



# **JARDON**

**VOCATIONAL SCHOOL**

## **Parent Newsletter**

### **From The Principal**



January 12th, 2024

Dear Jardon/Webb Community,

We welcomed our students back this week after a nice holiday break! It was really nice to see the excitement from our students as they came back to school. Please send us any pictures you might like to share of your student during break.

We are off on Monday to celebrate the great Dr. Martin Luther King Jr. There are many community activities being held to honor him. Please share any photos you may have of your participation in these events.

On Wednesday, January 17, we are hosting our January Fun Night! Please make sure you call and reserve your spot. You can pay the \$5 entry fee at the door. The theme is "White Out" to celebrate all of the wonderful snow. Wear all white clothing!

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 15th–  
No School/Teacher PD Day–  
Martin Luther King Day**

**January 17th–  
Winter White Out Fun Night  
6–7:45 P.M.**

**January 19th&22nd  
Half Day 11:00 A.M. Dismissal  
Teacher Records Day**

**January 25th–  
Dentist R Us**



## STUDENT COUNCIL NEWS

### *Bagel Sale*

*\$1.00 Per Bagel*

*\$1.50 Bagel with cream cheese*

*Wednesday, January 17th*

*Wednesday, January 31st*







# ADAPTIVE JANUARY 2024

**! NO FRIDAY FROLIC**  
January or March **!**

● INDICATES REGISTRATION REQUIRED ● INDICATES PROGRAM IS FULL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 ● Adaptive Bowling 4 pm @ 5 Star Lanes	9 ● Daytime Friendship Club 10 am-3 pm @ TCC	10	11 ● Daytime Friendship Club 10 am-3 pm @ TCC ● Musical Theater 6:30-7:20 pm @ TCC Act #7306-B1	12	13
14	15 ● Adaptive Bowling 4 pm @ 5 Star Lanes	16 ● Daytime Friendship Club 10 am-3 pm @ TCC	17	18 ● Daytime Friendship Club 10 am-3 pm @ TCC ● Musical Theater 6:30-7:20 pm @ TCC	19	20
21	22 ● Adaptive Bowling 4 pm @ 5 Star Lanes	23 ● Daytime Friendship Club 10 am-3 pm @ TCC	24 ● Ensemble 6-6:50 pm @ TCC Act #7306-A1 ● Beginners Clinic 6-6:50 pm @ TCC Act #7306-C1	25 ● Daytime Friendship Club 10 am-3 pm @ TCC ● Musical Theater 6:30-7:20 pm @ TCC	26	27
28	29 ● Monday Mingle 5:30-7 pm @ TCC Act #7376-A1	30 ● Daytime Friendship Club 10 am-3 pm @ TCC	31 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC			

Troy Community Center • 3179 Livernois Rd. • 248.524.3484 • [rec.troy.mi.gov](http://rec.troy.mi.gov)



**MORE DETAILS & INFO AT:**  
[rec.troy.mi.gov/guide](http://rec.troy.mi.gov/guide)

**QUESTIONS? EMAIL US:**  
[adaptive@troy.mi.gov](mailto:adaptive@troy.mi.gov)

## CONNECT WITH US:

**INSTAGRAM:** @troyrecmi  
**FACEBOOK:** @troyrecreation  
**E-NEWSLETTER:** [rec.troy.mi.gov/adaptiveconnection](http://rec.troy.mi.gov/adaptiveconnection)





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

Monday- 01/15- P.M. - NO SCHOOL

Thursday- 01/18- A.M. - Sam's Club  
P.M. - Walmart

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

Monday- 01/15- P.M. - NO SCHOOL

Thursday- 01/18- P.M.- Bowling-Miller/Stevens (\$6.00)

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





# News From Nurse Stephanie



## What's Even Better Than a Stanley Cup?

It's what you put in it.

In case you missed it, these colorful cups from the 110-year-old Stanley company have emerged as a trendy, reliable way to keep a drink hot or cold through the day.

It's no secret that our bodies (which are composed of roughly 50 - 70 percent water, depending on various factors) need plenty of fluids to function well. So what does water do for us? Just a few benefits of adequate hydration:

- Cushions joints for smoother movement
- Helps regulate blood pressure and body temperature
- Prevents headaches, mood swings, and confusion from dehydration
- Assists with removing toxins from the body
- Keeps skin soft and smooth
- Along with other factors, can prevent constipation and urinary tract infections

So when you fill your Stanley - or any other portable tumbler, for that matter! - with water, you have a winning combination!

For more info and tips on how to create tasty flavored water, check out this article from Harvard University:

<https://www.hsph.harvard.edu/nutritionsource/water/>

Happy New Year! Raising my water glass (and travel mug) to you!

- Nurse Stephanie

# MCGOWAN'S CORNER FROM THE TRANSITION COORDINATOR



Hello everyone and Happy New Year!

EasterSeals MORC in conjunction with Oakland Schools is holding a virtual resource fair for families who need information about agencies, programs, resources and support.

Please find attached a flier for the second Virtual Resource Fair on Wednesday, January 24th.

Individuals can register for these **free** events using the registration link within the flier. There are several new vendors at this event who can provide information on a more comprehensive variety of topics.



**VIRTUAL RESOURCE FAIR - OAKLAND SCHOOLS**

Please join us for a resource event with a variety of community agencies specializing in resources for individuals with intellectual disabilities and their families. Learn about programs, resources, and support available for your family.

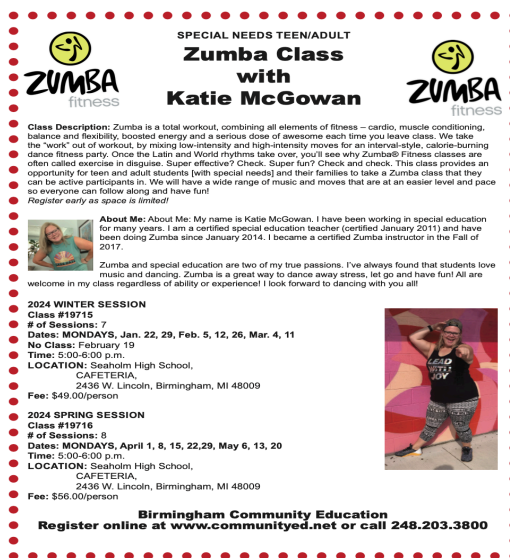
**Wednesday, January 24th**  
**6 p.m. to 8 p.m.**

Click below to Register:  
<https://morclsc.zoom.us/join/register/1ZMkeOGqT4qE9QbSaH0TKcnj3R9K9FD>

**Participating Organizations Include:**

- Easterseals MORC
- New Horizons Rehabilitation
- Michigan Rehabilitation Services
- Gesher Human Services Oakland
- Community Health Network
- Special Education Mediation Services
- New Possibilities
- Arc of Oakland
- On My Own
- Michigan Alliance for Families
- Oakland Housing Link
- Springhill Pooled Accounts
- Sunnyside Medicare

For more information, contact:  
Lindsay Calcaterra  
[lcalcaterra@eastersealsmorc.org](mailto:lcalcaterra@eastersealsmorc.org)



**SPECIAL NEEDS TEEN/ADULT**  
**Zumba Class with Katie McGowan**

**Class Description:** Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. This class provides an opportunity for teen and adult students (with special needs) and their families to take a Zumba class that they can be active participants in. We will have a wide range of music and moves that are at an easier level and pace so everyone can follow along and have fun!  
*Register early as space is limited!*

**About Me:** About Me: My name is Katie McGowan. I have been working in special education for many years. I am a certified special education teacher (certified January 2011) and have been doing Zumba since January 2016. I became a certified Zumba Instructor in the Fall of 2017.

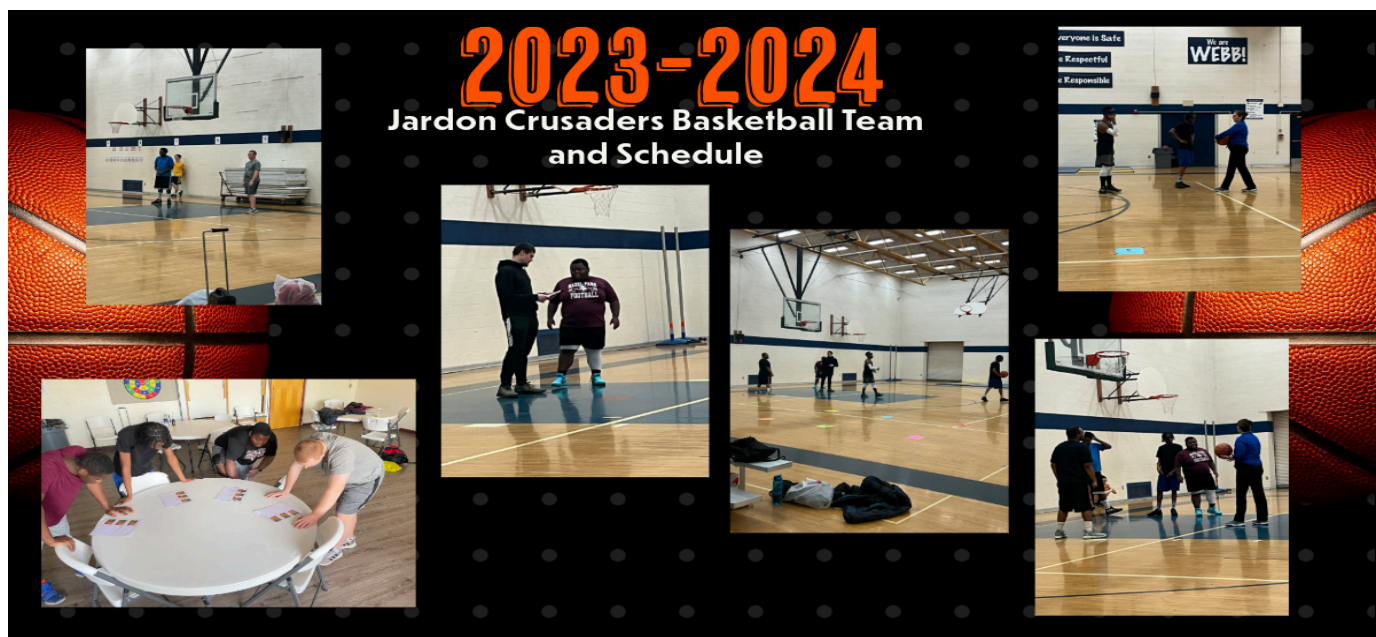
Zumba and special education are two of my true passions. I've always found that students love music and dancing. Zumba is a great way to dance away stress, let go and have fun! All are welcome in my class regardless of ability or experience! I look forward to dancing with you all!

**2024 WINTER SESSION**  
Class #19715  
# of Sessions: 7  
Dates: MONDAYS, Jan. 22, 29, Feb. 5, 12, 26, Mar. 4, 11  
No Class: February 19  
Time: 5:00-6:00 p.m.  
LOCATION: Seaholm High School, CAFETERIA, 2436 W. Lincoln, Birmingham, MI 48009  
Fee: \$49.00/person

**2024 SPRING SESSION**  
Class #19716  
# of Sessions: 8  
Dates: MONDAYS, April 1, 8, 15, 22, 29, May 6, 13, 20  
Time: 5:00-6:00 p.m.  
LOCATION: Seaholm High School, CAFETERIA, 2436 W. Lincoln, Birmingham, MI 48009  
Fee: \$56.00/person

**Birmingham Community Education**  
Register online at [www.communityed.net](http://www.communityed.net) or call 248.203.3800





# 2023-2024

## Jardon Crusaders Basketball Team and Schedule

Saturday, January 20th, 2024- Troy Athens High School

4333 John R Rd., Troy MI 48085

**A Team- 12:00 P.M. B Team- 10:00 A.M.**

Family Transports

Thursday, January 25th, 2024- Dakota High School

21051 21 Mile Rd, Macomb, MI 48044 \*Box lunch will be provided\*

Bus leaves Jardon by 8:45 A.M.

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

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

Tuesday, January 30th, 2024- Churchill Community Center, 70 Girard, Royal Oak

Bus leaves at Jardon at 9:45 A.M.

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

**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

10:00 A.M.

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



## **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/Salsa  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/Salsa 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/Marinara  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/Salsa  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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