



**THE**

**MIDLAND**

**MONTHLY**



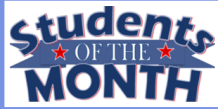
Thank you to Holiday Express for making our season bright! It was a magical day of dancing, singing, and visits from the Grinch, Frosty, Rudolph and Santa! Their generosity and kindness is a gift that impacts our lives and fills our hearts during the holidays.



**VOLUME 14 ISSUE 5**

**JANUARY 1, 2023**

# The Choice is Yours



The December Social Skills theme was:  
**Understanding the Zones of Regulation**  
**Congratulations to our Students of the Month!**

- 212 - Gerald      217 - Lexi      218 - Jovin
- 219 - Bryce      220 - Andrew

The January Social Skills will be:  
**Expressing Your Feelings**



# School News



Cameron and Nicolle hang the first ornament.

Decorating the Midland tree is a highlight during the holidays. Every student visits the tree with their class to hang the ornament they made in their classroom. The completed tree looks terrific! Thank you to the Printing/Card making Career Cluster students for making the paper garland.



Jeremy and Mrs. Furnari work together to hang his star ornament.



Annabella is happy to hang her gingerbread ornament.



Dominique is so happy to place her ornament on the tree. Ryan admires how great the tree looks after hanging the garland.

THE MIDLAND SCHOOL CHORUS



'Tis the season for singing! The Midland chorus sang their hearts out during the winter holiday concert. Their enthusiasm was contagious and they did a fantastic job! Thank you to all the singers and soloists for filling our hearts with joy.



A surprise visit from Santa after the chorus finished singing "Santa Claus is coming to town" The excitement on the students' faces was priceless as he greeted them all with a HO HO HO MERRY CHRISTMAS!



## Celebrations

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



*Happy Birthday!*

### STUDENTS

Lauren  
Marco  
Holden  
Brandon  
Aidan  
Salvatore  
Catherine  
Anthony

### STAFF

Mr. Sweetman	Mrs. Argiro
Mrs. England	Mrs. Serrano
Mrs. Renz	Mrs. Wettstein
Mr. Bedell	Mrs. McCarthy
Ms. Ortega	Ms. Chiu
Ms. Corrigan	

## School news

Happy winter and New Year! The photos are up on the wall of smiling faces from the School Spirit Day on Wednesday, December 21st. Students and staff welcomed winter by wearing white (or snow-themed clothes).



## For the Parents



Does your child like stickers and dinosaurs? Check out [Redbubble.com](https://www.redbubble.com/people/inclusivedinos/shop?artistUserName=inclusivedinos&iaCode=all-departments&sortOrder=relevant). An artist designed 197 Inclusive Dino stickers created for all kids (and adults) so that everyone can see themselves represented within society. After being diagnosed with a rare genetic condition that causes multiple movement disorders, seeing and improving inclusion representation has become the artist's goal (And dinos are just awesome).

<https://www.redbubble.com/people/inclusivedinos/shop?artistUserName=inclusivedinos&iaCode=all-departments&sortOrder=relevant>

## Transitions

- to a new place
- into a new car

## Completing work tasks

- homework
- chores
- school work

## Hygiene routines

- toileting
- hand washing
- brushing teeth

## Social skills

- greetings
- conversations
- initiations

## Play skills

- turn taking
- games
- interacting with toys



## Video modeling:

*how its used to teach simple routines & complex skills*

### Watch and learn!

Video modeling (VM) is exactly what it sounds like. It involves recording a video of someone modeling a skill or routine, then playing it back for a learner to watch. This evidenced based practice is effective for teaching individuals certain skills and routines. The routines can be as simple as brushing your teeth or as complex as initiating a conversation. The most popular way to implement VM involves a peer or adult modeling the skill on camera. Video self modeling (VSM) is also effective. This involves the learner being prompted to perform the skill on camera so they can watch themselves perform the skill to increase independence in the future. VM is also effective for teaching parents and school staff how to implement interventions. To the left you will see different skills and routines that can be taught using VM. These are just a few! See below the steps on how to implement video modeling. For further assistance and implementation, reach out to me or your child's outside BCBA.

### How to implement video modeling

- |  |  |
|--|--|
| 1. Choose a skill/routine you want to teach.                             | 5. Write a script for the video.   |
| 2. Complete a task analysis for the skill/routine.                       | 6. Choose who will be in the video.  |
| 3. Document how well the individual is currently performing the skill.   | 7. Record the video.   |
| 4. Choose how you want to record the video (phone, tablet, camera, etc.) | 8. Identify when you want the individual to watch the video (in the morning, right before task, etc.). |
|  | 9. Show the video.   |
|  | 10. Document progress.   |

# MIDLAND'S COUNSELING CORNER



## BOOK OF THE MONTH

*Reading for Social Skills*

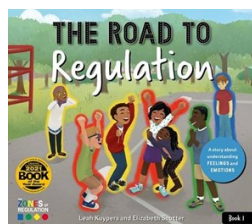
with Ms. Riche

**A Book About:** The Zones of Regulation, emotions, recognizing feelings

### From inside the book:

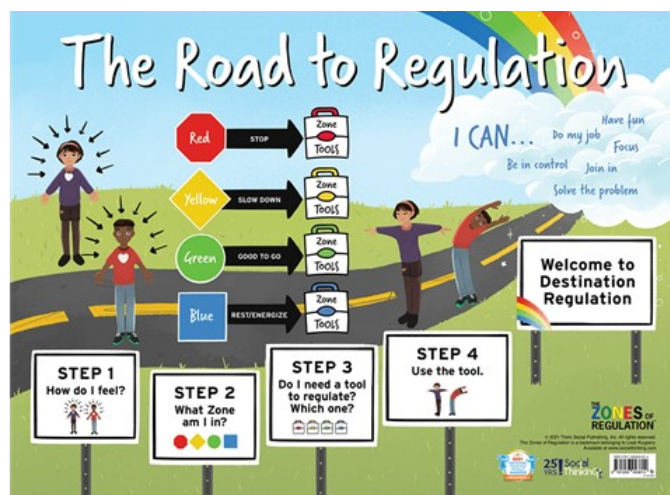
Join Gabriel and his classmates as they learn about The Zones of Regulation through two story-books. The first, *The Road to Regulation*, helps students become more aware of their bodies and feelings and describes the four colored Zones used to think and talk about these feelings.

**Why it's in my library:** *The Road to Regulation* is part of the Zones of Regulation program that Midland utilizes in the high school classrooms. Through descriptive storytelling and colorful pictures, students can relate to many of the characters' emotions and situations. This book also explains how different feelings are categorized into the Zones of Regulation and encourages the use of a variety of coping/calming tools that encourage self-regulation.



## Happy New Year!

January's Social Skill Topic of the Month is *Expressing Your Feelings!* Expressing feelings appropriately is a key factor in supporting a student's development and can have lasting impacts on mental health and behaviors. To start off the New Year right, students will practice their social skills by sharing their feelings and identifying and using self-regulation skills!



*The Road to Regulation* by Leah Kuypers Elizabeth Sautter

## January's Featured Resources & Services

### Midland Learning Institute

Tuesday, January 10, 2023 6:30 PM - 7:30 PM

Talking with young and grown children about sexuality can be a difficult & important task. This workshop will include effective ways to talk about sexuality and help you become more comfortable and proficient while addressing sexuality and related sensitive topics with your child.

**If you're interested in attending, please contact Dr. Tom Enos, at [enos@midlandnj.org](mailto:enos@midlandnj.org), with your name and phone number. A GoToMeeting link will be sent to your email a few days prior to the event.**

### Accessing Services & 'Natural Supports'

Wednesday, January 18, 2023 10:00 - 11:00 AM

Thursday, January 19, 2023 7:00 - 8:00 PM

Everyone has a right to be involved in their community. This workshop will discuss challenges associated with accessing services, supports for accessing the community, and will provide hands-on tools for obtaining natural community supports.

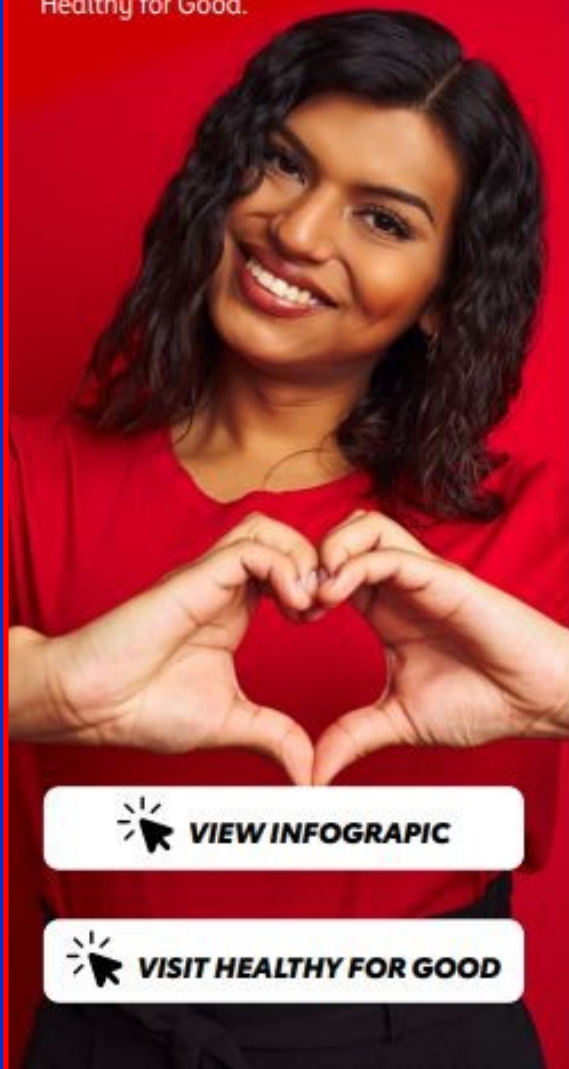
To register for these and other Arc of NJ events, please visit the calendar page on their website, <https://planningforadulthood.org/calendar/calendar.html/calendar/2023/1>



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**

# January



## Black Bean Soup

 SERVES 4

### Ingredients

- Cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup chopped fresh cilantro (optional)

### Directions

Lightly spray a large pot with cooking spray.

Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeño, garlic and cumin. Cook for 1 minute.

Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.

Serve the soup topped with the cilantro.

**Tip:** To save money, buy the store brand of canned beans with the least amount of sodium. Look for “no-salt-added” and “reduced-sodium” options. An unopened can of beans can last up to two years in a pantry, so stock up when they go on sale.

### Nutritional Facts

Calories	245	Cholesterol	0 mg
Total Fat	0.5 g	Sodium	34 mg
Saturated Fat	0.0 g	Total Carbohydrate	45 g
Trans Fat	0.0 g	Dietary Fiber	11 g
Polyunsaturated Fat	0.0 g	Sugars	13 g
Monounsaturated Fat	0.0 g	Protein	15 g

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**Happy New Year!**

**“SNOW” happy you’re back!**

**Tuesday, January 3rd**

**School Re-opens**

**Friday, January 6th**

**Student Council meeting**

**Monday, January 16th**

**School Closed  
Martin Luther King, Jr.**

**Wednesday, January 18th**

**School Spirit Day  
“Pet Shirt Day”**

**Thursday, January 19th**

**Assembly  
Outside the Bachs**

**Friday, January 20th**

**Student Council meeting**