

Jaguar Newsletter

March 2025

IMPORTANT DATES



Spring Break
March 10th - 17th
No School



**BAND AND CHOIR
CONCERT MARCH
3RD @ 6:00PM**

**SCHOOL TALENT
SHOW
MARCH 5TH**

**END OF 3RD
QUARTER
MARCH 7TH**

COMING SOON

4th Quarter
Starts March 18th
Final Quarter of the Year!

**LET'S END THE SCHOOL
YEAR STRONG!**



**PLEASE REMEMBER TO EXCUSE YOUR
STUDENT WHEN THEY ARE ABSENT.
DISTRICT POLICY ALLOWS YOU TO
EXCUSE UP TO 1 WEEK ONLY AFTER
ABSENCE. PLEASE CALL OR EMAIL.**

435-635-8931 OR

DEBRA.HOWARD@WASHK12.ORG

Dear Jaguar Families,

As we enter March, we are excited to share some valuable resources and insights from the most recent February Parent Education Night that HIS hosted. Thanks to Cary Mac Arther LMFT, who presented on the topic "Helping Your Child Feel Safe in Anxiety: The ANCHOR Approach," as parents it can be helpful to have strategies to support our children as they navigate anxiety.

Cary's presentation focused on how we, as parents and caregivers, can help our children manage and cope with anxiety in a way that builds resilience and emotional security. Below, we've summarized the ANCHOR approach, a simple but powerful framework:

The ANCHOR Approach:

1. **Acknowledge their feelings without minimizing.**
"You're feeling really nervous about this. I get it."
Recognize and validate your child's emotions without brushing them off.
2. **Normalize that anxiety is a part of life.**
"It's okay to feel this way. Worry is our brain's way of keeping us safe."
Let your child know that anxiety is a normal response to stress.
3. **Connect with calm presence.**
Your calmness helps them stay calm. Take deep breaths, stay present, and offer steady reassurance.
4. **Hold space instead of fixing.**
Resist the urge to solve the problem immediately. Instead, reassure your child that they can handle the discomfort, even if it's hard.
5. **Offer a grounding tool.**
Introduce sensory techniques like holding something cold, taking deep belly breaths, or naming five things in the room.
6. **Reinforce resilience.**
"Remember last time you were nervous about your soccer game? And then you ended up enjoying it? You can do hard things."
Remind your child of past challenges they've overcome to boost their confidence.

A big thank you to Cary Mac Arther, for providing such an insightful and impactful presentation that will help guide many of us as we continue to support our children. Cary's expertise and compassionate approach were truly appreciated!

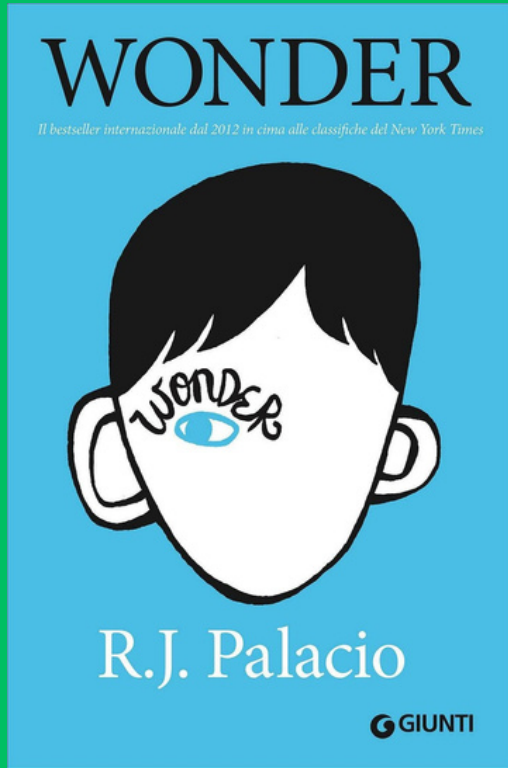
We encourage all families to reach out if you need additional support. Thank you for your commitment to your child's growth, and we look forward to an exciting month ahead!

Mrs. McMullin
School Counselor

Library Media Center

March Happenings

Mt. Readmore Stand Alone Book Club

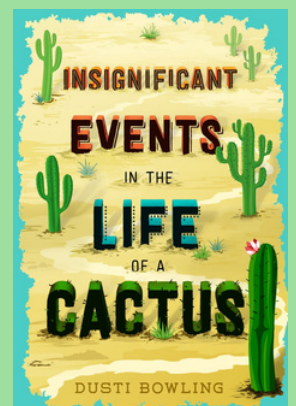


Our 7th graders have been doing Book Madness in their Language Arts class. The stand alone book (not part of a series) that got the furthest in the competition was "Wonder" by R.J. Palacio, which makes it our official book club selection for the month of April.

March Book Club Based on a Myth



May Book Club Principal's Pick



FOOD *Pantry*

Please sign up for a Food Pantry order and schedule ahead to get FREE food!

OUR SERVICES:

- Pre-order below
- DROP IN HOURS:
M-TH-2:00-3:00 p.m
F- 10:33-11:20 (call if you need another time)
- Remind your child to grab food on Fridays during Homeroom

FOOD PANTRY

☎ 435-635-8931
ext. 4042 or
4043

🌐 [Click on FOOD PANTRY](#)
[under COUNSELING](#)





Dr. Seuss

March

3rd-7th

WEEK

MONDAY:
MIXED UP MONDAY
WEAR WACKY
CLOTHES & SOCKS

BOOK: FOX IN SOCKS
WACKY WEDNESDAY

TUESDAY:
HAT DAY

BOOK:
THE CAT IN THE HAT

Wednesday:
Twin Day

BOOK:
WE ARE THING ONE
& THING TWO

Thursday:
Crazy hair day

BOOK:
DAISY- HEAD MAYZE

Friday:
Tourist Day

BOOK:
OH THE PLACES YOU'LL GO!

**ALL 6TH GRADE STUDENTS WHO WILL BE IN 7TH GRADE NEXT
SCHOOL YEAR! GET YOUR IMMUNIZATIONS EARLY!**

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](#)

[Exemption Information Link](#)

Pay your school fees!

Students may have new fees for the new semester...
Please check Powerschool accounts!



***All school fees were due in October. Time has run out!
Please check your student's Powerschool account to
see what fees they may still owe.***

***No yearbooks can be purchased until all fees are paid
in full. If you have a question about them please call
the school.***

435-635-8931



Yearbook

**YEARBOOKS ARE BEING PRE-SOLD FOR \$23.
AFTER MARCH 1ST YEARBOOKS WILL BE
SOLD ON A FIRST COME FIRST SERVED BASIS
UNTIL THEY ARE SOLD OUT.
DON'T MISS OUT!**

**WE HAVE A FEW YEARBOOKS FROM LAST YEAR THAT ARE ON
SALE FOR \$10 EACH IN THE OFFICE.
IF YOU ARE A 7TH GRADE STUDENT THAT DID NOT PURCHASE
ONE FROM LAST YEAR BUT STILL WOULD LIKE ONE, COME
PURCHASE ONE IN THE OFFICE.**

Our Favorite Links!

[School
Calendar](#)

[Bell
Schedules](#)

[School
Website](#)

[March Lunch
Menu](#)

[Ask the Principal
a Question!](#)

[Immunization
Requirements](#)

[Follow us on
Instagram!](#)

[District
Calendar](#)



Hurricane High School Ballroom Auditions!

For 10th-12th Grade (2025-2026
School Year)

March 19th-20th from 3-5 learning the
dance in the aux gym

Juniors and Seniors Audition the 21st
@12:30-1:30

Sophomores Audition the 21st @1:30-
2:30

Questions? Contact Mrs. Graff
melanie.graff@washk12.org



Hurricane High School Dance Company Auditions!

°For 8th-12th Grade (2025-2026 School
Year) March 26th-27th from 3-5 in the
dance room Auditions March 28th @12:30-
2:00 Questions? Contact Mrs. Graff
melanie.graff@washk12.org