



Dear Jardon/Webb Community

May 19th, 2023

We had our Jardon Spring Formal event last night at The Club Venetian. It was a very memorable evening for everyone. The students were dressed up and dancing the night away with their friends. They enjoyed a nice dinner as well.

Our after school student Bocce Ball Club is in full swing on Wednesdays after school. Nanette Renkiewicz, our School Psychologist, guides and coaches our students with the assistance of Jana Thompson, Katie Hickner, and Patty Pattison. The team challenged our Administrative Team to a match that will be played Wednesday, May 24 from 2:45-4:00. Stay tuned for the results next week!

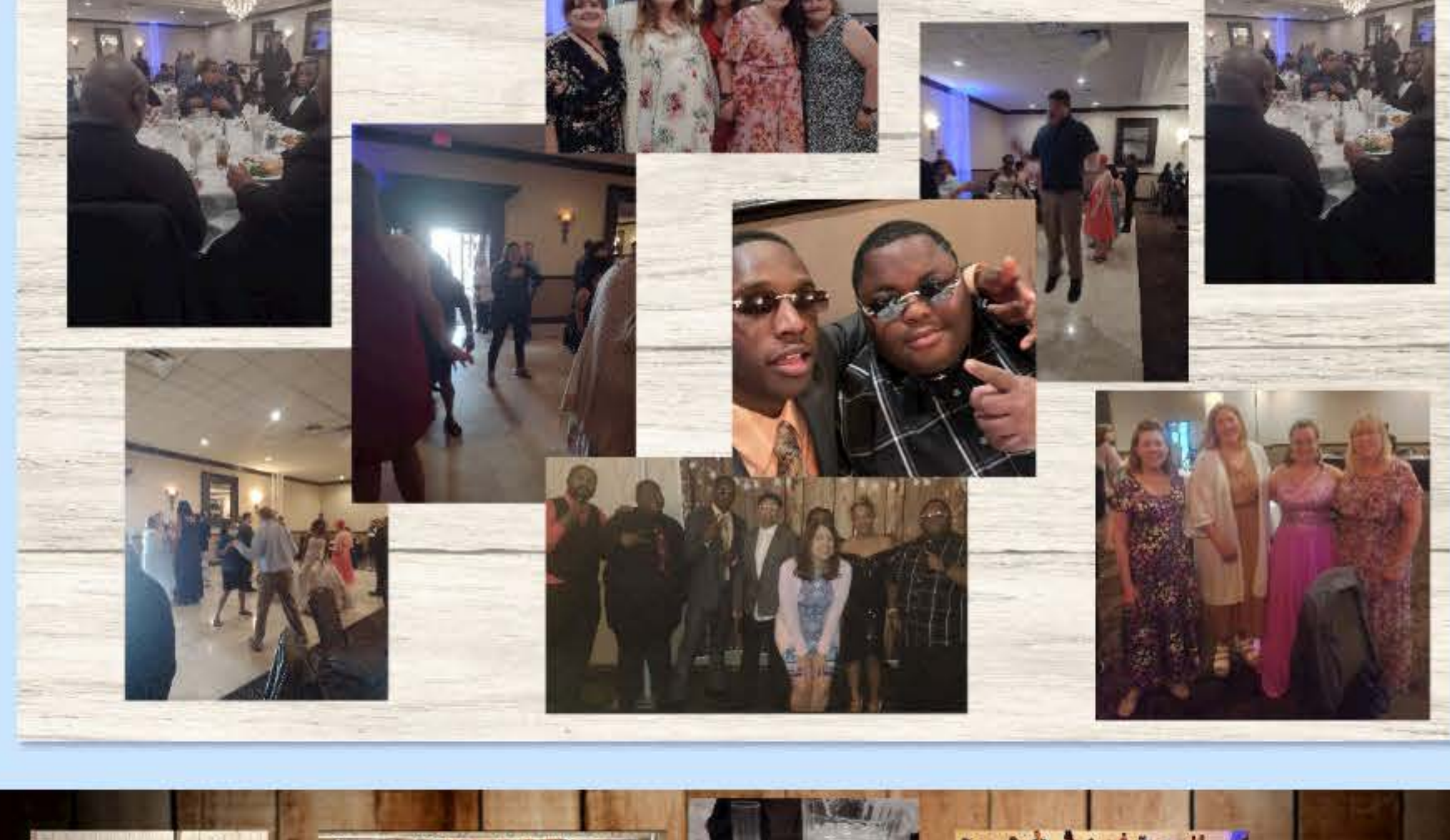
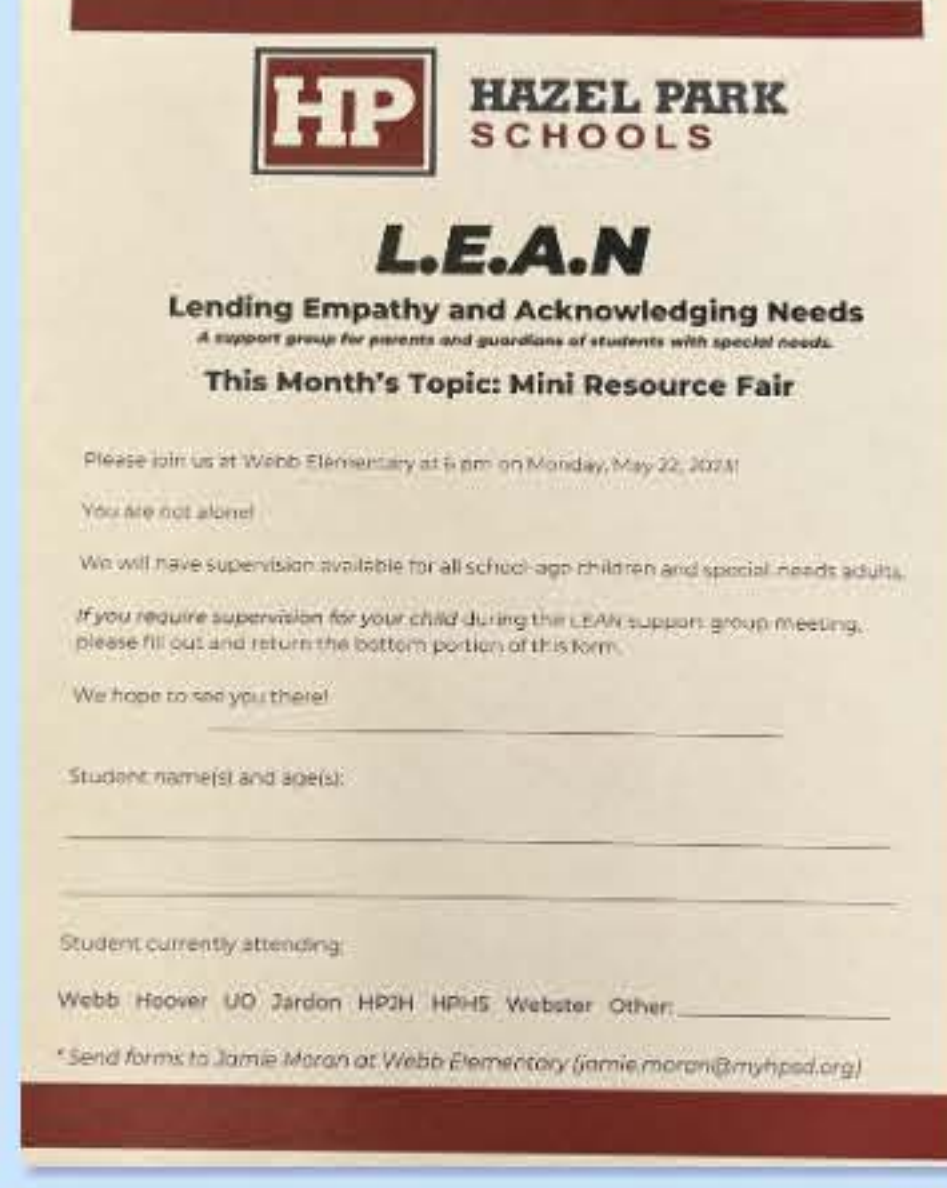
We are really enjoying having some fun times as we end out our school year while still maintaining the structure and function of our program. Students will continue to attend their worksites until June 6. Our School Store will be closed at the end of the day on June 2, but the Greenhouse will remain open if there is anything you might need.

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 5/22- A.M.- Meijer P.M.- Coldstone
- Thursday 5/25- A.M.- Sam's Club P.M.- Super Taco/Mexican Food
- Friday 5/26- A.M.- Lowe's P.M.- Half Day



Jardon ASD Community- Based Instruction for the Upcoming Week:

- Monday 5/22- P.M.- Meijer
- Thursday 5/25- P.M.- Belle Isle- Schwegler/Converse Class
- Friday 5/26- A.M.- Community Breakfast at Jardon



ESSENTIAL MINERALS

An essential mineral is any mineral required by the body for health that **CANNOT** be produced by the body and as a result has to be provided by your diet. As previously stated, there are **21 essential minerals**.

The 5 major minerals which include calcium, phosphorous, potassium, sodium and magnesium are also classified as **ELECTROLYTES**. These minerals form chemistry reactions when mixed with water, moving in and out of your cells to keep your body hydrated. They ensure your nerves and muscles are functioning properly, balances your blood PH and maintains blood pressure among many other functions.

The Trace Minerals also known as **Micro Minerals** are needed in much smaller amounts, although that doesn't mean they are less important. Iron, zinc, cobalt, copper, manganese, molybdenum, iodine selenium, surfer, chloride, boron, silicon, vanadium, nickel, arsenic and chromium are considered the trace minerals.

It's important to note **NO** mineral is used in isolation by the body. All minerals interact with other minerals, vitamins, enzymes ect. For example, it's only simplistic to say Calcium makes healthy bones because Magnesium and Phosphorus must also be present to build bones.

ADAPTIVE MAY 2023							SUMMER 2023 REGISTRATION	
SUN MON TUE WED THU FRI SAT							RESIDENT: May 16 at 8 am NON-RESIDENT: May 18 at 8 am	
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						