



JARDON VOCATIONAL SCHOOL PARENT NEWSLETTER FROM THE PRINCIPAL



March 22nd, 2024

Dear Jardon/Webb Community,

It appears as though Winter is back! It has been an exciting week here at Jardon. Students are getting into their new routines at job sites and continuing to participate in their classroom based learning opportunities.

Our students are on Spring Break next week so we look forward to seeing them back on Monday, April 1.

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

APRIL

April 1st- School Resumes

April 9th- Half Day
11:00 AM Dismissal
Record's Days

April 11th- Fun Night &
Parent informational
meeting-The Dani Plan
6-7:45 PM

April 25th- Half Day
11:00 AM Dismissal
Parent-Teacher Conferences
1:00-3:00 & 4:00-6:00

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	● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	● Daytime Friendship Club 10 am-3 pm @ TCC	● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	● Daytime Friendship Club 10 am-3 pm @ TCC	8	9	
10	● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	● Daytime Friendship Club 10 am-3 pm @ TCC	● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	● Daytime Friendship Club 10 am-3 pm @ TCC	15	16	
17	HAPPY ST. PATRICK'S DAY! ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	● Daytime Friendship Club 10 am-3 pm @ TCC	● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	● Daytime Friendship Club 10 am-3 pm @ TCC	22	23	
24					29	30	
31	● Monday Mingle 5:30-7 pm @ TCC	● Daytime Friendship Club 10 am-3 pm @ TCC	● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC	● Daytime Friendship Club 10 am-3 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- 4/01 P.M. - Kroger

Thursday- 4/04- 9:00-1:00 - Forgotten Harvest

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 4/01- P.M. - Walmart

Thursday- 4/04- P.M.- Bowling- Universal Lanes

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



Ancillary Spotlight

Mrs. Gulian and Ms. McCuiston created a Spring inspired lesson with ASD students during leisure time. They talked about what activities students like to do in the spring. They also talked about fruits and vegetables that are planted and consumed in the spring season, and that pineapples are in peak season from March through May. Since pineapples are regarded as a Spring fruit the students made fresh pineapple juice using a cold press juicer. They loved it!



News From Nurse Stephanie



Laughter - the Best Medicine?

"Laughter is a bodily exercise, precious to health." - Aristotle

Who doesn't like a good joke, funny book or movie? Here are some feel-good reasons we need to take the time to laugh! According to a 2016 study in the American Journal of Lifestyle Medicine¹, spontaneous laughter provides positive physiological and emotional benefits, such as:

- Lowering cortisol ("stress hormone") levels and improving mood
- Stimulating immune system function
- Increasing level of pain tolerance
- Improving cardiac function

Humor also aids in the learning process. Engaging students through humor decreases their anxiety, obtains their attention, and encourages interactions between peers and their instructors, promoting brain development². And at home, kids love hearing funny stories, especially about their parents growing up! How many lessons have we learned from a humorous family story?

One caveat: after surgical procedures, the muscles we use while laughing may cause soreness at surgical sites - so proceed with caution if this is the case!

"If you could choose one characteristic that would get you through life, choose a sense of humor." -Jennifer Jones

Nurse Stephanie

References:

1 Louie D, Brook K, Frates E. The Laughter Prescription: A Tool for Lifestyle Medicine. Am J Lifestyle Med. 2016 Jun 23;10(4):262-267. doi: 10.1177/1559827614550279. PMID: 30202281; PMCID: PMC6125057. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125057/?scribbrkr=9a56c2d5>

2 Brandon M. Savage, Heidi L. Lujan, Raghavendar R. Thipparthi, and Stephen E. DiCarlo
05 JUL 2017 <https://doi.org/10.1152/advan.00030.2017>



"Before I tell you what happened at recess, is there such a thing as student-school nurse confidentiality?"



McGowan's Corner From The Transition Coordinator

In a collaboration between Clawson High School and Lamphere High School

This event is free and open to the public

Post-Secondary Transition Fair April 3, 2024

Location: Clawson High School
101 John M. Ave

Time: 5:00 pm-7:00 pm

Please join us to learn about the opportunities, resources, and services available to your student and family as they navigate life after high school. This event is intended to support students with disabilities and their families. No matter the direction that your student goes after 12th grade, there is a path toward independence and success!



**Post-Secondary/College
Education Options and
Academic Support
Programs**



**Financial
Planning, MiABLE
accounts, Special
Needs Trusts**



**Supported Decision
Making/Guardianship,
Independent Living**



Registration appreciated
Scan the QR Code to RSVP by
Friday, March 29th



2024 Bocce Ball Season



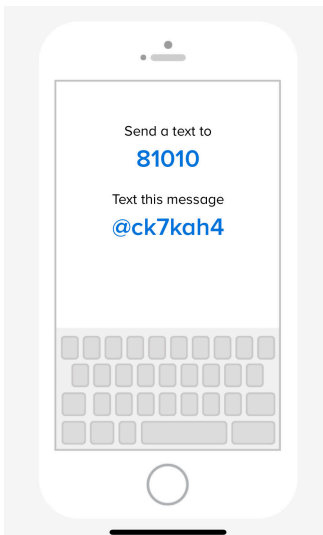
Bocce Ball will be on Tuesdays afterschool until parent pick-up at 4:00 pm starting on April 2nd until May 21st.

No Bocce Ball on Tuesday, April 9th.

When weather permits we will be on the front lawn,
If not, we have an inside area to play.

If your student is not signed up and is interested in playing,
please call the Jardon office- 248-658-5954

Already signed up, please join us on the Remind App
for any news related to Bocce Ball:





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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lunch • Chicken Tenders • Classic Cheeseburger • Turkey Ham & Cheese Sandwich	2 Lunch • BBQ Pulled Pork • Chicken Nuggets • Turkey Ham & Cheese Sandwich	3 Lunch • Grilled Chicken Patty • Macaroni & Cheese • Turkey Ham & Cheese Sandwich	4 Lunch • Beef Nachos • Crispy Chicken Breast Sandwich • Turkey Ham & Cheese Sandwich	5 Lunch • Personal Cheese Pizza • Classic Pepperoni Pizza • Turkey Ham & Cheese Sandwich
8 Lunch • Cheese Lasagna Rollup • Bacon Cheeseburger • Turkey Ham & Cheese Sandwich	9	10 Lunch • Breaded Chicken Drumstick • Macaroni & Cheese • Turkey Ham & Cheese Sandwich	11 Lunch • Toasty Cheese Sandwich • Crispy Chicken Breast Sandwich • Turkey Ham & Cheese Sandwich	12 Lunch • Fiestada Pizza • Classic Pepperoni Pizza • Turkey Ham & Cheese Sandwich
15 Lunch • Mini Cheese Ravioli with Marinara Sauce • Classic Cheeseburger • Turkey and Cheese Sandwich	16 Lunch • Chicken Corn Dog • Chicken Nuggets • Turkey and Cheese Sandwich	17 Lunch • Popcorn Chicken • Macaroni & Cheese • Turkey and Cheese Sandwich	18 Lunch • Beef Hot Dog on Whole Wheat • Crispy Chicken Breast Sandwich • Turkey and Cheese Sandwich	19 Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • Turkey and Cheese Sandwich
22 Lunch • Sweet & Sour Chicken • Classic Cheeseburger • Turkey Ham & Cheese Sandwich	23 Lunch • Totally Taco MaxSnax • Chicken Nuggets • Turkey Ham & Cheese Sandwich	24 Lunch • BBQ Oven Roasted Chicken Drumstick • Macaroni & Cheese • Turkey Ham & Cheese Sandwich	25	26 Lunch • Cheese Stuffed Breadsticks • Classic Pepperoni Pizza • Turkey Ham & Cheese Sandwich
29 Lunch • Chicken Tenders • Classic Cheeseburger • Turkey Ham & Cheese Sandwich	30 Lunch • BBQ Pulled Pork • Chicken Nuggets • Turkey Ham & Cheese Sandwich			

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.

