



JARDON VOCATIONAL SCHOOL PARENT NEWSLETTER

From The Principal

January 24th, 2025

Dear Jardon/Webb Community,

Well that was a short week! The cold weather caused us to have a few extra days off. Today, we welcome Jessica Haines to Jardon as our new Transition Coordinator. We are so thankful for Lenore Barshaw coming out of retirement to serve as our interim Transition Coordinator while we searched for a candidate.

The Jardon Crusaders will be playing in their first basketball tournament on Friday, January 31, at Dakota High School. The tournament will be held from 9:00 a.m. until 1:00 p.m.

Please join us on social media! Find us on Facebook by searching for Jardon Vocational School. You will see regular updates posted there about what's going on at Jardon! Please feel free to contact me at heidi.kunz@myhpsd.org or 248-658-5953, if you have any questions or concerns.

Thank you,

Heidi Kunz

February

February 14th Half Day

11:00 Dismissal

Winter Break Begins

February 24th School Resumes



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50

***Friday, February 7th**

***Friday, February 28th**

WEEKLY CBI

Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 1/27- P.M. - Kroger

Thursday- 1/30- P.M.- YMCA

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 1/27- P.M. - HPHS Auxiliary Gym

Thursday- 1/30- P.M.- HPHS Auxiliary Gym

(All CBI locations are subject to change due to weather etc.)



LAST LETTER ✨
FROM LENORE BARSHAW
TRANSITION COORDINATOR



I would like to take this opportunity to thank the Jardon staff, students, and parents for welcoming me back as the temporary Transition Coordinator these past months. Today was my official last day. It was my honor to serve the Jardon community, but it is time for me to get back to retired life.

Jardon welcomes Jessi Haines as the new Transition Coordinator. I have worked with Jessi through the county at our OCTA meetings over the past years. She comes highly qualified, experienced, and eager to serve at Jardon. I will have the opportunity to help Jessi acclimate to her new position so I am not officially gone. I will assist her as needed.

Please join me in welcoming Jessi as the new Transition Coordinator and as always if you have any questions or concerns, please feel free to reach out.

Lenore Barshaw
Transition Coordinator
lenore.barshaw@myhpsd.org

MEET JESSICA "JESSI" HAINES

TRANSITION COORDINATOR



Hello,

My name is Jessica Haines. I am beyond excited to step into the role of Transition Coordinator at Jardon! Over the past 14 years, I have been a special education teacher in Bloomfield Hills Schools. I have experience teaching middle and high school cross categorical classrooms. I headed the Peer to Peer program at Bloomfield Hills High School as well. I am also the Assistant Coordinator for Bloomfield Hills Scamp (summer camp) and have recognized a few familiar faces here at Jardon. Transition truly is my passion! My husband (Will), daughter (Teddie), and dog (Banjo) live nearby and we love all things Detroit. We enjoy the outdoors and like to get up north when we can. I look forward to getting to know the students, families, staff, and community in Hazel Park! I feel so fortunate to join Jardon!

Jessica Haines

jessica.hanies@myhpsd.org

Transition Coordinator

NEWS FROM NURSE STEPHANIE

“Baby, It’s COLD Outside!”

While Frank Loesser’s lyrics (of the aforementioned popular song) may have had ulterior motives, one thing is for sure: cold weather is to be taken seriously!

Frostbite is a skin injury. Have you ever looked at ice crystals under a microscope? Crystals, which form when body tissues freeze, are pointy, jagged, and sharp – and they damage from the inside out. This occurs in stages:

Mild – often referred to as “frostnip”, skin is cold, tingly or numb, and reddened.

Moderate/Superficial – skin becomes painful, swollen, purple or blue; stinging/burning/blisters may form after rewarming.

Severe/Deep – Skin becomes white/blue-grey, waxy, hard or stiff and without feeling. Tissue death occurs.

Prevention for frostbite mirrors that of preventing hypothermia (dangerously low body temperature): stay indoors! If you must go out, bundle up in layers, cover exposed skin with hats, scarves, gloves, and water-resistant footwear, and limit your time in the cold. Change out of wet clothing right away. Stay hydrated with water, tea, and other warm *non-alcoholic* fluids (alcohol can dehydrate the body!).² If frostbite and/or hypothermia are suspected, gently warm the person (do not rub damaged skin, and use warm, not hot, water only) and seek medical care immediately.

See <https://www.cdc.gov/winter-weather/prevention/preventing-frostbite.html> for more tips on preventing, recognizing, and treating frostbite!

FROSTBITE & HYPOTHERMIA | Avoid * Spot * Treat

Do you know the difference between Frostbite & Hypothermia?

FROSTBITE
A victim is often unaware of frostbite because frozen tissue is numb.

Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.

Other Signs Include:

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

HYPOTHERMIA
Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

Signs & Symptoms

Adults:

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss

Slurred speech

- Drowsiness

Infants:

- Bright red, cold skin
- Very low energy

If a person's temperature is below 49° get medical attention immediately.

Kansas
Department of Health and Senior Services

Stay warm, stay safe! ~ Nurse Stephanie

References:

1. Mayo Clinic. ((2024) *Frostbite*. Retrieved 01-20-2025 from <https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>
2. National Weather Service. Retrieved 01-20-2025 from <https://www.weather.gov/safety/cold>



Game Schedule

- 1/31/25 (Friday)- @ Dakota HS at 9:00-1:00 tournament
- 2/5/25 (Wednesday)- @ Grosse Pointe South at 3:50 vs GP Unified
- 2/24/25 (Monday)- @ Webb Gym 3:30 vs Hot Shots
- 3/10/35 (Monday)- @ Webb Gym @ 3:30 Crusaders vs Staff
- Practice Day: On Mondays after school from 2:30-4:30 in the Webb gym. Athletes need to be picked up promptly at 4:30 at the Webb gym. If you're running late to pick up your athlete please notify Coach Jen at 248-843-1812 with a call or text message. Please note:
 - The first day of practice will be 11/18/24. The last day of practice will be 3/10/24.
 - There will be no practice on days that school is canceled due to inclement weather or for other reasons.
 - There will be no practice on days that the school is closed per the 2024-2025 academic calendar schedule. **These days are: 12/23/24, 12/30/24, 1/20/25, 2/17/25**
 - Practice day attire: comfortable work-out clothes, gym shoes with secure shoelaces, and water bottle.

Our game schedule is contingent upon the availability of other teams to play and the collaboration with their coaching staff to schedule games, therefore, our game schedule is a dynamic schedule that is subject to change with games being added throughout the season, or canceled based on inclement weather or other factors. As soon as our coaching team has confirmed a scheduled game will let athletes and their families know as soon as possible.

- The coaches this season are: Coach Jen, Coach Phil, Coach Zach, and Coach Jalen. Coach R is enjoying her retirement!

We are excited for our new basketball season! Go, Crusaders!!!!

**Coach McCuiston,
jennifer.mccuiston@myhpsd.org**

January 2025

Jardon Vocational School
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Lunch • Cheese Lasagna Rollup • Chicken Tenders • Turkey Ham & Cheese Sandwich	7 Lunch • Sweet & Sour Chicken • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	1 8 Lunch • Mini Chicken Corn Dogs • Breaded Chicken Drumstick • Muffin, Goldfish & Yogurt Fun Lunch	2 9 Lunch • Boneless Chicken Wings • Toasty Cheese Sandwich • Popcorn Chicken Salad • Flatbread	3 10 Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
13 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	14 Lunch • Jumbo Crispy Chicken Tenders • Southwest Queso Pull Apart • Salsa • EZ Jammer Wowbutter & Jelly Sandwich	15 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	16 Lunch • Personal Cheese Pizza • Hot Turkey Ham & Cheese Bagel • Popcorn Chicken Salad • Flatbread	17 Lunch • Chicken Parmesan • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
20	21 Lunch • Beef Taco Meat • Southwest Queso Pull Apart • EZ Jammer Wowbutter & Jelly Sandwich	22 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	23 Lunch • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread	24 Lunch • Chicken & Cheese Quesadilla • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
27 Lunch • Cheesy Italian Pull Apart • Chicken Tenders • Whole Grain Dinner Roll • Turkey Ham & Cheese Sandwich	28 Lunch • Classic Cheeseburger • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	29 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	30 Lunch • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread	31 Lunch • Chicken & Cheese Quesadilla • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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Hazel Park Schools Administration Building

1620 E. Elza Hazel Park



*Distribution Dates Are Fridays (**unless in bold**) beginning at 9 am unless noted*

October 18, 2024	January 17, 2025	April 18, 2025	July 18, 2025
November 19, 2024	February 14, 2025	May 16, 2025	Aug. 15, 2025
December 13, 2024	March 14, 2025	June 13, 2025	Sept. 12, 2025

The food goes very quickly, so please come early to get in line. We cannot distribute items until the milk truck arrives and the setup is done.

Hazel Park Schools has partnered with Gleaners Community Food Bank to bring the School Mobile Food Pantry to our students and their families. **Food distributions deliver 20-30 lbs of food, including milk, lean meats, fresh fruits, vegetables, and dry goods every month.**

Please line up in your car in the parking lot, going down Elza in front of the school. **Please do not block any driveways and be sure to line up along the curb to avoid blocking the road.** We appreciate your cooperation in this matter out of respect and safety for our neighbors.

Please have your Gleaners card ready when you arrive. If you are new to Gleaners and do not have a card, you will be asked to fill out a form with your information as well as information for those in your household.

Gleaner's information will be sent by email and voice messages as reminders when you sign up for communications through your children's school.

Sign up for communications may be done through your Parent Portal on PowerSchool or the school district website, www.hazelparkschools.org/parents/resources--quick-links, then click on Alert Sign up.

Contact your Community Representative to help your family with resources for things such as bill pay, eyeglasses, local food pantries, and other resources. We want to make sure that all the needs of our students are addressed to the best of our abilities.

Gleaners Mobile School Pantry Site Coordinators:

Jamie Buczko, Administrative Assistant to the Superintendent
(248) 658-5220 jamie.buczko@myhpsd.org

Nancy Anderson - Human Resource Specialist
(248)658-5201 nancy.anderson@myhpsd.org

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