



THE

MIDLAND

MONTHLY



The Student Council did it again and voted on a Silly Stripes School Spirit Day!

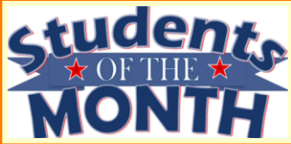
On March 2nd, staff and students dressed in their favorite striped attire



to honor Dr. Seuss's birthday!



The Choice is Yours



**The March Social Skills theme was:
Communicating Effectively**

Congratulations to our Students of the month:

209 – Lexi 217– Keyla 218– Saqueo

219 – Marisa 220– Kimo



School News

HOOPS FOR HEART 2022



**On March 9th, the students had so much fun showing off their basketball skills to support the American Heart Association. It was impressive to see so many balls going through the hoops!
SWISH!**



School News

Midland's got talent! On March 23rd, the Staff and Student Basketball Skills Showcase was held in the gym. Everyone cheered along with the Varsity cheerleaders showing their support and school spirit as they watched their classmates and teachers compete in a contest showing off their basketball skills.



**LET'S
GO
PANTHERS!**



**Saqueo puts
one in the
basket for the
Blue Team!**



**Diana shoots
and scores
for the
Gold Team!**



Midland BCBA

April, 2022

Power



Struggle

See the tips below on how to defuse and avoid a power struggle.

Recognize and accept any attempt or approximation to complete desired behavior. Now is not the time for perfection!

Remain neutral and calm. Use positive language and phrase demands as a statement rather than a request.

Provide controlled choices (remember, you're happy with either choice) rather than fixating on one way.

Rephrase the demand rather than providing the same prompt over and over again. Don't forget to provide wait time (this is processing time).

Use first/then language to increase motivation.

Decrease expectation or offer to help. This isn't giving in, it's simply recognizing the trigger and modifying your expectations on your terms.

If verbal language isn't helping, use visuals to avoid over prompting.

Follow through. If you don't, the next power struggle will be worse!



Meet Dylan



Dylan joined The Midland School in July 2021 at the age of 14. 'Impossible is Nothing' is the motto at Dylan's house. "Dylan does not let his challenges stop him from doing anything," his mother Maria tells us. "He is a gold medal Special Olympics Champion Bowler with the Piscataway Chiefs and has come in first place in several spring games such as track and field in his division."

Dylan's mom describes her son as an energetic, happy, and determined young man with a great sense of humor. "Since the age of 5, Dylan has been a catalog/print model and featured in several catalogs and a Special Olympics/P&G National Ad Campaign," his mom adds. "He shines in front of the camera and is a charmer with the ladies." "At school, Dylan never fails to put a smile on my face," says his personal aide, Miss Gabby. "I look forward to working with him every day!"

One of his favorite things to do is go to the movies at the mall where he enjoys popcorn and soda. In addition to going to the movies, Dylan also enjoys spending time with his two dogs, Jersey Boy and Dakota, watching Wheel of Fortune, riding his bike, and playing the drums. He is proud to have performed twice at Crossroads in Garwood. He also enjoys participating in the chorus at school.

Dylan looks forward to going on vacation. His favorite destinations are the Jersey Shore and Cape May, where he loves to swim. He has traveled to Sicily, Bermuda, Cayman Islands, Disney World, Virginia Beach, Niagara Falls and hopes to get to Hawaii one day. Dylan has amazing family and friends all over the globe, but he says his overnight visits with his cousins Addison, Mia and Luis are always so much fun.

"I am so happy to have Dylan in my class. He comes in with a smile on his face and ready to work!" His classroom teacher, Mrs. Giorello shares. "He loves to share his weekend news with the friends he has made in class, using his iPad to communicate with them."

We are all so happy to have Dylan as a part of the Midland family!

★ Shining Star Student ★



The best way to describe Owen would be using the quote "Inquiring minds want to know." Owen loves to learn and started as a student at Midland in 2019. He joined Midland at the age of 13.

Owen's Mom describes her son as a loving child who is very inquisitive! In preschool, his future job was predicted to be an investigative reporter! "Owen researches additional information in science and social studies when he is curious to find out more," shares his classroom teacher, Mrs. Parker. "He is enjoying the high school wing and going to careers and learning new functional tasks."

"He absolutely loves talking to people out in the community and has never met a stranger," Mom adds. "Wherever we go he always knows someone."

Owen stays very active and has been involved with The Hunterdon Outreach program since he was 5 years old, playing basketball, soccer, baseball and football. He also participated in Special Olympics track and field events at North Hunterdon HS and was selected to carry the American Flag for the opening lap at the last 2 events. Owen also enjoys working out with his personal trainer 4 times a week and has made great new friends to share workouts with.

In addition to sports, some of Owen's other passions are cooking, history and animals. Mom tells us, "He has a collection of over 100 cookbooks and a large collection of books from the "who was, what was" series." "He loves learning about ancient civilizations and what roles children had within those communities."

Owen enjoys working with his grandfather on his monthly Atlas crate subscription, learning about other countries, and sharing a love of horses with his grandmother. Mrs. Parker adds, "Owen's friendly and outgoing personality is enjoyed by everyone in school. He always is willing to help and displays care and kindness towards his peers and staff members."



Celebrations!



**HAPPY BIRTHDAY TO EVERYONE
CELEBRATING IN THE MONTH OF APRIL!**



**You can't fool us in April!
We know it's your
birthday month!**

Happy Birthday!

STUDENTS

**Isaiah
Angel
Kyah
Christian
Darius
Bianca**

STAFF

**Dr. Enos Ms. Martino
Mr. Dornick Mrs. Trzeciak
Ms. Krizan Mrs. Peterson-Gurak
Ms. Finn**

Events

Do you know of any families whose child would benefit from attending The Midland School?

Please invite them to join us at our spring Open House on April 7, 2022. They will have the opportunity to tour the school, meet the President/CEO and School Principal and get their questions answered about out of district placement. Please contact Maureen to register at



Register today!



The MIDLAND School
Open House

Thursday, April 7, 2022
10:00 - 11:30 A.M.

Call Maureen at (908) 800-9961
to register or for more information.

April showers bring May POWERS.

Move for Midland
Sponsored by PVH Corp.
is getting closer.



Sponsor a raindrop,
cloud or umbrella for
\$10 donation to keep
our fundraising
MOOvementum
growing this spring.

Please indicate the name you want written
on a raindrop, cloud or umbrella to be displayed
in the Midland gathering hall until April 30th.

To show our appreciation, all sponsors will be
entered into a FREE RAFFLE for a prize that
will be pulled the day of the event.

To donate \$10 or more directly to the fundraising page,
visit the event page here:
<https://secure.frontstream.com/moveformidland2022>

Mail your \$10 donation to:
The Midland Foundation - Attn. Spring Drive
PO Box 5026 - North Branch, NJ 08876

SAVE THE DATE!

**This is a fun family event
that you do not want to
miss!**

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 activ-
ities will adhere to safety and
social distancing protocols.



7th Annual MOOve for Midland

Saturday May 21, 2022 3:00PM-5:30PM

Rain Date:

Sunday May 22, 2022

3:00PM-5:30PM



American Heart Association.

APRIL

HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!

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



Sweet and Sour Chicken

SERVES 4 / SERVING SIZE 2 CUPS CHICKEN + 1/2 CUP BROWN RICE

Ingredients

- 4 bell peppers, 1 each of red, yellow, green, and orange if possible, seeded and cut into 1-inch strips (around 5 cups)
- 1/8 teaspoon ground black pepper
- 4 teaspoons canola oil (divided)
- 1 1/4 pounds skinless, boneless, thinly sliced chicken breast (cut into 1-inch strips)
- 1/4 cup cider vinegar
- 4 teaspoons cornstarch (divided)
- 1 large egg white
- 1/2 cup pineapple juice + 1 cup pineapple chunks from 1 (20-ounce) can pineapple chunks in juice, divided
- 1/8 teaspoon salt
- 2 teaspoons low-sodium soy sauce
- 3 tablespoons sugar substitute (granulated)
- 3 tablespoons tomato paste
- 2 teaspoons freshly grated ginger
- 1/4 cup chopped scallions, to garnish
- 2 cups cooked brown rice (from 1/2 cup uncooked brown rice), to serve

Directions

Halve each bell pepper lengthwise. Remove and discard the seeds; slice each one into 1-inch strips.

Prepare the sweet and sour sauce: into a small bowl, add 1/2 cup pineapple juice, cider vinegar, tomato paste, sugar substitute, soy sauce, salt, pepper, and 2 teaspoons cornstarch. Stir together to combine.

Place the chicken breast pieces lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl with egg whites and 2 teaspoons cornstarch. Stir together to combine.

Warm a large nonstick pan with 2 teaspoons oil over medium-high heat. Add chicken, stirring frequently, sauté until chicken is fully cooked, about 5 to 7 minutes depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.

Again warm the nonstick pan with 2 teaspoons oil over medium-high heat. Add bell pepper strips and stir constantly, cook until peppers are soft and tender, about 5 minutes. Add in the ginger, stirring and cooking for 30 seconds, before stirring in the reserved sweet and sour sauce and 1 cup pineapple chunks. Stir until sauce slightly thickens, about 1 to 2 minutes. Stir in reserved chicken and cook another minute. Remove from heat and garnish with scallions.

Serve sweet and sour chicken over the brown rice.

Nutritional Facts

Calories	471	Cholesterol	91 mg
Total Fat	9.6 g	Sodium	510 mg
Saturated Fat	1.4 g	Total Carbohydrate	57 g
Trans Fat	0.0 g	Dietary Fiber	6 g
Polyunsaturated Fat	2.3 g	Sugars	26 g
Monounsaturated Fat	4.4 g	Protein	36 g

Dietary Exchanges: 1 1/2 starch, 2 fruit, 1 vegetable, 4 lean meat

April Calendar

Friday, April 1st

**School Spirit Day
Backwards Day**

Monday, April 4th

**Assembly—We Can Do It!
American Women in History**

Thursday, April 7th

School Open House

Monday, April 11-18th

**School Closed
Spring Recess**

Tuesday, April 19th

School Re-opens



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

Facebook: @TheMidlandSchool



Twitter: @MidlandMessages

YouTube: Midland NJ

Instagram: Midland_School_NJ