



Jardon Vocational School Parent Newsletter From The Principal



September 27th, 2024

Dear Jardon/Webb Community,

We officially finished up our second week of work based learning. Many students are attending job sites, both in-house and off-campus. Students work with a job coach to help develop meaningful job skills for future employment opportunities. To keep track of how your student is performing, be sure to check their work reports that come home every two weeks, starting today.

The Jardon General Store and Greenhouse are open! Our Fall mum and plant sale will continue through October 4. Please see the flower options and prices listed below.

The Special Olympics lotto ticket fundraiser is now available. If you are interested in purchasing a \$20 ticket, you are supporting our Jardon Crusader Basketball Team and have 311 opportunities to win based on the Daily 4 drawing. Call the Jardon office if you are interested.

Wednesday, October 2, is count day. Please try to make sure that your student is present for this important day which contributes to school funding.

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

September/October

September 30-Picture Day

October 24th- Half Day

11:00AM Dismissal

Parent/Teacher Conferences

1:00-3:00 & 4:00-6:00



October 31- Half Day

11:00AM Dismissal

Record's Day



BAGEL DAYS

Bagel- \$1.00

Bagel with Cream Cheese- \$1.50


*Friday, October 11th

*Friday, October 25th



Walking Wednesday





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



Ferndale Free Methodist Church Work Based Learning



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- 09/30- P.M. - Kroger

Thursday- 10/3- A.M. - Sam's Club - School Store employees only
P.M. - Goodwill

Friday- 10/4- Brookwood Fruit Farm

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 09/30- P.M. - Meijer

Thursday- 10/3- P.M.- Red Oaks Nature Center

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





News From Nurse Stephanie

Growth

"When one teaches, two learn." - Robert Heinlein

As many of you know, I am blessed to have nursing students from a local community college shadowing me here at Jardon through mid-October. This is a fantastic opportunity - not just for student nurses in their pediatrics rotation, but also for me! Not only do I learn from their many questions, but also by seeking to provide them with as many experiences as possible while they are here.

Which brings the question - what can we, as adults, do in order to continue our *own* self-growth?

Adult brains are still capable of neurogenesis - the process by which new neurons are formed in the brain 1; in adults, this happens mainly in the hippocampus, an area of the brain involved in memory, learning, recall, and emotional regulation 2. Environment, diet, and exercise are factors that increase brain growth, while stress and aging hamper it 2. So how could we incorporate positive factors into our everyday life?

Healthy lifestyle: Regular aerobic exercise (biking, walking, running, etc.), an antioxidant-rich diet (fruit, vegetables, green tea...), and plenty of good-quality sleep encourage neurogenesis.

So will mentally-stimulating activities, like card and strategy games, creating artwork, learning a new musical instrument or language, studying a topic of interest and volunteering to help others.

Proper care for mental health conditions (anxiety, depression, PTSD, etc.) and stress reduction activities such as yoga, meditation, mindfulness practices, time with friends, speaking with a therapist and/or doctor, and developing healthy boundaries also promote healthy brain growth.

There is no age limit on learning. What other activities have you found that keep you sharp and growing? Drop me a line at Stephanie.fowlereagan@myhpsd.org ; I'd love to hear from you!

In health,

Nurse Stephanie

References

1. What is Neurogenesis? University of Queensland Brain Institute. <https://qbi.uq.edu.au/brain-basics/brain-physiology/what-neurogenesis> . Accessed 9-22-2024.
2. Guy-Evans, Olivia. Updated 9-19-2023. Biopsychology - What is Neurogenesis?. Simply Psychology. <https://simplypsychology.org/neurogenesis.html> .



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 2024

Jardon Vocational School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lunch • Beef Nachos • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	2 Lunch • BBQ Pulled Pork • Breaded Chicken Drumstick • Whole Grain Dinner Roll • Muffin, Yogurt & Cheese Fun Lunch	3 Lunch • Crispy Chicken Breast Sandwich • Toasty Cheese Sandwich • Popcorn Chicken Salad • Flatbread	4 Lunch • Grilled Chicken Patty • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
7 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	8 Lunch • Beef Taco Supreme • Southwest Queso Pull Apart • EZ Jammer Wowbutter & Jelly Sandwich	9 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Yogurt & Cheese Fun Lunch	10 Lunch • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread	11 Lunch • Cheese and Ketchup Meatloaf • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
14 Lunch • Cheese Lasagna Rollup • Chicken Tenders • Turkey Ham & Cheese Sandwich	15 Lunch • Sweet & Sour Chicken • Cheese Stuffed Breadsticks • EZ Jammer Wowbutter & Jelly Sandwich	16 Lunch • Beef Hot Dog on Whole Wheat • Breaded Chicken Drumstick • Muffin, Goldfish & Yogurt Fun Lunch	17 Lunch • Boneless Chicken Wings • Toasty Cheese Sandwich • Popcorn Chicken Salad • Flatbread	18 Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
21 Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	22 Lunch • Jumbo Crispy Chicken Tenders • Southwest Queso Pull Apart • Salsa • EZ Jammer Wowbutter & Jelly Sandwich	23 Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Goldfish & Yogurt Fun Lunch	24 Lunch • Personal Cheese Pizza • Hot Turkey Ham & Cheese Bagel • Popcorn Chicken Salad • Flatbread	25 Lunch • Chicken Parmesan • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich
28	29	30	31	

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