

JARDON VOCATIONAL SCHOOL
PARENT NEWSLETTER
FROM THE PRINCIPAL



October 25th, 2024

Dear Jardon/Webb Community,

Thank you to all of our parents and/or guardians who were able to participate in our parent/teacher conferences this week. The partnership between home and school is an integral part of student success.

It is hard to believe that we are entering week seven of our first work based learning rotation. Work reports should have gone home today so please make sure you look at them to see how your student is performing and where you may be able to assist them. Always feel free to reach out to the caseload teacher if you have any questions or concerns.

The first Jardon fun night of the year is coming next week! This is always a great time! Students may wear costumes to fun night but they must be school appropriate and we ask that no masks be worn and no weapons of any kind be included.

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

October

October 30th- Halloween Fun Night
6-7:45 PM
Admissions-\$5



October 31- Half Day
11:00AM Dismissal
Record's Day



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50

***Friday, November 8th**
***Friday, November 22nd**



HALLOWEEN SPIRIT WEEK



MONDAY- October 28th

Spooky Socks Day
(Wear spooky socks)

TUESDAY- October 29th

Tie Dye Day
(Wear Tie Dye)

WEDNESDAY- October 30th

Character Clothes Day
**(Wear a shirt with your
favorite Character on it)**

THURSDAY-October 31st

Orange and Black Day
(Wear Orange and Black)

FRIDAY- November 1st

Pajama Day
**(Wear School
appropriate pajamas)**



Join Us For



A SPOOKTACULAR Event!

Wednesday, October 30th, 6-7:45 P.M.

Jardon Vocational School

Music, Food, Dancing & Fun!

ADMISSION \$5

Please **R.S.V.P** to the Jardon office **NO** later than Friday, October 25th and pay at the door.

248-658-5951

You can also pay ahead of time in the office.

AREA 15

SPECIAL OLYMPICS OF MICHIGAN FUNDRAISER

LOTTO TICKETS

Each 4 digit numbered ticket is your chance to win from \$25 to \$5000.

For \$20.00 you have over 300 chances to win \$\$\$\$\$\$:

Mondays= \$200, Tuesdays - Saturdays= \$100, Near Misses=\$25.00

Scheduled Bonus Days= up to \$5000

Winners are determined from Michigan's evening 4-digit lottery

\$\$ Bonus \$\$

IN ADDITION TO THE PRIZES YOU CAN WIN BY MATCHING THE DAILY FOUR NUMBER EXACTLY,
WE HAVE PICKED 16 BONUS DAYS

\$\$ BONUS DAYS \$\$

\$500 DAYS	Feb 15, 2025 - Apr 2, 2025 - Jul 8, 2025 Sep 11, 2025 - Nov 14, 2025
\$1,000 DAYS	Jan 7, 2025 - Mar 26, 2025 - May 29, 2025 Aug 9, 2025 - Oct 10, 2025
\$1,500 DAYS	Apr 28, 2025 - Jun 20, 2025 Aug 27, 2025 - Oct 30, 2025
\$2,500 DAY	Jul 28, 2025
\$5,000 Day	Dec 24, 2025

ALL PROCEEDS BENEFIT

Area Youth Programs



COST: \$20.00 From 1/1/2025 - 12/31/2025

Good for 311 days

Mondays \$200 - * except on schedule days

Tuesday - Saturday \$100 - * except on scheduled days

Near Miss - \$25 one number up or down

* See ticket back for bonus days

BASED ON MICHIGAN DAILY 4 DIGIT NUMBER

EVENING DRAWING

PLAYED STRAIGHT - DRAWING MON-SAT
BONUS DRAWING EXCLUDED

If your number is drawn on Mondays, you receive \$200.

If your number is drawn Tuesday - Saturday, you receive \$100.

See back of Ticket for Bonus days - up to one \$5,000 Winner

**Also if your number is one up or one down
from the drawn number, you receive \$25.00.**

**Example: 1538 is winning number and you have
1537 or 1539 - you win \$25.00.**

If the raffle ticket for the daily number has not been sold, a drawing
from the pool of raffle ticket stubs for tickets sold will take place
at 2380 Wixom Tr., Suite H, Milford MI.
between 7:30 p.m. and 8:00 p.m. the same day.

WEEKLY CBI

Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 10/28- P.M. - Meijer

Thursday- 10/31- P.M. - Half Day - No CBI

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 10/28- P.M. - Franklin Cider Mill

Thursday- 10/31- P.M.- Half Day - no CBI

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





Blood Pressure Basics

We all know that our blood pressure, one of the vital measurements of health, is important to know. But what exactly is a "blood pressure", and what do those numbers mean?

Blood pressure is the amount of force - or pressure - on the walls of your arteries that your heart makes as it pumps blood around your body.

The upper number - or "**Systolic**" number - is the maximum pressure, which happens when your heart muscle contracts. The "**Diastolic**" number - lower number - is the lowest amount of pressure, which happens as your heart relaxes in order to fill up again with blood.

These pressures are measured in **millimeters of mercury**, or "**mmHg**". So a reading of 120/80 mmHg simply means that at its' highest (systolic), the pressure is 120; at its' lowest (diastolic), the pressure is 80 mmHg.

120/80 and under is considered a "normal" reading. Anything over 120/80 is considered an elevated pressure; a systolic reading of **130 and above** is **hypertension**, or high blood pressure.

Readings of **180/110 and above** indicates a crisis and requires immediate medical intervention. At the opposite end, a **hypotensive**, or low, reading is **90/60 or less**. Depending on symptoms, this may or may not require emergency treatment, but should still be evaluated by your health care practitioner.

Blood pressure varies from minute-to-minute, and can be affected by factors such as temperature, time of day, physical activity, mental and emotional stress, diet, medications, and even having a full bladder!

For more information about blood pressure, check out this free booklet, *Understanding Blood Pressure: a handy guide to understanding what blood pressure is, how it affects you, and how to measure it at home* @ https://www.dshs.texas.gov/sites/default/files/heart/pdf/HBP_Guide_English_2018.pdf

In health,

Nurse Stephanie



LETTER FROM LENORE BARSHAW TRANSITION COORDINATOR

This week I was reminded again how challenging it can be to find transportation for individuals who do not drive. As our students begin working, transportation can be a barrier to employment. Parents and Guardians may often have to transport their young adults to and from work. Transporting a young adult to and from work can be exhausting and sometimes next to impossible due to their own work schedules.

If your young adult is not able to drive, what services are available to him/her to get around that would not involve you transporting him/her?

Most of our students are eligible for a SMART Bus pass, which allows for door-to-door transportation services under the Americans With Disabilities Act (ADA). These services require an application, which our School Psychologist and I can help you fill out. Once the bus pass is secured, making reservations via phone for the bus to pick up and return your adult student to your home is required a couple of days prior to the needed transportation services.

[Smart Bus](#)

Smart Bus has also developed a service called Flex which is like an Uber service. Flex has an App that is very user-friendly or you can just call and schedule your ride. Individuals are picked up in a small Van or Car with the word FLEX on the vehicle. Flex now has services in Dearborn, Hall Road, Troy/Clawson, Pontiac/Auburn Hills, and Farmington/Farmington Hills. The cost is \$2.00 each way. This service continues to expand to many areas in the Detroit Metropolitan area. Below is the link to the Smart Flex Service.

[Smart FLEX Service](#)

In addition, many communities provide their own transportation to individuals with disabilities. In Chesterfield where my brother-in-law lives, a service called Happy Cab is available for individuals with disabilities to get to their medical appointments. In Sterling Heights, where we live, there is community transportation for seniors and the disabled. Call your city hall to see if your community provides a transportation service.

Whether you allow your young adult to learn to drive or not, making sure he/she has reliable transportation is important.

If you have any questions about this process or would like for me to make a referral, please do not hesitate to contact me.

Lenore Barshaw Transition Coordinator
lenore.barshaw@myhpsd.org



GABE FERRISE SCHOOL PSYCHOLOGIST



My name is Gabe Ferrise. I am the school psychologist here at Jardon. I worked at Jardon in the past from 2014-2018 and recently got the opportunity to come back to this amazing building. I enjoy hiking and traveling all over the country with my wife and dogs.



Basketball News



Dear Jardon Students and Families,

- The deadline for registration is Monday, October 28, 2024. Students will be required to have all paperwork completed and turned in on or before this day to join the team. All new athletes must have an athletic physical exam by a doctor to join the team. Returning athletes must have an athletic physical exam by a doctor to join the team every three years.
- 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 Mark, 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

October Lunch Choices:

Monday, October 28th-

- *Mini Cheese Ravioli with Marinara Sauce**
- *Chicken Tenders with whole grain roll**
- * Turkey Ham & Cheese Sandwich**

Tuesday, October 29th-

- *Beef Nachos**
- *Cheese Stuffed Breadsticks with Marinara Sauce**
- * EZ Jammer Wowbutter \$ Jelly Sandwich**

Wednesday, October 30th-

- *Mini Corndogs**
- *Breaded Chicken Drumstick**
- *Muffin, Yogurt & Cheese Fun Lunch**

Thursday, October 31st-

- *HALF DAY**

November 2024

Jardon Vocational School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lunch • Grilled Chicken Patty • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
4 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	5 NO SCHOOL	6 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	7 Lunch • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread	8 Lunch • Jumbo Crispy Chicken Tenders • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
11 Lunch • Cheese Lasagna Rollup • Chicken Tenders • Turkey Ham & Cheese Sandwich	12 Lunch • Sweet & Sour Chicken • Cheese Stuffed Breadsticks • EZ Jammer Wowbutter & Jelly Sandwich	13 Lunch • Beef Hot Dog on Whole Wheat • Breaded Chicken Drumstick • Muffin, Goldfish & Yogurt Fun Lunch	14 Lunch • Boneless Chicken Wings • Toasty Cheese Sandwich • Popcorn Chicken Salad • Flatbread	15 Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
18 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	19 Lunch • Jumbo Crispy Chicken Tenders • Southwest Queso Pull Apart • Salsa • EZ Jammer Wowbutter & Jelly Sandwich	20 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	21 Lunch • Personal Cheese Pizza • Hot Turkey Ham & Cheese Bagel • Popcorn Chicken Salad • Flatbread	22 Lunch • Chicken Parmesan • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
25 Lunch • Mini Cheese Ravioli with Marinara Sauce • Chicken Tenders • Whole Grain Dinner Roll • Turkey Ham & Cheese Sandwich	26 Lunch • Roasted Turkey with Gravy • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

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.