



THE

MIDLAND

MONTHLY



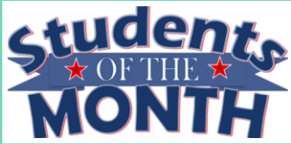
The virtual force of School Spirit Day beamed throughout the building. Staff and students suited up wearing their favorite gear in celebration of Star Wars Day.



VOLUME 13 ISSUE 10

JUNE 1, 2022

The Choice is Yours



The May Social Skills theme was:
Responsibility & Maturity



Congratulations to our Students of the month:

- 209 – Gavin
- 217– Holden
- 218– Isaiah
- 219 – Anthony
- 220– Rishika

The June Social Skills is: Being a Good Friend/ Showing Kindness

School News



Congratulations to Aidan for winning an "Honorable Mention" Award for his Art project that was submitted for the annual ASAH Art Contest in recognition of New Jersey's Special Education Week.



Reading is Fun

On May 26th, all students and staff gathered outside with a book to read together in celebration of Reading is Fun, which teaches the love of reading and encourages us to share that love.



School News

Each May, Better Hearing & Speech Month (BHSM) provides an opportunity to raise awareness about communication disorders and the role of American Speech-Language-Hearing Association members in providing life-altering treatment.

Midland would like to recognize and thank Mrs. Kuhn, Mrs. Fischer, Mrs. Casucci, Mrs. Migliore and Miss Korbul for all their hard work and dedication in working with their students.



Mrs. Fischer, Mrs. Casucci, Mrs. Migliore, Mrs. Kuhn, Miss Korbul



Midland's five Speech and Language Therapists provide individual, small group and classroom setting sessions that address students' speech and language needs as identified in their IEP. Therapy sessions focus on language content, form, and use as well as articulation/intelligibility, auditory attention and processing, oral-motor practice, augmentative communication, and compensatory strategies for speech and language deficits.

School News



On Wednesday, May 4th Midland students and staff participated in Project ACES (All Children Exercise Simultaneously), virtually with their Physical Education teacher, Mrs. Andia.

Special Olympics



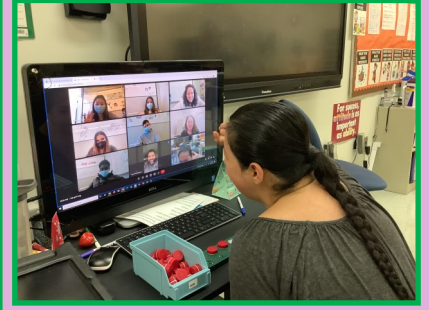
The rain did not dampen the spirit of the Midland students from coming out to participate in the 2022 Special Olympics on May 7th. They trained and it showed! We are so proud of each and every one of you for giving it your best under the conditions. All participants walked away winners and were awarded medals. Congratulations! You represented Midland and made us all proud! A big shout out to all of our staff and families for their support



School News



Jessie was invited to be a virtual guest speaker at the Mary McDowell Friends School, a K-12 school for students with language-based learning disabilities. The senior students have been studying American Sign Language (ASL) for the past four years and came prepared to ask Jessie and her teacher, Mrs. Tauscher questions. Jessie did a wonderful job!



Celebrations!



We can't let the month of June go by without wishing all of our students and staff a very Happy Birthday! Make it a day that is as special as you are, and may all of your wishes come true!

Students

Naomi
Andrew
Christopher
Jovin

Happy

Birthday

To Everyone
Born in JUNE!



Staff

Mr. Klima
Ms. Jackson
Mrs. Engelhardt
Mrs. J. Smith
Mrs. Tauscher
Mrs. Liska
Mrs. Fitz
Ms. Konya

Positive Reinforcement

reward does not = reinforcement

For this month's edition, we will be focusing on positive reinforcement, which is the most important and widely used concept in the field of Applied Behavior Analysis. It is the addition of something preferred immediately after a behavior occurs which increases the future frequency of the behavior.

5 types of positive reinforcement

activity	Dancing, walking, jumping
sensory	Massage, eye pressing
edible	Snack, drink, gum
tangible	Toy, iPad, blocks
social	Conversation, hugs, high 5's

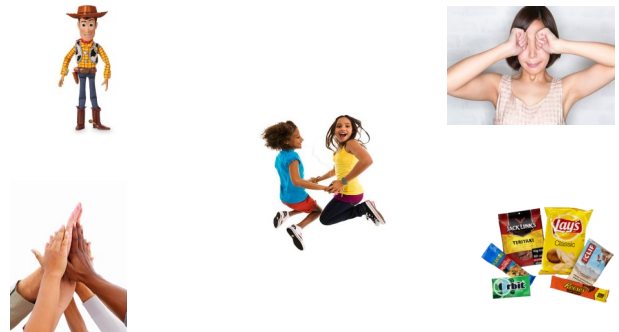
There is a difference between a reward and reinforcement...

- A reward is given after a behavior occurs, but doesn't affect the future likelihood that the behavior will occur again.
- Reinforcement is when a preferred object is given after a behavior occurs, which increases the frequency of the behavior in the future.

Here are 2 examples I'm sure we can all relate to—

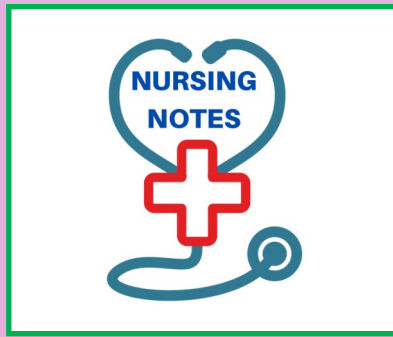
1. You go to work Monday through Friday. You receive your paycheck on Friday. You are motivated to continue to go to work, so you show up again on Monday morning.
2. You go to work Monday through Friday. You are given a cup of coffee on Friday and no paycheck. You like coffee, but don't think it's worth going back to work next week to get another cup, so you take next week off.

See the difference? You like coffee, but it didn't increase you going to work. Coffee is a reward, not reinforcement.



Keep in mind that reinforcement...

- is used to increase behavior
- works better when delivered immediately
- is different for everyone



Welcome to Nursing Notes!

This month's topic is heat intolerance. Many students take medications and have diagnoses that interfere with body temperature regulation susceptible to both overheating and sunburn.

There are things that can help to be done.

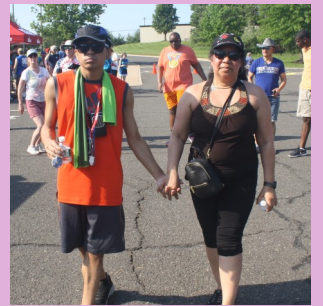
1. Check medications and know what medications increase risk of sunburn or heat intolerance. The health office has a print-out of our "Heat Intolerant Students".
2. Dress appropriately for the weather; hats, sunglasses, sun shirts.
3. Apply sunscreen before school and re-apply before outdoor activities.
4. Hydrate! Hydrate! Water is an essential simple step in the prevention of heat intolerance.
5. Avoid prolonged sun exposure.
6. Provide rest and shade time for outdoor activities.
7. Use cooling Agents: ice packs, cooling towels, fans, cooling vests.
8. Know signs/symptoms of heat intolerance because they can be different for each student and change quickly.
 - a. Profuse sweating or no sweating
 - b. Red face/body rash or cold/clammy skin
 - c. Nauseous and headache
 - d. Change in status of awareness, lethargic
 - e. Change in vital signs – heart rate respiration may increase
 - f. Agitation
 - g. Cramps/seizures

REMEMBER: Keep COOL. Call the nurses for help! Call 911 for Emergencies.

Events



The MOVE FOR MIDLAND event took place on Saturday, May 21st on the hottest day of the year, and was a BIG SUCCESS!!! Thank you to all of our families for coming out and supporting this 7th Annual event, sponsored by PVH Corp. We could not have done this without your generous donations!





JUNE

MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start!

It's not about dieting or restrictions – it's about taking a moment to take it in.

Click on the link below for easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal!

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



Panzanella Salad with Avocado and Tomatoes

SERVES 8 / SERVING SIZE 1 1/4 CUPS

Ingredients

- 1/2 French baguette (lowest sodium available), cut into 6 cups of bread cubes
- 1 tablespoon canola or corn oil and 3 tablespoons canola or corn oil, divided use
- 1/2 teaspoon garlic powder
- 2 cups tightly packed fresh basil (about 1 bunch)
- 1 medium avocado (halved, pitted, coarsely chopped)
- 2 tablespoons white vinegar
- 1/8 teaspoon salt
- 3 tablespoons water plus 1 to 2 tablespoons water, as needed
- 2 medium tomatoes, diced (about 2 cups)
- 1 medium English, or hothouse, cucumber, chopped
- 1/3 cup chopped red onion
- 2 teaspoons chopped capers (drained)

Directions

Preheat the oven to 325°F.

Line a baking sheet with aluminum foil. Place the bread cubes on the baking sheet. Drizzle with 1 tablespoon oil. Sprinkle the garlic powder over the bread cubes. Toss to coat. Bake for 15 to 20 minutes, or until the croutons are golden brown.

Meanwhile, in a food processor or blender, process the basil for 15 to 30 seconds, or just until finely chopped. Add the avocado, vinegar, and salt. Pour the remaining 3 tablespoons oil and 3 tablespoons water through the feeder tube. Add 1 to 2 tablespoons more water if the salad dressing is thicker than the desired consistency.

Put the tomatoes, cucumber, onion, capers and croutons in a large bowl.

Pour the dressing over the salad and croutons, tossing to coat.

Serve immediately or let stand for 30 minutes so the croutons can absorb the dressing.

Tip: Because English cucumbers are seedless, they release less liquid than other types of cucumbers, making them ideal for salads. For other types of cucumber, use a spoon to remove and discard the seeds before adding the cucumber to a salad.

Nutritional Facts

Calories	200	Cholesterol	0 mg
Total Fat	11.5 g	Sodium	234 mg
Saturated Fat	1.0 g	Total Carbohydrate	21 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	2.5 g	Sugars	2 g
Monounsaturated Fat	7.0 g	Protein	5 g

Dietary Exchanges: 1 starch, 1 vegetable, 2 fat

June Calendar



Tuesday, June 7th

Field Day

Early Dismissal—1:00 P.M.

Thursday, June 9th

Say “Hi” Day

Friday, June 10th

Graduation

Tuesday—Wednesday

Full Day of School

June 14th—June 15th

Dismiss at 3:00 P.M.

Thursday, June 16th

Last Day of School

Early Dismissal 1:00 P.M.

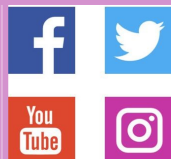
Enjoy your summer break!

Extended School Year begins on Tuesday, July 5th.



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