



**THE**

**MIDLAND**

**MONTHLY**



**We are pleased to announce this year's winners!**

Our candidates, representatives of the Student Council, and students attended the Election Assembly. After the Pledge of Allegiance, the representatives took the Oath of Office, and the candidates gave speeches. The students in the building exercised their right to vote for the elected officials in school. The votes are all counted, and the results are in!



**President, Teddy**



**Vice President, Diana**

**Congratulations to our new senior officers of the School Student Council.**

**Teddy –President**

**Diana—Vice President**

**Aidan—Secretary**

**Sadhika—Treasurer**

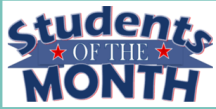


**Secretary, Aidan**



**Treasurer, Sadhika**

**The Choice is Yours**



The November Social Skills theme was:  
**Non-Verbal Communications Skills**  
**Congratulations to our Students of the Month!**

- 212 - Gavin
- 217— Stacy
- 218— Rishika
- 219 - Aleeah
- 220 — Annelise

The December Social Skills will be:  
**The Zones of Regulation**

**School News**

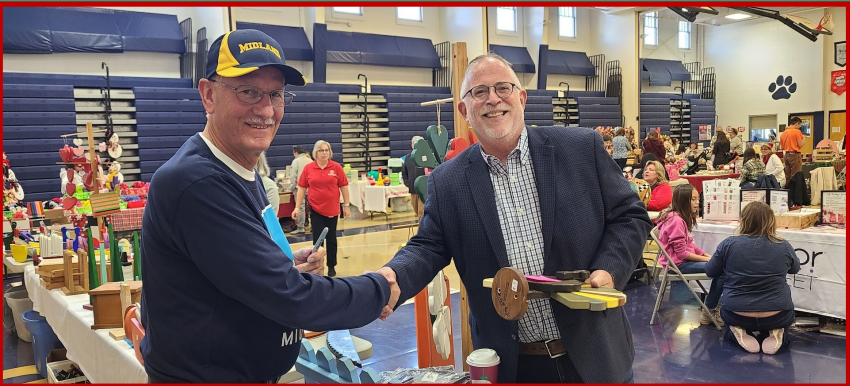


Please join us in welcoming our new student and her family to Midland.

We are all so happy to have you in school!

**Gabriella —Room 220**

The 2022 Holiday Vendor and Craft Fair was a huge success! Thank you to everyone who came out to shop and all the wonderful vendors who helped make this event happen! The holidays are off to a great start!



School News

  **Midland Jump-A Thon**  
WEDNESDAY, NOV. 23 



The 42nd annual Jump-A-Thon was a huge success! Thank you to everyone who participated and donated. The team jumpers earned over \$230 for The American Heart Association.



Attention every 10 minutes to weaken attention seeking behaviors.



A break every 30 minutes to weaken escape maintained behaviors.



Access to electronics every hour to weaken tangible seeking behaviors.



Deep pressure every 20 minutes to weaken sensory seeking behaviors.



# NCR

So what you are saying is... I don't need to do anything and still can get whatever I want?

@yourbehaviourgal

## Non contingent reinforcement:

*NCR*

### Reinforcement for “no reason”

We've talked about positive reinforcement and how it increases desired behavior, but there is another type of reinforcement that is given regardless of the behaviors being displayed. This is called non-contingent reinforcement. The thought process behind this is that if you provide the student/child with what they want on a schedule, they won't crave it as much and the problem behaviors are no longer necessary to display. The individual's behavior does not influence whether or not they receive reinforcement because again, it is non-contingent. Like any type of reinforcement, it needs to be function based, meaning, it's focus is on why the student/child is doing what they're doing. Remember, the 4 functions of behavior are escape/avoid, attention, sensory/automatic and gain access/tangible. So if a child is throwing a tantrum to gain attention, providing attention on a schedule or a set time is a form of NCR. If a student is throwing materials to escape work tasks, providing them with breaks on a schedule is a form of NCR.

#### How to implement NCR:

1. Identify the function of behavior (why the individual is doing what they are doing).
2. Identify the type of reinforcement you are going to deliver (attention, a tangible item, breaks, etc.)
3. Create a schedule or a set time where the individual will receive reinforcement regardless of their behavior (remember—it's non-contingent).
4. Provide the reinforcement consistently to see if it helps weaken the problem behavior being displayed.

# MIDLAND'S COUNSELING CORNER



## BOOK OF THE MONTH

*Reading for Social Skills*  
with Ms. Riche

### A LITTLE SPOT OF FEELINGS

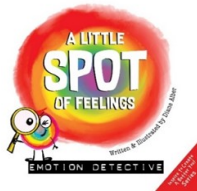
BY DIANE ALBER

**A Book About:** Emotions, naming, recognizing, feelings

#### From inside the book cover:

When you learn how to NAME your FEELINGS, it will help you get along with other people and better solve problems.

**Why it's in my library:** *A Little Spot of Feelings* is part of a series of books that help readers identify, name, and respond appropriately to a variety of different feelings! Not to mention, this series comes with adorable plush dots that students can use to practice the different strategies recommended in the series!



## The Zones of Regulation

This Month's Social Skills Topic is *Understanding the Zones of Regulation*. "The Zones of Regulation is a conceptual framework used to help students understand emotions and support the development of self-regulation and emotional control. The Zones categorize states of alertness and emotions into four colored Zones: Blue, Green, Yellow, and Red. The system of categorizing complex feelings improves students' abilities to recognize and communicate how they're feeling in a non-judgmental way."

### The ZONES of Regulation

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

*The Zones of Regulation* by Leah M. Kuypers, MA Ed. OTR/L

## December's Featured Resources & Services

### Navigating the DDD Service System (ARCOF NJ)

December 6, 2022 6:00 PM – 7:00 PM

This webinar will provide an overview of entering the DDD service system and explain eligibility requirements, the intake process, what services are available, and information related to DDD's care management system (Support Coordination).

For more information and to register, please visit The Arc of New Jersey's Planning for Adult Life website at:

<https://register.gotowebinar.com/register/2412845705454097932>

### Parent Support Group, Lebanon, NJ

December 13, 2022 6:00 PM – 7:00 PM

Hope For All Learners in Lebanon, NJ is offering special needs parent support groups. Free childcare is available when you register in advance.

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



**Celebrations!**


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

**HAPPY BIRTHDAY!**

**STUDENTS**

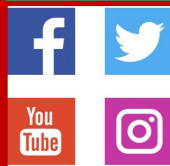
- Owen
- Bryce
- Shawn
- Jason
- John
- Shaylese
- Connor
- Jillian
- Amy
- Sean

**STAFF**

-  Ms. Daniel
- Ms. Strakele
- Ms. Palma
- Mrs. Kuhn
- Mrs. Osborne
- Ms. Chemey
- Mrs. Massimo
- Mr. Andia
- Ms. Frank
- Mrs. Swiatek

**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**



American Heart Association.

# CAN PROCESSED FOODS BE HEALTHY?

There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled "natural" or "organic" can be processed.

What do you need to know?

1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.



[VIEW ARTICLE](#)



[VISIT HEALTHY FOR GOOD](#)

# December



## Almond Snack Mix

SERVES 4 / SERVING SIZE 1/2 CUP

### Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces **OR** 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

### Directions

Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.

Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

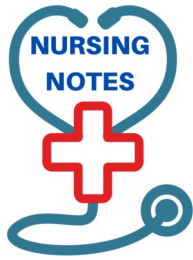
**Tip:** If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

### Nutritional Facts

Calories	174	Cholesterol	0 mg
Total Fat	6.5 g	Sodium	72 mg
Saturated Fat	0.5 g	Total Carbohydrate	29 g
Trans Fat	0.0 g	Dietary Fiber	5 g
Polyunsaturated Fat	0.0 g	Sugars	14 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 fruit, 1 starch, 1 fat

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The peak of the cold and flu season is here.

To prevent widespread flu at Midland School, we recommend that your child stay home from school if experiencing flu or cold symptoms.



To decide whether or not to send your child to school, please consider the following guidelines:

**Keep your child at home for treatment and observation if he or she has any of these symptoms:**

- Fever (greater than 100 degrees. Your child may return to school only after his/her temperature has been consistently below 100 degrees for a minimum of 24 hours without the use of fever-reducing medications)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness, or muscle aches
- Frequent congested (wet) or croupy cough

**Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:**

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

**To help prevent the flu and other colds, teach your children good hygiene habits:**

- Wash hands frequently
- Do not touch eyes, nose, or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick



# School News

It was a beautiful day for the first outdoor soccer game in three years. It was great to see students, staff, and some parents come out to cheer on the players and watch the game on November 2nd.

## SOCCER INTRAMURALS HIGHLIGHTS



**December Calendar**



<b>Thursday, December 1st</b>	<b>1:00 P.M. Early dismissal</b>
<b>Monday, December 12th</b>	<b>Holiday Express</b>
<b>Friday, December 16th</b>	<b>Holiday Concert—1:40 P.M.</b>
<b>Wednesday, December 21st</b>	<b>School Spirit day Wear white/snowman shirt</b>
<b>Friday, December 23rd thru Friday, December 30th</b>	<b>School closed Winter Recess</b>
<b>Monday, January 2nd</b>	<b>School closed</b>
<b>Tuesday, January 3rd</b>	<b>School Re-opens</b>



**Wishing you and your family a wonderful holiday season!**