



# THE MIDLAND MONTHLY

Holiday Express kicked off the season by providing lunch for the students and staff. Everyone gathered in the multi-purpose room and celebrated with their class as they enjoyed a sub sandwich, chips, and water, and then watched a movie together. We missed having Holiday Express visit this year, but thank them for providing backpacks filled with gifts for every student. Their generosity and kindness are gifts that impact our lives and fill our hearts.



Mrs. Giorello's printing/card-making career cluster set up a table in the hallway to sell holiday cards, gift tags, gift bags, and place cards. The students enjoyed selling these beautiful hand-made items they worked hard on creating.



## Social Skills



The December Social Skills theme was:  
**Identifying & Understanding Feelings/Emotions**

**Congratulations to our Students of the Month!**

212 - Chelsea    217 - Christian    218 - Andrew  
219 - Bianca    220 - Rishika

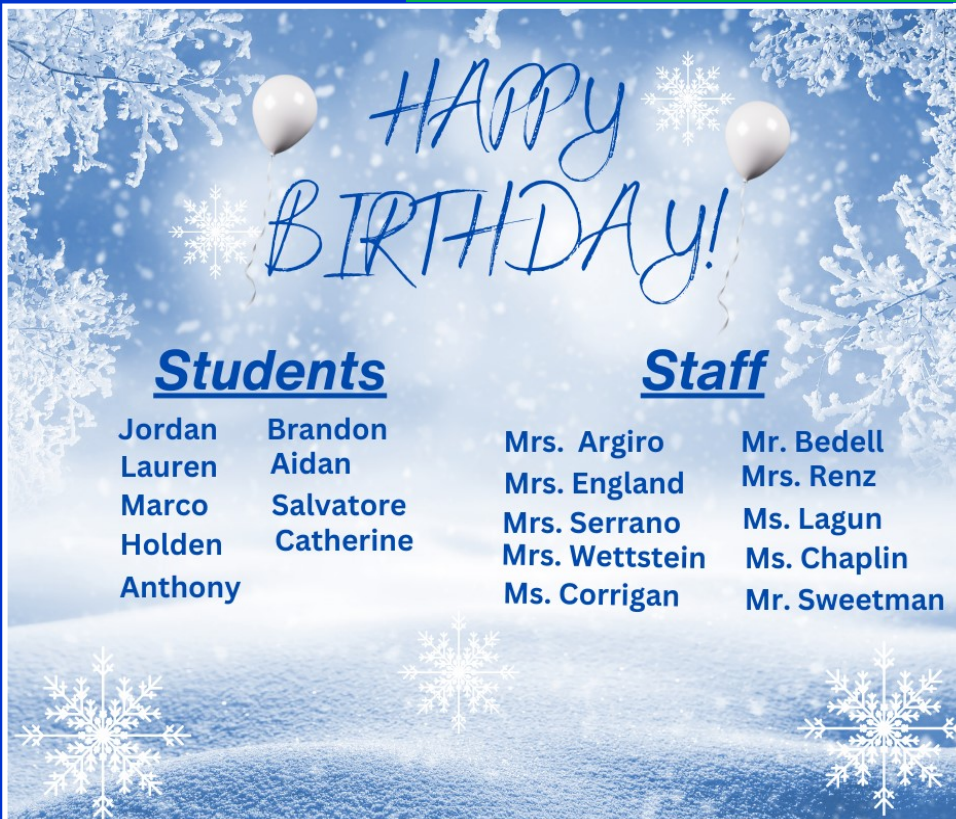
The January Social Skills will be:  
**Expressing Yourself Appropriately**

## School News



We are so excited to welcome our new student Ryan! Ryan will be joining Mrs. Hujber's class in Room 217. Please help us in welcoming him and his family to Midland! We are so happy you are here!

## Celebrations



**HAPPY BIRTHDAY**  
to everyone born in  
January!



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



### Students

Jordan  
Lauren  
Marco  
Holden  
Anthony

Brandon  
Aidan  
Salvatore  
Catherine

### Staff

Mrs. Argiro  
Mrs. England  
Mrs. Serrano  
Mrs. Wettstein  
Ms. Corrigan

Mr. Bedell  
Mrs. Renz  
Ms. Lagun  
Ms. Chaplin  
Mr. Sweetman

# THE MIDLAND SCHOOL CHORUS



The Midland chorus sang their hearts out during the winter holiday concert and put everyone in the holiday spirit. Their enthusiasm was contagious and they did a fantastic job!



Mrs. Cartwright-Smith was not the only one behind the piano. We were all pleasantly surprised when Danielle was invited to play the piano. It was such a special moment and she did an amazing job. Everyone was so impressed to hear her play Brother John & We Wish you a Merry Christmas. The spirit of the holidays was all around us.



You could hear a bell ringing as Santa entered the room with a big HO HO HO MERRY CHRISTMAS! You could feel the excitement and see all the smiles on everyone face. The chorus was thrilled when Santa shared that the song they just sang "Santa Claus is coming to town" is his favorite song!



# School News

Decorating the Midland tree is a highlight during the holidays. Every student visits the tree with their class to hang the ornament they made in their classroom. The completed tree looks terrific!



## For the Parents

**Midland School is presenting a Learning Institute and you are invited:**

### **FIT FOR WORK, FIT FOR LIFE Developing Critical Functional Skills**

**Presented by:** Midland's PT and OT Staff  
**When:** Wednesday, January 31, 2024  
6:30 – 8:00 P.M.  
**Where** GoToMeeting (Virtual Format)  
908-722-8222 x101

An ultimate goal at Midland is to prepare our students to be as functional and independent as possible and to be ready for life, including perhaps work, after they leave school. Our Physical Therapy and Occupational Therapy staff assume a critical role in that regard, addressing foundation skills that will promote such development. At-home reinforcement of the skills introduced in school will foster ongoing development and generalization to “real life” settings and activities.

This virtual workshop will focus on achieving the utmost level of function prior to graduation in order for our students to be as independent and functional as they can be. The therapists will provide guidance for reinforcement of these skills at home. Specific areas will include household functional abilities, daily living skills, and the Fit4Work workout program currently offered to our 500 wing (high school) students. The presentation will be valuable to parents and staff of students of all ages and ability levels.

If you plan to attend this very informative event, please email Dr. Enos at [enos@midlandnj.org](mailto:enos@midlandnj.org) by Monday, January 29, 2024. The GoToMeeting link will be emailed to you shortly prior to the presentation. Hope to “see” you all on January 31st!

**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**

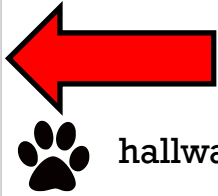
**LinkedIn: school/the-midland-school**

# School news

## Holiday PAJAMA DAY

Friday, December 22

Best School Spirit Day ever! Thanks to the Student Council for this great theme. It was the most comfortable day of the year!



Ask your child who this is. Her name is Rusty, and she is a therapy dog that drops in to visit. You can feel the excitement when she walks the hallways, and the students and staff just love to pet her.

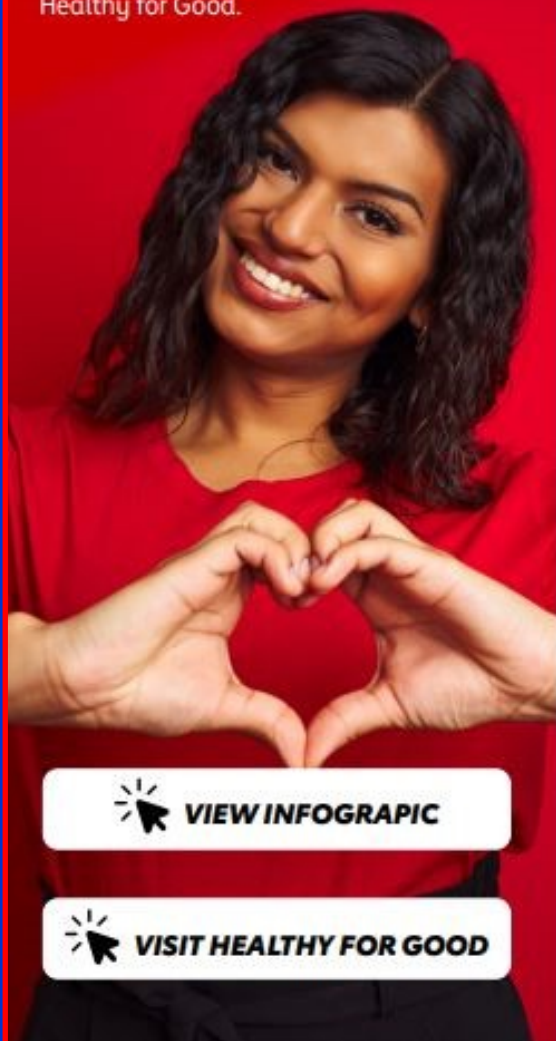




American  
Heart  
Association.

# SIMPLE WAYS TO PRACTICE GRATITUDE

We all could use a little more positivity & encouragement, especially when starting something new. Click the link below for quick & easy ways you can jump-start your journey to becoming Healthy for Good.



**VIEW INFOGRAPHIC**



**VISIT HEALTHY FOR GOOD**

# January



## Black Bean Soup

 SERVES 4

### Ingredients

- Cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup chopped fresh cilantro (optional)

### Directions

Lightly spray a large pot with cooking spray.

Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeño, garlic and cumin. Cook for 1 minute.

Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.

Serve the soup topped with the cilantro.

**Tip:** To save money, buy the store brand of canned beans with the least amount of sodium. Look for “no-salt-added” and “reduced-sodium” options. An unopened can of beans can last up to two years in a pantry, so stock up when they go on sale.

### Nutritional Facts

Calories	245	Cholesterol	0 mg
Total Fat	0.5 g	Sodium	34 mg
Saturated Fat	0.0 g	Total Carbohydrate	45 g
Trans Fat	0.0 g	Dietary Fiber	11 g
Polyunsaturated Fat	0.0 g	Sugars	13 g
Monounsaturated Fat	0.0 g	Protein	15 g

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**Welcome 2024! HAPPY NEW YEAR!**

Tuesday, January 2nd	School Resumes
Monday, January 15th	School Closed—MLK, Jr. Day
Wednesday, January 24th	Student/Parent spectate  1:40—2:30 P.M.
Friday, January 26th	School Spirit Day & Dance Winter Wonderland theme 1:15 - 2:30 P.M.
Wednesday, January 31st	Staff/Student Basketball Game
Wednesday, January 31st	Learning Institute 6:30—8:00 P.M.

**SAVE THE DATE—**

The Midland Basket Bash  
Sunday, February 25, 2024  
12:00 - 4:00 P.M.



[www.midlandnj.org](http://www.midlandnj.org)

**Tickets on sale soon!**