



Jardon Vocational School Parent Newsletter From The Principal

February 9th, 2024

Dear Jardon/Webb Community,

The Adult Transition Programs had a fantastic end to their week with a Valentine's Day Social. They decorated cookies and sang karaoke to end out a beautiful Friday. Our students work hard each and every day by attending their job sites and participating in instructional lessons provided by their teachers addressing student Individualized Educational Plan goals. Many of these goals center around independent living skills, employability skills, community living skills as well as social development.

We have an early dismissal on Friday, February 16. Students will be dismissed at 11:00 for the Jardon Adult Programs and 11:20 for the Webb Elementary Center Programs. Mid Winter break will be February 19-23 and we will look forward to seeing everyone back on Monday, February 26.

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 or 248-658-5953 if you have any questions or concerns.

Thank you!

Heidi Kunz

FEBRUARY

**FEBRUARY 16-
HALF DAY
11:00 A.M. DISMISSAL
WINTER BREAK BEGINS**



**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 <i>Last day to register for Field Trip to A Day at The Movies</i>	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 • rec.troyml.gov						
		MORE DETAILS & INFO AT: rec.troyml.gov/guide		QUESTIONS? EMAIL US: adaptive@troyml.gov		CONNECT WITH US: ● INSTAGRAM: @troyrecmi ● FACEBOOK: @troyrecreation ● E-NEWSLETTER: rec.troyml.gov/adaptiveconnection

Weekly CBI

Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 2/12- P.M. - Meijer

Thursday- 2/15- A.M. - Sam's Club
P.M. - Berkley Fire/Police Department

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 2/12- P.M. - Walmart

Thursday- 2/15- P.M.- Butternut Bakery

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



Jardon Crusaders



Basketball Team

Monday, February 5th, 2024-

Troy Boys & Girls Club

3670 John R Rd, Troy

All athletes invited

5:45 PM- Arrive - 6:00 PM game time

Tuesday, February 13th, 2024-

Webb Gymnasium

2100 Woodward Heights Ave

10:00 AM game time

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

Wednesday, February 14th, 2024-

*** Last Practice from 3:15-4:30**

*** Athletes to turn in their uniforms**

*** Tentative staff versus Crusaders game**



News From Nurse Stephanie

Dancing With Calcium and Phosphate

Before I introduce you to this week's electrolyte stars, there is a term you'll need to know: *inverse proportion*. Simply put, ***inverse proportion*** means when the amount of one substance *increases*, the amount of the other substance *decreases* (and vice-versa!).

Calcium (Ca⁺): Most of us are already familiar with Ca⁺. We know it helps build strong bones and teeth, and is easily found in foods like soy and dairy products, leafy greens, some fish, and almond and rice milks. But did you know that in order to use Ca⁺ for proper blood clotting, and to send impulses between nerve cells, your body will pull it OUT of bone tissue? Without an adequate supply of Ca⁺, bone structure becomes weaker and more easily damaged, leading to fractures (breaks in the bone). Luckily Ca⁺ meets up with another mineral - *phosphate* - and creates hydroxyapatite, the substance which rebuilds your tooth enamel and bone. Here's where it gets interesting.

Phosphate (PO₄ 3-): Besides helping metabolize fat and sugar and regulating acid-base balance (more on that in the future), PO₄ 3- works hand-in-hand with Ca⁺ to build up your bone tissue. Your kidneys do a great job at regulating this: PO₄ 3- and Ca⁺ are *inversely proportionate* to each other. Yep - that's right! When Ca⁺ rises, PO₄ 3- falls; when PO₄ 3- rises, Ca⁺ falls.

All is well with this dance until one "steps on the other's toes", and both are thrown off balance. If too much PO₄ 3- knocks Ca⁺ to the floor, the drop in Ca⁺ makes muscles irritable, and disturbs heart rhythms. Too little PO₄ 3- throws Ca⁺ up high; again, resulting in abnormal heart muscle contractions, confusion, and even coma. What causes this to occur? While there are multiple influences on kidney function (remember, your kidneys regulate your Ca⁺ and PO₄ 3- balance), damage to kidney tissue - for example, inflammation caused by infection or injury - can interfere with their ability to balance these electrolytes. To make sure we get enough PO₄ 3-, a diet with plenty of poultry, pork and/or seafood, dairy products as tolerated, and lots of whole grains will help keep our bodies in step... A little something to consider as we "step" into the weekend!

Happy "dancing"!

Nurse Stephanie

McGowan's Corner From The Transition Coordinator



<https://www.jarc.org/>

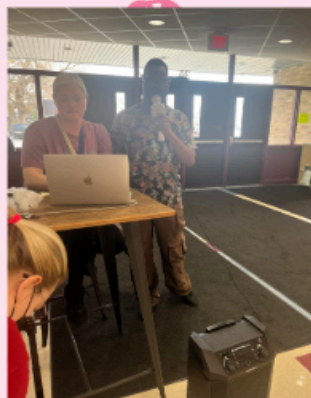
JARC is a Michigan-based non-profit, non-sectarian agency dedicated to enabling people with developmental disabilities to live full, dignified lives in the community, and to providing support and advocacy for their families.

JARC provides neighborhood homes and independent living programs for adults, enriching recreational and cultural experiences, and in-home respite and community experiences by trained caregivers for children and young adults.

JARC's services fall into 3 areas:

- Residential Services
- Community Engagement
- Respite Service

For more information about JARC's services, please call us at 248-940-2617



Valentine's Day Social



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

Daily 3rd 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

This institution is an equal opportunity provider

MRP

MY RELATIONSHIPS PROJECT

AND

∞ Embracing My Superpower ∞

PROUDLY PRESENT

SPIN²⁰²⁴zoo

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