



THE

MIDLAND

MONTHLY

SCHOOL SPIRIT DAY!



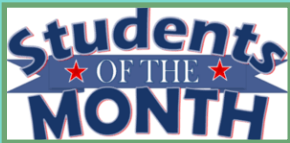
LOOK ... 

Dylan's face says it all! It puts a smile on all of our faces when you see your picture on the wall. "Fun Flannel Friday" was one of our favorite and best turnouts ever for School Spirit Day!

Everyone always enjoys stopping in the hallway to look at all the photos of their classmates and teachers. Thanks to the Student Council for coming up with this great School Spirit Day idea.



The Choice is Yours



**The February Social Skills theme was:
Accepting Oneself; Self-Esteem Building**



Congratulations to our Students of the month:

209– Gerald 217–Jeremy 218–Annie 219– Andrew 220– Leslie



The March Social Skills theme is: Communicating Effectively

School News

What can you build with 100 LEGOS?



On February 10th, we celebrated the 100th day of school! The students in room 219 got a better understanding of what 100 items looks like. They were asked to bring 10 similar, small objects to school. They formed sets of these similar items, into groups of 10. Together they counted by 10's all the way to 100. Our STEM project was to build a structure using 100 Legos. Once complete, we displayed them for everyone to enjoy. During recess, we jumped on a mini trampoline, did toe touches, jumping jacks, exercised and added some cardio jogging in place to equal 100 exercises. Later in the day, the students used colored inkpads to display 100 fingerprints. Learning about 100 was a lot of fun!

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

**Occupational and Physical Therapy
Strategies for Home**

Presented by: Midland's Occupational and Physical Therapists

When Monday, March 21, 2022
6:30 – 7:30 P.M.

Where: Live Virtual Webinar via Zoom
(Use the link sent to your email upon registration).
908-722-8222 x101

Occupational Therapy and Physical Therapy are highly valuable related services offered to our students at the Midland School. At the same time, they can also provide you with skills and activities that can reinforced outside of school as well, promoting generalization and further development of specific abilities and routines that are critical for individuals with disabilities. During this Learning Institute, Midland's Occupational Therapists will address Activities of Daily Living (ADL) skills for implementation in the home and community. Our Physical Therapists will highlight the importance of and review ways to facilitate proper Body Mechanics (the way we move as we go about our daily lives). Through the presentation, you will learn valuable skills that you can implement directly with your child, adolescent or adult, while also being acquainted with the fields of occupational and physical therapy, their focus and the services they provide. As an added bonus, you will meet our OTs and PTs.

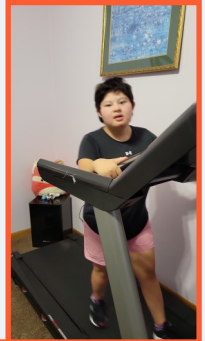
If you plan to attend this very informative event, please email me of your intent by Friday, March 18. Hope to see you all on March 21!

Sincerely yours,

Dr. Tom Enos

School Psychologist

enos@midlandnj.org



Rachel joined the Midland School in 2012 at the age of 9.

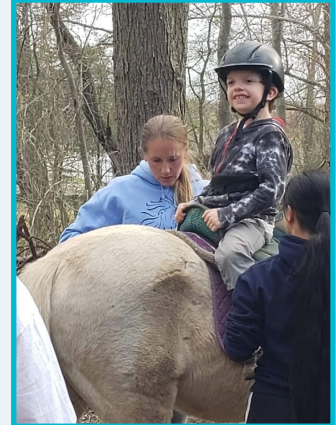
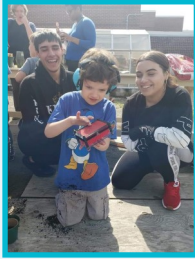
Rachel stays physically active both at home and in school. “One thing she does at home every single day is walk on the treadmill,” says her mom. Her physical therapist, Mrs. Argiro adds, “Rachel also enjoys walking on the treadmill in school during PT while watching her favorite videos or listening to Christian music.”

“Rachel has a lot going on outside of school,” her mom adds. “Twice a year she participates in two seasons of soccer at the Mendham High School.”

“Physical therapy has really helped strengthen her legs. She enjoys pushing a weighted barrel and using the stairs during our sessions,” says, Mrs. Argiro. “Although she is a girl of few words, she will sing along with me to her favorite songs. I thoroughly enjoy working with Rachel and her spunky personality.”

Family time is important for Rachel. The family goes to church every Sunday and Rachel looks forward to going out to a restaurant to eat afterwards. But shopping with her mom may be one of her favorite things to do and she really enjoys hiking, too.

Rachel’s classroom teacher, Mrs. Giorello says “Rachel has come a long way and I am so proud of the young lady she is becoming. She works hard and enjoys being able to work independently in the kitchen and on the iPad. She is a shining star!”



Jeremy joined The Midland School in September 2021 at the age of 10.

Jeremy's mom describes her son as a very fun-loving, charming guy. "When he smiles at you, there is no going back!"

His Occupational Therapist, Ms. Frank agrees, "He melts my heart!"

"You can just tell by Jeremy's smile that two of his favorites at school are music and playground," says his classroom teacher, Mrs. Hujber. "He enjoys all of the songs during morning news, especially the "Hello Song" when he gets to bounce on the therapy ball. In music class, he loves to play the piano. On the playground, Jeremy enjoys the large swing and runs to chase his friends."

"Since attending Midland, Jeremy's focus and attention have increased significantly," says his mom. "He is also following directions that are more complicated and seems to understand a lot more."

Jeremy is involved in many activities in the community that his mom believes help increase his independence. He rides horses and Special Strides in Monroe, attends a social hour at Franklin Recreation, and takes private music lessons at Octopus Music School in North Brunswick. Jeremy is also starting swim lessons at Children's Specialized in New Brunswick.

"I have had fun in OT discovering all of Jeremy's talents and interests," says his therapist, Ms. Frank. "He loves to serenade us with his singing, blowing whistles, and recently playing the Wiggles guitar and ukulele. Jeremy loves to jump, explore fidgets, and exercise with resistive bands."

Welcome to Midland, Jeremy!

Celebrations!



Happy Birthday to all our students and staff celebrating their birthday in the month of March. Make it a day that is as special as you are!



HOW LUCKY ARE YOU TO BE
CELEBRATING A BIRTHDAY IN MARCH?



HAPPY BIRTHDAY!

Students

Mikey	Leslie
Lexi	Sishir
Isabella	Matthew
Nick	Nicolle
Jessie	Gerald
Massimo	Bryan
Sophia	Christopher

Staff

Mrs. Casucci	Mrs. Parker
Mrs. Menke	Mrs. Degerolamo
Mrs. Swank	Ms. Cartwright
Mrs. Andia	Mr. McInerney

Midland BCBA

March, 2022

Controlled Choices



The choice is yours

For this month's edition, we will be talking about controlled choices and how to offer them. Allowing a child to make choices gives them some control over their lives and provides them with an opportunity to be involved in the decision making process. In many instances, children display challenging behavior because they are seeking control in their lives. This is because there is a lot they may not have control over. Providing choices can also help you avoid a power struggle (which we will talk about next month)! There are many ways to offer controlled choices and only a few key points to remember when implementing this strategy.

- 1 Only offer choices you are okay with
- 2 Avoid giving choices that are unavailable
- 3 Offer a limited number of choices at a time

Choice types

This or that

"Would you like to go to school on the bus or in the car?"



How to do it

"Do you want to hop, skip or jump to the bathroom?"



What color

"Do you want to do your homework in red or green marker?"



Who can help

"Should mom or dad help you brush your teeth?"



How many

"Do you want 2 or 3 pieces of broccoli?"



SAVE THE DATE

Mark your calendar! You don't want to miss this fun family event! The Midland Foundation host events to raise funds and awareness for Midland's special education programs and services.



WHAT: 7th Annual MOVE FOR MIDLAND Sponsored by PVH Corp.

WHERE: The Midland School Campus -

WHEN: Saturday, May 21 from 3—5:30 P.M.

(Rain date: Sunday, May 22 from 3—5:30 P.M.)

“Fun at the farm” Theme with FREE Games + Prizes! All activities will adhere to safety and social distancing protocols.

Other event features: Food Trucks and Vendors, Professional DJ Jean Marie, dancing and instruction, contests to win prizes, and much more!



American Heart Association.

MARCH

MOVE MORE FOR WHOLE BODY HEALTH

Move more, with more intensity, and sit less.

Aim for 150+ minutes each week of moderate-intensity aerobic activity.



[VIEW INFOGRAPHIC](#)



[VISIT HEALTHYFORGOOD](#)



Blueberry Muffins

 SERVES 12 / SERVING SIZE 1 MUFFIN

Ingredients

- Cooking spray
- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 teaspoon stevia sweetener **OR** 2 stevia sweetener packets
- 1/2 cup corn oil **OR** 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 cup fat-free, plain yogurt
- 1 cup blueberries (fresh or frozen)

Directions

Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray.

In a large bowl, sift the flour, baking powder, baking soda, nutmeg and salt.

In a separate large bowl, whisk together the stevia sweetener, oil, vanilla, egg and yogurt. Add the dry ingredients. Stir together until the mixture is just moistened but no flour is visible. Gently fold in the blueberries, reserving 24 to 36 blueberries to garnish the tops.

Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2 or 3 berries on top of each muffin.

Bake for 25 to 30 minutes, or until a wooden toothpick inserted into the center comes out clean.

Transfer the pan to a cooling rack. Let cool completely.

Nutritional Facts

Calories	212	Cholesterol	16 mg
Total Fat	10 g	Sodium	218 mg
Saturated Fat	1.0 g	Total Carbohydrate	25 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.3 g	Sugars	3 g
Monounsaturated Fat	6.0 g	Protein	5 g

Dietary Exchanges: 1 1/2 starch, 2 fat

March Calendar



Wednesday, March 2nd

School Spirit Day

“Silly Stripes”

Tuesday, March 8th

Assembly—1:30 P.M.

“Ball in the House”

Wednesday, March 9th

Hoops for Heart

Wednesday, March 9th

Early Dismissal

1:00 P.M.

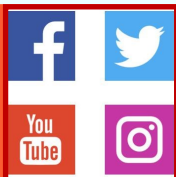
Wednesday, March 23rd

**First basketball/
cheerleading showcase**



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