

Jardon Vocational School **PARENT NEWSLETTER** From The Principal



January 19th, 2024

Dear Jardon/Webb Community,

We ended up with a pretty short week this week. The weather was pretty frigid but it seems like we may be headed back to warmer weather next week! Monday is a half day of school with dismissal at 11:00. Then, we return to our normal schedule again for the remainder of the week.

Our Jardon Crusaders have their first basketball game tomorrow! Please see the schedule below so you can come support the team! We would love to see you!

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

January

January 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.troymi.gov



MORE DETAILS & INFO AT:
rec.troymi.gov/guide

QUESTIONS? EMAIL US:
adaptive@troymi.gov

CONNECT WITH US:

● INSTAGRAM: @troymrecmi

● FACEBOOK: @troymrecreation

● E-NEWSLETTER: rec.troymi.gov/adaptiveconnection



Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 01/22- P.M. - HALF DAY

Thursday- 01/25- A.M. - Sam's Club
P.M. - Somerset Mall

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 01/22- P.M. - HALF DAY

Thursday- 01/25- P.M.- Meijer

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

STUDENT OF THE MONTH December

Jacob Levin



Joshua Crump



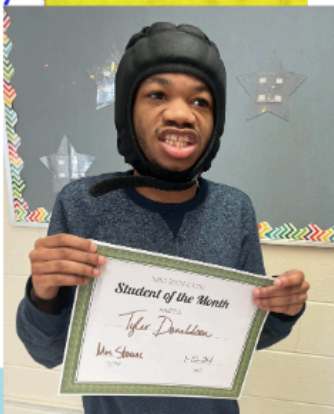
Jodie Miller



Sarah Mangosh



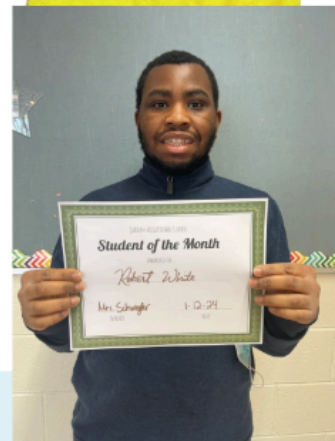
Tyler Donaldson



David Iaconelli



Robert White





McGowan's Corner

From The Transition Coordinator

SAIL was established in the Summer of 2019 by a group of parents committed to finding housing solutions for adults with developmental disabilities. SAIL encourages each family to be the architects of their loved ones' housing solution – allowing them to live safely and independently. SAIL members are committed to supporting one another to create unique housing solutions for individuals. SAIL provides mentorship, education, and an opportunity to connect with others through SAIL's Friendship Connect and SAILing Lessons.

<http://www.sailhousingsolutions.org/events>

SAIL WINTER CALENDAR

FOR UPDATES ON SAIL EVENTS, VISIT THE
SAIL WEBSITE
[SAIL HOUSING SOLUTIONS](http://www.sailhousingsolutions.org)

WEDNESDAY, FEB. 7, 2024

SAILING LESSONS
HOUSING CONSIDERATIONS FOR HIGH
NEEDS INDIVIDUALS

6:15-8:00

CHIEF FINANCIAL CREDIT UNION
20 S. MAIN, ROCHESTER

FOCUS ON PEOPLE WITH HIGH NEEDS

The February SAILing Lesson will explore the challenges specific to developing housing solutions for individuals with higher needs. High-need intellectual and developmental disabilities encompass a range of conditions that significantly impact an individual's cognitive, social, and adaptive functioning. Conditions like severe autism, profound intellectual disabilities, and complex medical needs fall under this category. Regardless of the diagnosis, these individuals can be exceptionally vulnerable to mistreatment, lack of understanding resulting in behavioral issues, or physical or cognitive regression due to lack of challenging and fulfilling activity.

When developing a housing solution for these individuals, challenges can fall in several categories:

Communication skills: High-need individuals often have limited or no communication skills; they may express themselves through behaviors rather than words. Parents have developed an innate communication system to care for their loved one. How does that translate to independent living?

Supervision Needs: Lack of awareness of danger, possibility of elopement and myriad other behaviors are often present and require concentrated supervision from caregivers. How do we work with an individual's supports coordinator to ensure this need is clear in the IPOS so that staffing agencies can be prepared in the independent living situation?

Behavioral Issues: Individuals with higher needs may exhibit challenging behaviors, including aggression, self-injury or destruction of property. After a lifetime of caring for their loved ones, parents know innately how to navigate these situations. How do we translate that knowledge to provide a safe and comfortable home for our loved ones?

Complex Medical Needs: families have developed the ability to manage our loved ones' medical needs. Often families have a "gut" sense of what the individual needs, which is learned over a lifetime. Staffing providers must function using documented processes within the guidelines of Recipient Rights. How do families best share this knowledge with staffing agencies?

When developing a housing solution for high-needs individuals, a parent's lifetime of knowledge needs to be transferred to policies, procedures and notes to give the staff tools to ensure a safe, comfortable, enriching home environment. Please join us in February for our next Sailing Lesson to hear more about how some families have successfully charted these waters!

SAIL VISION:
WE DREAM OF A DAY WHEN ALL
INDIVIDUALS, WITH THEIR UNIQUE
ABILITIES AND TALENTS, CAN ENJOY LIVES
OF INTERDEPENDENCE, EMPOWERMENT,
AND PURPOSE IN THE COMMUNITY OF
THEIR CHOICE

BOARD MEMBERS:
MAIA BARTON*
SUSAN CHAPLIN
DON COURTRIGHT
SARA FENTRESS-GANNON
DAN ISRAEL*
MARY JAYE*
HEATHER MINGLE
TOM MUELLER
SUSAN NANNY
MATTHEW PETERS*
KATHY REMSKI
JOE SKORNICKA
TIM WEED

*PENDING MEMBERSHIP CONFIRMATION

TO GET INVOLVED, EMAIL
INFO@SAILHOUSINGSOLUTIONS.ORG



Disturber of the Peace

You've gotten cozy in your jammies, turned out the light, and are ready to drift into dreamland. But something's not quite right.

Instead of relaxing, your limbs feel driven to move. So you stretch a little and reposition yourself.

However, the restless feeling returns. You move again, thinking a different position will settle the funny creepy-crawly sensation. But it comes right back.

Maybe you do fall asleep, only to wake again with the same urge to move around. You get up, take a quick walk to the bathroom, and return to bed... only to find your limbs still won't settle down. What gives?!

This common but frustrating condition doesn't have to steal precious hours of your night! Let's explore one reason this could be happening.

RLS

Restless Legs Syndrome (RLS) is characterized by an uncontrollable urge to move both legs (and sometimes the arms). While it can happen at any time, it's typically worst at night while laying down.

Moving the limbs (walking, tapping, stretching) brings temporary relief; however symptoms often return. There isn't any one known definite cause of RLS, though multiple factors such as iron deficiency, fluctuating hormones and brain chemicals, and certain chronic conditions are suspect.

What to do?

At home, symptoms of RLS can be alleviated by massaging the affected muscles, taking a warm bath before bed or applying heat or cold packs, and avoiding caffeine after mid-afternoon. Exercising early in the day may also be helpful.

If you are still losing sleep, don't wait! See your primary care practitioner. In the case of iron deficiency, a supplement may be all that is needed. Anxiety and/or hypoglycemia (low blood sugar levels) could also be responsible; each has its own considerations. Several types of medications are available that can help, depending on your practitioner's assessment. A good assessment will include a medical history, discuss bothersome symptoms and any current conditions, and review any medications you are taking.

"Happiness is waking up, looking at the clock, and finding that you still have two hours left to sleep." — Charles M. Schulz

In health, Nurse Stephanie

Also see: <https://www.mayoclinic.org/diseases-conditions/restless-legs-syndrome/diagnosis-treatment/drc-20377174>



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, 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 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