

Jardon Vocational School

Parent Newsletter

From The Principal



Dear Jardon/Webb Community

June 2nd, 2023

Our graduates had an amazing sendoff Thursday evening. Three students completed their post high school educational career at Jardon: Malcolm Campbell, Alex Coviak, and Roger Dong. They will be missed but we are very happy for them as they move into the next chapter of their lives.

Today we had student volunteers working with Gleaners to hand out food at the food bank held at the Hazel Park Administration Building. It was a warm day but they persevered and helped get the food ready to hand out.

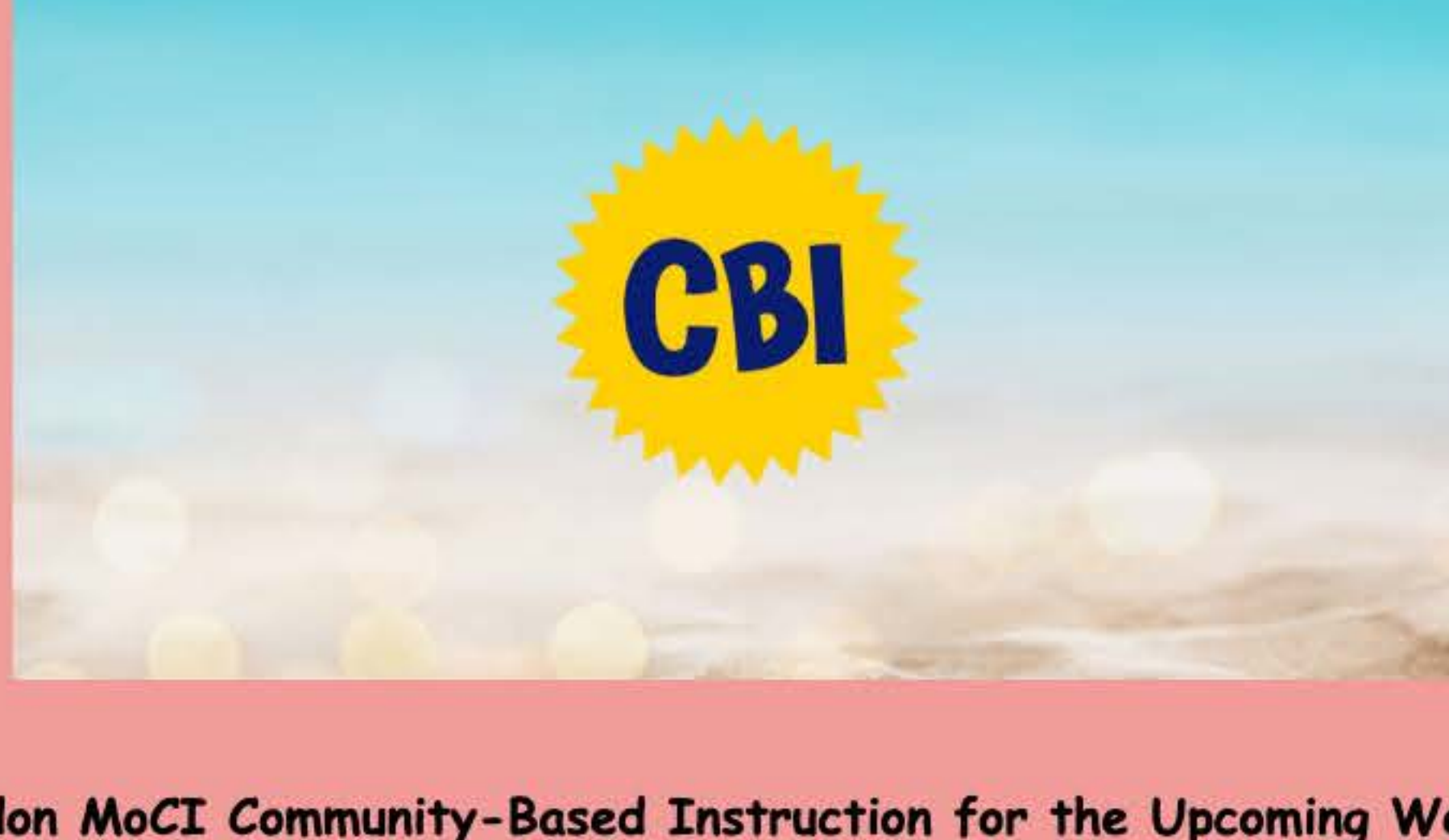
We have one more week left to finish out our 2022-2023 school year. Wednesday, June 7, the students will have a picnic together outside. Thursday, June 8 is a half day, students will be dismissed at 11:00. Friday, June 9, is also a half day with dismissal at 11:00. This will be our last day of school.

Please make sure to join us on social media! Find us on facebook by searching 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.

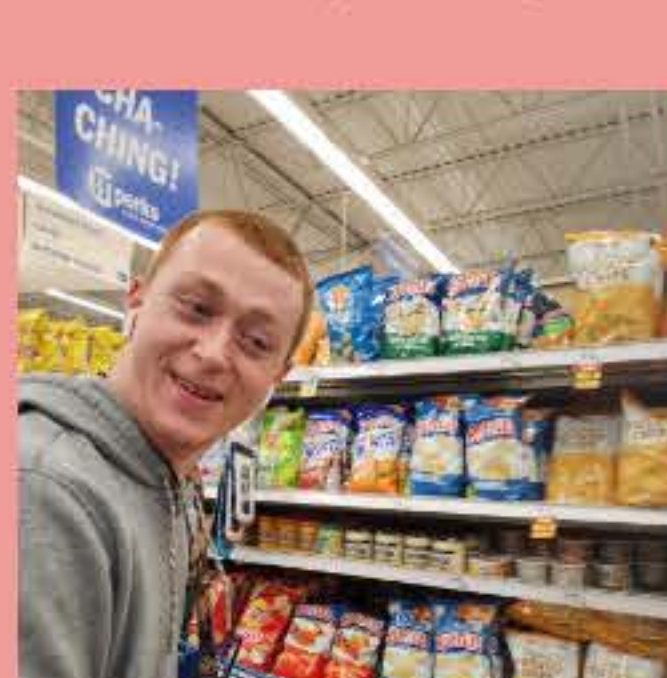
Thank you!

Heidi Kunz



Jardon MoCI Community-Based Instruction for the Upcoming Week:

- Monday 6/5. - A.M.- Meijer
P.M.- Oakland Mall
- Thursday 6/8 - A.M.- Stage Nature Center
P.M. - Half Day
- Friday 6/9- A.M.- Stage Nature Center
P.M.- Half Day



Jardon ASD Community- Based Instruction for the Upcoming Week:

- Monday 6/5 - P.M. - McDonalds
- Thursday 6/8- P.M.- Half Day
- Friday 6/9- A.M. - Last Day Of School!



Nurse Karen's Korner

TRACE MINERALS

This week we will close our discussion of vitamins and minerals. Our last article will talk about TRACE MINERALS. As the name implies, trace minerals are required in far smaller amounts in the human body than the Essential Minerals we went over last time. Each Trace Mineral has a specific biochemical function in the human body. They are needed in such small amounts, that the role of many were not discovered until recently.

The list of 16 Trace Minerals are as follows:

Iron (Fe)	Zinc (Zn)	Sulfur (S)	Vanadium (Va)
Manganese (Mn)	Cobalt(Co)	Chloride (Cl)	Nickel (Ni)
Copper (Cu)	Molybdenum (Mo)	Boron (B)	Arsenate (As)
Iodine (I)	Selenium (Se)	Silicon (Si)	Chromium(Cr)

The best all around food sources of most trace minerals are as follows: seeds, nuts, sea asparagus, sea weeds, apricots, avocado, banana, green leafy vegetables and seafood. One thing to be aware of is the mineral concentration of any food can depend on the soil in which they are grown.

The toxicity of minerals depends essentially on the amount absorbed by the body. All minerals can be toxic if taken in high enough doses.

The most common mineral deficiencies in humans are calcium, iodine and iron especially in particular physiological conditions such as pregnancy.

If any of these situations are suspected, talk with your doctor.

From The Transition Coordinator

As we enter our last week of school, I find it bittersweet and with much emotion. As many of you know, I have decided to retire. My time at Jardon Vocational School has been some of the happiest days of my teaching career.

I began my career in 1985 here at Jardon. I taught for 12 years before deciding to stay home with my own children for 14 years. When I returned to teaching in 2010, I returned to Jardon. I was quickly transferred to Hazel Park High School, then to Webster Elementary, back to the high school and for the last 5 years have had the honor and privilege to work at Jardon as the Transition Coordinator and Job Coordinator.

From the first day I started as the Transition/Job Coordinator, the students welcomed me with open arms, smiles, kind words and positivity. I have learned so much from our students. They have taught me no matter what ability one has, kindness, perseverance and resiliency make a successful individual.

I will not miss IEPs, meetings, or the endless paperwork, but I will miss the students. They have given me more than words can be written in this letter. I will also miss working with all you amazing parents and guardians. You work so hard, often tirelessly, for your young adult and I commend you all.

My wish is for our students to be seen for the amazing individuals they were created to be. I wish them the success and dreams each one of them desires for themselves. I wish them joy and love.

I will remember my time at Jardon fondly and the time spent with your amazing young adults. I hope to see them and you at some of the Fun Nights and Spring Formal.

Until we meet again,

Lenore Barshaw