



THE

MIDLAND

MONTHLY

The first virtual assembly was held on Thursday, October 13, 2022.

Do you recognize this building?



Students gathered in the multipurpose room to watch a virtual assembly about Ellis Island: Gateway to America. They enjoyed watching a tour of Ellis Island and learning about the history of immigrants who came to this country seeking freedom, opportunity, and a better life for themselves and future generations.

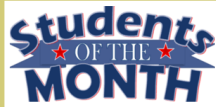


Look 
who is running
for Student Council
President!

On Tuesday, November 8th, students will vote for Student Council President after an assembly in the multipurpose room to hear each candidate's speech. Who will be our next President? We will announce the senior officers by the end of the school day.



The Choice is Yours



The October Social Skills theme was:

Communicating Effectively

Congratulations to our Students of the Month!

- 209 - Gavin
- 217— Bianca
- 218— Leah
- 219 - Aleeah
- 220 — Maddie

**The November Social Skills will be:
Non-Verbal Communications Skills**

School News



Please join us in welcoming our new students and their families to Midland. We are all so happy to have you both in school!

- Chelsea —Room 209**
- Lily—Room 209**

REMINDER!

The Learning Institute is for those parents of children ages 17 or older.

Register by November 3rd by sending an email to Dr. Enos at enos@midlandnj.org

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

What Happens After Midland – Life After Graduation

Presented by: Alex Humanick, Skylands Support Coordination
 Danielle Weiss, Skylands Support Coordination
 And from Midland:
 Natalie Swiatek, Director of Strategic Planning
 Bill Liberatore, Director of Employment Services
 Irene Francis, Developer of Business Partnerships
 Karen Storm, Supervisor
 Tom Enos, Psychologist

When: Monday, November 7, 2022
 6:30 – 8:00 P.M.
Where: Live Virtual Webinar via GoToMeeting
 (Link will be sent to your email upon registration)
 908-722-8222 x101

The transition to graduation – and beyond - can seem daunting. Midland wants to make sure you have the knowledge and support to undertake this transition smoothly, effectively and within the necessary timeline. This presentation will review in detail the steps to take to assure appropriate services and program options available post-graduation. Representatives from Support Coordination and Midland’s own Adult Services will be with us.



The Midland School Pumpkin Patch!

Student Council decides on every School Spirit Day and always makes it so much fun for staff and students to come into school dressed in appropriate attire to celebrate the season.



Examples

- ◆ Using the bathroom
- ◆ Washing hands
- ◆ Making a bed
- ◆ Brushing teeth
- ◆ Washing face
- ◆ Taking a shower
- ◆ Getting dressed
- ◆ Getting undressed
- ◆ Putting on deodorant
- ◆ Brushing hair
- ◆ Preparing a meal
- ◆ Tying shoes
- ◆ Taking off shoes
- ◆ Doing laundry
- ◆ Writing a letter
- ◆ Mailing a letter
- ◆ Writing an email
- ◆ Getting the mail
- ◆ Grocery shopping
- ◆ Setting the table
- ◆ Unpacking book bag
- ◆ Packing up book bag
- ◆ Putting on a coat

Wash Hands



Task analysis:

1st, 2nd, 3rd,
4th, 5th

How to break down tasks into smaller steps

Are your students or child struggling to complete tasks that have more than one step? Luckily, there is an evidenced based practice that helps children complete such tasks. This practice is called a task analysis. A task analysis breaks down complex tasks into smaller, teachable steps. These smaller, teachable steps make up a sequential order of a whole task. This approach allows school staff and parents to analyze what part of the task the child struggles with. It also allows for reinforcement after each small step, increasing the likelihood that the child will be successful in completing that step of the task in the future. See the left section of this newsletter to get examples of tasks that could be broken down into smaller, teachable steps using a task analysis. See the right section of this newsletter to learn how to use a task analysis.

A task analysis on how to implement a task analysis:

1. Identify the task that needs to be broken down.
2. Complete the whole task yourself.
3. Break down the task into smaller, teachable steps.
4. Sequence the teachable steps.
5. Observe the child complete the whole task.
6. Identify which components of the task the child can complete independently.
7. Identify which components of the task the child struggles with.
8. Create a visual of the teachable steps (pictures or words).
9. Identify reinforcement the child will receive for completing each teachable step (praise, hugs, high 5's, tangible items, etc.).
10. Have the child complete the task, giving them reinforcement for the teachable steps they complete independently and prompting them to complete the teachable steps they struggle with.
11. Repeat step 10 until the child can complete all teachable steps independently.

MIDLAND'S COUNSELING CORNER



BOOK OF THE MONTH

*Reading for Social Skills
with Ms. Riche*

**SOMETHING TO SAY ABOUT
MY COMMUNICATION DEVICE**
BY EDEN MOLINEUX



A BOOK ABOUT: communication, devices, AAC, inclusion, understanding

From the book jacket: Kate is a friendly little girl who loves to laugh. She also uses a communication device. Get to know Kate as she shares her experiences and has fun being a kid!

Why it's in my library: People communicate in so many different ways! This book introduces readers to the world of AAC (Augmentative & Alternative Communication) while promoting inclusion and providing a basic understanding of how some people may use a device to learn and share with others.

Accessing Adult Services from the NJ Division of Developmental Disabilities

PREPARATION & PLANNING

Do you have a student who is preparing for the transition to Adult Life?

Transition periods can be a challenging and overwhelming time for students and their families – but we are here to help! If you are preparing to apply for guardianship, SSI, DDD, or get ready for life-beyond Midland, make sure to check back for tips and recommendations.

For more information about services and a comprehensive timeline, please visit: www.nj.gov/humanservices/ddd/individuals/transition

And don't hesitate to reach out to Midland's counselors for support, resources, & additional information!



A Suggested Timeline for Students Turning 21

STEP 1 Apply for Medicaid Eligibility

- For Medicaid eligibility information, go to: www.nj.gov/humanservices/ddd/services/medicaideligibility.html
- For additional help, contact: DDD.MediEligHelpdesk@dhs.state.nj.us

STEP 2 Apply for DDD Eligibility

- After the student turns 18, contact the DDD Community Services Office nearest your place of residence.
- To download the DDD Eligibility Application, go to: www.nj.gov/humanservices/ddd/services/apply/index.html

STEP 3 Complete the NJ Comprehensive Assessment Tool (NICAT)

- The NICAT is completed with the Intake Unit of the DDD Community Services Office nearest your residence, as part of the eligibility application process.

STEP 4 Complete the Support Coordination Agency Selection Form

- When the student is in his/her last year of school-based services and is 21 or turning 21, the Support Coordination Agency Selection Form is completed and submitted.

DDD Community Services Offices

Flanders: 973.927.2600
Freehold: 732.863.4500
Mays Landing: 609.476.5200
Newark: 973.693.5080
Paterson: 973.977.4004
Plainfield: 908.226.7800
Trenton: 609.292.1922
Voorhees: 856.770.5900

November'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 November 15th, and December 13th.

For more information and to register, please visit: 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 7th, 6:30 PM – 8:30 PM, for steps to take to assure services and program options available post-graduation.


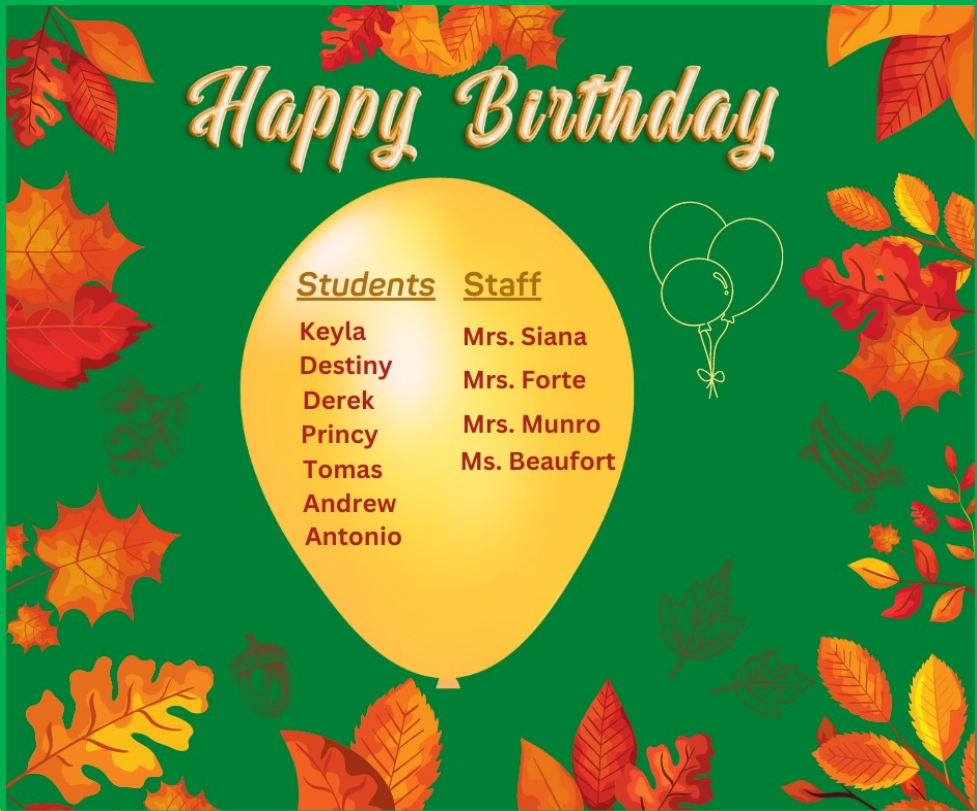
For more information and to register, please email Dr. Tom Enos at enos@midlandnj.org.



Celebrations!

Happy birthday to all students and staff born in the month of November!

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

Happy Birthday

<u>Students</u>	<u>Staff</u>
Keyla	Mrs. Siana
Destiny	Mrs. Forte
Derek	Mrs. Munro
Princy	Ms. Beaufort
Tomas	
Andrew	
Antonio	

Events

Come Join Us!
Holiday Vendor/Craft Sale



Saturday, November 19th

The Midland School

94 Readington Road
North Branch, NJ 08876

Doors Open 11:00-3:00

If interested in vending please email us at the address below
vendorfair@midlandschool.org
(908) 722-8222 x103

Just in time for your holiday shopping, we invite you to join us on November 19th for the Midland School Vendor/Craft Fair. A variety of crafters and vendors (including Pampered Chef, Color Street, and Touchstone Crystal) will be selling their items.

Celebrating
20 YEARS

MIDLAND GOES TO THE MOVIES
with PNC

Sunday, November 20
The Morris Museum
Cocktails at 4:30 PM
Film starts at 5:30 PM



Join us for an enjoyable evening to benefit Midland's special education programs and services.

The Morris Museum
8 Normandy Heights Road, Morristown, NJ 07960

Featuring a limited release film, cocktails and dinner reception. Patrons can browse museum exhibits prior to 5:30 PM showtime.

Please purchase your tickets by Nov. 14

To purchase tickets please use this link.
<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E129234&id=17>



American
Heart
Association.

SIMPLE WAYS TO PRACTICE GRATITUDE

We all could use a little more positivity & encouragement, especially when starting something new. Click the link below for quick & easy ways you can jump-start your journey to becoming Healthy for Good.



VIEW INFOGRAPHIC



VISIT HEALTHY FOR GOOD

November



Smashed Red Potatoes

 SERVES 5 / SERVING SIZE 1/2 CUP

Ingredients

- 1 lb. small red potatoes (about 7), quartered
- 1 cup low-fat buttermilk
- 3 Tbsp. thinly sliced green onions (green part only)
- 1 Tbsp. shredded or grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

Put the potatoes in a medium saucepan. Pour in enough water to cover them. Bring to a boil over high heat. Reduce the heat and simmer for 10 to 15 minutes, or until fork-tender. Drain well in a colander. Return to the pan.

Meanwhile, in a small saucepan, heat the buttermilk over medium-low heat for 5 to 7 minutes, or until hot, making sure it doesn't boil. Remove from the heat.

Using a potato masher, mash the potatoes, adding enough buttermilk to make them creamy (you may not need all the buttermilk). Add the remaining ingredients, stirring just until blended.

Tip: Over-beating mashed potatoes may cause them to become gummy. The best way to avoid this is to use a potato masher rather than a food processor or electric mixer. You can also achieve good results with a food mill, but it removes the nutritious potato skins. The amount of liquid needed (buttermilk in this recipe) depends on how hot and well drained the potatoes are when mashed and how warm the liquid is.

Nutritional Facts

Calories	90	Cholesterol	3 mg
Total Fat	1.0 g	Sodium	139 mg
Saturated Fat	0.5 g	Total Carbohydrate	17 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.0 g	Sugars	3 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 starch

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For our Parents

Please consider attending one of these resourceful upcoming webinars.

DDD Office of Education on Self Directed-Services welcomes you to attend a networking session to discuss the topic of

Self-Directing with High Support Needs

An open forum where everyone can discuss successes and barriers, as well as network with others to problem solve and gain helpful information.

DATE: 11/15/2022
TIME: 12:00PM-1:00PM

Click below to register

<https://attendee.gotowebinar.com/register/6189796792311097104>

You're Invited to Join Us



Office of Education on Self-Directed Services

NETWORKING SESSION ON

"SUPPORTS & SERVICES AS A PERSON AND THEIR CAREGIVER AGES"

MONDAY, NOVEMBER 14, 2022

12 NOON

JOIN US IN A DISCUSSION TO SHARE IDEAS , SUCCESSES AND BARRIERS SURROUNDING ISSUES OF AGING AND SELF-DIRECTION

PLEASE FOLLOW THE LINK BELOW TO REGISTER

<https://attendee.gotowebinar.com/register/2357849235930145807>



**FOR MORE INFORMATION, PLEASE EMAIL
DDD.OESDS@DHS.NJ.GOV**

Family Networking

The NJ DDD Office of Education on Self-Directed Services (OESDS) is offering virtual quarterly family networking sessions to help families connect and gain education on:

Self Direction as a person transitions from School Entitlement to Adult Life

We invite you to attend our first session on: November 16, 2022, From 12pm to 1pm

To Register:

<https://attendee.gotowebinar.com/register/7529417570337576461>

More information :  ddd.oesds@dhs.nj.gov

November Calendar

Monday, November 7th

Picture re-takes

Tuesday, November 8th

Student Council
Assembly & Elections

Friday, November 11th

Early Dismissal
Staff Development

Wednesday, November 23rd

Early Dismissal

Thursday November 24th &
Friday, November 25th

School Closed
Thanksgiving break

HAPPY THANKSGIVING!

**Best wishes for a holiday weekend
filled with family, friends, love and
laughter!**



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