



January 17th, 2025

Dear Jardon/Webb Community,

Jardon hosted the first fun night of the new year this week. We were Jammin' through the decades! Students danced, played Twister, and experimented with hula hoops. It was a really great event! The next fun night will take place in March, stay tuned for more information.

Students continue to gain meaningful experiences and learning opportunities through their daily work on home living, social skills, community living, and job skills. Some of the community based instruction outings this week included creating and planning a budget for a family. They went to a grocery store to research prices and costs associated with grocery needs. Another group went to a dollar store with lists of items to purchase for their home to practice using a list, finding the items in the store, and going through the checkout process to pay for their items.

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 20th- NO School/PD Day

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



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50

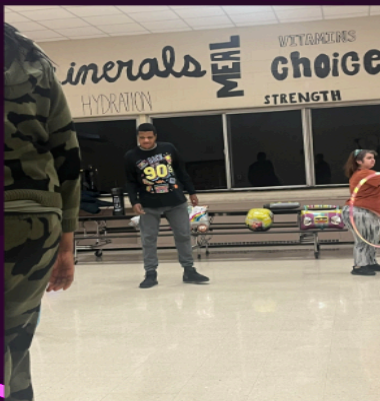
***Wednesday, January 22nd**

***Friday, February 7th**

***Friday, February 28th**

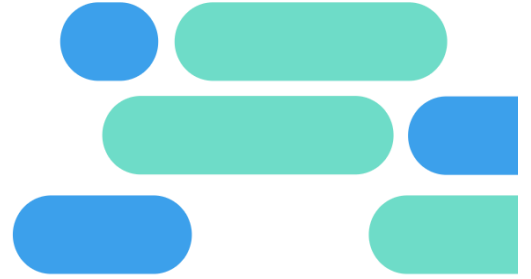
JAMMIN JANUARY

Fun Night





Weekly CBI



Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 1/20- P.M. - NO School- MLK Day

Thursday- 1/23- P.M.- Royal Oak Library

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 1/20- P.M. - NO School- MLK Day

Thursday- 1/23- P.M.- Kroger

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



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!



LETTER FROM LENORE BARSHAW

TRANSITION COORDINATOR

I have had the opportunity to visit our students at Animal Welfare several times this rotation. Animal Welfare is located in Madison Heights.

Animal Welfare was founded in 1982 as a NO-KILL animal shelter and rescue. Finding the best possible home for each animal is the mission of Animal Welfare. In addition to finding animals homes, Animal Welfare offers food to pet owners who can no longer afford to feed their pets.

As employees of Animal Welfare, our students are expected to wash and dry all the dirty water and food bowls, sweep and mop the cat room, clean the litter boxes, feed and give water to the cats in the cat room, and brush the cats fur. The favorite work task, however, is to socialize the cats in the cat room. This is done after all other tasks are completed otherwise the tasks as mentioned earlier may never get done.

As I watch the students do their jobs, I notice how kind and compassionate they are to the animals. They truly enjoy their work at Animal Welfare and are living up to Animal Welfare's motto of "giving forgotten animals the chance they deserve".

Lenore Barshaw
Transition Coordinator
lenore.barshaw@myhpsd.org

NEWS FROM NURSE STEPHANIE

Treat Your Feet Right!

No matter how many steps you take a day - or if you even walk at all - your feet provide you with vital support. Here are some ways to keep your feet healthy and feeling great!

1. Maintain a healthy weight – excessive weight leads to more pressure that can cause foot/heel pain or arthritis
2. Wear shoes with good supports – for extreme cases of flat feet, etc. orthotics that are made to fit an individual's specific foot may be needed
3. Wash feet every day with warm water and in between toes
4. Inspect feet every day for sores, cuts, and blisters and make sure to clean out properly
5. Trim toenails – make sure not to trim too short which could lead to ingrown toenails
6. Don't go barefoot in areas where there can be sharp objects or rocks that can cut the bottom of your feet
7. Use sunscreen on your feet– the skin on the top/bottom of your feet can be especially sensitive to sun exposure and overlooked when applying sunscreen!

More Tips for Healthy Feet:

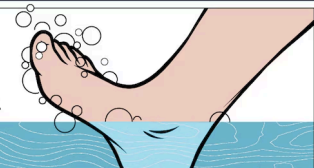
TIPS FOR HEALTHY FEET

Most people with diabetes can prevent serious foot problems.

Check your feet every day for cuts, redness, swelling, sores, blisters, corns, or calluses.



Wash your feet every day in warm (not hot) water and dry them well.



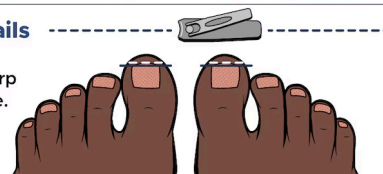
Never go barefoot, even inside.



Wear shoes that fit well and always wear socks.



Trim your toenails straight across and smooth out sharp edges with a nail file.



Don't try to remove corns or calluses yourself.



Get your feet checked at every health care visit and visit your foot doctor at least once a year.



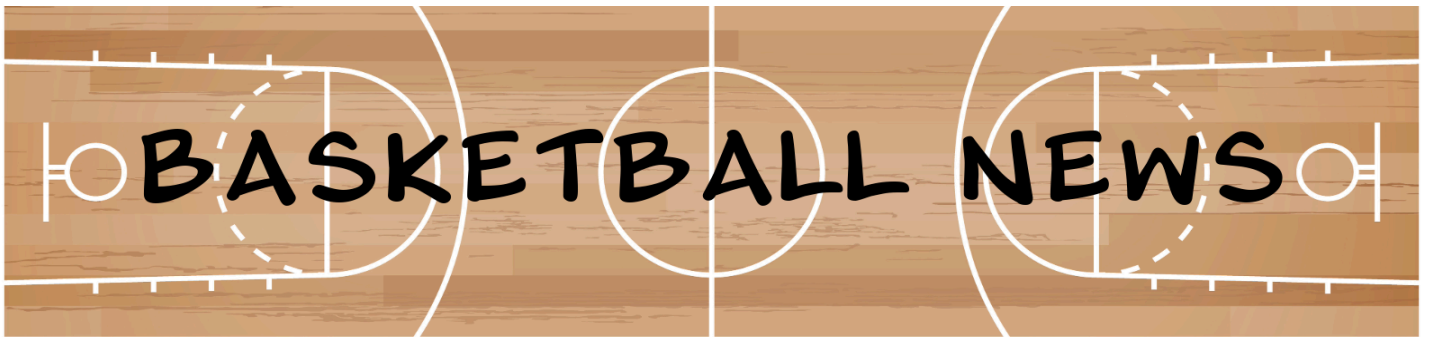
LEARN MORE: www.cdc.gov/diabetes/complications/



References:

1. The Arc. (2015) *Step Into Good Foot Health*. Retrieved 01-14-2025 from <https://thearc.org/blog/step-into-good-foot-health/>
2. CDC. (2024) *Tips For Healthy Feet*. Retrieved 01-14-2025 from <https://www.cdc.gov/diabetes/communication-resources/tips-for-healthy-feet.html>

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