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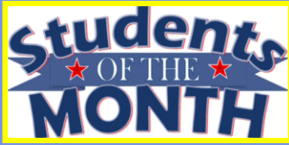
MIDLAND

MONTHLY

The School Council did it again! Wear a Pet T-Shirt was the theme for School Spirit Day, and the response was well received. So many students and staff showed up wearing a shirt representing their favorite pet or family pet. We have a lot of animal lovers! It was a great turnout and a fantastic way to share information about your favorite pet.



The Choice is Yours



The January Social Skills theme was:
Expressing Your Feelings

Congratulations to our Students of the Month!

- 212 - Destiny
- 217 - Holden
- 218 - Isaiah
- 219 - Marco
- 220 - Maddie

The February Social Skills will be:
Caring about Yourself & Others



School News



On Thursday, January 19th, everyone gathered in the multi-purpose room for the first assembly of the new year. PROJECT Duo arrived on stage playing remixes of traditional ideas of chamber music in Outside the Bachs! In this performance, students discover the joys of classical and jazz music through exciting arrangements. It was an excellent performance, and everyone seemed to enjoy it.

Celebrations

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

HAPPY
February
BIRTHDAY

Students

Leah
Laura

Staff

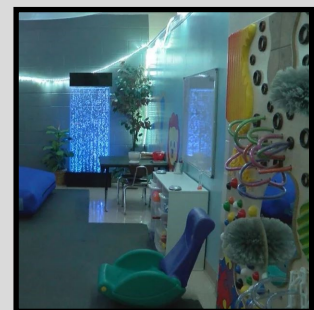
Mrs. Gallagher	Ms. Sviderskis-Carroll
Ms. Atkinson	Ms. Whitaker-Lake
Miss Jastrzebski	Ms. Riche
Ms. Boyd	Mrs. Migliore
Mr. Castles	Mrs. Higgins
Mr. Smith	Mrs. Creighton-Jones

School news

On Wednesday, January 25th students, staff, and some parents gathered in the gym to spectate a basketball game and watch the cheerleaders support and cheer for the players. 🏀 📣



For the Parents



Have you ever considered creating a sensory space for your child in your home? Meet Emily Fleming, a Licensed Certified Occupational Therapy Assistant (COTA/L) in New Jersey. Emily has temporarily worked with the students at Midland. She would happily meet with families to design a space within your budget. She will work with you to create anything from a small closet space to an entire bedroom/sensory room. For more information, please visit www.safespaceinteriordesignllc.com. If interested, please call (908) 442-9080 or email info@safespaceinteriordesignllc.com.

MIDLAND'S COUNSELING CORNER



BOOK OF THE MONTH

Reading for Social Skills
with Ms. Riche

THE BOY WITH BIG, BIG FEELINGS

WRITTEN BY BRITNEY WINN LEE
ILLUSTRATED BY JACOB SOUVA

A Book About: emotions, feelings, acceptance, understanding

From inside the book cover: Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. Worried about rejection, he tries to hide his feelings from the other kids at school. When he meets a girl with big feelings too, he discovers that having big emotions is nothing to be ashamed of. Big feelings happen to all of us!

Why it's in my library: Big Emotions affect all of us! This book reminds readers that having feelings isn't something to be ashamed of and how important it is to share and connect with others!



Accessing Adult Services from the NJ Division of Developmental Disabilities

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

Transition periods can be a challenging and an 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 and don't hesitate to reach out to Midland's counselors for individualized supports.

Is Your student graduating in June?

Below is DDD's Suggested Timeline (February & March)

It's time to select a Support Coordination Agency! DDD recommends researching and selecting a support coordination agency by February/March of your student's graduation year.

You will need to complete and submit the Support Coordination Agency Selection Form (SCA). The SCA Selection Form will be provided during the eligibility application process and should be returned to your DDD Intake Worker. When completing the SCA Selection Form, it is important to identify both a first-choice and second-choice agency to increase your chance of getting an agency of your own choosing.

The list of SCA's can be found at: [Support Coordination Agencies List \(nj.gov\)](https://www.nj.gov/humanservices/ddd/assets/documents/individuals/support-coordination-agencies-list.pdf) or <https://www.nj.gov/humanservices/ddd/assets/documents/individuals/support-coordination-agencies-list.pdf>

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

February's Featured Resources & Services

Guardianship & Supported Decision Making

Thursday, February 23, 2023, 7:00PM - 8:00PM

This workshop will help parents and caregivers understand the guardianship process, levels of guardianship and alternatives to guardianship.

For more information and to sign up, visit: <https://planningforadulthood.org/calendar/calendar.html/calendar/2023/2>

Archived Webinars

The Arc of New Jersey records and archives webinars on a variety of topics, including guardianship, financial planning, employment services, DDD, SSI and more!

If you're looking to learn more about a specific topic, please visit: https://planningforadulthood.org/we_offer/archived-webinars-20.html



Data collection:

*An essential tool in the
behavior change
process*

Prove it!

Data collection is the primary tool used to guide behavior change. Data can tell you how often the behavior is occurring, what time of day it occurs most, how long the behavior lasts and what is happening before and after the behavior. It's the most effective way to identify if behavior interventions are having a positive or negative impact on behavior. There are many types of data collection methods. Frequency/rate data counts the number of times a behavior occurs within a certain period of time. Event recording tells you the number of times a behavior occurs. Duration data tells you how long the behavior lasts. Time sampling data gives you a percentage of how often the behavior occurs within a certain interval or moment in time. Antecedent, behavior, consequence (ABC) data provides information about the possible function and triggers for a behavior. There are many other types of data collection methods, but the most popular are listed to the right with links to take you directly to examples of each. It's best to choose a data collection method under the guidance of a BCBA, but you can also choose the method you are most comfortable with. Multiple data collection methods may need to be used simultaneously. Taking data doesn't have to be scary! Reach out to me or your child's outside BCBA for further assistance in this area.

Frequency/Rate Recording:

https://docs.google.com/document/d/1NvhdkyBjGBM4TntcMPtSVOZNL5gs_812/edit

Duration Recording:

<https://docs.google.com/document/d/156RpFWrlyDf33L-9AXtYcm-o3m389DXtdMkfRKTbcxs/edit>

ABC:

<https://docs.google.com/document/d/1iRAGo6qD6S-3Df5vxm2woBBTM7F2t7e7/edit>

Time sampling:

<https://docs.google.com/document/d/1c9mn9KyquRzZm7ObUP5vxPpXJFWMVX1S/edit>



American Heart Association.

STOP STRESS IN ITS TRACKS

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal? Click the link below to try these tips to get out of stress fast.



VIEW INFOGRAPHIC



VISIT HEALTHY FOR GOOD

February



Southwest Slow Cooker Chicken

SERVES 6

Ingredients

- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano
- 1 cup low-sodium chicken broth
- 1/4-1/2 teaspoon **cayenne pepper** (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles

Directions

In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).

Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.

Pour tomatoes, chiles and chicken broth over the chicken in the slow cooker.

Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken may break apart easily with fork once cooked.

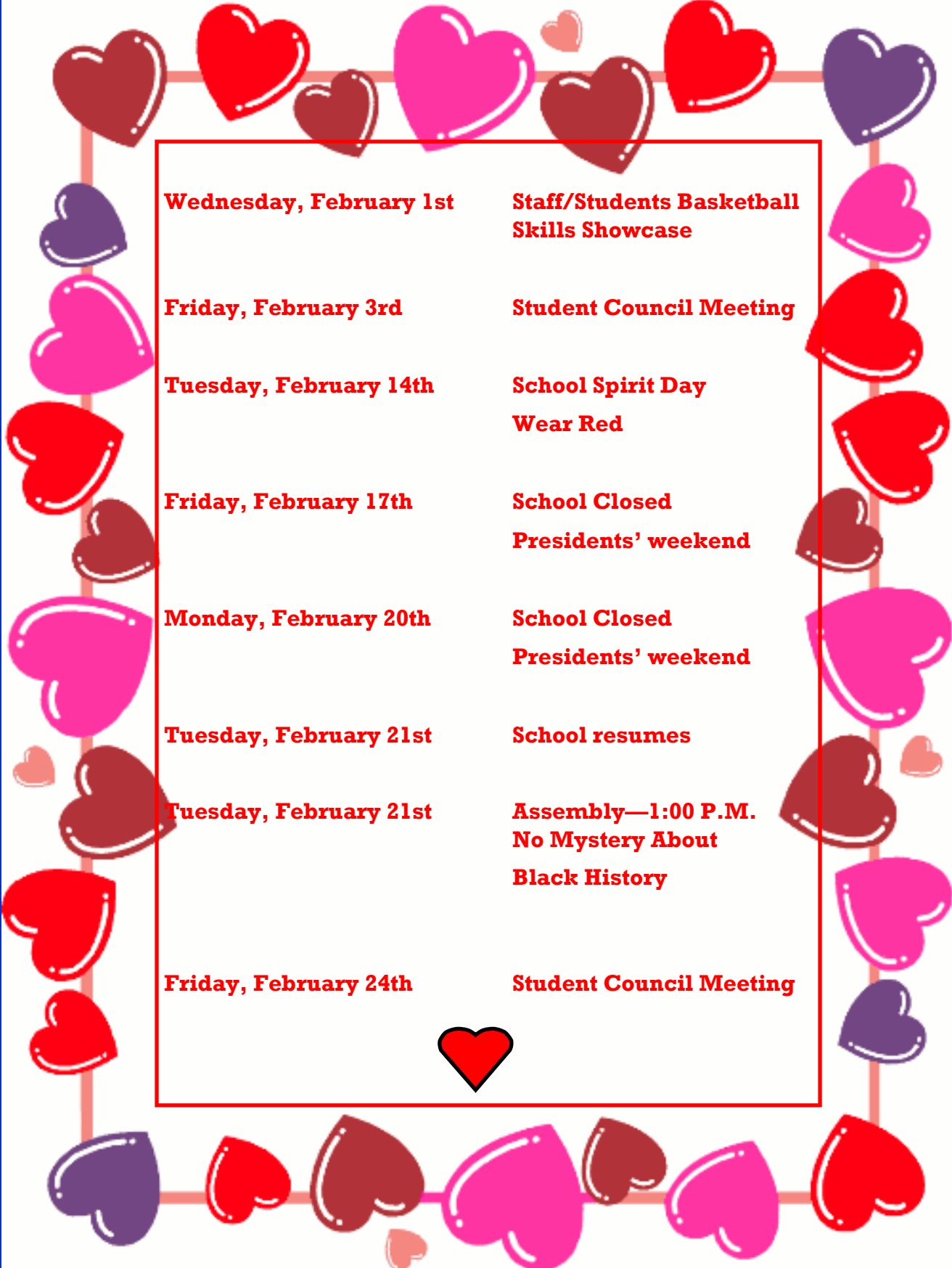
Tip: This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole wheat tortilla or bun.

Nutritional Facts

Calories	113	Cholesterol	48 mg
Total Fat	2.0 g	Sodium	288 mg
Saturated Fat	0.5 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.5 g	Sugars	2.7 g
Monounsaturated Fat	0.5 g	Protein	17 g

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February Calendar



Wednesday, February 1st

Staff/Students Basketball Skills Showcase

Friday, February 3rd

Student Council Meeting

Tuesday, February 14th

**School Spirit Day
Wear Red**

Friday, February 17th

**School Closed
Presidents' weekend**

Monday, February 20th

**School Closed
Presidents' weekend**

Tuesday, February 21st

School resumes

Tuesday, February 21st

**Assembly—1:00 P.M.
No Mystery About
Black History**

Friday, February 24th

Student Council Meeting

