



THE MIDLAND MONTHLY

First Day of School Smiles! The students and staff were so happy to see each other and be back together! The rainy day did not put a damper on the day. Make it a wonderful school year!



The Choice is Yours



The September Social Skills theme is:

Personal Safety & Safety for Others

Check back in October for our September Students of the month.

The October Social Skills will be:

Communicating Effectively

School News



Please join us in welcoming our new students and their families to Midland.

Destiny—Room 209

Princy—Room 217

Khalil—Room 218

Bryce—Room 219

Aleeah—Room 219

Ashley—Room 504

Antonio—Room 506

Nicholas—Room 506

Tomas—Room 509

Sophia—Room 512

Alina—Room 511

We are all so happy to have you in school!

2022

September

Monthly Newsletter providing parents and staff with tools on behavior management

Midland BCBA

PAIRING



The Pairing Process: *how to build rapport*

We can't wait to see what the new school year brings!

With a new school year comes new teachers, therapists, babysitters, maybe even more time with one parent instead of another. Change is difficult for many students with disabilities, especially when it involves new faces. The good news is there's a proven way to build rapport and start off on the right foot - it's called pairing!

Pairing involves combining an individual (parent, teacher, babysitter, etc.) with a known reinforcer (M&M, bike ride, iPad game, music, etc.) in order to build and maintain a rapport. This makes the individual the reinforcement, so eventually the other reinforcer can be faded (be the M&M)! It's actually a pretty easy process and there are only a few key points to remember.

The Pairing Process

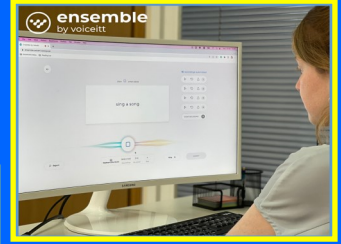
1. Figure out child's reinforcers
2. Consistently present yourself at the same time as the reinforcer
3. Present no demands
4. Slowly fade out reinforcer and continue to present yourself
5. Slowly fade in demands

Key points to remember

- Offer the reinforcer for free, not because they did something you asked
- Interact with the reinforcer the way they want to – take their lead
- Remember no demands, so no questions or directions!
- Be patient — pairing will not happen overnight.



For the Parents



Midland's Speech and Language Therapy department share information about Ensemble, a community engagement initiative to gather voice recordings from people with speech disabilities. A new project by Voiceitt!

Voiceitt is looking for native English speakers with speech impairments due to a disability such as Cerebral palsy, ALS, stroke, Down syndrome, or brain injury. Ensemble invites you to contribute your voice today! Take this opportunity to help make speech recognition accessible and inclusive.

The Voiceitt app has been helping people with speech disabilities to be understood by others and by voice assistants such as Amazon Alexa. Anyone can train on the FREE Voiceitt App to recognize their voice and say, "Alexa, turn on the light" or "I love you."

Voiceitt's vision is to empower people with disabilities, helping them connect with others and live independently. Voiceitt's capability is expanding to recognize spontaneous speech, so non-standard speakers can say what's on their minds without pre-training.

Voiceitt launched Ensemble, a community engagement initiative to gather voice recordings from people with speech disabilities. With these new recordings, we are developing the new empowering version of Voiceitt.

We invite you to contribute your voice today if you are a native English speaker with a speech impairment correlated with cerebral palsy, stroke, ALS, or brain injury. Your voice has the power to change lives. Join the many people worldwide who have already recorded their voices with Ensemble.

In addition, eligible participants who complete all the recording sessions can receive a gift card!

If you are interested in building voice technology for people with non-standard speech, please visit ensemble.voiceitt.com to create an account or reach out to ensemble@voiceitt.com for help.



SEPTEMBER

SLEEP WELL

Do you feel drained of energy before you even leave the house? You're not alone. One in three adults don't get the recommended 7 to 9 hours of sleep each night — and that can take a toll on your body and mind.

Click the link below to try these snooze-worthy tips and tricks with your family and friends for four weeks.

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



Sweet and Fiery Roasted Nuts

SERVES 4 / SERVING SIZE 1/4 CUP

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon stevia sweetener **OR**
1 stevia sweetener packet
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

Directions

Preheat the oven to 350°F.

In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.

Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes.

Serve warm or at room temperature.

Quick Tips:

To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5 to 7 minutes, or until golden brown.

Store the nuts in a covered container for up to 2 weeks.

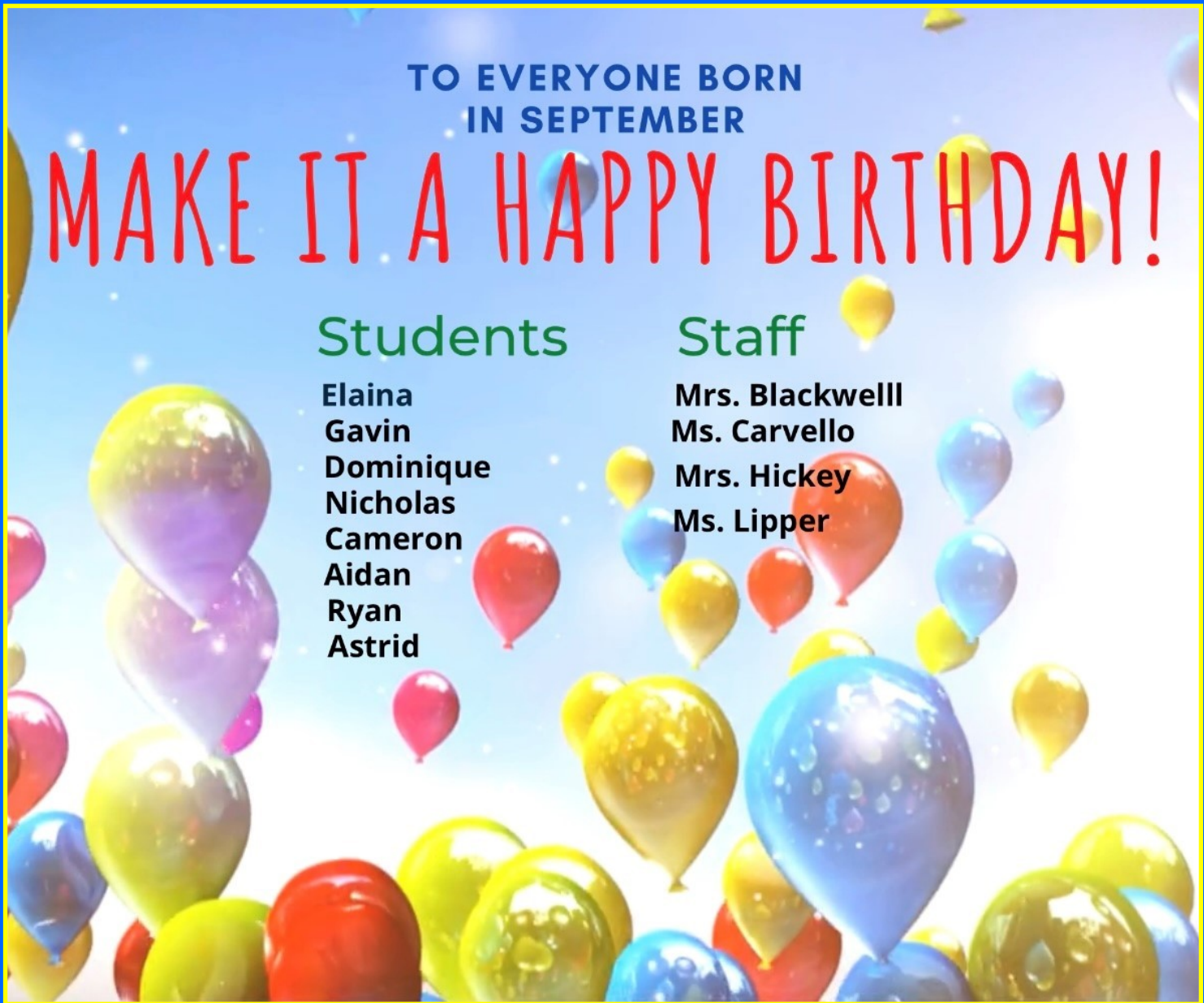
If you like spicier foods, increase the cayenne to your taste preference.

Nutritional Facts

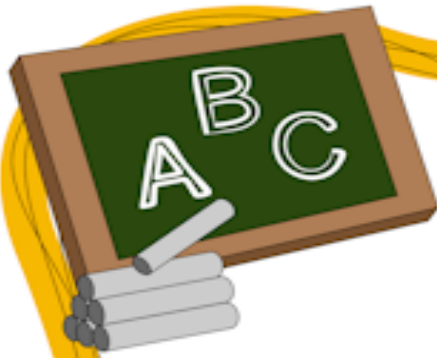
Calories	208	Cholesterol	0 mg
Total Fat	20.5 g	Sodium	3 mg
Saturated Fat	2.0 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	7.5 g	Sugars	1 g
Monounsaturated Fat	10.0 g	Protein	5 g

Dietary Exchanges: 1/2 other carbohydrate, 1 lean meat, 3 fat

We can't let the month of September 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!



September Calendar



Tuesday, September 6th

Students First Day of School

Wednesday, September 14th

School Spirit Day

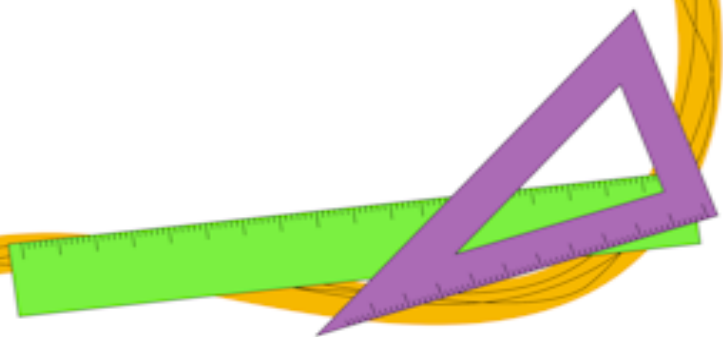
Wear vacation t-shirt

Thursday, September 15th

Back to School Night

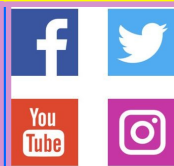
Monday, September 26

Closed—Rosh Hashanah



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



Twitter: @MidlandMessages

YouTube: Midland NJ

Instagram: Midland_School_NJ