



March 1st, 2024

Dear Jardon/Webb Community,

We are rounding out our second card marking ending on March 8. Students will get their new job placements and will begin on March 11. You can help make this a smooth process by asking your student to review their work contracts with you and then make sure it is signed and returned as soon as possible. These should be coming home next week around midweek. Students will need these completed prior to beginning their new work experiences.

We are really excited to move into our final rotation of the 2023-2024 school year. There has been so much growth from our students. We are so proud of all of their accomplishments and plan to continue working hard for the remainder of the year! We have our March "Fun Night" scheduled for March 14 from 6:00-7:45. This is sure to be a great time! We celebrated our Student of the Month honorees this week for January and February with cupcakes! One student is selected each month to be honored at the School Board Meeting. The February honoree will be William Jenkins. He will be honored at the March 18 Board Meeting.

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



# MARCH



March 8th- Half Day  
11:00 AM Dismissal  
Record's Day

March 14th- O'Jardon Fun Night  
6-7:45 PM  
Admission \$5

March 22nd- Half Day  
11:00 AM Dismissal  
Spring Recess Begins

ADAPTIVE MARCH 2024

! NO FRIDAY FROLIC in March

!

● INDICATES REGISTRATION REQUIRED ● INDICATES PROGRAM IS FULL

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	5 ● Daytime Friendship Club 10 am-3 pm @ TCC	6 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	7 ● Daytime Friendship Club 10 am-3 pm @ TCC	8	9
10	11 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	12 ● Daytime Friendship Club 10 am-3 pm @ TCC	13 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	14 ● Daytime Friendship Club 10 am-3 pm @ TCC	15	16
17 HAPPY ST. PATRICK'S DAY!	18 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	19 ● Daytime Friendship Club 10 am-3 pm @ TCC	20 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	21 ● Daytime Friendship Club 10 am-3 pm @ TCC	22	23
24	25 ● Monday Mingle 5:30-7 pm @ TCC	26 ● Daytime Friendship Club 10 am-3 pm @ TCC	27 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	28 ● Daytime Friendship Club 10 am-3 pm @ TCC	29	30
31						

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

Recreation

COMMUNITY CENTERS

Troy

MORE DETAILS & INFO AT:

[rec.troymi.gov/guide](http://rec.troymi.gov/guide)

QUESTIONS? EMAIL US:

[adaptive@troymi.gov](mailto:adaptive@troymi.gov)

CONNECT WITH US:

Instagram: @troyrecmi

Facebook: @troyrecreation

E-NEWSLETTER: [rec.troymi.gov/adaptiveconnection](http://rec.troymi.gov/adaptiveconnection)



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

Monday- 3/-4      P.M. - Meijer

Thursday- 3/7-      A.M. - Sam's Club  
P.M. - YMCA (Tour)

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

Monday- 3/4-      P.M. - Walmart

Thursday- 3/7-      P.M.- Hazel Park High School Auxiliary Gym

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



# **O'JARDON FUN NIGHT**

**Join us for a Fun Night of Food, Music,  
Dancing and BINGO! Come dressed in  
Green or as a Leprechaun.**

**Thursday, March 14th from 6-7:45 PM**

**ADMISSION is \$5**

**Please R.S.V.P no later than Monday,  
March 11th, in the office.**

**248-658-5950**

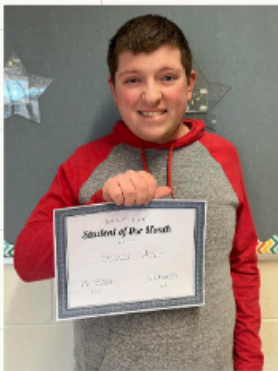


# FEBRUARY

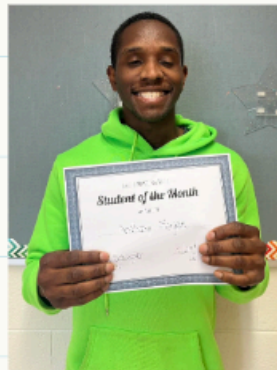


## Student Of The Month

Spencer  
Harris



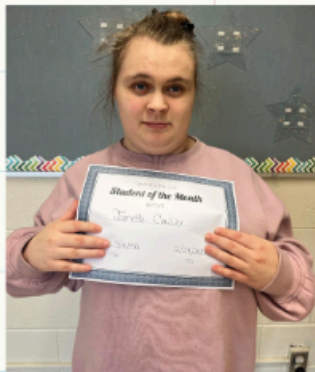
Anthony  
Morgan



Donovan  
Donaldson



Jeanette  
Cloutier



William  
Jenkins



Akeem  
Johnson



Dorian  
Warren





### A Salty Tag-Along Electrolytes, Part 5

Last, but definitely NOT the least, of our vital electrolytes is chloride! Chloride ( $\text{Cl}^-$ ) is used to form hydrochloric acid in the stomach. This acid breaks down the food we eat into tiny absorbable nutrients. It also prevents the growth of illness-causing bacteria and viruses in the stomach.

$\text{Cl}^-$  "tags along" with sodium ( $\text{Na}^+$ ), assisting in fluid regulation and maintaining our critical acid-base balance. As with other electrolytes, our kidneys regulate  $\text{Cl}^-$ , and we can find  $\text{Cl}^-$  in foods such as meat, seaweed, and seafood. Our biggest source of  $\text{Cl}^-$ , however, is found right on our kitchen tables:  $\text{Na}^+\text{Cl}^-$ , or, simply - table salt!

(Interesting to note: pure sodium, by itself, is *extremely* volatile, as I discovered during a virtual chemistry experiment. My professor read my formula aloud and announced, "Congratulations! You've just blown up the lab." Oops...! This is why you'll find  $\text{Na}^+$  always attached to other electrolytes, such as  $\text{Cl}^-$ ; it needs to be stable!)

Being attached to  $\text{Na}^+$ , and easily found in our homes and in the foods we eat, we rarely see a deficiency of  $\text{Cl}^-$ ; it is more likely to have *too much*  $\text{Na}^+\text{Cl}^-$ ! The exception to this is during times of heavy fluid loss, such as intense exercise (sweating), major physical trauma (uncontrolled bleeding), and illness (fever, vomiting, diarrhea). With fluid loss comes electrolyte loss. So what can we do in these situations?

**Prevention:** Regular intake of healthy, nutrient-dense foods; staying hydrated, especially when working out and during warm weather (drinks containing electrolytes are often useful in sports and jobs with high physical demand, such as construction).

**Intervention:** When ill, replenish the body with extra fluids, ideally *before* you feel thirsty (electrolyte drinks may be helpful in cases of diarrhea and vomiting); lots of rest; seek immediate medical care if one has conditions such as diabetes, seizures, or involving the heart and kidneys, and if the person cannot tolerate any fluids and/or runs a fever more than a few days. For injuries with heavy bleeding or suspected internal bleeding, manage the bleeding you can see with first aid techniques and seek emergency care immediately.

I hope you've found this series on electrolytes helpful in understanding what these minerals are, how they work, and why we need them! When balanced, they are a foundation of homeostasis and good health.

Questions? Suggestions on future health topics? Drop me a line anytime at [stephanie.fowlereagan@hpsd.org](mailto:stephanie.fowlereagan@hpsd.org) or call 248-658-5956.

Nurse Stephanie

# McGowan's Corner From The Transition Coordinator

## OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM

### ***Supported Decision Making Toolkit***

Supported decision making (SDM) allows individuals living with disabilities to make choices about their own lives with support from a team of people they choose. Individuals choose people they know and trust to be part of a support network to help with decision-making.

Check out this Toolkit! The toolkit is meant to be a resource to those wanting to use supported decision-making in their life, the lives of loved ones or, in the lives of those they work with. It addresses the tools people can use throughout a person's lifespan.



Scan the QR code or click on the link to access the Supported Decision Making Toolkit

[www.oaklandchn.org](http://www.oaklandchn.org)

From the OCHN homepage click on "Persons Served," then "Supported Decision Making," then "Supported Decision Making Toolkit."

INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES



5505 Corporate Drive  
Troy, MI 48098



248-858-1210  
[www.oaklandchn.org](http://www.oaklandchn.org)



## **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.**



March 2024

Webb Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Lunch • Personal Galaxy Cheese Pizza • Classic Pepperoni Pizza • Turkey and Cheese Sandwich
<b>4</b> Lunch • Cheese Lasagna Rollup • Classic American Cheeseburger • Turkey and Cheese Sandwich	<b>5</b> Lunch • Soft Beef Whole Grain Tacos • Chicken Nuggets • Turkey and Cheese Sandwich	<b>6</b> Lunch • Breaded Chicken Drumstick • Creamy Mac & Cheese • Turkey and Cheese Sandwich	<b>7</b> Lunch • Toasty Cheese Sandwich • Crispy Chicken Patty Sandwich • Turkey and Cheese Sandwich	<b>8</b>
<b>11</b> Lunch • Rotini with Italian Meat Sauce • Classic American Cheeseburger • Turkey and Cheese Sandwich	<b>12</b> Lunch • Chicken Corn Dog • Chicken Nuggets • Turkey and Cheese Sandwich	<b>13</b> Lunch • Popcorn Chicken • Creamy Mac & Cheese • Turkey and Cheese Sandwich	<b>14</b> Lunch • Beef Hot Dog on Whole Wheat • Crispy Chicken Patty Sandwich • Turkey and Cheese Sandwich	<b>15</b> Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • Turkey and Cheese Sandwich
<b>18</b> Lunch • Sweet & Sour Chicken • Classic American Cheeseburger • Turkey and Cheese Sandwich	<b>19</b> Lunch • Totally Taco MaxSnax • Chicken Nuggets • Turkey and Cheese Sandwich	<b>20</b> Lunch • BBQ Oven Roasted Chicken Drumstick • Creamy Mac & Cheese • Turkey and Cheese Sandwich	<b>21</b> Lunch • Hot Turkey Ham & Cheese Bagel • Crispy Chicken Patty Sandwich • Turkey and Cheese Sandwich	<b>22</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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# MRP

MY RELATIONSHIPS PROJECT

**AND**

∞ Embracing My Superpower ∞

PROUDLY PRESENT

# SPIN<sup>2024</sup> <sub>CO</sub>

SEE

Check out others'  
niche interests

SHOW (optional)

Reserve a table to  
show off your  
interests

CONNECT

Meet others, make  
connections

**SUNDAY  
MARCH**

**3  
4-6 PM**



Sign up  
for  
table  
here

**\$5@DOOR**



THE OFFICE COFFEE SHOP \* 402 W. LAFAYETTE \* ROYAL OAK

# QUESTIONS?

## **Q: What is a niche, special interest?**

- History, gaming, animals, tech, mythology, anime, bottle caps, sports, plants, music, etc.

## **Is SpINCON for me?**

- If you have Autism, ADHD, or are neurodivergent in any way and want to connect with other people about niche interests...then **YES!**
- If you are NOT neurodivergent and want to connect with others about niche interests...**YES!**

## **Q: What ages is SpInCON for?**

- Adults, teens, and kids over the age of 5

## **Q: Is SpInCON sensory-friendly?**

- YES! **Low lights, no music** will be playing, and there will be a **chill space** to relax if you need a break

## **Q: Do I have to bring my own stuff?**

- **Only if you want to!**
- Don't want to? Come see and connect!
- Want to? Sign up at the QR code above

## **Q: How do I get more information?**

- Email us! [questions@myrelationshipsproject.com](mailto:questions@myrelationshipsproject.com)