

Jardon Vocational School
Parent Newsletter
From The Principal



March 17th, 2023

Dear Jardon/Webb Community

Our St. Patrick's Day themed fun night was a smashing hit last night! We had nearly 50 current and former students present and celebrated with dancing, pizza, bingo, and other fun games! It is so enjoyable to see our students having fun with friends!

Every Wednesday our students and staff participate in "Walking Wednesday." We designate from 1:45 to 2:15 as a time when we all exercise together by walking the outer halls of our building. When the weather turns warmer, we add in a walking loop outside. We have music playing and everyone has the chance to walk and talk. This is just one of the ways we try to promote being active and healthy.

Next week we have a half day of school on Friday, March 24. School dismisses at 11:00 a.m. No lunch is served on half days. Spring Break commences at this time. We are back to school on Monday, April 3, 2023. Have a great weekend!

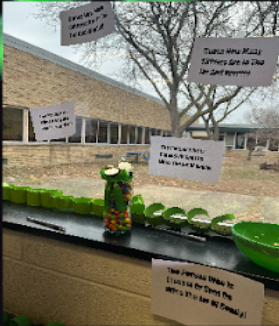
Please make sure to join us on social media! Find us on Facebook by searching for Jardon Vocational School. You will see regular updates posted there about what's going on at Jardon!

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

O'JARDON FUN NIGHT



March Haiku

Dismissal

Spring Recess Begins





Community Based Instruction - Week of 03/20/2023

MOCI:

ASD:

Monday (03/20)

Monday P.M. (03/20)

Meijer A.M.

Meijer P.M.

Five Below P.M.

Thursday (03/23)

Thursday P.M. (03/23)

Sam's Club A.M.

Berkley Public Safety- Kulczycki/Springsteen P.M.

Barnes & Noble P.M.

Friday (03/24)

Friday A.M. (03/24)

Big Lots A.M.

National Coney Island- Kulczycki A.M.

Half Day P.M.

From the Transition Coordinator: Mrs. Barshaw

Adult Life After Jardon

I have been getting a lot of questions from parents/guardians about what their young adult will do after aging out of public education. While I am by no means an expert on this topic, I do have some information I would like to share.

As adults with disabilities receiving Social Security Income (SSI) and medicaid, your young adult is eligible for services after public education. Since Jardon's main goal is to help students become employable, we generally initiate working with Michigan Rehabilitation Services (MRS) to help students achieve this goal. MRS helps individuals with disabilities seek competitive employment. MRS does not provide long term job coaching, however, so sometimes this is not the path our students are able to take once exiting Jardon. Many of our students are able to achieve competitive employment, but what about the others who still need prevocational services or just socialization and/or community based instruction.

If a young adult leaving our program is not ready for competitive employment, they are often eligible for continued prevocational services and/or community based instruction through agency support (MORC/CLS). This support is provided through medicaid dollars. These services vary depending on which agency you are with. As guardians, you always have the right to switch which agency you are working with.

If you are working with MORC and it is deemed that your young adult cannot at this time be competitively employed, your Support Coordinator can begin looking for and visiting with you various prevocational/vocational centers or day programs focusing on skill building and supported employment. The Support Coordinator will get the authorizations necessary for your young adult to attend one of these programs.

There are many of these centers in Oakland County: JVS, New Horizons, Judson Center, Living and Learning, Dutton Farms, New Gateways,

Creative Empowerment Opportunities (CEO), etc. I have a list if you would like one. Many of these programs have waiting lists, so my suggestion is to visit them within a one/two year window of when you would like your young adult to attend to see if you think your young adult is a good fit. You should ask about the process of enrolling or getting your young adult on the wait list for after aging out of Jardon.

CLS (Community Living Services) takes a different approach to providing services. CLS assists people in developing a Person-Centered Plan and then creates an individualized plan based on the needs of the individual. They often do not send individuals to prevocational centers, but instead develop a plan with you to assist your young adult in achieving his/her dreams and goals.

Whether or not you are with MORC or CLS it is important to ask the questions of your Support Coordinator to begin the conversations. I always tell parents that 8 years or age 26 comes quicker than you think. Planning early is imperative.

Lenore Barshaw

lenore.barshaw@myhpsd.org

Nurse Karen's Korner:

VITAMIN C

As we heard last time, the human body is not able to make Vitamin C on its own and it does not store it either. It is therefore important to include plenty of Vitamin C containing foods in your daily diet.

All fruits and vegetables contain some amount of Vitamin C.

Fruits with the highest amounts of this vitamin include:

- citrus fruits/juices
- berries, strawberries, blueberries, ect.
- watermelon (just to name a few)
- Veggies:
- broccoli
- green/red peppers
- sweet/white potatoes (just to name a few)

Foods at their peak of ripeness eaten raw contain the most Vitamin C!

Even before the discovery of Vitamin C in about 1932, nutrition experts recognized that something in citrus fruits could prevent Scurvy, which is a Vitamin C deficiency that killed as many as 2 million sailors between 1500-1800. In modern times Vitamin C deficiency is very rare in developed countries.

Create Connection is returning for Spring 2023!



Although Create Connection didn't make it in the Spring 2023 Recreation Guide, we had a great turnout and couldn't wait for next season to bring it back!

Create Connection, our program taught by an Art Therapist from [The Art Experience](#), is based on self-care and creative exploration. Create Connection will run for three weeks on Thursday: from 3–4:30 pm at Troy Community Center. \$110 Residents; \$120 Non-Residents. Ages 14+ welcome.

We will be offering three sessions this Spring:

March 16–30

April 13–27

May 11–25

Register for one or all of the above at rec.troymi.gov/login with Activity #7331 or [click here](#). Proration is available for March and April sessions. We can't wait to make more art with you!

**Webb/Jardon
March Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Hot: WG Biscuit w/Sausage Cold: WG Muffins Yogurt	7 Hot: WG French Toast Bites Cold: WG Chat snacks String Cheese	8 Hot: WG Pancake w/Turkey Bacon Cold: WG Pop Tarts Hard Boiled Egg	9 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Oatmeal Rounds Yogurt	10 Hot: WG Waffle w/Sausage Cold: WG Nutrigrain Bars String Cheese
13 Hot: Colby Omelet w/WG English Muffin Cold: WG Nutrigrain Bars Yogurt	14 Hot: WG Apple Cinnamon Texas Toast Cold: WG Muffins String Cheese	15 Hot: WG Pancake Bites w/Turkey Bacon Cold: WG Chat snacks Hard Boiled Egg	16 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Pop Tarts Yogurt	17 Hot: WG French Toast Sticks Cold: WG Oatmeal Rounds String Cheese
20 Hot: WG Biscuit w/Sausage Cold: WG Oatmeal Rounds Yogurt	21 Hot: WG French Toast Bites Cold: WG Nutrigrain Bars String Cheese	22 Hot: WG Pancake w/Turkey Bacon Cold: WG Muffins Hard Boiled Egg	23 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Chat snacks Yogurt	24 Hot: WG Waffle w/Sausage Cold: WG Pop Tarts String Cheese
27 Hot: Colby Omelet w/WG English Muffin Cold: WG Pop Tarts Yogurt	28 Hot: WG Apple Cinnamon Texas Toast Cold: WG Oatmeal Rounds String Cheese	29 Hot: WG Pancake Bites w/Turkey Bacon Cold: WG Nutrigrain Bars Hard Boiled Egg	30 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Muffins Yogurt	31 Hot: WG French Toast Sticks Cold: WG Chat snacks String Cheese

Assorted large 2oz cereals offered daily in place of Hot or Cold option

Assorted Fruits & Juices Available

Flavored & Unflavored Milk

Students must take a fruit or juice with breakfast

WG = Whole Grain

Contact Dan Wrobbel with any questions at (248)658-5995 or daniel.wrobbel@myhpsd.org

This institution is an equal opportunity provider

What's on the Menu?

Hazel Park Schools March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Supplement your lunch from home with a milk, fruit, & vegetable for free!</i> <u>Must take all 3 items</u></p>		<p>1 Choice #1 WG Corn Dog</p> <p>Choice #2 WG Grilled Cheese with Potato Smiles</p>	<p>2 Choice #1 Chicken Drumstick & WG Dinner Roll</p> <p>Choice #2 WG Chicken Sandwich with Baked Beans</p>	<p>3 ½ Day</p>
<p>6 Choice #1 WG Mac & Cheese</p> <p>Choice #2 WG Cheeseburger with Roasted Brussel Sprouts</p>	<p>7 Choice #1 WG Nachos w/ Salsa</p> <p>Choice #2 WG Chicken Nuggets with Seasoned Corn</p>	<p>8 Choice #1 WG Sweet & Sour Chicken</p> <p>Choice #2 WG Grilled Cheese with Roasted Broccoli</p>	<p>9 Choice #1 WG Hot Dog</p> <p>Choice #2 WG Chicken Sandwich with Baked Beans</p>	<p>10 Choice #1 WG Pepperoni Pizza</p> <p>Choice #2 WG Bosco Sticks & Marinara with Curly Fries</p>
<p>13 Choice #1 WG Lasagna Roll Up & WG Dinner Roll</p> <p>Choice #2 WG Cheeseburger with Roasted Green Beans</p>	<p>14 Choice #1 WG Nachos w/ Salsa</p> <p>Choice #2 WG Chicken Nuggets with Roasted Carrots</p>	<p>15 Choice #1 WG Corn Dog</p> <p>Choice #2 WG Grilled Cheese with Potato Smiles</p>	<p>16 Choice #1 Chicken Drumstick & WG Dinner Roll</p> <p>Choice #2 WG Chicken Sandwich with Baked Beans</p>	<p>17 Choice #1 WG Pepperoni Pizza</p> <p>Choice #2 WG Cheesy Italian Pull Apart Bread with Potato Wedges</p>
<p>20 Choice #1 WG Mac & Cheese</p> <p>Choice #2 WG Cheeseburger with Roasted Brussel Sprouts</p>	<p>21 Choice #1 WG Nachos w/ Salsa</p> <p>Choice #2 WG Chicken Nuggets with Seasoned Corn</p>	<p>22 Choice #1 WG Sweet & Sour Chicken</p> <p>Choice #2 WG Grilled Cheese with Roasted Broccoli</p>	<p>23 Choice #1 WG Philly Cheese Steak Sandwich</p> <p>Choice #2 WG Chicken Sandwich with Baked Beans</p>	<p>24 ½ Day</p>
<p>27 No School</p>	<p>28 No School</p>	<p>29 No School</p>	<p>30 No School</p>	<p>31 No School</p>

Daily 3rd Choice Turkey Ham & Cheese Sandwich **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.

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