

Hurricane Intermediate

Jaguars



December 2020

Dear Parents and Students,

We are living in stressful times right now! One thing we have here at H.I.S. to help students who may be working through stress and anxiety, is our Wellness Center. It is located in room #106, and is available for any student who feels they need to take a break for a few minutes so they can self-regulate their emotions.

The presence of the Wellness Center in our school is a part of our efforts to teach students social emotional learning (S.E.L.). As school counselors, one of the things we do is teach students to be aware of their emotions, and to take proactive steps to work through their feelings at times when they realize they're getting up too high on their "feelings thermometer." One step they can take is to visit the Wellness Center.

The Wellness Center is designed to be a warm, inviting, and "homey" environment where students can choose from various tools to use while self-regulating their feelings. They are welcomed by our amazing Wellness Center Coordinator, Mrs. Howard. She has students sign-in on a Chromebook and then gives them a 10 minute timer. The tools students can choose from include: Art kits, maze balls, magnetic sculptures, and Kanoodle puzzles, just to name a few. The room is also equipped with white erase board tables kids can draw on, bean bag chairs, banana chairs, a weighted blanket, etc.

Another support we have for students is our newly launched S.E.L. curriculum, Life Launch University. As Mrs. McMullin told you in last month's newsletter, students will get a weekly social emotional learning lesson on Fridays in their homeroom classes. We ask that parents have regular conversations with their students about these lessons. If you check your email, you will get weekly messages about the lessons your students are being taught in their homeroom classes. If you haven't had a chance yet to set up your parent account, please click on the link below to get that started:

https://app.lifelaunchuniversity.org/accounts/register/parent/?access_code=ff0ea981-3ffb-1321-8da5-d520052fabbe

Please know that we as counselors are here to support your students. If you have any questions or concerns for us, please feel free to contact us here at the school.

Mrs. Shurtz

School Counselor

CALENDAR

ITEMS

• END OF QUARTER 2 (SEMESTER 1):

December 18th

• CHRISTMAS VACATION: No School

December 21st - January 4th

ATTENDANCE

- If your child will not be at school, please call 635-8931 or email karina.goodwin@washk12.org
- If you are checking your student out of school, 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 that are within 7 days.



WCSD Attendance Policy

Food box distributions

Dec. 5th @ 9:00 a.m at Red Cliffs Mall parking lot by Southern Utah Pacific Islander Coalition, distributed by Utah Food Bank

Dec. 5th 8:30 - 10:30 am at the Washington County School District west parking lot, 121 W. Tabernacle, St. George

Dec. 17th 8:30 - 10:30 am at the Washington City Community Center

Dec. 18th 8:30 - 10:30 am at the Green Valley LDS Stake Center, 511 S. Valley View Dr. St. George

Christmas Assistance

Toys for Tots will provide toys to those who **apply online at <https://st-george-ut.toysfortots.org/>** Applications will be taken up to **December 19th**.

Switchpoint Community Resource Center (948 N. 1300 W. 5G) now operates the **Community Soup Kitchen** where they serve a **hot meal** Mon.-Fri. from 11:30 am - 1:00 pm. They provide **food boxes** as well. Switchpoint also houses our community's **local food pantry** Mon.-Fri. from 11:00 am to 5:00 pm **Call 435-628-9310 ext. 4** to find out when you can come. Their **thrift store** is across the street for **clothing, etc.** Open Mon.-Sat. 9am - 6pm. **Call 435-628-9310 ext. 5** Any **gently used coats** donated by the community will be available for pickup. Check with intake.

Hot Sunday meal @ Solomon's Porch, 1495 Blackridge Dr. #A240, St. George from 12:30 - 1:30 pm. They also have **food boxes available Fridays @ 3 pm sharp.**

Salvation Army, 803 S. Bluff Street (in old KMART parking lot area), **435-275-4975** can assist with their small **food pantry**, with a **monthly food box** and **weekly bread and pastries**. They also provide some **emergency rental assistance, fuel assistance, and emergency transportation** for those who qualify. They also have Deseret Industries vouchers for **clothing and household needs**. The donations they receive from the bell ringers & kettles go to support many Christmas efforts in the community.

For clothing needs, please contact your school counselor. They have clothing vouchers from the Catholic Thrift store, and the Switchpoint CRC Thrift store. **DI vouchers are not available right now.**

HEAT (Home Energy Assistance Target) program. Apply now for help with your **gas and electrical bills**. You don't need to be behind on your bill. **Call 435-652-9643**

RENTAL ASSISTANCE: The St. George Housing Authority has an **emergency rental assistance** grant application (once per lifetime), for special circumstances. **Call 435-628-3648, <http://www.stgeorgehousingauthority.org/emergency-rental-assistance.html>**

FINANCE

Buy your yearbooks before Christmas Break to guarantee that you get one!

BUY  YOUR
Yearbook

Dixie Direct has been a great fundraiser this year!
Thanks to all the students and parents that helped
with this!

 **DIXIE DIRECT**
Savings Guide