



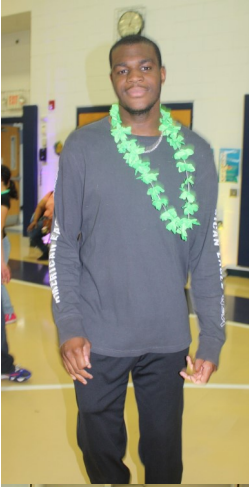
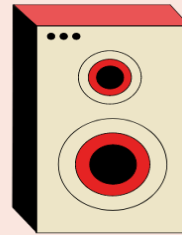
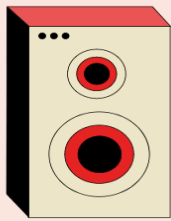
THE

MIDLAND

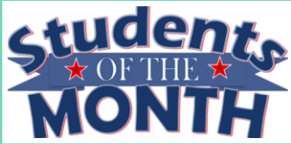
MONTHLY

MIDLAND HAD THE MOVES IN MAY!

- 🎵 Move for Midland
- 🎵 Project ACES
- 🎵 Roxey Ballet
- 🎵 School Dance



The Choice is Yours



The May Social Skills theme was:
Standing Up for Yourself (Self Advocacy)



Congratulations to our Students of the month:

- 209 – Lily 217– Stacy 218– Rishika
- 219 – Aleeah 220– Maddie

The June Social Skills is: Flexible Thinking

Special Olympics



Congratulations to Midland student athletes who participated in the Somerset County (Area 10) Special Olympics New Jersey Track and Field event on May 13th. Students competed in running/walking/wheelchair races, standing long jump, softball throw, and mini javelin throw events.

Reading is Fun

Students and staff gathered outside with a book to read together in celebration of Reading is Fun, which teaches the love of reading and encourages us to share that love.



School News



Each May, Better Hearing & Speech Month (BHSM) provides an opportunity to raise awareness about hearing and communication disorders.

Midland would like to recognize and thank Ms. Fischer, Mrs. Kuhn, Ms. Korbul, Mrs. Casucci, Mrs. Migliore and Ms. Whitaker-Lake for all their hard work and dedication in working with their students.



School Spirit Day



One sock, two sock, CrAzY Sock Day was the theme for School Spirit Day! It was a fun day for the students and staff to wear their craziest pair of socks and none of the socks matched their outfits. 😊



Hot Lunch



Super Seniors did an exceptional job serving a hot lunch to all of the students and staff.

Teacher Appreciation Week



In recognition of Teacher Appreciation Week, we thank our excellent teachers. They go above and beyond daily to help change the students' lives we serve. We are so fortunate to have them on staff and proud of their work.

Welcome



Join us in welcoming our new Assistant Principal, Mr. Kirk Petrik. Mr. Petrik comes to us from Eden Autism in Princeton with more than 25 years of experience with students with disabilities. Welcome to the Midland family!

Congratulations to Mrs. Cindy Migliore, one of our skilled Speech Therapists, will be taking on a new position as the Supervisor of Related Services. Mrs. Migliore has a history of more than 20 years with The Midland School. Best wishes in your new role!

Congratulations



We can't let the month of June go by without wishing all of our students and staff a very Happy Birthday! Make it a day that is as special as you are, and may all of your wishes come true!



TO EVERYONE BORN IN JUNE

Happy Birthday!

Students

Andrew
Gabriella
Sophia
Jovin

Staff

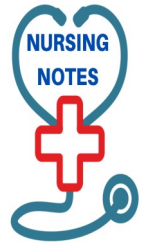
Mrs. Engelhardt
Ms. Jackson
Mr. Klima
Ms. Lembo
Mrs. Smith

Mrs. Liska
Mr. Ardon
Mrs. Fitz
Mrs. Tauscher



We recognize our nurses for their hard work during Nurses Appreciation Week. Your passion and care for our students' health is appreciated. Thank you.

Ms. Darlene Reijers and Mrs. Tara Peterson-Gurak



Welcome to Nursing Notes!

This month's topic is heat intolerance. Many students take medications and have diagnoses that interfere with body temperature regulation susceptible to both overheating and sunburn.

These are things that can be done to help:

1. Check medications and know what medications increase risk of sunburn or heat intolerance. The health office has a print-out of our "Heat Intolerant Students".
2. Dress appropriately for the weather; hats, sunglasses, sun shirts.
3. Apply sunscreen before school and re-apply before outdoor activities.
4. Hydrate! Hydrate! Water is an essential simple step in the prevention of heat intolerance.
5. Avoid prolonged sun exposure.
6. Provide rest and shade time for outdoor activities.
7. Use cooling agents: ice packs, cooling towels, fans, cooling vests.
8. Know signs/symptoms of heat intolerance because they can be different for each student and change quickly.
 - a. Profuse sweating or no sweating
 - b. Red face/body rash or cold/clammy skin
 - c. Nausea and headache
 - d. Change in status of awareness, lethargic
 - e. Change in vital signs – heart rate respiration may increase
 - f. Agitation



MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start!

It's not about dieting or restrictions – it's about taking a moment to take it in.

Click on the link below for easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal!



VIEW INFOGRAPHIC



VISIT HEALTHY FOR GOOD

June



Panzanella Salad with Avocado and Tomatoes

SERVES 8 / SERVING SIZE 1 1/4 CUPS

Ingredients

- 1/2 French baguette (lowest sodium available), cut into 6 cups of bread cubes
- 1 tablespoon canola or corn oil and 3 tablespoons canola or corn oil, divided use
- 1/2 teaspoon garlic powder
- 2 cups tightly packed fresh basil (about 1 bunch)
- 1 medium avocado (halved, pitted, coarsely chopped)
- 2 tablespoons white vinegar
- 1/8 teaspoon salt
- 3 tablespoons water plus 1 to 2 tablespoons water, as needed
- 2 medium tomatoes, diced (about 2 cups)
- 1 medium English, or hothouse, cucumber, chopped
- 1/3 cup chopped red onion
- 2 teaspoons chopped capers (drained)

Directions

Preheat the oven to 325°F.

Line a baking sheet with aluminum foil. Place the bread cubes on the baking sheet. Drizzle with 1 tablespoon oil. Sprinkle the garlic powder over the bread cubes. Toss to coat. Bake for 15 to 20 minutes, or until the croutons are golden brown.

Meanwhile, in a food processor or blender, process the basil for 15 to 30 seconds, or just until finely chopped. Add the avocado, vinegar, and salt. Pour the remaining 3 tablespoons oil and 3 tablespoons water through the feeder tube. Add 1 to 2 tablespoons more water if the salad dressing is thicker than the desired consistency.

Put the tomatoes, cucumber, onion, capers and croutons in a large bowl.

Pour the dressing over the salad and croutons, tossing to coat.

Serve immediately or let stand for 30 minutes so the croutons can absorb the dressing.

Tip: Because English cucumbers are seedless, they release less liquid than other types of cucumbers, making them ideal for salads. For other types of cucumber, use a spoon to remove and discard the seeds before adding the cucumber to a salad.

Nutritional Facts

Calories	200	Cholesterol	0 mg
Total Fat	11.5 g	Sodium	234 mg
Saturated Fat	1.0 g	Total Carbohydrate	21 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	2.5 g	Sugars	2 g
Monounsaturated Fat	7.0 g	Protein	5 g

Dietary Exchanges: 1 starch, 1 vegetable, 2 fat

©2022 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited.

June Calendar



Thursday, June 1st	Yearbook signing
Tuesday, June 6th	Field Day Early Dismissal—1:00 P.M.
Friday, June 9th	Graduation Day School Spirit Day Dress up for the graduates
Wednesday, June 14th	Early dismissal—1:00 P.M.
Thursday, June 15th	Last Day of School Early Dismissal 1:00 P.M.

Enjoy your summer break!
See you back soon on July 5th for ESY!

