



**THE**

**MIDLAND**

**MONTHLY**



School Spirit Day! Wear your summer vacation t-shirt!



# Summer Fun Memories



John, Marco, Shawn and Ella all went to Long Beach Island!



Ms. Beaufort and Ashley were both in Wildwood!



Mrs. Dornick and Sophia were in Myrtle Beach and Tommy visited NASA!



Mrs. Blackwell, Sean, Nick and Jillian all had fun on their summer vacation!

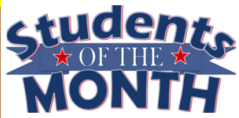


Dylan and Christian loved Cape May!



Aidan, C.J., Aneta and Alina had a great time at Busch Gardens, Sesame Place, Punta Cana and Hawaii!

**The Choice is Yours**



The September Social Skills theme is:  
**Personal Safety & Safety for Others**

- 209 - Destiny      217—Princy      218—Jovin
- 219 - Marco      220 — Astrid

The October Social Skills will be:  
**Communicating Effectively**

**School News**



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

**Lily —Room 209**

We are all so happy to have you in school!

Do you know of any family whose child may benefit from attending The Midland School? Please encourage them to attend the Open House on Thursday, October 13th, from 10:00 - 11:30 A.M. This is an opportunity to tour the building and see the classrooms in session. To register, please email Maureen Finn at [finn@midlandnj.org](mailto:finn@midlandnj.org) or call (908) 800-9961. Thank you for helping us spread the word.



The Midland School  
**OPEN HOUSE**

**MIDLAND**

**SAVE THE DATE**

**OCTOBER 13, 2022**  
10:00 - 11:30 A.M.

FOR MORE INFORMATION  
OR TO REGISTER, CALL  
MAUREEN (908) 800-9961

94 Readington Road  
North Branch, NJ 08876  
[www.midlandnj.org](http://www.midlandnj.org)

# POSITIVE

**posi-tive** (pāz'ə tiv) *adj.* [ M see prec. ] 1 formally or a positive law] 2 definitely s question or modification; ex tions] 3 a) having the mi positive person] b) overcor or agreement; affirmative; c

## Positive phrasing:

*Decreasing trigger words*

### Putting a positive spin on re-directing behavior

Last month we talked about the pairing process. The main point of the pairing process is pairing yourself with something positive. This doesn't just include tangible items or activities. It also includes words! Many students find the words "no," "stop," "don't" as aversive language. If we use those words on a frequent basis to re-direct behavior, we are pairing ourselves with something aversive rather than something positive.

An easy way to re-direct behavior in a more positive way is to think about what the child **should** be doing rather than what they **shouldn't** be doing. For example, if your child is running around the house during dinner, you can say "it's time to sit and eat" rather than "no running during dinner." This way your child knows exactly what you want them to do. Another example is "stop singing during math" vs. "please be quiet during math."

### Positive Examples:



### Negative Examples:



# MIDLAND'S COUNSELING CORNER

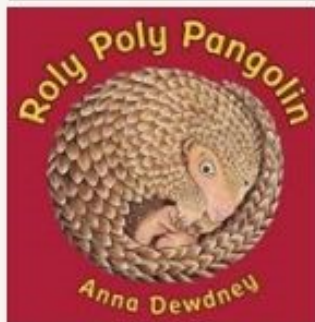


## BOOK OF THE MONTH

*Reading for Social Skills*  
with Ms. Riche

### ROLY POLY PANGOLIN

BY ANNA DEWDNEY



**A BOOK ABOUT:** confidence, separation anxiety, making friends, & feeling safe

**From the book jacket:** Roly Poly is a little guy, and the world is a big place. So many things frighten him, even teeny, tiny sounds! What's a little pangolin to do? Roll up tight into a ball and wait until it's safe. But when Roly Poly finally peeks out, there's another ball peeking back - and it looks just like him! Could two be more fun than one? The author of the beloved Llama Llama books introduces an endearing new character who is sure to enchant children and help them explore the world more happily.

**Why it's in my library:** Change can be hard! Aimed primarily toward younger students, The Roly Poly Pangolin can help those who are feeling worried about change and promotes trying something new - even if it's scary!

## MEET THE MIDLAND COUNSELORS



Dr. Tom Enos, Ph.D.  
School Psychologist  
(908) 722 - 8222 x 111  
enos@midlandnj.org



Ms. Lily Riche, MSW, LSW  
School Social Worker  
(908) 722 - 8222 x 112  
riche@midlandnj.org

## Midland's Counseling Services



### WHAT IS SCHOOL COUNSELING?

Midland's School counselors are committed to facilitating student's personal well-being, social-emotional, and behavioral development and adjustment throughout the school day.

The focus of each counseling relationship and session is dependent on the individual needs and circumstances of each student at any time. There is also attention to broader issues that are in the scope of the student's school day and educational curriculum as well as related guidance and assistance for students' families.

### COUNSELING SERVICES

Individual Counseling

Group Counseling

Crisis Intervention

SEL/Social Skills Classes

Learning Institutes & Support Groups

Consultation with families, teachers, therapists & staff

Guidance & Assistance with locating resources and application processes

## October's Featured Resources & Services

### Parent Support Group, Lebanon, NJ

Hope for All Learners in Lebanon, NJ is offering several special needs parent support groups now thru December, from 6:00 pm - 7:30 pm. Free childcare is available when you register in advance. Currently scheduled support group dates include, October 11th, November 15th, and December 13th.

For more information and to register, please visit: [www.hopeforalllearners.com](http://www.hopeforalllearners.com).

### Midland Learning Institute: Life After Graduation

The transition to graduation - and beyond - can seem daunting. Midland wants to make sure you have the knowledge and support to undertake this transition! Join us for a virtual webinar on November 7<sup>th</sup>, 6:30 PM - 8:30 PM, for steps to take to assure services and program options available post-graduation.

For more information and to register, please email Dr. Tom Enos at [enos@midlandnj.org](mailto:enos@midlandnj.org).





## Celebrations!



Happy birthday to all students and staff! Make it a day that is as special as you are, and may all of your birthday wishes and dreams come true!

# HAPPY BIRTHDAY!

To everyone born in the month of October

## Students

Rishika	Caleb
Owen	Aneta
Rachel	Jordyn
Teddy	Elaine
	Annelise

## Staff

Mrs. Dornick	Ms. Korbul
Ms. Hauser	Mrs. C. Smith
Mrs. Giorello	Mrs. Basch
Ms. Gomez	
Miss Peterson-Gurak	

# October Calendar



**Monday, October 3rd**

**Picture Day!**

**Wednesday, October 5th**

**School Closed  
Yom Kippur**

**Thursday, October 13th**

**School Open House**

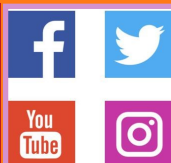
**Wednesday, October 26th**

**School Spirit Day  
Pumpkin Shirt Day**



**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**