

News On The Horizon

End of the Year Information

- If you did not receive your pictures that you ordered from Lifetouch or received the wrong pictures, please contact Lifetouch. The best contact information we have for them is mylifetouch.com. We have also not been able to make contact with them at this time. We apologize for the inconvenience.
- YEARBOOKS are NOT available at this time. We do not know when or if Lifetouch will be sending them to us. We are actively trying to find out the status on yearbooks. Keep an eye on our weekly newsletter to find out if or when they will become available. We will not sell any more until we know the status of the yearbooks.
- Please contact Mrs. Mendoza, fmendoza@hawest, to arrange a date to pick up your child's supplies next week if you did not pick them up.
- Registration for the 2020-2021 school year has not been set yet. Please continue to check our weekly newsletters to find out when that date will be. All of the required documents, including lunch registration and medical forms will be posted online when that date comes.
- Our office hours will change during the summer time. Those hours will be posted on the next newsletter.



Healthy Happy Life from the desk of Ms. Jolene



Mental health and physical health are largely connected, so by taking care of your body, you're also taking care of your mind. Here are five things to remember this summer to help you take care of your body and mind.

1. GET YOUR REST

Routines may vary with summer events but aim to get seven to nine hours of sleep a night. Keep your room cool and shades pulled to help make your sleep more comfortable.

2. MOVE YOUR BODY

Added heat (even if it's dry heat!) can make exercise uncomfortable in the summer months. Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day.

3. STAY CONNECTED

Reach out to friends and family via phone or video chats. Write cards or letters to family members they may not be able to visit.

4. STAY HYDRATED

Aim to drink more than the standard eight glasses a day. And get creative: put some frozen berries in your water or even some mint leaves and lime slices. Opt for snacks with high-water content such as watermelon, cantaloupe, tomatoes, and cucumbers.

5. WEAR SUNSCREEN

Look for at least an SPF 30 and wear it all the time! Even if you are just running errands or going for a "short walk," ultraviolet exposure increases somewhere between four and 10 percent for every 1,000 feet above sea level. So at an altitude of 9,000 feet (about equal to Georgetown), UV radiation can be nearly 50 percent more intense than at sea level.

Use these tips to help take care of yourself this summer and stay safe and healthy all season long!

Immunizations for the 2020-2021 school year

Parents/Guardians,

As you prepare for the upcoming 2020-2021 school year, please remember there are several statutes and regulations which address the issue of NM students receiving required immunizations before school entry or enrollment. In order to prevent a delay of enrollment please check that your child's shot record is up to date. If you are unsure or have questions please feel free to contact the Health Assistant Jolene at jrael@hawest.net or 505-998-0459 ext. 142.

NMSA 1978, 24-5-2 makes it unlawful for any student to enroll in school unless the student is immunized, or otherwise properly exempted.

NMSA 1978, 24-54 , 7,5.2.8 NMAC and 6.12.2.8(F) NMAC authorize and require each school superintendent to prepare a record showing the immunization status of every child enrolled or attending a school under his or her jurisdiction.

Additionally, 6.12.2.8 NMAC requires that schools start disenrollment proceedings for students who are unable to provide satisfactory evidence of commencement or completion of immunization or an exemption from immunization.

Section 6.12.2.8 NMAC and NMSA 1978, 24-5-4 also stipulate that parents or guardians who neglect or refuse to permit their child to be immunized against diseases as required by law shall be reported by the school superintendent to the director of the public health division.

We will continue to post on our website updated information.

Please continue to check the website on a weekly basis for upcoming dates and 2020-2021 school year information.

Parents,

If your child has a library book at home please return the book. Give the school a call before you come to make sure someone is here to receive it. We have hundreds of books out and we would like to get them back ASAP.

Thank you!



We still have Chromebooks out. Those need to be returned ASAP!!! They are property of the school so we must get them back. You will receive a phone call if you have not returned them.

Congratulations Students and Parents!!!

You completed the 2019-2020 school year at HAW during a worldwide pandemic!

We miss you all and can't wait to see you when school returns.

Have a great summer break and stay safe!

