

JARDON VOCATIONAL SCHOOL PARENT NEWSLETTER FROM THE PRINCIPAL



January 26th, 2024

Dear Jardon/Webb Community,

Our students just finished up their 6th week in the second job rotation. You should be receiving a copy of your student's work report today. This is a good opportunity for you to check in and see how they are performing and have a discussion about their job experience.

Our Crusaders basketball team had a successful tournament this past Saturday, winning Silver (A) and Gold (B) respectively. They were also victorious on Thursday versus Dakota. Way to go team!!! On that note.....GO LIONS!!!

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 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



MORE DETAILS & INFO AT:
rec.troy.mi.gov/guide

QUESTIONS? EMAIL US:
adaptive@troy.mi.gov

CONNECT WITH US:

● INSTAGRAM: @troyrecmi
● FACEBOOK: @troyrecreation
● E-NEWSLETTER: rec.troy.mi.gov/adaptiveconnection



WEEKLY CBI



Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 01/29- P.M. - Meijer

Thursday- 02/01- A.M. - Sam's Club
P.M. - McDonald's

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 01/29- P.M. - Target

Thursday- 02/01- P.M.- Somerset Mall

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



JARDON BASKETBALL TOURNAMENT AT TROY ATHENS & DAKOTA HIGH SCHOOL





MCGOWAN'S CORNER FROM THE TRANSITION COORDINATOR

Many parents ask – “What Will Happen to my Child When I’m Gone?”

The Forever Plan offers a formal and comprehensive plan of lifetime advocacy that will provide consistent follow-up on the individual’s lifestyle while securing appropriate services for persons with intellectual and developmental disabilities. The Forever Plan is designed to meet the needs of the individual by utilizing all available community resources. A flexible Individual Plan of Service (IPS) will be developed based on the needs of the participant and his/her family. The Forever Plan exists to offer and provide a sense of security to parents and families when they themselves become disabled or are unable to handle their own affairs. When a parent of a participant has passed away,

The Forever Plan will cooperate with remaining family members and others in a consultative capacity. The plan will ensure consistent follow-up advocacy for the person with intellectual and/or developmental disabilities. Oversight of The Forever Plan will be accomplished by a committee of the Board of Directors of The Arc of Oakland County. The program is open to Oakland County residents only.

[The ARC's Forever Plan Brochure:](#)

<https://www.thearcoakland.org/wp-content/uploads/The-Forever-Plan-Brochure-PDF.pdf>



**The
Forever Plan**

For family members and others interested in
a comprehensive Lifetime Advocacy Program

NEWS FROM NURSE STEPHANIE



Let There Be ‘Lytes!

Electrolytes, that is.

What exactly *are* electrolytes, though?

Minerals like sodium, calcium, bicarbonate, and magnesium are always present in our bodies. When dissolved in water, these minerals (*electrolytes*) conduct *electricity*! They perform vital tasks such as helping our muscles contract, getting fluids where they need to go, and helping digest the food we eat.

There are seven major electrolytes in the body. Without proper levels of each mineral, our bodies would become very sick.

Electrolytes are crucial for our survival!

Join me over the next few weeks, and we’ll take a dive into just how these mysterious powerhouses “lyte” up our lives!

First up? The “Big Three”...

See you next week!

Nurse Stephanie



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

Bus leaves 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

Wednesday, January 31, 2024-

Webb Gymnasium

2100 Woodward Heights Ave

All athletes invited

Monday, February 5th, 2024-

Troy Boys & Girls Club

3670 John R Rd, Troy

All athletes invited

5:45 P.M. arrive - 6:00 P.M. game time

Tuesday, February 13th, 2024-

Webb Gymnasium

2100 Woodward Heights Ave

10:00 A.M.

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

2ND ANNUAL FAMILY RESOURCE EXTRAVAGANZA & CHILI COOKOFF

Over 40
Vendors
Attending

**SATURDAY, FEBRUARY 3, 2024
11 AM TO 3 PM**

Come for free information and resources from local community partners for you and your family! Enjoy free activities for kids, free flu and COVID-19 vaccines, free haircuts, and free family photos! Every family that attends will have a chance to win a raffle basket of their choosing! There will also be an opportunity to taste test and vote on the best chili in Hazel Park! All are welcome to attend.

RESOURCES AVAILABLE

- United Way for Southeastern Michigan
- Hazel Park Recreation Department
- Hazel Park Youth Assistance
- YMCA
- Michigan Schools and Government Credit Union
- Oakland County MichiganWorks!
- Ferncare Free Clinic
- DTE
- Consumers Energy
- Great Start Collaborative Oakland County
- Michigan Department of Health and Human Services
- And many more!!



Tons Of
Giveaways



**AT HAZEL PARK JUNIOR HIGH SCHOOL
22770 HIGHLAND AVE., HAZEL PARK, MI 48030**



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/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: Curry 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

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