

# Jardon Vocational School

## *Parent Newsletter From The Principal*



February 16th, 2024

Dear Jardon/Webb Community,

It was an exciting week having our first basketball game held during the school day. Many students were able to attend the game and cheer on the Crusaders. The teams were well matched in ability and both played very hard. The Crusader basketball team ended their season with a Staff vs. Student game on Wednesday. The students were victorious! What a great season!

Mid Winter break is upon us. Your student should have come home with a work report today with data for the last two weeks. We look forward to returning to school on Monday, February 26. We will have 2 more weeks left in the second job rotation when we return. The third job rotation will begin on Monday, March 11. Final work reports as well as progress reports will be mailed out on Friday, March 15.

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

# FEBRUARY



## FEBRUARY 26TH- SCHOOL RESUMES

ADAPTIVE FEBRUARY 2024						! NO FRIDAY FROLIC In March !
● INDICATES REGISTRATION REQUIRED ● INDICATES PROGRAM IS FULL						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 ● Daytime Friendship Club 10 am–3 pm @ TCC	2	3
4	5 ● Adaptive Bowling 4–5:30 pm @ 5 Star Lanes	6 ● Daytime Friendship Club 10 am–3 pm @ TCC	7 ● Ensemble 6–6:50 pm @ TCC ● Beginners Clinic 6–6:50 pm @ TCC	8 ● Daytime Friendship Club 10 am–3 pm @ TCC	9 ● Friday Frolic Sweetheart Swing 7–9 pm @ TCC Act #7375-A1	10
11	12 ● Adaptive Bowling 4–5:30 pm @ 5 Star Lanes	13 ● Daytime Friendship Club 10 am–3 pm @ TCC	14 ● Ensemble 6–6:50 pm @ TCC ● Beginners Clinic 6–6:50 pm @ TCC	15 ● Daytime Friendship Club 10 am–3 pm @ TCC	16	17
18	19 ● Adaptive Bowling 4–5:30 pm @ 5 Star Lanes	20 ● Daytime Friendship Club 10 am–3 pm @ TCC ● Registration for Residents Opens @ 8 am	21 ● Ensemble 6–6:50 pm @ TCC ● Beginners Clinic 6–6:50 pm @ TCC Last day to register for Field Trip to A Day at The Movies	22 ● Daytime Friendship Club 10 am–3 pm @ TCC ● Registration for Non-Res Opens @ 8 am	23	24
25	26 ● Monday Mingle 5:30–7 pm @ TCC Act #7376-B1	27 No Daytime Friendship Club	28 No Ensemble No Beginners Clinic	29 ● Field Trip to A Day at The Movies Time/Location TBD Act #7373-A1 No Daytime Friendship Club		
Troy Community Center • 3179 Livernois Rd. • 248.524.3484 • <a href="http://rec.troy.mi.gov">rec.troy.mi.gov</a>						
		<b>MORE DETAILS &amp; INFO AT:</b> <a href="http://rec.troy.mi.gov/guide">rec.troy.mi.gov/guide</a>		<b>QUESTIONS? EMAIL US:</b> <a href="mailto:adaptive@troymi.gov">adaptive@troymi.gov</a>		<b>CONNECT WITH US:</b> ● INSTAGRAM: @troyrecmi ● FACEBOOK: @troyrecreation ● E-NEWSLETTER: <a href="http://rec.troy.mi.gov/adaptiveconnection">rec.troy.mi.gov/adaptiveconnection</a>

# Weekly CBI

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

Monday- 2/-26      P.M. - Kroger

Thursday- 2/29-    A.M. - Sam's Club  
P.M. - Hazel Park Municipal Building (Tour)

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

Monday- 2/26-                      P.M. - Meijer

Thursday- 2/29-                      P.M.- Belle Isle Nature Center

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



# NEWS FROM NURSE STEPHANIE



## Acid-Base Balance: Keeping the Party Under Control (Or, Electrolytes Part 4)

You may be wondering: “What party are you talking about?”

And maybe the bigger question: “Why wasn’t I invited??”

Before we get too far, here’s the scoop. Our bodies are made up of many systems that are always active. Even while we sleep, our hearts keep beating, our lungs keep breathing, tissue maintenance and repairs take place. When all is functioning as it should, the body is in a happy place - *homeostasis*! This “party” runs 24/7/365. But like any party, the guests can be “well-behaved”, or... not so well-behaved! Enter *acid-base-balance*.

Are you familiar with the pH scale? If not, here’s a quick refresher. The pH scale is a measure of how acidic or alkaline something is: 0, the lowest, is extremely acidic; 14, the highest, is most alkaline. 7, right in the middle, is considered neutral. Any guesses as to where your body wants to be on this scale?

If you guessed in the neutral range, you are correct! Our bodies like the 7.3 - 7.4 pH range. Above or below this results in disease. Because we can only stay alive (cue the BeeGees here) in the very narrow range of 6.9 - 7.8 pH, our bodies work hard to stay pH neutral.

As mentioned last week, phosphate ( $\text{PO}_4^{3-}$ ) plays a role in this balance. But  $\text{PO}_4^{3-}$  doesn’t work alone; the biggest role belongs to bicarbonate!

Bicarbonate ( $\text{HCO}_3^-$ ) is the main buffer in acid-base balance. Present in your blood, it is measured along with other electrolytes, like sodium ( $\text{Na}^+$ ) and potassium ( $\text{K}^+$ ), to tell us how well the party is behaving. Depending on which blood vessel  $\text{HCO}_3^-$  is drawn from, a good range is 22 - 30 mEq/L (miliEquivalents per Liter). If outside this range, it’s a clue that something in our lungs or kidneys may not be functioning properly.

As our lungs and kidneys regulate  $\text{HCO}_3^-$ ,  $\text{HCO}_3^-$ ’s job is to absorb or release hydrogen ( $\text{H}^+$ ) in order to regulate your pH levels.

Because these organs play a vital role in maintaining homeostasis, your kidneys and lungs could be seen as “the life of the party”!

So join me again after Winter Break for our final article in this series, as we explore ways of supporting electrolyte balance, healthy organs, and *stayin’ alive*!

Nurse Stephanie

# McGowan's Corner

From The Transition Coordinator



<https://www.jccdet.org/specialneeds/>

## Include, Empower, Educate

The Jewish Community Center for Special Education is an umbrella of special needs services engaging 1,200 children, teens and adults of all abilities through: inclusive Jewish classroom experiences, professional development, teen leadership, disability awareness conferences, movie, book and family social events, inclusive camp experiences, vocational training and adult social gr

### Programs

- + Break Camp
- + Independent Living Skills (ILS) Program
- + Preschool Inclusion
- + Thursday Night Social Group (TNSG)
- + Focus on Health

For more information, contact: [szoltowski@jccdet.org](mailto:szoltowski@jccdet.org) | (248) 432-5457





## Smiling Faces In Mrs. Epstein's Class



## MoCI Students Visit Berkley Police Department





# Staff Vs. Students







## **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?

## February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> <b>Choice #1</b> <b>WG Chicken Tenders</b>  <b>Choice #2</b> <b>WG Cheeseburger</b>  <b>Veg: Brussel Sprouts</b>	<b>30</b> <b>Choice #1</b> <b>WG Pulled Pork Sandwich</b>  <b>Choice #2</b> <b>WG Chicken Nuggets w/WG Dinner Roll</b> <b>Veg: Roasted Broccoli</b>	<b>31</b> <b>Choice #1</b> <b>Grilled Chicken w/WG Dinner Roll</b>  <b>Choice #2</b> <b>WG Mac &amp; Cheese w/WG Dinner Roll</b> <b>Veg: Baked Beans</b>	<b>Feb 1</b> <b>Choice #1</b> <b>WG Beef &amp; Cheese Nachos w/Salsa</b>  <b>Choice #2</b> <b>WG Chicken Sandwich</b>  <b>Veg: Roasted Carrots</b>	<b>Feb 2</b> <b>Choice #1</b> <b>WG Cheese Galaxy Pizza</b>  <b>Choice #2</b> <b>WG Pepperoni Pizza</b>  <b>Veg: Tater Tots*</b> <b>*National Tater Tot Day*</b>
<b>5</b> <b>Choice #1</b> <b>WG Lasagna w/WG Breadstick</b>  <b>Choice #2</b> <b>WG Cheeseburger</b>  <b>Veg: Brussel Sprouts</b>	<b>6</b> <b>Choice #1</b> <b>WG Tacos w/Salsa</b>  <b>Choice #2</b> <b>WG Chicken Nuggets w/WG Dinner Roll</b> <b>Veg: Mexican Black Beans</b>	<b>7</b> <b>Choice #1</b> <b>WG Breaded Chicken Drumstick w/Cornbread</b>  <b>Choice #2</b> <b>WG Mac &amp; Cheese w/WG Dinner Roll</b> <b>Veg: Roasted Broccoli</b>	<b>8</b> <b>Choice #1</b> <b>WG 3 Cheese Grilled Cheese</b>  <b>Choice #2</b> <b>WG Chicken Sandwich</b>  <b>Veg: Roasted Carrots</b>	<b>9</b> <b>Choice #1</b> <b>WG Fiesta Pizza</b>  <b>Choice #2</b> <b>WG Pepperoni Pizza</b>  <b>Veg: Potato Wedges</b>
<b>12</b> <b>Choice #1</b> <b>WG Pasta w/Meat Sauce &amp; WG Breadstick</b>  <b>Choice #2</b> <b>WG Cheeseburger</b>  <b>Veg: Brussel Sprouts</b>	<b>13</b> <b>Choice #1</b> <b>WG Corn Dog</b>  <b>Choice #2</b> <b>WG Chicken Nuggets w/WG Dinner Roll</b> <b>Veg: Roasted Broccoli</b>	<b>14</b> <b>Choice #1</b> <b>WG Popcorn Chicken</b>  <b>Choice #2</b> <b>WG Mac &amp; Cheese w/WG Dinner Roll</b> <b>Veg: Baked Beans</b> <b>*Lucky Tray Day*</b>	<b>15</b> <b>Choice #1</b> <b>WG Hot Dog</b>  <b>Choice #2</b> <b>WG Chicken Sandwich</b>  <b>Veg: Roasted Carrots</b>	<b>16</b>  <b>½ Day</b>
<b>19</b>  <b>No School</b>	<b>20</b>  <b>No School</b>	<b>21</b>  <b>No School</b>	<b>22</b>  <b>No School</b>	<b>23</b>  <b>No School</b>
<b>26</b> <b>Choice #1</b> <b>WG Chicken Tenders</b>  <b>Choice #2</b> <b>WG Cheeseburger</b>  <b>Veg: Brussel Sprouts</b>	<b>27</b> <b>Choice #1</b> <b>WG Pulled Pork Sandwich</b> <b>Choice #2</b> <b>WG Chicken Nuggets w/WG Dinner Roll</b> <b>Veg: Roasted Broccoli</b> <b>Choice #3</b> <b>*Muffin Fun Lunch*</b> <b>In Celebration of National Muffin Day</b>	<b>28</b> <b>Choice #1</b> <b>Grilled Chicken w/WG Dinner Roll</b>  <b>Choice #2</b> <b>WG Mac &amp; Cheese w/WG Dinner Roll</b> <b>Veg: Baked Beans</b>	<b>29</b> <b>Choice #1</b> <b>WG Beef &amp; Cheese Nachos w/Salsa</b>  <b>Choice #2</b> <b>WG Chicken Sandwich</b>  <b>Veg: Roasted Carrots</b>	<b>March 1</b> <b>Choice #1</b> <b>WG Cheese Galaxy Pizza</b>  <b>Choice #2</b> <b>WG Pepperoni Pizza</b>  <b>Veg: Curly Fries</b>

### 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)

This institution is an equal opportunity provider



# MRP

MY RELATIONSHIPS PROJECT

**AND**

∞ Embracing My Superpower ∞

PROUDLY PRESENT

# SPIN<sup>2024</sup>zoo

SEE

Check out others'  
niche interests

SHOW (optional)

Reserve a table to  
show off your  
interests

CONNECT

Meet others, make  
connections

**SUNDAY  
MARCH**

**3  
4-6 PM**



Sign up  
for  
table  
here

**\$5@DOOR**



THE OFFICE COFFEE SHOP \* 402 W. LAFAYETTE \* ROYAL OAK

# QUESTIONS?

## **Q: What is a niche, special interest?**

- History, gaming, animals, tech, mythology, anime, bottle caps, sports, plants, music, etc.

## **Is SpINCON for me?**

- If you have Autism, ADHD, or are neurodivergent in any way and want to connect with other people about niche interests...then **YES!**
- If you are NOT neurodivergent and want to connect with others about niche interests...**YES!**

## **Q: What ages is SpInCON for?**

- Adults, teens, and kids over the age of 5

## **Q: Is SpInCON sensory-friendly?**

- YES! **Low lights, no music** will be playing, and there will be a **chill space** to relax if you need a break

## **Q: Do I have to bring my own stuff?**

- **Only if you want to!**
- Don't want to? Come see and connect!
- Want to? Sign up at the QR code above

## **Q: How do I get more information?**

- Email us! [questions@myrelationshipsproject.com](mailto:questions@myrelationshipsproject.com)