

Jardon Vocational School

Parent Newsletter

From The Principal



March 3rd, 2023

Dear Jardon/Webb Community

Welcome back from a refreshing Mid-Winter break!

We finished our second job rotation schedule this week and are moving into our third, and final rotation of the 2022-2023 school year. It doesn't seem possible that March is here already.

Today, some of our students participated in the Gleaners Food Bank distribution held at the Hazel Park Administration Office. They helped bag up the food items and then handed them out. This is a service learning project that we plan to participate in once a month for the remainder of the school year. We feel it is important to teach our students how to give back and one way to do that is volunteering in the community.

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!

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Heidi Kunz

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Jardon ASD & MoCI Working with Gleaners Community Food Bank



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March Happenings

3-16-2023

Jardon Fun Night 6-7:45 PM

R.S.V.P by Monday

March 13th in the office

and pay at the door , or

send in \$5 for

Admission

248-658-5950

3-24-2023

Half Day 11:00AM

Dismissal

Spring Recess Begins



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*Cardia
Drumming*

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ASD CBI BOWLING TRIP



Community Based Instruction - Week of 03/06/2023 (Note: All students do not participate in every outing)

MOCI:

ASD:

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Monday (03/06)

Meijer A.M.

Bowling- Kelley's Class P.M.

Monday P.M. (03/06)

Kroger- P.M.

Thursday (03/09)

Sam's Club A.M.

Lowe' P.M.

Thursday P.M. (03/09)

HPHS Art- P.M.

Friday (03/10)

Trader Joe's A.M.

Trader Joe's P.M.

Friday A.M. (03/10)

National Coney Island A.M.

Basketball Families:

Jardon's Basketball teams are in action this weekend taking on teams from Troy, Waterford and Orion:

Waldon Middle School Gym: 2509 Waldon Rd, Orion Twp, 48360:

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Game times of 2 & 4 pm: Roger Dong, Kiondra Kidd, Kobe Lewis, Anthony Morgan, Alvin Buckley, Dorian Warren and Derrick Moss

Game times of 4 & 5pm: Aiden Adams, Rachel Anderson, Marcus Cooper, Zach McMorris, Paige Muzzarelli, Joel Ravary, Tim Redmonds, Angel Rosinski, Nick Thompkins and Aaron Whittaker.

Go Crusaders

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From the Transition Coordinator: Mrs. Barshaw

New Textiles Products in the Jardon General Store
March Madness Clearance Sale in the Greenhouse

Our Textiles microbusiness group has been working and producing many products this year. One of the new products being created are **Rice Filled Heating Pads.**

They are available in many patterns and cost only \$10.00. This would make a wonderful gift as part of a housewarming gift, Mother's or Father's Day gift or birthday gift. Call the Jardon Office to get yours today.



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Also, we have plenty of bunnies for those Easter baskets this year. These adorable bunnies are only \$3.00. They make a cute addition to your Springtime decor as well.



Our Greenhouse is having a March Madness Clearance Sale. There are many beautiful house plants in the Greenhouse.

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Stop by today. Greenhouse and Store hours are school days from 9:00-11:00 and 12:10-2:00. If you can't stop by, feel free to call or email. We will take your order and you can pick it up in the office.

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Lenore Barshaw

lenore.barshaw@myhpsd.org

Nurse Karen's Korner

VITAMIN C

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Well, we finally finished the long list of the fabulous B Vitamins. Let's move onto Vitamin C. You may have heard that Vitamin C is also known as ASCORBIC ACID which is a water soluble vitamin. That simply means it dissolves in water. Any leftover amounts of this vitamin leaves the body through the urine. Vitamin C is delivered to the body's tissues but is not well stored. As a result it must be taken daily through food or supplements.

Vitamin C is one of many antioxidants. Antioxidants are nutrients that block some of the damage caused by free radicals.

Free radicals are made when your body breaks down food or from external sources such as tobacco smoke, x-rays, ozone, air pollutants and industrial chemicals. Free radicals may play a role in cancer, heart disease and conditions like arthritis.

Humans need Vitamin C for growth and repair of tissues in all parts of your body. It helps the body to make

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collagen, which is an important protein used to make skin, cartilage, tendons, ligaments and blood vessels. Vitamin C helps to heal wounds, form scar tissue and aids in absorption of iron.

Karen Dolinski

Nurse

Karen.Dolinski@myhpsd.org

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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

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Starting Monday, March 6, 2023, students will be able to select a hot breakfast if they choose. The cold options will still be available.



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What's on the Menu?

Hazel Park Schools March Lunch Menu

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

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**HAZEL PARK
SCHOOLS**

L.E.A.N

Lending Empathy and Acknowledging Needs

A support group for parents and guardians of students with special needs.

This Month's Topic: Feeling Embarrassed in Public

Please join us at Webb Elementary at 6 pm on Monday, March 13, 2023!

You are not alone!

We will have supervision available for all school-age children and special-needs adults.

If you require supervision for your child during the LEAN support group meeting, please fill out and return the bottom portion of this form.

We hope to see you there!

Student name(s) and age(s):

Student currently attending: