

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



December 22, 2023

Dear Jardon/Webb Community,

This has been an exciting week for our students leading up to our holiday break. It was heartwarming seeing so many students and staff participating in our spirit week activities.

I wish you a happy holiday season and hope that you are able to enjoy some time off with family and friends. We will all be refreshed and energized when we welcome the students back on January 8. Thank you for choosing Jardon. We are so glad you are part of our family.

Please make sure to 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

# JANUARY

**January 8th - School Resumes**

**January 15th - No School -  
Professional Development Day**

**January 19th - Half Day  
Dismissed at 11:00 A.M.  
[Record's Day]**

**January 22nd - Half Day  
Dismissed at 11:00 A.M.  
[Record's Day]**

**2024**





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

Monday- 01/08- P.M. - Meijer

Thursday- 01/11- A.M. - Sam's Club  
P.M. - Madison Heights Library

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

Monday- 01/08- P.M. - Walmart

Thursday- 01/11- P.M.- Dollar Castle (Center Line)

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







### **Allergic to the Holidays?**

A busy holiday season can bring much enjoyment - celebrations with family and friends, gift shopping and giving, decorating, and creating special recipes. But what happens when holiday cheer leaves you or a loved one itchy, sneezy, out of breath, and feeling less than cheerful?

Some allergens commonly encountered during the season:

Chemical - scented candles, air fresheners, lotions, perfumes;

Environmental - mold on live firs and other greenery, dust on decor;

Pets - dander and saliva from our furry and feathered friends;

Foods - such as nuts in salads, candy, desserts; dairy in baked goods and drinks

So what can we do to lessen, or better yet, avoid flare ups of allergic disorders?

1. Go for fragrance-free candles, or battery-operated “flameless” candles.
2. Limit knickknacks. Dust your displays and vacuum rugs and floors often.
3. Set up an artificial Christmas tree, if better tolerated than a live tree.
4. Carry your own safe soaps, lotion, hand sanitizer, etc. when you travel.
5. Know ahead of time what accommodations can be made for food allergies when traveling. Or, host a celebration in your own home - where you can provide foods that are safe, and ask attendees to bring items like paper goods in lieu of side dishes or dessert... and, of course, help with set-up/clean-up!
6. Keep pets in another room when possible if guests have allergies to them.
7. Carry your rescue medication (inhalers, epinephrine, etc.) and use as prescribed. Seek medical help immediately for symptoms that are severe or not resolved with prescribed treatment.

Stress can also exacerbate symptoms of asthma, eczema, and allergies; know your limits on how much you can tolerate. Get plenty of sleep, especially when traveling. Take breaks/time for yourself when you can. Your health is worth it!

Want to know more?

See - Asthma and Allergy Foundation of America: [aafa.org](http://aafa.org)

American Academy of Allergy, Asthma, and Immunology: [aaaai.org](http://aaaai.org)

Best wishes for a healthy and happy holiday season!

Nurse Stephanie



# McGowan's Corner

## From The Transition Coordinator



***Our mission is to support people with developmental disabilities as they build and maintain their independence.***

### **Family Consultation**

Our personalized consultations are designed to answer the questions that keep you up at night and provide you with actionable next steps to help your teen or young adult achieve independence.

### **Who can receive family consulting?**

Consultations are designed for families of young adults with developmental disabilities who may one day live independently.

- Our shorter phone consultations are best for families who have just a few questions about the skill-development process or transition to independent living. We'll provide actionable guidance based on our decades of experience and offer connections as needed to some of the many community resources we're connected with.
- Our full consultations are best for families looking to create a concrete plan for developing independent living skills and achieving independence.

**To learn more, contact Director of Education Emily Lourim at [emily@onmyownofmi.org](mailto:emily@onmyownofmi.org) or (248) 649-3739 x 221.**



Thursday, January 25th, 2024- Dakota High School

21051 21 Mile Rd, Macomb, MI 48044

Bus leaves Jardon by 8:45 A.M.

Bus returns to Jardon by 2:00 P.M.

Box lunch will be provided

Please wear uniform under warm-ups when you arrive to Jardon

Saturday, February 10th, 2024- Lynch Elementary

2035 Roods Lake Rd, Lapeer 48446

Lunch will be provided by Area 13

Transportation to be determined

Tuesday, February 13th, 2024- Webb Gymnasium

2100 Woodward Heights Ave



## **Hazel Park Schools Administration Building**

*1620 E. Elza Hazel Park*



*Distribution Dates Are Fridays beginning at 9 am unless noted*

October 6, 2023  
November 3, 2023  
December 1, 2023

January 5, 2024  
February 2, 2024  
March 1, 2024

April 5, 2024  
May 3, 2024

***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. Food dates are explained from Gleaners on the back of this flyer.

***A form MUST be filled out every time food is picked up with your full name and address. Food pick-ups can only be for YOUR family. We are sorry, but you cannot pick up food for friends that could not make it. The USDA and Gleaners set up these rules and regulations.***

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 MiStar 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:**

***Dr. Amy Kruppe - Hazel Park Schools Superintendent  
(248) 658-5521 amy.kruppe@hazelparkschools.org***

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





# What's on the Menu?

## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>No School</i>	2 <i>No School</i>	3 <i>No School</i>	4 <i>No School</i>	5 <i>No School</i>
8 Choice #1 WG Lasagna w/WG Breadstick  Choice #2 WG Cheeseburger Veg: Brussel Sprouts "Lucky Tray Day"	9 Choice #1 WG Tacos w/ <i>Salsa</i>  Choice #2 WG Chicken Nuggets w/WG Dinner Roll Veg: Mexican Black Beans	10 Choice #1 WG Breaded Chicken Drumstick w/Cornbread  Choice #2 WG Mac & Cheese w/WG Dinner Roll Veg: Roasted Broccoli	11 Choice #1 WG 3 Cheese Grilled Cheese  Choice #2 WG Chicken Sandwich Veg: Roasted Carrots	12 Choice #1 WG Fiesta Pizza  Choice #2 WG Pepperoni Pizza Veg: Potato Wedges
15 <i>No School</i>	16 Choice #1 WG Ham w/Cornbread  Choice #2 WG Chicken Nuggets w/WG Dinner Roll Veg: Mashed Potatoes & Gravy	17 Choice #1 WG Popcorn Chicken  Choice #2 WG Mac & Cheese w/WG Dinner Roll Veg: Baked Beans	18 Choice #1 WG Hot Dog  Choice #2 WG Chicken Sandwich Veg: Roasted Carrots	19 $\frac{1}{2}$ Day
22 $\frac{1}{2}$ Day	23 Choice #1 WG Taco Wedges w/ <i>Salsa</i> Choice #2 WG Chicken Nuggets w/WG Dinner Roll Veg: Mexican Black Beans	24 Choice #1 WG BBQ Chicken Drumstick w/WG Breadstick Choice #2 WG Mac & Cheese w/WG Dinner Roll Veg: Roasted Broccoli	25 Choice #1 WG Corn Dog  Choice #2 WG Chicken Sandwich Veg: Roasted Carrots	26 Choice #1 WG Bosco Sticks w/ <i>Marinara</i>  Choice #2 WG Pepperoni Pizza Veg: Crinkle Fries
29 Choice #1 WG Chicken Tenders  Choice #2 WG Cheeseburger Veg: Brussel Sprouts	30 Choice #1 WG Pulled Pork Sandwich  Choice #2 WG Chicken Nuggets w/WG Dinner Roll Veg: Roasted Broccoli	31 Choice #1 Grilled Chicken w/WG Dinner Roll  Choice #2 WG Mac & Cheese w/WG Dinner Roll Veg: Baked Beans	Feb 1 Choice #1 WG Beef & Cheese Nachos w/ <i>Salsa</i>  Choice #2 WG Chicken Sandwich Veg: Roasted Carrots	Feb 2 Choice #1 WG Cheese Galaxy Pizza  Choice #2 WG Pepperoni Pizza Veg: Curly Fries

### **Daily 3<sup>rd</sup> Choice Turkey Ham & Cheese Sandwich**

Supplement your lunch from home with a milk, fruit, & vegetable for free!

Must take all 3 items

### **Assorted Fresh Fruit & Veggie Bar Available Daily**

A full student lunch includes a choice of entrée supplying protein, milk, grain, vegetable and fruit side dishes

Milk Choices include: Flavored and unflavored 1% milk

Every student must receive a full serving (1/2 Cup) of FRUIT or VEGETABLE to qualify for a reimbursable meal.

Contact Dan Wrobbel with any questions at (248)658-5995 or [daniel.wrobbel@myhpsd.org](mailto:daniel.wrobbel@myhpsd.org)

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