



February 10, 2023

Dear Jardon/Webb Community

We sure are making our way through February quickly! Today, we held our annual Valentine's Day Social. This event allows the students to come together and socialize with music and an ice cream treat. Part of our purpose at Jardon is to help students develop their social skills. One of the ways we facilitate this is to provide opportunities for our students to have fun together in a leisure setting.

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*





## Community Based Instruction - Week of 02/13/2023

**MOCI:**

**ASD:**

**Monday (02/13)**

**Monday P.M. (02/13)**

Meijer A.M.

Meijer

Bowling (Darga) P.M.

**Thursday (02/16)**

**Thursday P.M. (02/16)**

Sam's Club A.M.

Target Shopping Center

Hazel Park Police Station P.M.

**Friday (02/17)**

**Friday A.M. (02/17)**

Coney Island A.M.

Leo's Coney Island

Half Day P.M.



## **Basketball Families:**

Jardon Basketball has a possibility of a tournament in Lake Orion on Saturday, March 4th- start time 2:00pm. Please inform Coach R or Coach Jennifer if your athlete would be available to participate (Coach R sent home a flier for response on Wednesday). If there are enough players, Coach R will sign us up and inform all families of the exact place and time of the games.

We will have practices Wednesday, February 15, Wednesday, March 1st and March 8th.

Wednesday, March 8th will be our last practice/celebration. Please have your athlete bring their bag, uniform and warm-up to the March 8th practice.

Thank you for supporting your athlete through the season

Coach R and Coach Jennifer







Yoga



Art



# FAR Therapy

Music



Recreation  
Movement

# **From the Transition Coordinator: Mrs. Barshaw**

Stop In At the Jardon General Store and Greenhouse

Our students have been working hard in the Jardon General Store and Greenhouse these past weeks to gear up for Valentine's Day and Spring. We have beautiful plants to give to your sweetheart on Valentine's Day or lots of cute items in our Jardon General Store to purchase.

We are open school days from 9:00-11:00 a.m. and 12:10-2:00. Come see all the good things our Textiles, Cardmaking, Greenhouse and Store Micro-businesses are creating. Below are just a few pictures of products made by students.

*Lenore Barshaw*

[lenore.barshaw@myhpsd.org](mailto:lenore.barshaw@myhpsd.org)











**FEBRUARY UPCOMING EVENTS**

**02/17/23- Half Day 11:00  
Dismissal**

**02/20/23-02/24/23-  
Mid Winter Break**

**02/27/23- School  
Resumes**

**Happy Valentine's Day**

# **Nurse Karen's Korner**

## **VITAMIN B12**

The next B Vitamin we will talk about is VITAMIN B12. Vitamin b12 may benefit your body in impressive ways, such as boosting your energy,improving your memory and helping prevent heart disease.

B12 plays an essential role in Red Blood Cell metabolism. When B12 levels are too low this causes reduction in RBC formation and prevents them from developing properly.

Adequate Vitamin B12 levels are crucial to a healthy pregnancy. It is important for the prevention of brain and spinal cord birth defects.

Vitamin B 12 may support bone health and prevent osteoporosis. Low levels of this vitamin has been associated with an increased risk of osteoporosis and decreased bone density.

Adequate levels of this vitamin may help prevent the risk of age related Macular Degeneration.

Vitamin B12 may improve mood and symptoms of depression.This vitamin is needed for the production of Serotonin, a chemical responsible for regulating mood.

B12 may give you an energy boost because it is involved with energy production in your body. Taking a supplement may improve your energy level, but only if you are deficient in this vitamin.

Healthy Vitamin B12 levels are important for your hair, skin and nails. However taking a supplement won't improve your health in these areas if your levels are already sufficient.

We will finish our discussion of this amazing vitamin next week!

Karen Dolinski

Nurse

Karen.Dolinski@myhpsd.org

# Valentine Flower Pots

\$5 & \$10



Store Hours

Monday-Friday 9-10:30AM / 12:10-2PM



# What's on the Menu?

## Hazel Park Schools February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Supplement your lunch from home with a milk, fruit, &amp; vegetable for free!</b> <b>Must take all 3 items</b>		1 Choice #1 WG Corn Dog  Choice #2 WG Grilled Cheese with Roasted Green Beans	2 Choice #1 Chicken Drumstick & WG Dinner Roll  Choice #2 WG Chicken Sandwich with Roasted Green Beans	3 Choice #1 WG Pepperoni Pizza  Choice #2 WG Cheesy Italian Pull Apart Bread with Potato Wedges
6 Choice #1 WG Lasagna Roll Up & WG Dinner Roll  Choice #2 WG Cheeseburger with Roasted Green Beans	7 Choice #1 WG Nachos w/ Salsa  Choice #2 WG Chicken Nuggets with Seasoned Corn	8 Choice #1 WG Hot Dog  Choice #2 WG Grilled Cheese with Baked Beans	9 Choice #1 WG Waffles & Sausage  Choice #2 WG Chicken Sandwich with Roasted Brussel Sprouts	10 Choice #1 WG Pepperoni Pizza  Choice #2 WG Bosco Sticks & Marinara with Curly Fries
13 Choice #1 WG Mac & Cheese  Choice #2 WG Cheeseburger with Roasted Broccoli	14 Choice #1 WG Nachos w/ Salsa  Choice #2 WG Chicken Nuggets with Roasted Carrots	15 Choice #1 WG Corn Dog  Choice #2 WG Grilled Cheese with Roasted Green Beans	16 Choice #1 WG Philly Cheese Steak Sandwich  Choice #2 WG Chicken Sandwich with Baked Beans	17 ½ Day
20  No School	21  No School	22  No School	23  No School	24  No School
27 Choice #1 WG Mac & Cheese  Choice #2 WG Cheeseburger with Roasted Broccoli	28 Choice #1 WG Nachos w/ Salsa  Choice #2 WG Chicken Nuggets with Roasted Carrots			

### **Daily 3<sup>rd</sup> Choice Turkey Ham & Cheese Sandwich** **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)  
 This institution is an equal opportunity provider

# Jardon Bottle Drive



The Animal Welfare Society's Transport Van is in desperate need of repairs! Jardon is partnering with them to hold a can/bottle drive to help with the repair costs for NEW TIRES and BRAKES. Animal Welfare has partnered with Jardon to provide job related learning opportunities for our students so we want to help them reach their goal.

Jardon will be collecting can/bottle donations till the end of February. Students can bring the can/bottles into school and the school will get them delivered to Animal Welfare. You can also drop them off to the address listed below. If they are closed, you can leave them outside the door.

Animal Welfare Society  
277 John R Rd  
Madison Heights, Mi 48071

Jardon and Animal Welfare thank you for your donation!