFAST STICK FRUIT CUP</p> <p>TACO SOUP CINNAMON ROLL FRESH VEGETABLES FRUIT MILK</p>	<p>6 EGGSTRAVAGANZA FRUIT CUP</p> <p>CHICKEN STRIPS MASHE D POTATOE S CARROTS DINNER ROLL MILK</p>	<p>7 SMOOTHIE TIGER BITES</p> <p>ORANGE CHICKEN BROWN RICE ROASTED BROCCOLI FORTUNE COOKIE MILK</p>	<p>8 FILLED CRESCENT FRUIT CUP</p> <p>PIZZA BREADSTICK STRING CHEESE DINNER SALAD JELL-O MILK</p>
<h1 align="center">Spring Break</h1>				
<p>18</p> <p align="center">  </p> <p>PANCAKE FRUIT CUP</p> <p>CHEESE BURGER FRENCH FRIES CREAMIE FRUIT MILK</p>	<p>19 BREAKFAST SANDWICH FRUIT CUP</p> <p>ENCHILADA REFRIED BEANS STREET CORN BROWNIE MILK</p> <p>BEEF TACO STICK REFRIED BEANS CORN CORNMEAL STAR MILK</p>	<p>20 BREAKFAST PIZZA FRUIT CUP</p> <p>CHICKEN NOODLE SOUP CHEESE BREADSTICK FRESH VEGETABLES FRUIT MILK</p> <p>TERIYAKI BEEF NUGGET BAKED POTATO GREEN BEANS DINNER ROLL MILK</p>	<p>21 PARFAIT FRUIT BASKET</p> <p>ORANGE CHICKEN BROWN RICE ROASTED BROCCOLI COWBOY COOKIE MILK</p> <p>EASTER PICNIC SUB SANDWICH DORITOS FRESH VEGETABLES SPRING COOKIE MILK</p>	<p>22 DONUT FRUIT CUP</p> <p>MINI CALZONES DINNER SALAD PUDDING FRUIT MILK</p> <p align="center">  </p>
<p>2ND CHOICE DOMINO'S PIZZA</p>	<p>2ND CHOICE NACHOS</p>	<p>2ND CHOICE SPICY CHICKEN SANDWICH</p>	<p>2ND CHOICE TACO SALAD</p>	<p>2ND CHOICE CHICKEN WRAP</p>

girls on the run is for Girl! **EVERY**

Run, hop, roll, walk, push or skip – participants with or without disabilities belong on our team.



## After-School Program for 3rd - 7th Grade Girls

Girls on the Run is a girl-empowerment nonprofit organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

### why GOTR matters



Girls' self-confidence begins to drop by age 9



Girls' physical activity levels decline starting at age 10



50% of girls ages 10 to 13 experience bullying

### what is GOTR

**Program Begins:** February 26  
**Locations:** Various Schools at WCSO  
**Times:** Immediately After School  
**Registration:** January 2 - February 23  
**5K Date:** May 18 @ Sullivan Soccer Field

2x per week for 10-weeks, girls have fun, make friends, increase their physical activity and learn important life skills. Trained and caring coaches lead small teams through interactive lessons and movement activities. The season ends with a celebratory 5K event.

scholarships available!

For more information and to register, visit [gotrsouthernutah.org/locations](http://gotrsouthernutah.org/locations)

### questions?

Contact **Melissa Miller**

✉ [melissa.miller@girlsontherun.org](mailto:melissa.miller@girlsontherun.org)

☎ 435.703.0299

**Girls on  
the run**

find your  
school



# LADY TIGER BASKETBALL CAMP

FREE T-SHIRT

For Girls Grades  
4th-12th

JUNE 12-14 2024

Hurricane High School

4TH-7TH GRADE

\$45

9:30-12:30 AM

8TH-12TH GRADE

\$45

1:30-4:30 PM

Registration link



[Hurricane High Box Office](#)

More Information: Phone 435-215-9639 E-mail [pepper\\_reddish@me.com](mailto:pepper_reddish@me.com)