

**Jardon Vocational School  
Parent Newsletter  
From The Principal**



September 26th, 2025

Dear Jardon/Webb Community,

Picture day is Monday for the Jardon Adult Programs! Please know that all students will have their photo taken whether they order a package or not. School identification cards will be created for use when students leave the building for work and/or Community Based Instruction opportunities.

Webb SXI students will have their photos taken on October 1.

Count Day is Wednesday, October 1. Please try to ensure that all students are present.

Today was a half day for students. Our professional staff members had the afternoon to make parent/family contact. Hopefully you were able to speak to your students' teacher and/or ancillary staff members.

Work-based learning began two weeks ago. The first work reports should have come home with your student today. Please plan to review the report with your student to see how they are progressing in their learning opportunities.

Below you will find information on the Special Olympics 4 digit raffle opportunity. Tickets are \$25 each and are based on the Michigan daily 4 digit number evening drawing. Proceeds from ticket sales help support our Special Olympic teams here at Jardon. Stop by the office if you would like to purchase tickets.

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](mailto:heidi.kunz@myhpsd.org) or 248-658-5953, if you have any questions or concerns.

Thank you,

*Heidi Kunz*



# SEPTEMBER/OCTOBER

9-29-25: PICTURE DAY

10-13-25: NO SCHOOL

10-23-25: HALF DAY

11:00AM DISMISSAL

PARENT/TEACHER CONFERENCES

1:00-3:00 & 4:00-6:00

10-31-25: HALF DAY

11:00AM DISMISSAL

TEACHER RECORDS DAY



# Bagel Days

**Friday, October 10th**

**Wednesday, October 22nd**





# Student Council Bagel Sales





**Jardon MoCI Community-Based Instruction for the Upcoming Week:**

Monday- 9/29- P.M. - Meijer

Thursday- 10/2- P.M.- Yates Cider Mill

**Jardon ASD Community-Based Instruction for the Upcoming Week:**

Monday - 9/29- P.M. - Walmart

Thursday- 10/02- P.M.- Franklin Cider Mill

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





**\$\$ Bonus \$\$**

IN ADDITION TO THE PRIZES YOU CAN WIN BY MATCHING THE DAILY FOUR NUMBER EXACTLY,  
WE HAVE PICKED 21 BONUS DAYS

**\$\$ BONUS DAYS \$\$**

<b>\$500 DAYS</b>	Feb 17, 2026 - Mar 27, 2026 - May 11, 2026 Jul 8, 2026 - Oct 22, 2026 - Nov 28, 2026
<b>\$1,000 DAYS</b>	Jan 15, 2026 - Apr 1, 2026 - Jun 27, 2026 Aug 17, 2026 - Sep 18, 2026 - Dec 8, 2026
<b>\$1,500 DAYS</b>	Jan 27, 2026 - Apr 23, 2026 - Sep 5, 2026 Sep 5, 2026 - Nov 16, 2026
<b>\$2,500 DAYS</b>	Feb 11, 2026 - Jul 20, 2026
<b>\$5,000 DAYS</b>	Jun 5, 2026 - Oct 6, 2026
<b>\$10,000 DAY</b>	Dec 23, 2026

ALL PROCEEDS BENEFIT

**Area Youth Programs**



**COST: \$25.00 From 1/1/2026 - 12/31/2026**  
**Good for 313 days**

Mondays \$200 - \* except on schedule days

Tuesday - Saturday \$100 - \* except on scheduled days

Near Miss - \$25 one number up or down

\* See ticket back for 21 bonus days

BASED ON MICHIGAN DAILY 4 DIGIT NUMBER

**EVENING DRAWING**

PLAYED STRAIGHT - DRAWING MON-SAT

BONUS DRAWING EXCLUDED

**If your number is drawn on Mondays, you receive \$200.**

**If your number is drawn Tuesday - Saturday, you receive \$100.**

**See back of Ticket for Bonus days - up to one \$5,000 Winner**

**Also if your number is one up or one down  
from the drawn number, you receive \$25.00.**

**Example: 1538 is winning number and you have  
1537 or 1539 - you win \$25.00.**

If the raffle ticket for the daily number has not been sold, a drawing  
from the pool of raffle ticket stubs for tickets sold will take place  
at 2380 Wixom Tr., Suite H, Milford MI.  
between 7:30 p.m. and 8:00 p.m. the same day.



It has been so wonderful to get some positive feedback from our job sites! Our students are a representation of Jardon and Hazel Park School District while at work. I have included a dress code for student workers while at Work Based Learning. Please support your working student in showing up to school “ready to work” based on the below:

### Dress Code for Work-Based Learning

*(Students are required to dress appropriately for work. Closed-toes shoes and student IDs are required at all work-based learning sites.)*

<u><b>Animal Welfare</b></u> Closed Toe Shoes Long pants (Shorts are ok in warmer weather)	<u><b>Garden Fresh</b></u> Rubber boots (provided by company) Hairnets and coats (provided by company) Long Pants
<u><b>Board Office</b></u> Closed-toe shoes “Office Appropriate”-(Shorts are ok in warmer weather)	<u><b>Greenhouse</b></u> Aprons (provided) Long pants only (NO SHORTS/SKIRTS)
<u><b>Ferndale Free Methodist Church</b></u> Closed-toe shoes Long pants (Shorts are ok in warmer weather)	<u><b>Kroger</b></u> Apron (provided) Long pants (Shorts are ok in warmer weather) Closed-toe shoes
<u><b>Hazel Park Church of Christ</b></u> Closed-toe shoes Long pants (Shorts are ok in warmer weather)	<u><b>Meijer</b></u> Closed Toe Shoes Long pants (Shorts are ok in warmer weather)
<u><b>Chartwells (Webb and HPHS)</b></u> Closed Toe Shoes Long Pants only - Black Apron/Smock (provided)	<u><b>Park Place</b></u> Closed Toe Shoes Long Pants- Black, Navy or Tan

Chartwells Uniform Shirt (provided) Hair Nets (provided)	
<u>Detroit Zoo</u> Zoo Shirt (Provided) Long Black Pants- <i>NO JEANS or SHORTS</i> Black shoes (non-slip preferred for safety)	<u>Hazel Park Public Library</u> Closed Toe Shoes Long pants (Shorts are ok in warmer weather)
<u>Bus Garage, Card-Making, Clerical, Custodial, Dog Treats, Textiles, School Store</u> No specific dress code. Clothes worn to school since these sites are in-house	

If you have any questions, please reach out to Jessi Haines at (248)658-5958 or [jessica.haines@myhpsd.org](mailto:jessica.haines@myhpsd.org).

Jessi Haines  
Jardon Transition Coordinator

## Resource Feature:

**Oakland Community Health Network (OCHN):** People who receive public mental health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health challenge, or substance use disorder. The majority of these individuals have Medicaid insurance coverage. OCHN's goal is to ensure these individuals are aware of and have access to services and support that will improve their health and quality of life, as well as ensure their engagement in full community participation.

### Contact Options:


- ☐ **School Mental Health Navigator:** call 248-462-6294 or email [schoolnavigator@oaklandchn.org](mailto:schoolnavigator@oaklandchn.org)
  - **Jessica Widzinski, LMSW, School Mental Health Navigator** **Work Phone:** 248-639-9254 **E-mail:** [Widzinskij@oaklandchn.org](mailto:Widzinskij@oaklandchn.org)
  - **Main ACCESS Phone Number:** 248-464-6363
- **Step 1:** Call the main ACCESS phone number or school mental health navigators for eligibility screening for your son/daughter who is currently enrolled in Medicaid. This will prompt OCHN's request for you to provide additional necessary documentation for eligibility.
  - **Necessary Documentation:**
    - Copy of Documentation identifying the diagnosis prior to turning 22
    - Copy of IEP and MET
    - Psychological Evaluation (with IQ Score)
    - Guardianship or Power of Attorney paperwork from the court



- Copy of ID showing proof of Oakland County Residency
- List of psychiatric medications that the person is currently taking
- **Step 2:** Once documentation has been approved, OCHN staff will contact you to schedule a phone screening with the number provided on the necessary documentation.
- **Step 3:** The screening takes approximately an hour. Your son/daughter does not need to be present unless they are their own guardian. If they are their own guardian, permission is granted for the parent(s) to speak on their behalf. If found eligible, you will be connected to the provider of your choice (MORC/CLS).
  - [Easterseals MORC](#)
  - [Community Living Services - Service Array](#)
- **Step 4:** Attend an intake session with the selected provider, and services will begin.

**OAKLAND COMMUNITY HEALTH NETWORK**

OAKLAND COUNTY'S PUBLIC MENTAL HEALTH SYSTEM




### School Mental Health Navigator Program

The Oakland Community Health Network's (OCHN) Mental Health School Navigators (MHSN) provide mental health and substance use outreach and resources to Oakland County schools.

MHSNs connect youth and families to behavioral health and substance use supports, as well as financial assistance.

**PROGRAM GOALS:**

- Reduce barriers to mental health and substance use services
- Increase awareness about service availability
- Provide support and guidance to children, adolescents, and families
- Identify financial assistance and insurance co-pay benefits



**Oakland Community Health Network**  
Developmental Disabilities • Mental Health • Substance Recovery  
 5505 Corporate Drive, Troy, MI 48098  
[oaklandchn.org](http://oaklandchn.org) | 248-858-1210

For more information about the School Mental Health Navigator Program please call 248-462-6294 or email [SchoolNavigator@oaklandchn.org](mailto:SchoolNavigator@oaklandchn.org)

INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES



## GOT SPOONS?



## The Spoon Theory

Are you familiar with the "Spoon Theory"?

No? Then grab a handful of **spoons** for yourself (or pencils, cotton balls, Legos, any item you have a number of) and place them in front of you!

Principles of energy conservation are well-known in nursing practice (*thank you, Myra Levine!*); so for our friends and loved ones with chronic illnesses and disabilities, there is an excellent description shared by Christine Miserandino in her story, "*The Spoon Theory*"!

Basics:

- Each spoon represents an amount of energy.
- Every person has a limited number of spoons (our energy reserves) to use each day.
- Some daily activities may use one spoon; other tasks, two or more.

Say you begin your day with 24 spoons. You slept well last night, don't have anything stressful to manage, and are feeling good.

Getting up and dressed = **1 spoon**. Breakfast = **1 spoon**. Going to work/school = **6 spoons**. After school activities/running errands = **3 spoons**. Dinner = **3 spoons**. Evening cleanup/chores = **2 spoons**. Total spoons spent = **16**, leaving you with another **8** to spend as you choose!

Now, let's say you begin with 12 spoons. You woke up overnight in pain. You forgot to pick up your medication at the pharmacy, and missed your morning dose. Then you find your dog chewed up your laptop charger and got into the trash can. Breakfast is out, as there's no time - plus you're feeling nauseated from the pain.

Getting up and dressed = 2 spoons. No breakfast = 2 spoons. Work/school = 8 spoons... and... uh-oh...!!!

*Your turn* - with the total number of spoons in front of you, how many do you need for your daily activities? Will you have any left at the end of the day?

As in the above examples, the number of spoons we have each day (as well as how many each activity will require) varies depending on our circumstances.

How can we be less likely to run out of spoons before the end of the day? Energy conservation! This could look like:

- Planning ahead/setting reminders for vital tasks (like refilling medications before running out)
- Simplifying daily routines; batch-cooking and freezing meals
- Asking for help from family/friends; grocery/delivery services
- Reducing/rescheduling activities on low-energy days
- Resting between tasks
- Being kind to yourself - you're handling a lot!

For Christine Miserandino's story "The Spoon Theory", see:

<https://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

Or, listen to the video here:

<https://www.butyoudontlooksick.com/xmedia-press/new-video-christine-miserandino-reads-the-spoon-theory/>

Who is Myra Levine?

<https://nursingtheories.org/myra-levine/>

More tips on energy conservation:

[https://www.uwo.ca/hr/form\\_doc/health\\_safety/doc/wellness/health\\_mind/energy\\_conser.pdf](https://www.uwo.ca/hr/form_doc/health_safety/doc/wellness/health_mind/energy_conser.pdf)

In health,

*Nurse Stephanie*





**METRO DETROIT**  
SLED HOCKEY

# TRY SLED HOCKEY

**SUNDAY, OCTOBER 12, 2025 12:30-2:30**  
**TAYLOR SPORTSPLEX IN TAYLOR, MI**

Sled hockey is an exciting Paralympic sport that empowers individuals with physical disabilities to hit the ice and enjoy the game of hockey. Our program includes teams for players aged 5 to 65, accommodating all skill levels—from beginners learning to skate to elite Paralympic athletes. Whether you're seeking exercise, camaraderie, or competitive play, we've got a place for you! Ready to join the team?

**Preregister thru the QR code or**  
**[metrodetroitsledhockey.org](http://metrodetroitsledhockey.org)**

[www.metrodetroitsledhockey.org](http://www.metrodetroitsledhockey.org)



[Community@metrodetroitsledhockey.org](mailto:Community@metrodetroitsledhockey.org)



Connect @ Belle Tire Sled Hockey





# Try Sled Hockey



hockey for people with mobility impairments

Sunday, October 12, 2025

12:30-2:30 pm

Taylor Sportsplex

Preregistration Required



**Metro Detroit Sled Hockey 501(c)(3)**

Providing the opportunity for disabled athletes to reach their full potential on and off the ice.







Hazel Park  
Community Center

620 W. Woodward  
Heights  
Hazel Park, MI

**WALK  
INS  
WELCOME**

**MONDAY,  
SEP 29TH  
10:00A TO 2:00P**

**A Range of Vaccinations Will  
Be Available, Including:**

Flu, COVID-19, Pneumonia,  
RSV, Shingles + Many More

**\*\*COVID-19 will be available if it is  
approved by the clinic date\*\***

**PLEASE BRING  
YOUR PRESCRIPTION  
INSURANCE CARD**

Made with PosterMyWall.com



# HAUNTED

## HAZEL PARK

HALLOWEEN ART FAIR



10AM-6PM

OCTOBER 11TH 2025  
AT GREEN ACRES PARK



## Join us for a Fall Sign Painting Night

**WHEN:** Wednesday, October 1st

**TIME:** 7p **Cost:** \$30

**WHERE:** Hazel Park Rec Center

Come join us for a fun, relaxed evening of painting! Bring your creativity (no experience needed), enjoy some laughs, and connect with great company. It's the perfect night to unwind, try something new, and make memories together.

Register at HP Rec Center in person or by phone  
248-547-5535

Online: <https://square.link/u/gZ6cFj8F?src=sheet>



**REGISTER BY SEPTEMBER 26TH**

# #FallVibes







# TRUNK

OCTOBER 25

1-3PM

SCOUT PARK

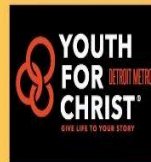
~OR~

# TREAT

CIDER

CONUTS

HAYRIDES







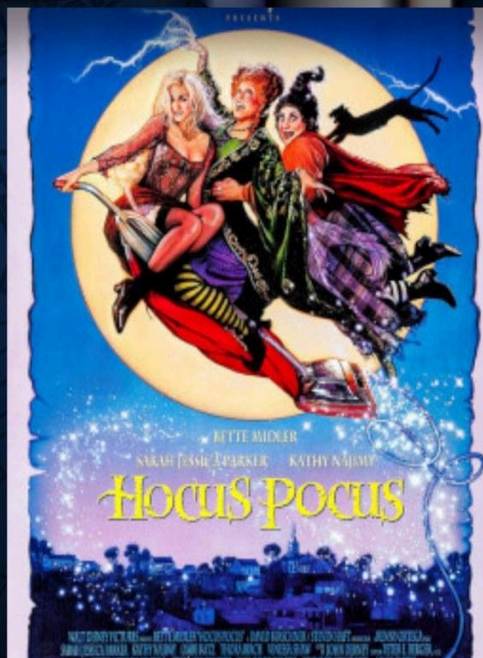
# MOVIE NIGHT

## ★ UNDER THE STARS ★

★★★ GREEN ACRES PARK ★★★



OCTOBER  
17  
FRIDAY  
7:00 PM



OAKLAND  
COUNTY PARKS  
[OaklandCountyParks.com](http://OaklandCountyParks.com)



# STEAM AHEAD!

Science/Technology/  
Engineering/Art/Math  
playing, making and  
building activities  
for kids 5-10

Thursdays 5-6 pm  
10/9 - 11/20

\$60/6 weeks  
AGES 5+

Math and STEM board games  
with strategy and logic  
Build a gear driven robot model  
Electronics exploration with kid  
friendly circuit kits  
Creative puzzles with pattern  
blocks and pixel art challenges



THE FRIENDLY CITY



Call 248 547 5535",

Email

[HPRECREATION@HAZELPARK.ORG](mailto:HPRECREATION@HAZELPARK.ORG)

620 W WOODWARD HTS

HAZEL PARK MI 48030



# September 2025

## Jardon Vocational School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b> Lunch • Walking Beef Taco • BLT Burger • Wowbutter & Jelly Sandwich Fun Lunch	<b>3</b> Lunch • Mashed Potato & Chicken Bowl • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread Pieces	<b>4</b> Lunch • Cheesy Italian Pull Apart • Beef Hot Dog on Whole Wheat • Cheez-Its, Cheese, & Grapes Fun Lunch	<b>5</b> Lunch • Whole Grain French Toast Sticks • Chicken Sausage Patty • Cheese Pizza • Wowbutter & Jelly Sandwich Fun Lunch
<b>8</b> Lunch • Sweet & Sour Chicken • Cheese Stuffed Breadsticks • Wowbutter & Jelly Sandwich Fun Lunch	<b>9</b> Lunch • Beef Taco Meat • Turkey Ham & Cheese Sandwich • Muffin, Yogurt & Cheese Fun Lunch	<b>10</b> Lunch • Chicken Tenders • Classic Hamburger • Popcorn Chicken Salad • Flatbread Pieces	<b>11</b> Lunch • Mini Cheese Ravioli with Marinara Sauce • BBQ Pulled Pork Sandwich • Cheez-Its, Cheese, & Grapes Fun Lunch	<b>12</b> Lunch • Whole Grain Pancake Bites • Chicken Sausage Patties • Cheese Pizza • Wowbutter & Jelly Sandwich Fun Lunch
<b>15</b> Lunch • Sweet & Sour Chicken Meatballs • Grilled Chicken Sandwich • Wowbutter & Jelly Sandwich Fun Lunch	<b>16</b> Lunch • Beef Nachos • Turkey Ham & Cheese Bagel Melt • Cheez-Its, Cheese, & Grapes Fun Lunch	<b>17</b> Lunch • Boneless Chicken Wings • Bacon Cheeseburger • Popcorn Chicken Salad • Flatbread Pieces	<b>18</b> Lunch • Mini Turkey Corn Dogs • Cheesy Italian Pull Apart • Muffin, Yogurt & Cheese Fun Lunch	<b>19</b> Lunch • Whole Grain French Toast Sticks • Chicken Sausage Patties • Cheese Pizza • Wowbutter & Jelly Sandwich Fun Lunch
<b>22</b> Lunch • Chicken & Vegetable Dumplings • Fiestada Pizza • Wowbutter & Jelly Sandwich Fun Lunch	<b>23</b> Lunch • Baja Beef Rice Bowl • Cheese Stuffed Breadsticks • Muffin, Yogurt & Cheese Fun Lunch	<b>24</b> Lunch • Macaroni and Cheese • Classic Cheeseburger in Bun • Popcorn Chicken Salad • Flatbread Pieces	<b>25</b> Lunch • BBQ Pulled Pork Sandwich • Chicken Patty • Cheez-Its, Cheese, & Grapes Fun Lunch	<b>26</b>
<b>29</b> Lunch • Teriyaki Glazed Chicken • Grilled Chicken Sandwich • Muffin, Goldfish & Yogurt Fun Lunch	<b>30</b> Lunch • Walking Beef Taco • BLT Burger • Wowbutter & Jelly Sandwich Fun Lunch			

If you have a food allergy or intolerance, 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.







**Hazel Park Schools  
Administration Building**  
1620 E. Elza Hazel Park



**Distribution Dates Are Fridays (*unless in bold*) beginning at 9:30 am unless noted**

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October 17, 2025	January 16, 2026	April 17, 2026	July 17, 2026
November 14, 2025	February 13, 2026	May 15, 2026	Aug. 14, 2026
December 12, 2025	March 13, 2026	June 12, 2026	Sept. 11, 2026

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**The food goes very quickly, so please come early to get in line.**

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 per family total 36 lbs of food which includes 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.

Here are a few **NEW RULES** and procedures provided by Gleaners: 1. Food pickup line will **NOT** begin until 9:30 am; 2. Walk ups **CANNOT** receive food until 10 am (30 minutes after the line has begun); 3. Food will **ONLY** be distributed for 1 hour, our distribution will end at 10:30 am; 4. You must be present with your card, no pickups or delivery allowed; 5. No more than 6 servings per car; 6. Staff must come through the line in their vehicle or wait until all the cars have been processed; 7. We are now required to ask for your income and/or program you are enrolled in (ex. SNAP Benefits); 8. We **CANNOT** hold food for families, it must be obtained during the Gleaners distribution; 9. We will **NEVER** ask for a driver's license; 10. Any remaining food will be sent back to Gleaners.

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](http://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](mailto:jamie.buczko@myhpsd.org), or Nancy Anderson - Human Resource Specialist, (248) 658-5201, [nancy.anderson@myhpsd.org](mailto:nancy.anderson@myhpsd.org)**

**This institution is an equal opportunity provider.**

