



Dear Jardon/Webb Community

May 26th, 2023

This week our student Bocce Ball Club challenged the Hazel Park Administrators to a match. The students were victorious! It was an enjoyable time for everyone!

As we finish out this school year we continue to have some additional opportunities for our students to share in social gatherings and outings. On Thursday, June 1, a bowling outing will be provided for our adult transition students as an end of the year community based instruction opportunity in the afternoon. Thursday evening, June 1, we are hosting our graduation ceremony for our three students who are completing their program at Jardon. Please join us at 5:30 in the Webb Media Center to honor these individuals.

Have a safe and enjoyable Memorial Day weekend and we will see everyone on Tuesday, May 30.

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 5/29- A.M.- No School  
P.M.- No School

Thursday 6/1 - A.M.- Country Boy  
P.M. - Adult Transition Bowling

Friday 6/2- A.M.- Tim Horton's  
P.M.- Asian Market

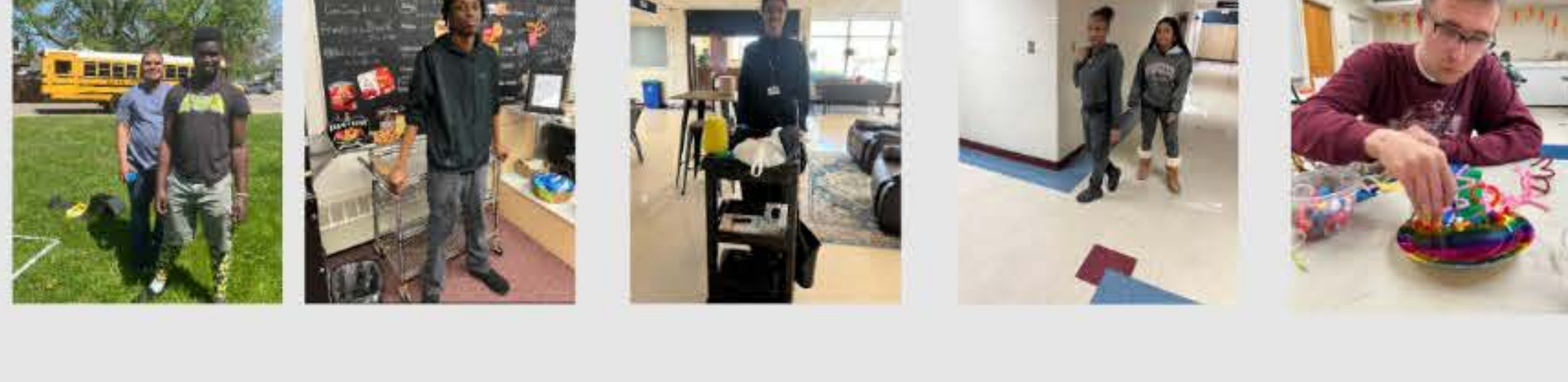


#### Jardon ASD Community- Based Instruction for the Upcoming Week:

Monday 5/29- P.M. - No School

Thursday 6/1- P.M.- Adult Transition Bowling

Friday 6/2- A.M.- Stage Nature Center- Mrs. Schwegler's Class



#### ESSENTIAL MINERALS

This week we will talk about the 5 essential minerals which are found in the largest amount in the human body.

**1.CALCIUM (CA)-** found in teeth, nails and bone.Calcium is the most abundant mineral in the body. Roles- essential for clotting, control of the passage of fluids through cell walls. It's also essential to the normal heart action and muscle contraction. Sources-green leafy vegetables, seeds, nuts, dates, oranges, tofu and dairy products.

**2.PHOSPHORUS (P)-** found in bones, teeth, protoplasm and nucleus of every cell.It is used in more bodily functions than any other mineral. Roles-used to build healthy bones and teeth (along with calcium), metabolize carbohydrates, fats and proteins and build nerve and brain cells. Sources-coconut ,green leafy vegetables, pears, apples, avocado, dates, carrots, rice, oats, fish and legumes.

**3 .POTASSIUM (K)-**Roles- beat, regulates heart rate, aids in and out of cells, promotes the removal of toxins and delivery of nutrients, regulates heart beat, tissue elasticity, aids in healing, promotes liver functioning and regulates nerve and muscle action. Sources- cereals, most fresh fruit and vegetables, bananas, papaya, fish, nuts and seeds.

**4.SODIUM-(NA)-**Roles-sodium along with potassium regulates exchange in and out of cells, helps maintain water balance, helps, eliminate carbon dioxide, aids in correct nerve functioning. Sources- seeds, strawberry, melon, fish and sea asparagus. Sodium chloride(NACl) which is refined table salt is a bad source of sodium.

**5.MAGNESIUM (MG)-** required for more than 300 biochemical reactions. Roles-maintain normal nerve and muscle function, support healthy immune system and carbohydrate metabolism/ Sources- nuts( especially walnuts and almonds), cereal, spinach and fish.

#### Jardon Crusaders take on The Solutionaries

