

JAGUAR NEWSLETTER

DECEMBER 2025

Orchestra Concert

HHS AUDITORIUM
December 09, 2025 at 5:30 PM

Choir Concert

December 11 at 5:00
@ HHS Auditorium
December 12 at 5:30
@ Festival of Trees

Art Show

Dec. 16th at HIS
5:30 PM

Reminders

Thanksgiving Break No School
Nov. 26-Dec.1

Christmas Break
No School Dec. 20-
Jan.5th

Students return to
classes on January 6th.

Band Concert

Dec. 16th at HIS
Band 5:30

Theater – See flyer on Page 3

Attendance

Email: debra.howard@washk12.org

Phone: 435-635-8931

Hello Hurricane Intermediate Families!

The holidays are here! It's a season often filled with warmth, connection, and joy. It can also bring a lot of extra activity, shifting schedules, and high expectations, which can sometimes add unexpected stress—for our students and the whole family.

6th & 7th graders are navigating rapid changes socially and academically. The extra buzz of the holidays, combined with a break in their regular routines, can sometimes feel overwhelming.

Here are a few friendly tips focused on **what your student might need** to reduce stress and prioritize their well-being this December.

Three C's for Calmer Kids: Supporting Your 6th or 7th Grader

Intermediate school students often thrive when they feel stability and a sense of control over their personal space, especially when the world around them speeds up.

1. Promote Predictable Routines (The "Control" C): A long school break often means changes to daily structure. For an intermediate schooler's brain, major shifts in mealtimes and sleep schedules can increase feelings of disorientation or anxiety. If possible, helping them maintain a **consistent structure** around **sleep and meals** can provide a sense of stability and safety.

2. Encourage Downtime (The "Clearing" C): The pressure to constantly be "on" or participate in high-energy activities can be exhausting. Encourage your student to intentionally set aside time for genuinely relaxing, low-key activities. This could be reading a favorite book, working on a non-academic hobby, or simply having a quiet moment to decompress. **Recharging their emotional battery** is essential for managing the pace of the season.

3. Validate Their Feelings (The "Compassion" C): If your student seems cranky, withdrawn, or unusually anxious, they may just be feeling the pressure of the holidays. Avoid minimizing their feelings. Instead, try validating their experience: **"It sounds like you might be feeling a bit overwhelmed with all the holiday busyness. That's a normal feeling when things change."** Recognizing and naming their stress can be the first step toward helping them feel better.

We wish you all a happy holiday season!

Tracy Shurtz

Hurricane Intermediate School Counselor

Hurricane Intermediate's
Theatre Department
Presents

Their Class
Showcases:

**The Trial of
the Grinch**

**The Grinch
News Special**



December 11th at 6pm

National Diabetes Awareness Month



The month of November is known for many things: colorful fall leaves, cooler temperatures, football, and Thanksgiving. Did you know that November is also Diabetes Awareness Month. Let's take a minute to shine a light on diabetes and the millions of people impacted by it. While there are two types of Diabetes, Type 1 and Type 2, we are just going to focus on Type 1.

What is Type 1 Diabetes (T1D)

T1D is a chronic autoimmune disease in which the body's immune system attacks the insulin-producing cells in the pancreas. Without insulin, the human body cannot turn food into energy, therefore people living with T1D must take insulin by injection or insulin pump to survive. T1D can be diagnosed at any age, though it is usually diagnosed in childhood or adolescence.

There are nearly 9 million people living with T1D around the world. It is one of the fastest growing, noncommunicable, chronic health conditions on the planet. In the United States, there are approximately 20,000 people under the age of 20 diagnosed with T1D each year.

What are warning signs of T1D? The 4Ts of T1D are:

- Thirsty- Increased thirst and frequent urination
- Thinner- Unexplained weight loss
- Tired- Fatigue or extreme tiredness
- Toilet- urinating more frequently

Other signs:

- Blurred vision
- Fruity-smelling breath
- Nausea or vomiting



The onset of symptoms can be sudden, especially in very young children. If you or someone you know is experiencing any of these symptoms, contact your medical provider immediately.

Treatment of T1D Insulin is the only medication a person with T1D can take to manage their disease. Insulin is, quite frankly, their life support. People living with T1D must also monitor their blood sugars numerous times a day either by doing finger sticks or wearing a continuous glucose monitor (CGM). In addition, those with T1D must count the number of carbohydrates (in grams) they consume with each meal and snack to determine how much insulin they need to administer. **Did You Know that:**

- Type 1 diabetes is not caused by eating too much sugar.
- Managing diabetes takes constant attention—people with type 1 balance food, exercise, stress, insulin, and make countless daily decisions—like managing an invisible full-time job. A recent study showed that people living with T1D make 120 more decisions a day compared to those without T1D.
- 60% of people newly diagnosed with type 1 are adults—it's not just a childhood disease.
- Blue is the color for diabetes awareness, symbolizing unity in the fight against the disease.



Our Favorite Links

District
Calendar

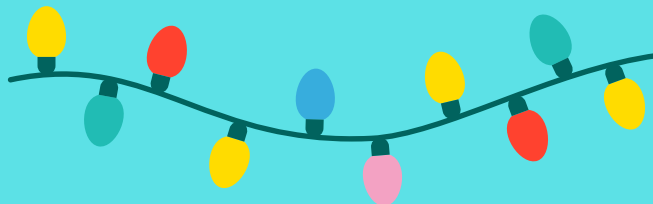
Lunch with
the Principal

Everyday
Excellence

Please take a moment to recognize a teacher or staff member that has helped create an "Environment of Excellence" at Hurricane Intermediate School

Dress Code
Information

Lunch
Menu



Library Media Center



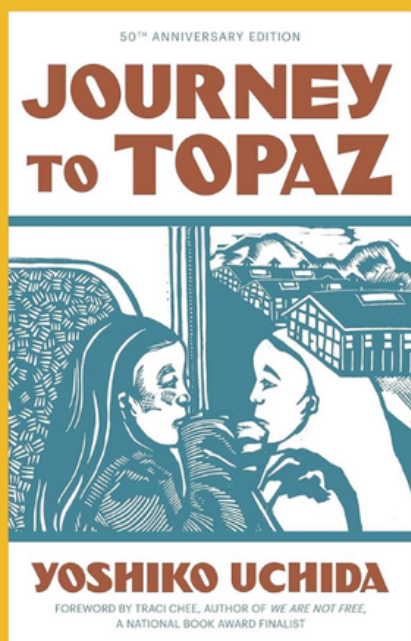
Hogwarts at Christmas

Over the Thanksgiving Break, our library will magically transform into Hogwarts at Christmastime! Students will be sorted into houses and work to earn points for their house. The house with the most points at the end of February will win the house cup and get a special celebration.

Lumos!

Mt. Readmore Homeroom Leader Board

1. Ms. Sterling-
94 reviews
2. Mrs. Tapp-
53 reviews
3. Mrs. Neilson-
42 reviews



Mt. Readmore Book Club

We will be reading "Journey to Topaz" by Yoshiko Uchida for our December book club. This story helps students learn about the experiences of Japanese American families during World War II. Along with this book, we will also highlight other age-appropriate historical fiction about World War II.