

Jardon Vocational School

Parent Newsletter From The Principal



April 21st, 2023

Dear Jardon/Webb Community

Our Wednesday evening Sock Hop Fun Night was a smashing success. Guests could participate in a bubble blowing contest, the limbo, and the conga line. Make sure you see the picture we have included.

Parent Teacher Conferences are being held on Thursday, April 27th, from 1:00 p.m.-3:00 p.m. and 4:00 p.m.-6:00 p.m. Please schedule a time to come in and meet with your child's teachers and see all the amazing opportunities your child has available at Jardon. Parent/Guardian encouragement in school is important in helping our students succeed.

We look forward to seeing you!

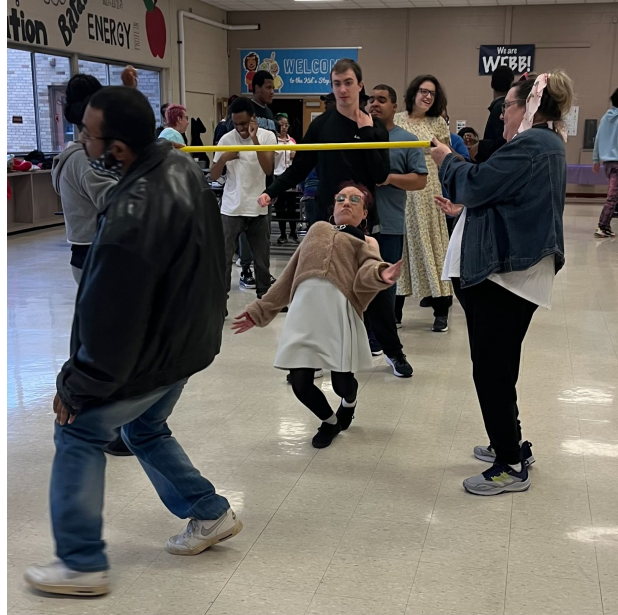
Please make sure to join us on social media! Find us on Facebook by searching for Jardon Vocational School. You will see regular updates posted there about what's going on at Jardon!

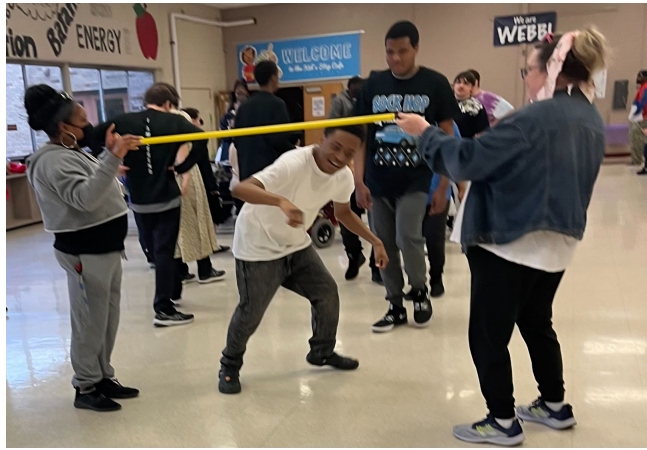
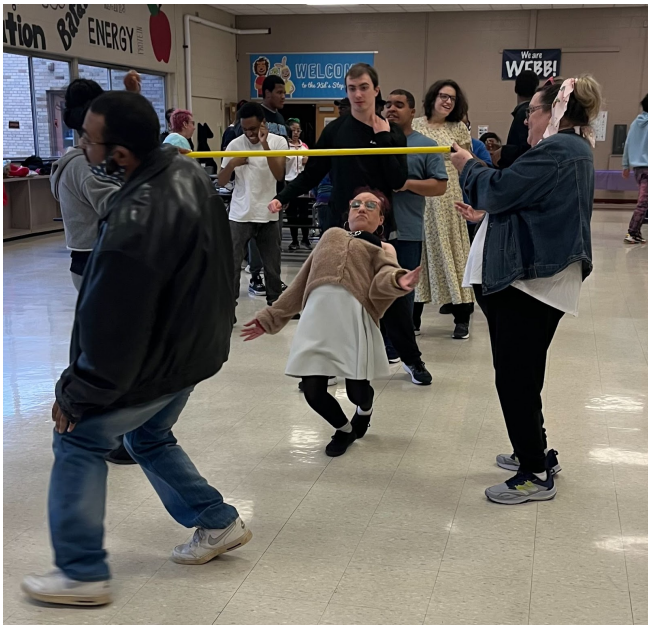
Please feel free to contact me at heidi.kunz@myhpsd.org or 248-658-5953 if you have any questions or concerns.

Thank you!

Heidi Kunz









Happy
April

**April 27th- Half Day 11:00 A.M. Dismissal
Parent/Teacher Conf. 1-3 P.M./4-6 P.M.**

A decorative graphic with a pink background. It features a white gift box with a pink ribbon and white polka dots in the top left. There are several stylized flowers: a white one in the top left, a yellow one in the top right, and a white one in the bottom right. A yellow bunny is in the middle left, and a pink and white striped egg is in the bottom left. A white bunny is in the bottom left. There are also some small white and yellow dots scattered around.

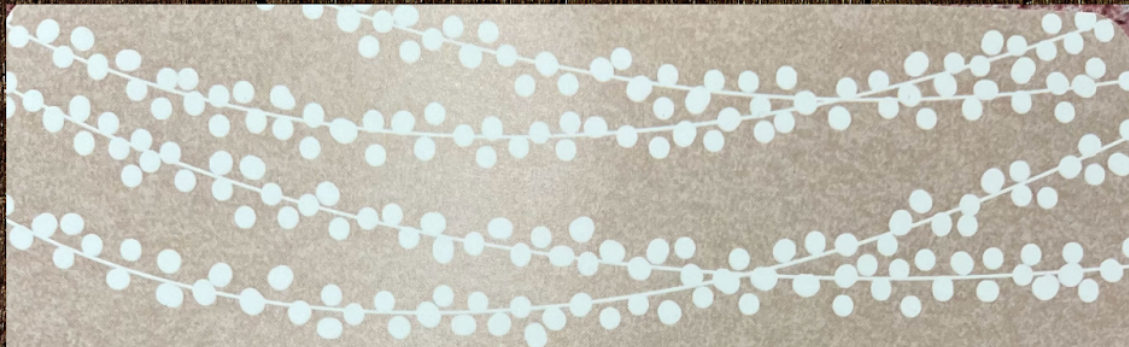


Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 4/24-	A.M.- Meijer P.M.- Bowling- Ms. Darga's Class
Thursday- 4/27-	A.M.- Sam's Club P.M.- Half Day
Friday- 4/28 -	A.M.- Belle Isle P.M.- Belle Isle

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 4/24 -	P.M.- All classes Bowling
Thursday- 4/27 -	P.M.- Half Day
Friday- 4/28-	A.M.- Hazel Park Cafe- Mrs. Kulczycki's Class



YOU ARE INVITED TO JOIN US AT THE

Jardon School Spring Formal

***Dinner, music, dancing & friendship!**

THURSDAY, MAY 18, 2023
6:00-9:00 IN THE EVENING

CLUB VENETIAN
23091 JOHN R
MADISON HEIGHTS, MI 48071

\$35.00 PER PERSON
PAY IN THE JARDON OFFICE
BY FRIDAY, MAY 12





VITAMIN E

Vitamin E is a fat-soluble nutrient found in many foods. That means it can dissolve in fats and oils and is stored in fatty tissue and the liver. The most active and best form of Vitamin E for humans is called "D-ALPHA-TOCOPHEROL". This is a natural form not synthetic.

Vitamin E helps maintain healthy skin and eyes and strengthen the body's natural defense against illness and infection (the immune system) as well as help keep blood clots from forming. Vitamin E also has antioxidant properties which helps to protect cells from damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat to energy.

Our bodies cannot produce Vitamin E on it's own, so it is essential we get this vitamin from our diet. Vitamin E is naturally contained in plant based foods such as nuts, seeds, vegetables and plant oils. Avocados and some dark leafy greens and fish are also sources of this essential vitamin!



There is a common misconception that people with disabilities are not able to work, or worse, that they don't want to work. This is not the case for most people with disabilities. Often a person with a disability can perform a job as well as anyone else but they may need job accommodations to help them succeed as an employee. A job accommodation is an adjustment to a job or work environment that makes it possible for an individual with a disability to perform their job duties.

Job accommodations are things that employers must do as long as it doesn't affect the safety of the employee or other employees. The Americans with Disabilities Act (ADA) was passed in 1990 and made it unlawful for employers to discriminate against people with disabilities. This ADA act allows for our students to work with accommodations that are deemed necessary.

Currently, we have many students using accommodations at their job site. We encourage them to ask for accommodations if they need them. The use of cell phones to set alarms, the use of paper schedules instead of computer schedules, the use of noise canceling headphones, the use of communication devices and the use of accommodated food preparation utensils are just some of the accommodations employees can use to help individuals be successful at their jobs.

At my most recent Oakland County Transition Meeting, it was stated that most employers who employ individuals with disabilities are extremely satisfied with their work ethic and soft skills. These employees show up on time, come to work everyday, are consistent in their performance and rarely find fault with their jobs. They are eager to do their jobs and like working. We must encourage our students to seek and use their accommodations so they may be successful employees.

Lenore Barshaw
Transition Coordinator

HP April Hot Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot: Colby Omelet w/WG English Muffin Cold: WG Chat snacks Yogurt	4 Hot: WG Apple Cinnamon Texas Toast Cold: WG Pop Tarts String Cheese	5 Hot: WG Pancake Bites w/Turkey Bacon Cold: WG Oatmeal Rounds Hard Boiled Egg	6 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Nutrigrain Bars Yogurt	7 Hot: WG French Toast Sticks Cold: WG Muffins String Cheese
10 Hot: WG Biscuit w/Sausage Cold: WG Muffins Yogurt	11 Hot: WG French Toast Bites Cold: WG Chat snacks String Cheese	12 Hot: WG Pancake w/Turkey Bacon Cold: WG Pop Tarts Hard Boiled Egg	13 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Oatmeal Rounds Yogurt	14 Hot: WG Waffle w/Sausage Cold: WG Nutrigrain Bars String Cheese
17 Hot: Colby Omelet w/WG English Muffin Cold: WG Nutrigrain Bars Yogurt	18 Hot: WG Apple Cinnamon Texas Toast Cold: WG Muffins String Cheese	19 Hot: WG Pancake Bites w/Turkey Bacon Cold: WG Chat snacks Hard Boiled Egg	20 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Pop Tarts Yogurt	21 Hot: WG French Toast Sticks Cold: WG Oatmeal Rounds String Cheese
24 Hot: WG Biscuit w/Sausage Cold: WG Oatmeal Rounds Yogurt	25 Hot: WG French Toast Bites Cold: WG Nutrigrain Bars String Cheese	26 Hot: WG Pancake w/Turkey Bacon Cold: WG Muffins Hard Boiled Egg	27 Hot: Scrambled Eggs w/WG Biscuit Cold: WG Chat snacks Yogurt	28 Hot: WG Waffle w/Sausage Cold: WG Pop Tarts String Cheese

Assorted large 2oz cereals offered daily in place of Hot or Cold option

Assorted Fruits & Juices Available

Flavored & Unflavored Milk

Students must take a fruit or juice with breakfast

WG = Whole Grain
 Contact Dan Wrobbel with any questions at (248)658-5995 or daniel.wrobbel@myhpsd.org
 This institution is an equal opportunity provider

What's on the Menu?

Hazel Park Schools April Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Supplement your lunch from home with a milk, fruit, & vegetable for free! <u>Must take all 3 items</u></p>				
<p style="text-align: center;">3</p> <p>Choice #1 WG Mac & Cheese & WG Dinner Roll</p> <p>Choice #2 WG Cheeseburger</p> <p><i>Veg: Roasted Broccoli</i></p>	<p style="text-align: center;">4</p> <p>Choice #1 WG BBQ Pulled Pork Sandwich</p> <p>Choice #2 WG Chicken Nuggets</p> <p><i>Veg: Baked Beans</i></p>	<p style="text-align: center;">5</p> <p>Choice #1 Grilled Chicken Breast & WG Dinner Roll</p> <p>Choice #2 WG Grilled Cheese</p> <p><i>Veg: Asparagus</i></p>	<p style="text-align: center;">6</p> <p>Choice #1 WG Nachos w/ <i>Salsa</i></p> <p>Choice #2 WG Chicken Sandwich</p> <p><i>Veg: Roasted Carrots</i></p>	<p style="text-align: center;">7</p> <p>Choice #1 WG Mozzarella Sticks w/<i>Marinara</i></p> <p>Choice #2 WG Pepperoni Pizza</p> <p><i>Veg: Curly Fries</i></p>
<p style="text-align: center;">10</p> <p>Choice #1 WG Lasagna Roll Up & WG Dinner Roll</p> <p>Choice #2 WG Cheeseburger</p> <p><i>Veg: Roasted Brussel Sprouts</i></p>	<p style="text-align: center;">11</p> <p>Choice #1 WG Taco w/<i>Salsa</i></p> <p>Choice #2 WG Chicken Nuggets</p> <p><i>Veg: Seasoned Corn</i></p>	<p style="text-align: center;">12</p> <p>Choice #1 Chicken Drumstick & WG Dinner Roll</p> <p>Choice #2 WG Grilled Cheese</p> <p><i>Veg: Mexican Black Beans</i></p>	<p style="text-align: center;">13</p> <p>Choice #1 WG Fish Sticks</p> <p>Choice #2 WG Chicken Sandwich</p> <p><i>Veg: Spinach</i></p>	<p style="text-align: center;">14</p> <p>Choice #1 WG Bosco Sticks w/<i>Marinara</i></p> <p>Choice #2 WG Pepperoni Pizza</p> <p><i>Veg: Sweet Potato Fries</i></p>
<p style="text-align: center;">17</p> <p>Choice #1 WG Hot Dog</p> <p>Choice #2 WG Cheeseburger</p> <p><i>Veg: Potato Wedges</i></p>	<p style="text-align: center;">18</p> <p>Choice #1 Oven Roasted Ham & WG Stuffing</p> <p>Choice #2 WG Chicken Nuggets</p> <p><i>Veg: Roasted Broccoli</i></p>	<p style="text-align: center;">19</p> <p>Choice #1 WG Chicken Fajita w/<i>Salsa</i></p> <p>Choice #2 WG Grilled Cheese</p> <p><i>Veg: Sweet Potato Tots</i></p>	<p style="text-align: center;">20</p> <p>Choice #1 WG Mac & Cheese & WG Dinner Roll</p> <p>Choice #2 WG Chicken Sandwich</p> <p><i>Veg: Lima Beans</i></p>	<p style="text-align: center;">21</p> <p>Choice #1 WG Cheesy Italian Pull Apart Bread</p> <p>Choice #2 WG Pepperoni Pizza</p> <p><i>Veg: Asparagus</i></p>
<p style="text-align: center;">24</p> <p>Choice #1 Sweet & Sour Chicken & WG Dinner Roll</p> <p>Choice #2 WG Cheeseburger</p> <p><i>Veg: Roasted Carrots</i></p>	<p style="text-align: center;">25</p> <p>Choice #1 WG Taco Snacks w/<i>Salsa</i></p> <p>Choice #2 WG Chicken Nuggets</p> <p><i>Veg: Roasted Brussel Sprouts</i></p>	<p style="text-align: center;">26</p> <p>Choice #1 Meatballs in <i>Spaghetti Sauce</i> & WG Dinner Rolls</p> <p>Choice #2 WG Grilled Cheese</p> <p><i>Veg: Spinach</i></p>	<p style="text-align: center;">27</p> <p>Choice #1 WG Philly Cheese Steak Sandwich</p> <p>Choice #2 WG Chicken Sandwich</p> <p><i>Veg: Seasoned Corn</i></p>	<p style="text-align: center;">28</p> <p>Choice #1 WG Corn Dog</p> <p>Choice #2 WG Pepperoni Pizza</p> <p><i>Veg: Northern Beans</i></p>

Daily 3rd Choice Turkey Ham & Cheese Sandwich
Assorted Fresh Fruit & Veggie Bar Available Daily

A full student lunch includes a choice of entrée supplying protein, milk, grain, vegetable and fruit side dishes
 Milk Choices include: Flavored and unflavored 1% milk
 Every student must receive a full serving (1/2 Cup) of FRUIT or VEGETABLE to qualify for a reimbursable meal.
 Contact Dan Wrobbel with any questions at (248)658-5995 or daniel.wrobbel@myhpsd.org
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