



**JARDON VOCATIONAL SCHOOL
PARENT NEWSLETTER
FROM THE PRINCIPAL**



January 10th, 2025

Dear Jardon/Webb Community,

Welcome back to Jardon in 2025! It has been a busy week settling back into our routines. We recognized our December Student of the Month candidates and included their pictures below. Paige Muzzarelli was selected to be honored at the next School Board meeting as the district Student of the Month for Jardon. On January 16, we will be having our first fun night of the new year! Make sure you call and reserve a spot if you plan on having your student attend.

Please 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



**January 16th- Fun Night
6-7:45PM Admission-\$5**

January 20th- NO School/PD Day

**January 24th- Half Day
11:00 AM Dismissal**



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50

***Wednesday, January 22nd**



WEEKLY CBI

Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 1/13- P.M. - Kroger

Thursday- 1/16- P.M.- Meijer

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 1/13- P.M. - Bowling

Thursday- 1/16- P.M.- Dollar Castle

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





DECEMBER



STUDENT OF THE MONTH



VINCENT

ACEVEDO-RAMIREZ



TYLER

DONALDSON



FAHED

AL ABOUD



PAIGE

MUZZARELLI



TAYLOR

BURNS



JOSHUA

CHRISTIAN



HAYONG

SHIN



NICO

RIVERA-LETCHER



Please join the Troy School District on January 22, 2025, from 1 to 4 pm as we explore our local community resources. We hope to see many members of the local community, both families and staff, to learn more about services for individuals with disabilities.

Community Agency Fair will be located at Troy Center for Transition

1291 Torpey Drive, Troy MI 48083

Please contact us with questions at 248-823-8334 or Teresa Bruno at tbruno@troy.k12.mi.us

These are just a few of these agencies you will get to meet, there will be many more!



LETTERS FROM LENORE BARSHAW TRANSITION COORDINATOR



Fostering Independence At Home

Fostering Independence at home can often be challenging. As a mother, I always enjoyed helping my children, but sometimes that helping turned into enabling. My children were often very busy with sports, homework, and other activities, and because of this, I often made their beds, put their dirty dishes away after eating, and constantly cooked for them. While I did love helping them out, I'm not sure I encouraged their independence by doing these things for them.

Ensuring our young adults are well equipped to help themselves, especially after moving out of the family home, is key to assisting them to be successful individuals.

As parents/guardians of young adults with disabilities, this feat can sometimes feel very overwhelming, but is essential. Starting with small tasks at home and continuing to add to those tasks is one way to begin this process if you have not already done so. I assure you, many of the Jardon students can learn many of the skills necessary to foster their independence.

Starting with a simple task of helping your adult student learn to use the microwave would be a simple way of assisting them to learn to cook for themselves. Teaching them how to use a vacuum cleaner is another skill helpful to them in keeping a clean home. Making them take their dishes to the sink or even putting them in the dishwasher is another key to keeping a clean and safe home.

I bring up these three tasks as I often have visited my brother-in-law's apartment and noticed these items are often the things not being done by his roommates and/or skills they are not capable of doing.

My brother-in-law with Down Syndrome was taught by his mother to learn and complete these tasks at home when he was a young adult. We are often told by his staff he always completes his chores without asking or prompting. In addition, he is one of the only individuals in his home able to cook a full meal. He fries the best pork chops and is very proud of it.

His mother expected him to learn how to take care of himself and taught him how to cook, do his laundry, and clean up a home despite his disability.

Teaching all individuals to take care of themselves to the best of their abilities not only fosters independence but also self-worth.

Lenore Barshaw
Transition Coordinator
lenore.barshaw@myhpsd.org

NEWS FROM NURSE STEPHANIE



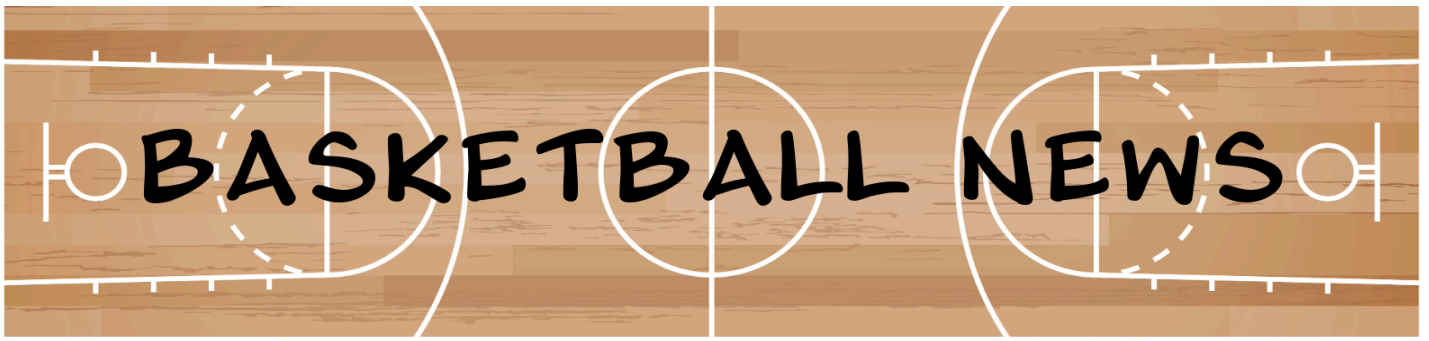
New Year, Good News

Welcome back, everyone! **Good news** to pass along this week:

- **Move over, auto-injectors!** A needle-free form of epinephrine for allergic reactions is now on the market. Check it out here:
<https://www.fda.gov/news-events/press-announcements/fda-approves-first-nasal-spray-treatment-anaphylaxis>
and at <https://neffipro.com/>
- **An updated Food Allergy and Anaphylaxis Emergency Care Plan is now available. Easily readable and streamlined with vital information, copies can be kept handy at home, in a purse or backpack, grandparent's house, wherever you or your child goes. (And don't forget to update your schools, please!) Ask your provider to fill one out if you haven't already. See:**
- **(<https://www.hazelparkschools.org/departments/health-services/>) or you can download it from FARE (<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/food-allergy-anaphylaxis-emergency-care-plan>).**
- **Drug overdose deaths, as reported by the CDC last month, declined in Michigan by over 25%!!** (See <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm> , *Figure 1b. Percent Change in Reported 12 Month-ending Count of Drug Overdose Deaths, by Jurisdiction: July 2023 to July 2024.*) **As welcome as this news is, there is still much to be done. ***If you aren't familiar yet with [Naloxone](https://publichealth.jhu.edu/2024/how-to-save-a-life-using-naloxone), check out: <https://publichealth.jhu.edu/2024/how-to-save-a-life-using-naloxone> . Naloxone can also be obtained for FREE locally in Oakland County, provided by stations set up by the Alliance of Coalitions for Healthy Communities. See the map here:**
https://app.mapline.com/map/map_331d3d5c/PzEUQBEUIg8Ufz8UPz8UP2sURz8Ub0k8VW4UP2cOPz8UPxozdT

Wishing each of you and your loved ones a very **happy and healthy 2025!**

Nurse Stephanie



Dear Jardon Students and Families,

- Practice Day: On Mondays after school from 2:30-4:30 in the Webb gym. Athletes need to be picked up promptly at 4:30 at the Webb gym. If you're running late to pick up your athlete please notify Coach Jen at 248-843-1812 with a call or text message. Please note:
 - The first day of practice will be 11/18/24. The last day of practice will be 3/10/24.
 - There will be no practice on days that school is canceled due to inclement weather or for other reasons.
 - There will be no practice on days that the school is closed per the 2024-2025 academic calendar schedule. **These days are: 12/23/24, 12/30/24, 1/20/25, 2/17/25**
 - Practice day attire: comfortable work-out clothes, gym shoes with secure shoelaces, and water bottle.

Our game schedule is contingent upon the availability of other teams to play and the collaboration with their coaching staff to schedule games, therefore, our game schedule is a dynamic schedule that is subject to change with games being added throughout the season, or canceled based on inclement weather or other factors. As soon as our coaching team has confirmed a scheduled game will let athletes and their families know as soon as possible.

- The coaches this season are: Coach Jen, Coach Phil, Coach Zach, and Coach Jalen. Coach R is enjoying her retirement!

We are excited for our new basketball season! Go, Crusaders!!!!

Coach McCuiston,
jennifer.mccuiston@myhpsd.org

January 2025

Jardon Vocational School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Lunch • Cheese Lasagna Rollup • Chicken Tenders • Turkey Ham & Cheese Sandwich	7 Lunch • Sweet & Sour Chicken • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	1 8 Lunch • Mini Chicken Corn Dogs • Breaded Chicken Drumstick • Muffin, Goldfish & Yogurt Fun Lunch	2 9 Lunch • Boneless Chicken Wings • Toasty Cheese Sandwich • Popcorn Chicken Salad • Flatbread	3 10 Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
13 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	14 Lunch • Jumbo Crispy Chicken Tenders • Southwest Queso Pull Apart • Salsa • EZ Jammer Wowbutter & Jelly Sandwich	15 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	16 Lunch • Personal Cheese Pizza • Hot Turkey Ham & Cheese Bagel • Popcorn Chicken Salad • Flatbread	17 Lunch • Chicken Parmesan • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
20	21 Lunch • Classic Cheeseburger • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	22 Lunch • Mini Chicken Corn Dogs • Breaded Chicken Drumstick • Whole Grain Dinner Roll • Muffin, Goldfish & Yogurt Fun Lunch	23 Lunch • Chicken Patty • Fiestada Pizza • Popcorn Chicken Salad • Flatbread	24 Lunch • Chicken & Cheese Quesadilla • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
27 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	28 Lunch • Beef Taco Meat • Southwest Queso Pull Apart • EZ Jammer Wowbutter & Jelly Sandwich	29 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	30 Lunch • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread	31 Lunch • Jumbo Crispy Chicken Tenders • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

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.

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HAZEL PARK SCHOOLS



Hazel Park Schools Administration Building

1620 E. Elza Hazel Park



*Distribution Dates Are Fridays (**unless in bold**) beginning at 9 am unless noted*

October 18, 2024	January 17, 2025	April 18, 2025	July 18, 2025
November 19, 2024	February 14, 2025	May 16, 2025	Aug. 15, 2025
December 13, 2024	March 14, 2025	June 13, 2025	Sept. 12, 2025

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 and be sure to line up along the curb to avoid blocking the road.** We appreciate your cooperation in this matter out of respect and safety for our neighbors.

Please have your Gleaners card ready when you arrive. If you are new to Gleaners and do not have a card, you will be asked to fill out a form with your information as well as information for those in your household.

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 PowerSchool 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:

Jamie Buczko, Administrative Assistant to the Superintendent
(248) 658-5220 jamie.buczko@myhpsd.org

Nancy Anderson - Human Resource Specialist
(248)658-5201 nancy.anderson@myhpsd.org

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