



CONGRATULATIONS TO
OUR NEW SENIOR
OFFICERS OF THE
STUDENT COUNCIL!



Meet the Student Council Representatives
(from bottom left to right then top left to right).



President



Vice
President



Secretary



Treasurer

Sadhika—Vice President

Teddy—Treasurer

Diana—Secretary

Sophia—Room 506

Andrew—Room 504

Ryan—Room 509

Mrs. Giorello—Advisor

Saqueo—Room 510

Shawn—Room 512

Aidan—President

Owen—Room 506

Mrs. Casucci—Advisor

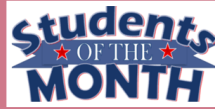


Wear RED, WHITE & BLUE on Election Day

Tuesday, November 7th



The Choice is Yours



The November Social Skills theme was:

Gratitude & Helping Others

Congratulations to our Students of the Month!

212 - Zachary 217— Aleeah 218— Leah

219 - Marco 220 — Ian

The December Social Skills will be:

Identifying & Understanding Feelings/Emotions

School News



We are so excited to welcome Leonardo, Natalia, Luca and their families to Midland.

Leonardo will be joining Mrs. Hickey's class in Room 506.

Natalia will be joining Mrs. Renz's class in Room 220.

Luca will be joining Mrs. Moreno's class in Room 212.

Are you following us across all social media channels?

We will share news, feature some exciting school activities and communicate events. Subscribe today!

Facebook: @TheMidlandSchool

YouTube: Midland NJ

Twitter: @MidlandMessages

Instagram: Midland_School_NJ





VETERANS DAY

★ ★ HONORING ALL WHO SERVED ★ ★



Every Veterans Day, we honor the generations of women and men who have served and sacrificed. Today, we recognize Darlene Reijers, Midland's School Nurse, who served for ten years in the United States Army Reserve as a Nurse for 322nd General Hospital.

Thank you for your years of service. We are so fortunate to have you as part of the Midland family. Thank you for the care you provide to the students and individuals daily, and thank you to the students in Room 509 for making cards all week that were given to you and sent to other Veterans.



The 2023 Vendor and Craft Fair was a huge success! Thank you to everyone who came out to shop and all the wonderful vendors who helped make this event happen! The holidays are off to a great start!



HAPPY
Birthday

**TO ALL BORN IN
DECEMBER!**

STUDENTS

Owen
Bryce
Shawn
Jason
Shaylese
Connor
Jillian
Amy

STAFF

Miss Benegas
Mrs. Hendrickson
Ms. Rojas Garcia
Mrs. Palma
Mrs. Swiatak
Miss Chemey
Mrs. Massimo
Mr. Andia
Ms. Frank

**Make your birthday a day that is as special as you are,
and may all your birthday wishes come true!**

SOCCER INTRAMURALS



As part of the seven-week intramural program, everyone got a kick from watching their classmates play in a soccer game against each other. Students, staff, and parents came out to spectate and cheer on all the players. It was a great game!

Blue Team

- Andrew
- Sophia
- Laura
- Nicholas
- Isaiah
- Saqueo
- Jillian
- CJ
- Caleb
- Ryan
- Brian
- Alina

Gold Team

- Andrew
- Angel
- Tommy
- Diana
- Elena
- Astrid
- Shawn
- Mikayla
- Shaylese
- Darius
- Aidan
- Jason

TRANSITION MADE EASY

**A PRESENTATION ON
THE TRANSITION
PROCESS INTO
THE DIVISION
DEVELOPMENTAL
DISABILITIES (DDD)**

DECEMBER 12, 7-8 PM

WHAT WE WILL COVER:

- The Step-By- Step Transition Process
- Medicaid Eligibility
- Support coordination and choosing the right agency



Independence powered by community



Contact:

Trisha Bailey
856-685-9217
cnjsc@njcaregivers.org



To register, please copy and paste this link:
<https://us02web.zoom.us/j/8566859217?pwd=ZUtdU6opz8sHtQyHqdq2qWdkUECbVuTBcWQ#registration>

SAVE THE DATE!



The Midland Basket Bash

Sunday, February 25, 2024

12:00 - 4:00 P.M.



www.midlandnj.org



CAN PROCESSED FOODS BE HEALTHY?

There are a lot of conflicting messages about what processed food is. Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled "natural" or "organic" can be processed.

What do you need to know?


1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.



VIEW ARTICLE

VISIT HEALTHY FOR GOOD

December



Almond Snack Mix

SERVES 4 / SERVING SIZE 1/2 CUP

Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)

- 1/4 cup dried apricot halves, cut into pieces OR 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

Directions

Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.

Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

Nutritional Facts			
Calories	174	Cholesterol	0 mg
Total Fat	6.5 g	Sodium	72 mg
Saturated Fat	0.5 g	Total Carbohydrate	29 g
Trans Fat	0.0 g	Dietary Fiber	5 g
Polyunsaturated Fat	0.8 g	Sugars	14 g
Monounsaturated Fat	0.8 g	Protein	4 g

Dietary Exchanges: 1 fruit, 1 starch, 1 fat

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SAVE THE DATE!



MOVE FOR MIDLAND

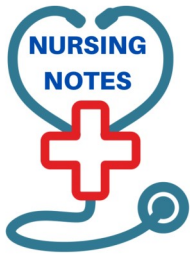


SATURDAY
JUNE 1, 2024

THE MIDLAND SCHOOL
94 READINGTON ROAD
NORTH BRANCH, NJ 08876

3:00 - 5:30 PM

Parents/Guardians



A friendly reminder. The peak of the cold and flu season is here.

To prevent widespread flu at Midland School, we recommend that your child stay home from school if experiencing flu or cold symptoms.



To decide whether or not to send your child to school, please consider the following guidelines:

Keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees. Your child may return to school only after his/her temperature has been consistently below 100 degrees for a minimum of 24 hours without the use of fever-reducing medications)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness, or muscle aches
- Frequent congested (wet) or croupy cough

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose, or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Your child's health is our priority. Please help us be a part of their healthcare team by informing us of changes that could impact their care at school. Email us if you have any questions. Nurse Tara at petersongurak@midlandnj.org and Nurse Darlene at reijers@midlandnj.org.

*health status

*medications

*surgeries or procedures immunizations

December Calendar



Thursday, December 7th	1:00 P.M. Early dismissal
Tuesday, December 12th	Holiday Express
Friday, December 15th	Holiday Concert/Tree Trimming 1:40 P.M. * Parents are welcomed to attend!
Friday, December 22nd	School Spirit day Wear Holiday Pajamas 1:00 P.M Early dismissal
Monday, December 25th thru Monday, January 1st	School closed Winter Recess
Tuesday, January 2nd	School Re-opens



HAPPY NEW YEAR! Make it a great 2024!

Happy Holidays from Midland!



*Let's make this season a time for
spreading kindness and joy.*



*One Of Our Many Reasons To Be
Thankful This Holiday Season!*

