

Jardon Vocational School Parent Newsletter From The Principal

January 31st, 2025

Dear Jardon/Webb Community,

The Jardon students got to enjoy a group social this week where they had the opportunity to participate in marshmallow bingo, wintery games, or a Frosty marathon. As you can see in the pictures below, fun was had by all! The Jardon Student Council planned this event as a way for the adult programs to join together and socialize.

The Jardon SXI program finished out their second card marking and progress reports went home this week. Please reach out to caseload teachers if you have any questions or concerns.

When you visit the school, please plan to bring state identification with you. Our new Centegix check-in system requires that we scan your identification and provide you with a guest badge in order to be in the building for any reason other than picking up/dropping off students.

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

February

February 14th Half Day

11:00 Dismissal

Winter Break Begins

February 24th School Resumes



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50

***Friday, February 7th**

***Friday, February 28th**

Weekly CBI

Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 2/3- P.M. - Meijer

Thursday- 2/6- P.M.- DIA

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 2/3- P.M. - Meijer

Thursday- 2/6- P.M.- Somerset Mall

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



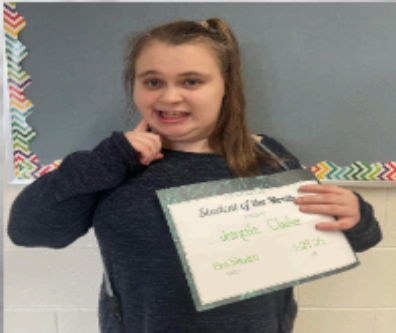


Jardon January Social

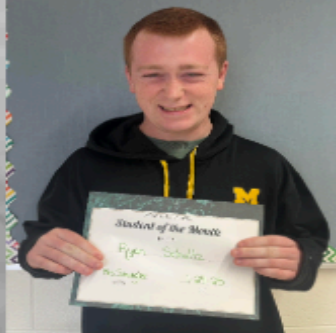


January Student Of The Month

**Jeanette
Cloutier**



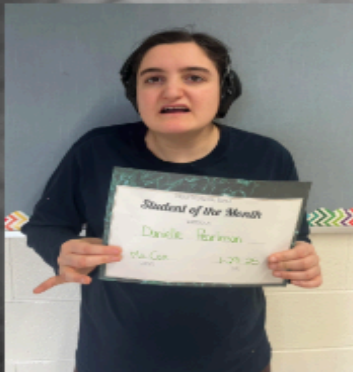
**Ryan
Schultz**



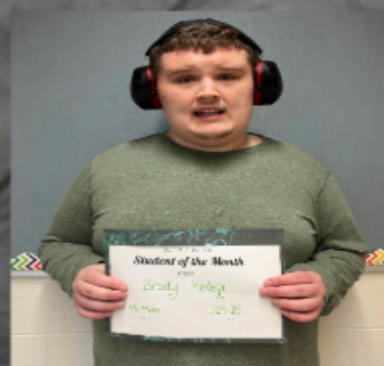
**James
Chidester**



**Danielle
Pearlman**



**Brady
Kellogg**



**Jacob
Levin**



**Zachary
McMorris**



**Kateeya
Miller**



WINTER PARK

YOUR LOCAL WINTER WONDERLAND!

FEBRUARY 17, 2025

10:30am - 11:50am

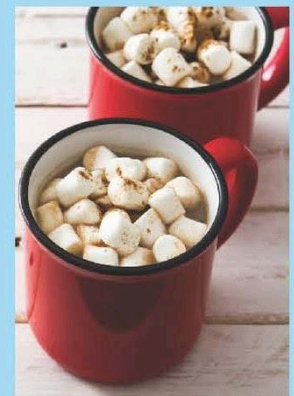
ACCESSIBLE TUBING EXPERIENCE

Join us for this sensory friendly event designed to offer a supportive tubing experience for individuals with disabilities. All abilities welcome - mobility, developmental and intellectual.

After tubing, stay to warm up by one of our fires, grab a bite at our farm kitchen, visit with our barnyard animals and more!



in partnership with



The experience is intended to allow: decreased wait times; lowered music levels and lights being cognizant of sensory needs; volunteers to assist those with mobility challenges; all-terrain wheelchairs; and increased staff and volunteers stationed to support people getting in and out tubes or ride next to them if there isn't a family member who can.

Questions regarding accommodations? Contact Tracy at tniyo@bloomfield.org

For people wanting to tube, tubing tickets are \$17 per person (buy 4, 10% off).
Advance purchase required. Registration is due by February 10, 2025.

[To initiate registration, please click here](#)

Did You Know?

- **The tallest snowman was higher than a 12 story building.** ❄️
- **A snowflake can take up to two hours to fall from a cloud to the ground.** ❄️
- **Hot water will turn into ice faster than cold water.**
- **Clear tape was invented in 1930 by Richard Drew.**

Staff Fun Facts:

Mrs. Converse once won an all expense paid trip to a concert in London off the radio.

Mr. Baber once got a call back to audition for a movie.

Mrs. Stevens has never had a cavity.

Just From Jessi Transition Coordinator

Thank you for such a warm welcome to Jardon and Hazel Park School District! It has been such a pleasure to meet most of the students and staff this week. I have had the opportunity to get out in the community to the majority of the job sites this week and I am so impressed with the hard work I have observed!

Alongside our students I've had the chance to see A LOT! So far this week I have been able to: collect laundry and prepare the dining room at Park Place, scan and return merchandise at Meijer, set up Table 28 at the Zoo, shred paper and stuff envelopes at the Board Office, prepare Bobcat Bonnie's for customers, break down boxes at Kroger, pack hummus at Garden Fresh, care for the animals at Animal Welfare, clean produce and pack lunches with Chartwells, sew heating pads in textiles, create cards, pass out mail with the clerical team, clean at Ferndale Free Methodist Church, make popcorn and coffee sales in our school store, tend to plants in the greenhouse, make dog biscuits, and I still have so much to see and do!

I am so fortunate to have the guidance of Lenore Barshaw and all the staff at Jardon during this transition period. I look forward to diving deeper and working together to expand on all the wonderful things I have seen so far. Please do not hesitate to reach out to me with any questions around transition. I am so lucky to be a part of such a phenomenal team.

Resource Feature:

[The Arc of Oakland County
General Brochure](#)

In the news:

[Social Security Taking Steps To Streamline SSI](#)

With a recent change, the Social Security Administration is making it easier to apply for Supplemental Security Income benefits. [Read More](#)

[MLB Player To Wear No. 21 In Honor Of Daughter With Down Syndrome](#)

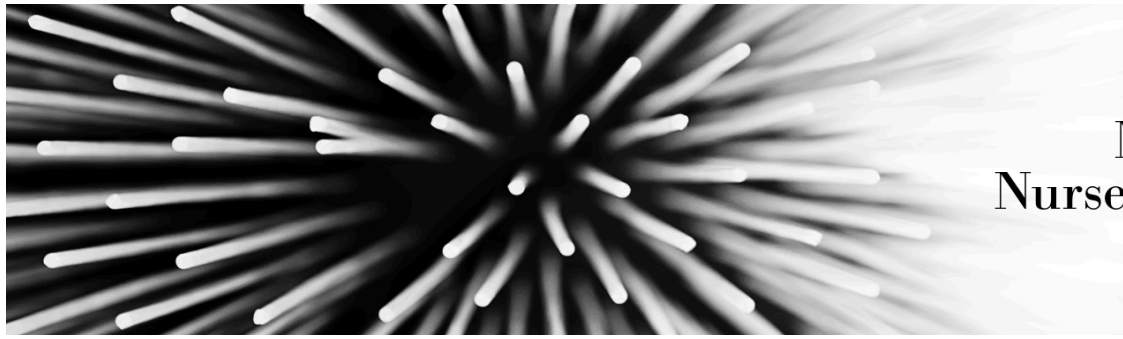
After his daughter was born with Down Syndrome, a Major League Baseball first baseman decided to change his number to 21 to raise awareness of the chromosomal disorder. [Read more](#)



Jessica Haines

jessica.hanies@myhpsd.org

Transition Coordinator



News From Nurse Stephanie

Got the Blues?

In climates with prolonged hours of darkness during the winter (*hello, Michigan!*), it's not uncommon to feel "blah" or "blue". Did you know there is a name for this type of depression?

According to the National Institute of Mental Health, Seasonal Affective Disorder (SAD) usually occurs in the late fall or early winter (though there is a summer-onset version!), triggered by - you guessed it - the change in seasons and hours of sunlight.

Common symptoms of SAD include decreased energy or fatigue, persistent sadness, irritability, changes in sleep and appetite, anxiety, and difficulties with memory and concentration. These can be mild, moderate, or severe and interfere with daily function.

SAD occurs more often in women and in northern latitudes; it may first occur in early adulthood. Researchers are still studying why SAD happens.

As daylight hours become longer, symptoms of SAD may lift. It is treatable with Vitamin D supplementation, light therapy and or/ spending time outdoors, medications, and talk therapy. Exercise, social activities, and maintaining a nutritious diet also help alleviate symptoms and may even prevent SAD.

Your doctor, physician's assistant, nurse practitioner, or other qualified healthcare provider can help you sort through symptoms of SAD, and provide a diagnosis or refer you to a specialist. Even if you're not sure symptoms may be related to SAD, it's helpful to check them out!

For more information, take a look at <https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression> and <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder> .

Nurse Stephanie



Game Schedule

- 2/5/25 (Wednesday)- @ Grosse Pointe South at 3:50 vs GP Unified
- 2/24/25 (Monday)- @ Webb Gym 3:30 vs Hot Shots
- 3/10/35 (Monday)- @ Webb Gym @ 3:30 Crusaders vs Staff
- 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**

February 2025

Jardon Vocational School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lunch <ul style="list-style-type: none"> • Cheesy Italian Pull Apart • Chicken Tenders • Whole Grain Dinner Roll • Turkey Ham & Cheese Sandwich 	4 Lunch <ul style="list-style-type: none"> • Classic Cheeseburger • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich 	5 Lunch <ul style="list-style-type: none"> • Mini Chicken Corn Dogs • Breaded Chicken Drumstick • Whole Grain Dinner Roll • Muffin, Goldfish & Yogurt Fun Lunch 	6 Lunch <ul style="list-style-type: none"> • Chicken Patty • Fiestada Pizza • Popcorn Chicken Salad • Flatbread 	7 Lunch <ul style="list-style-type: none"> • Chicken & Cheese Quesadilla • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
10 Lunch <ul style="list-style-type: none"> • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich 	11 Lunch <ul style="list-style-type: none"> • Jumbo Crispy Chicken Tenders • Southwest Queso Pull Apart • Salsa • EZ Jammer Wowbutter & Jelly Sandwich 	12 Lunch <ul style="list-style-type: none"> • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch 	13 Lunch <ul style="list-style-type: none"> • Personal Cheese Pizza • Hot Turkey Ham & Cheese Bagel • Popcorn Chicken Salad • Flatbread 	14
17	18	19	20	21
24 Lunch <ul style="list-style-type: none"> • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich 	25 Lunch <ul style="list-style-type: none"> • Beef Taco Meat • Southwest Queso Pull Apart • EZ Jammer Wowbutter & Jelly Sandwich 	26 Lunch <ul style="list-style-type: none"> • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch 	27 Lunch <ul style="list-style-type: none"> • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread 	28

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.



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

This institution is an equal opportunity provider.

