



THE

MIDLAND

MONTHLY

Wearing a scarf could be one of the best ways to keep you warm this winter. The Student Council invited everyone to wear their favorite scarf on Tuesday, January 11th for a virtual School Spirit Day!



This is what virtual instruction looked like for some of our students. We found many of our students missed being in school but glad they were able to stay connected with their teachers learning remotely.

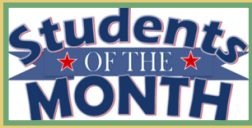


School News

We are SNOW happy to see the students back in school after a two-week virtual instruction.



The Choice is Yours



The January Social Skills theme is:

Being a Good Friend & Showing Kindness



209 – Lexi

217 – Jovin

218 – Isaiah

219 – Annabella

220 – Connor

The February Social Skills theme is:

Accepting Oneself; Self Esteem Building



School News



Please join us in welcoming Marisa and her family to Midland! Marisa will be joining Mrs. Engelhardt's class in Room 219.

For Parents



Did you ever have the feeling you forgot something? Maybe your child did at school. Did you know the main office has a Lost and Found bin? We have a collection of coats, jacket, hats, glasses, gloves, and more. Check out the photo below to see if you recognize any of the items. If you do, just call the office and we will be sure to get it back to where it belongs. Take a peek below!



Check us out on social media and subscribe today! We will share news, feature some exciting school activities and communicate events.

Facebook: @The Midland School



Twitter: @MidlandMessages

YouTube: Midland NJ



Instagram: Midland_School_NJ



Shining Star Student



Who loves to ski? Maddie does and enjoys going skiing with her family every winter. “Our family skis at Gore Mountain in upstate New York,” shares Maddie’s Mom. “Maddie has participated in their adaptive ski program since she was 5 years old. Her favorite ski instructor is Bruce, who she’s been skiing with for the past few years. Maddie also has been fortunate to participate in the adaptive winter sports program at Double H Ranch, a nonprofit that provides year-round specialized programs for kids with autism and serious illnesses. We’ve enjoyed family weekends at the ranch where we’ve skied together with some amazing volunteers who we continue to stay in touch with.”

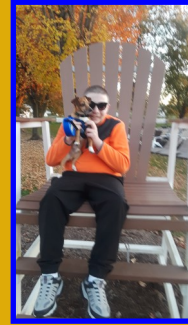
Maddie’s teachers are not surprised to hear how active Maddie is outside of school. “Maddie is always willing to participate and do her best, even when she knows it might be challenging,” says her therapists, Mrs. Gallagher and Mrs. Casucci. “Maddie is a diligent worker and excellent role model in class,” says her classroom teacher Mrs. Reilly. “Maddie comes to school each day with a positive attitude and works so well with all of her teachers and classmates.”

Unfortunately, in 2021, the winter program at Double H was suspended due to COVID, but it was brought back this year. Maddie was so happy to reconnect with all of her ranch friends in person, and excited to see her sister volunteer as a junior ski instructor for the first time. Mrs. Gallagher tells us, “Maddie is very considerate and thoughtful, showing interest and concern about other students and staff.”

“In the summer, Maddie heads out onto the courts to play tennis with Courtney, her favorite tennis pro as she likes to call her,” says her mom. “By the end of the season, her hand-eye coordination improved so much that she was able to volley a ball back to Courtney at the net.” Last fall, Maddie joined Aceing Autism, a nonprofit that connects kids through tennis, where she learned new skills and met new friends. Even Mrs. Andia, her physical education teacher came out to see her in action!

“Whether it is out on the slopes or on the courts, Maddie continues to amaze us with her determination and perseverance,” her family shares. “Her boundless enthusiasm and adventuresome spirit is contagious.”

All her teachers agree that Maddie brings joy to everyone around her. “Maddie has really matured and has become very flexible as a student,” adds Mrs. Gallagher. “We are so proud of her success and determination.”



“John has the most contagious laugh and a smile that light up the room,” says his mother. John started as a student at Midland in 2016 at the age of nine. “He has improved in so many areas,” adds his mom. “He is not as shy, shows compassion and has opened up to being so kind to others.”

“He has grown into such a fine young man,” says his speech and language therapist, Mrs. Casucci. “It is so good to see how happy John is when interacting with his peers.”

“This year he will be joining a new social club,” says his mom. “He is ready to make new friends and get out in the community”.

One of John’s passions is spending time with his favorite companion, his rescue Chiweenie dog named Buster.

“I look forward to every single time I meet with John,” says Dr. Enos, School Psychologist. “His appreciation of our time together, concern for others, along with his sense of humor brighten my day.”

“He recently used his sense of humor to manage a personal challenge,” shares his mom. “He kept hospital staff laughing when he underwent surgery and seems to adapt better when he knows what to expect.”

“John’s knowledge of computers and his mechanical skills are commendable,” says Dr. Enos, “He is always teaching me something new.”

"I am so happy to see how John has flourished in taking pride in being a role model for his peers," says classroom teacher, Mrs. Renz. "John has developed his ability to ask thoughtful questions, especially on current event topics. I love seeing the look of accomplishment on his face."

John says he is proud to tell others he attends Midland. Midland is proud to be a part of his continued growth.

Celebrations!



Happy Birthday to all our students and staff celebrating a birthday in February. Make it a day that is as special as you are!



DO YOU KNOW WHAT MAKES
FEBRUARY SO SPECIAL?

IT'S YOUR BIRTHDAY MONTH!

Students

Alexander
Laura

**Happy
Birthday!**

Staff

Mrs. Gallagher
Ms. Atkinson
Mrs. Jones
Mr. Castles
Mr. Smith
Mrs. Boyd
Mrs. Migliore
Ms. Caliendo
Mrs. Higgins
Ms. Riche



Replacement behaviors

There's always another way.

For this month's edition, we will be focusing on replacement behaviors. All behavior is communication. Replacement behaviors give children the opportunity to communicate their wants and needs without the challenging behaviors. In November's edition, we learned about the functions of behavior. Replacement behaviors should serve the same function as the challenging behavior and should allow for the child's needs to be met in a more appropriate way.

Behavior	Function	Replacement behavior
Throwing	Escape	Asking for a break
Pushing sibling	Attention	Tapping sibling on shoulder
Crying	Tangible/activity	Requesting (gesturing, vocalizing, AAC device, picture symbol)
Pinching stomach	Sensory	Provide item the child can pinch/squeeze

The replacement behavior should be as easy or easier to do than challenging behavior.

The replacement behavior should already be in child's repertoire.

The replacement behavior should make the problem behavior ineffective.

The replacement behavior should be explicitly taught and reinforced when performed.

please support the yearbook!



The Midland School yearbook, **Horizons 2022**, will be distributed at the end of this school year. This book is a beautiful, full-color compilation of the year's events, featuring portrait and candid photos of staff and students, within a durable hard cover.

To continue offering the yearbook *free-of-charge*, we will once again be selling boosters at a nominal fee of \$25.00. Anyone who purchases a booster will have a message of up to 10 words printed in the yearbook.

If you wish to send a personal message to your son/daughter, to the Midland School students/staff, or just have your name appear in the yearbook, please fill out the booster order form below and include **\$25.00 cash or check made out to "The Midland School."**

Orders will be taken until Friday, February 11th.

Thank you so much for your support! Carla Larson & Colleen Furnari



Name of person purchasing booster (Please note this name will NOT automatically be included on the booster):

Personal message that you would like to have printed in the yearbook including the sender's name if desired. (10 words or less) Please write neatly.



Please include \$25.00 cash or check made payable to "The Midland School." If you wish to purchase more than one booster, please attach a sheet with your name and message and \$25.00 for each additional booster. Thank you!



FEBRUARY

STOP STRESS IN ITS TRACKS

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal? Click the link below to try these tips to get out of stress fast.

[VIEW INFOGRAPHIC](#) / [VISIT HEALTHY FOR GOOD](#)



Southwest Slow Cooker Chicken

SERVES 6

Ingredients

- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano
- 1/4-1/2 teaspoon **cayenne pepper** (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles
- 1 cup low-sodium chicken broth

Directions

In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).

Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.

Pour tomatoes, chiles and chicken broth over the chicken in the slow cooker.

Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken may break apart easily with fork once cooked.

Tip: This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole wheat tortilla or bun.

Nutritional Facts

Calories	113	Cholesterol	48 mg
Total Fat	2.0 g	Sodium	288 mg
Saturated Fat	0.5 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.5 g	Sugars	2.7 g
Monounsaturated Fat	0.5 g	Protein	17 g

February Calendar



Friday, February 4th

**School Spirit Day!
Fun Flannel Friday**

Monday, February 14th

Happy Valentine's Day!

Friday, February 18th

**School Closed
President's Weekend**

Monday, February 21st

**School Closed
President's Weekend**

Tuesday, February 22nd

School Resumes