From the Principal:
I hope that this letter finds you healthy and safe during this unprecedented time. I am so excited to report that our teachers, ancillary staff and para educators have been working hard all week to develop learning plans for our students. There are many exciting things that will be included such as live instruction from teachers, social/emotional groups with Mr. Bellini and Ms. Renkiewicz, leisure and art with our para educators and Music Therapy with Ms. Renae! We are proud to be able to offer so many opportunities for learning and hope that you will continue to join in these wonderful experiences. It is important that our students continue to grow and develop through these challenging times. We look forward to seeing everyone next week!

Jardon: Building Material/Supply Pick-Up Schedule...

The moment you have been waiting for! 😎

- Please email megan.papasian-broadwell@hazelparkschools to set up a 10 minute appointment to pick up personal belongings on April 21, 2020.
- Entry into Jardon will be through the front doors only.
- Only one person may enter to retrieve personal belongings per family.
- Social distancing of 6ft or greater must remain in effect at all times.
- Each person must wear gloves and a mask.
- Each person must sign a document affirming the following
  - They are not sick
  - They have not been exposed to anyone who is sick
  - They have not left the country
  - When and where they have traveled if they have left the State
- Meetings with teachers or ancillary staff will not be available at this time
Weekly Schedules by Program:

**CAP Weekly Schedule 4/20 - 4/24**

**ASD Weekly Schedule 4/20 - 4/24**

**SXI: Weekly Schedule will be distributed directly by caseload teacher via email**
- All schedules are posted on the Jardon Website
- All lesson materials are available on the Jardon Website
- Paper Packets will be mailed to students weekly if requested

**IEP Meetings:**
- IEP Meetings will be scheduled within the annual timeframe
- IEP Meetings will be done virtually via Zoom. If you would like a different digital platform or a conference call please let us know.

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**KAREN’S and La’Neice KORNER**

It’s that time of year again! Itchy watery eyes, endless sneezing, and a runny nose. Yes it’s allergy season. I know that these symptoms can be a nuisance, and interfere with many of us enjoying outdoor events, and our day to day living.

I have some tips that may be beneficial and help with relief.

- Take your prescribed or over the counter antihistamine medication as prescribed. Antihistamines are medications such as Zyrtec and Claritin.
- If you suffer from nasal congestion, pain, inflammation, or swelling. A decongestant may be beneficial. One way to rid the congestion is to use a cool mist humidifier, especially at night. A warm shower, a saline saltwater nasal solution will add moisture to your nose, and thin the mucus.

Medication such as Sudafed, Flonase, and Afrin will help.
- To help soothe your itchy, watery, eyes, you can apply a cool compress, use eye drops, or wear sunglasses.
During these upcoming months, you may need to be aware of the pollen count, wear sunglasses along with your sunscreen, and take some time to find out exactly what you're allergic to. This will help in choosing which medication regimen you need.

And also carrying your medication with you, Michigan weather is so unpredictable. You never know how it'll change throughout the day.