



Jardon Vocational School Parent Newsletter From The Principal

September 20th, 2024

Dear Jardon/Webb Community,

Last Friday we had 4 students and Coach R participate in The Torch Run with Hazel Park Police and Ferndale Police. This run is done each year to raise money for The Special Olympics. There are pictures below as the team made their way across Woodward Heights, passing by Jardon, where staff and students were out cheering them on.

The Jardon General Store and Greenhouse are officially open! We have started our Fall Mum Sale. Please see flower options as well as prices listed below and your son or daughter should be bringing home an order slip today for you to make your selections.

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

September

9/27- Half Day
11:00 AM Dismissal

9/30- Picture Day



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50

***Wednesday, September 25th**

***Friday, October 11th**

***Friday, October 25th**



Fall Garden Mums'24

1 4.5" Mum Pot \$5.00

6" Mum Pot \$7.00

10" Bowl \$20.00

10" Terra Cotta Pot \$15.00

14" Terra Cotta Pot \$30.00

Solid colors of Mumbo(mix of 5 colors)

4.5" Aster \$5.00

Hibiscus \$12.00

Weekly CBI

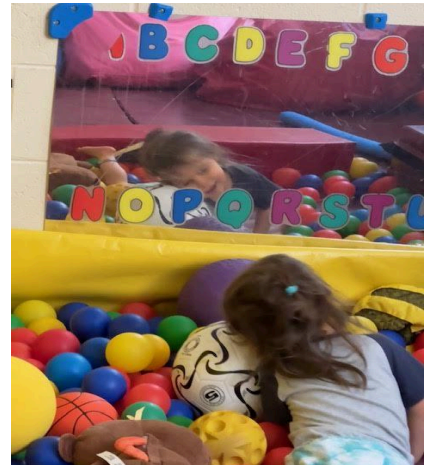
Jardon MoCI Community-Based Instruction for the Upcoming Week:

- Monday- 09/23- P.M. - Meijer
- Thursday- 09/26- A.M. - Sam's Club - School Store employees only
P.M. - Hobby Lobby

Jardon ASD Community-Based Instruction for the Upcoming Week:

- Monday- 09/23- P.M. - Kroger
- Thursday- 09/26- P.M.- Franklin Cider Mill

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



Torch Run 2024



News From Nurse Stephanie

Getting Your Best ZZZZs

Renewing, healing sleep is a must-have - not only for a rested outward appearance, but to help our brains process and store information, balance hormones, and support emotional regulation¹. Plenty of sleep is also essential to strengthening immune system function².

Did you know that factors for quality sleep can begin in the *daytime*?

Check out these tips from Mindset Health! <https://www.mindsethealth.com/matter/sleep-hygiene-tips>

Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

- Stick to a Sleep Schedule**
Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.
- Write Down Your Worries**
Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.
- Create a Healthy Sleep Environment**
Your room should be a relaxing, clean, cozy retreat for sleep may help your mind switch off more easily at night.
- Avoid Stimulants & Limit Alcohol**
Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.
- Exercise & Get Outside**
30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost too!

and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of your **sleep at night**.

- Don't Head to Bed When You're Not Tired**
An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.
- Create a Daily 'Wind-Down' Routine**
Hyperarousal (an active or 'busy' mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.
- Block Out Noise & Light**
A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.
- Make Your Bed a Sleep & Intimacy Zone**
Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.
- Don't Take Your Phone or Other Devices to Bed**
Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.

Mindset Health
www.mindsethealth.com

Nurse Stephanie

References:

1. NIH. (2022-06-15). Sleep Deprivation and Deficiency: How Sleep Affects Your Health. NLM.

<https://www.nlm.nih.gov/health/sleep-deprivation/health-effects#:~:text=Mental%20health%20benefits&text=While%20you're%20sleeping%2C%20your,make%20decisions%2C%20and%20be%20creative.>

2. Sleep Foundation. (2023-08-15). How Sleep Affects Immunity. SleepFoundation.org.

<https://www.sleepfoundation.org/physical-health/how-sleep-affects-immunity>



Basketball News



Dear Jardon Students and Families,

Basketball Season 2024-2025 Important Information

- 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**

September 2024

Jardon Vocational School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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|----------|--|---|---|---|
| 2 | 3
Lunch
• Beef Nachos
• Cheese Stuffed Breadsticks
• Marinara Sauce
• EZ Jammer Wowbutter & Jelly Sandwich | 4
Lunch
• BBQ Pulled Pork
• Breaded Chicken Drumstick
• Whole Grain Dinner Roll
• Muffin, Yogurt & Cheese Fun Lunch | 5
Lunch
• Crispy Chicken Breast Sandwich
• Toasty Cheese Sandwich
• Popcorn Chicken Salad
• Flatbread | 6
Lunch
• Grilled Chicken Patty
• Classic Pepperoni Pizza
• EZ Jammer Wowbutter & Jelly Sandwich |
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9	10	11	12	13
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| 9
Lunch
• Macaroni & Cheese
• Fiestada Pizza
• Turkey Ham & Cheese Sandwich | 10
Lunch
• Beef Taco Supreme
• Southwest Queso Pull Apart
• EZ Jammer Wowbutter & Jelly Sandwich | 11
Lunch
• BBQ Oven Roasted Chicken Drumstick
• Bacon Cheeseburger
• Muffin, Yogurt & Cheese Fun Lunch | 12
Lunch
• Chicken & Cheese Quesadilla
• Turkey Ham & Cheese Bagel Melt
• Popcorn Chicken Salad
• Flatbread | 13
Lunch
• Cheese and Ketchup Meatloaf
• Classic Pepperoni Pizza
• EZ Jammer Wowbutter & Jelly Sandwich |
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16	17	18	19	20
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| 16
Lunch
• Cheese Lasagna Rollup
• Chicken Tenders
• Turkey Ham & Cheese Sandwich | 17
Lunch
• Sweet & Sour Chicken
• Cheese Stuffed Breadsticks
• EZ Jammer Wowbutter & Jelly Sandwich | 18
Lunch
• Beef Hot Dog on Whole Wheat
• Breaded Chicken Drumstick
• Muffin, Yogurt & Cheese Fun Lunch | 19
Lunch
• Boneless Chicken Wings
• Toasty Cheese Sandwich
• Popcorn Chicken Salad
• Flatbread | 20
Lunch
• Cheesy Italian Pull Apart
• Classic Pepperoni Pizza
• EZ Jammer Wowbutter & Jelly Sandwich |
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23	24	25	26	27
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|---|---|---|--|-----------------------|
| 23
Lunch
• Macaroni & Cheese
• Fiestada Pizza
• Turkey Ham & Cheese Sandwich | 24
Lunch
• Jumbo Crispy Chicken Tenders
• Southwest Queso Pull Apart
• Salsa
• EZ Jammer Wowbutter & Jelly Sandwich | 25
Lunch
• BBQ Oven Roasted Chicken Drumstick
• Bacon Cheeseburger
• Muffin, Yogurt & Cheese Fun Lunch | 26
Lunch
• Personal Cheese Pizza
• Hot Turkey Ham & Cheese Bagel
• Popcorn Chicken Salad
• Flatbread | 27
Half Day |
|---|---|---|--|-----------------------|

30

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.