



Assemblies are a great way to start off the school year. "Gather Here" from Mobile Ed Productions performed a multicultural show that explores music from around the world and how different ethnic music has affected modern music in the United States. The musician invited students to participate, and they all had so much fun listening to new songs, learning sign language, and clapping to the beat of the music.



The Student Council invites all staff and students to participate in a "Coin drive" to help The Grayrock Farm Sanctuary. The coin drive will last through the end of October.

GRAYROCK FARM SANCTUARY is home to 3 senior horses (1 is blind and missing an eye), 2 male goats, 1 lamb, 4 pot belly mini pigs, 6 barn cats, 5 ducks, 12 hens and 3 roosters.

These farm animals are rescued from various places, some severe circumstances and some were homeless.



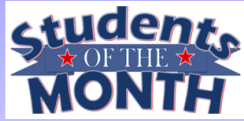
The Midland School Student Council is having a coin drive to help Grayrock Farm Sanctuary continue to help these animals in need.

The drive will last from September 21, 2023 through the end of October! Students can bring in coins throughout this time to help the animals! Donations can be labeled "Coin Drive".

Thank you for your support!



**The Choice is Yours**



The September Social Skills theme was:

**Safety**

**Congratulations to our Students of the Month!**

**Room 212—Gianna**

**Room 217—Ayaan**

**Room 219—Marco**

**Room 218— Grace**

**Room 220—Annabella**

The October Social Skills will be:

**Communicating Effectively**

**School Spirit Day**



Sharing Summer fun memories is a great way to kick off a new school year! Students and staff stop to look at their friend's favorite memory from the summer. It is a fun thing to do when passing in the hallway!





# WARM UP TO COOL WEATHER WORKOUTS

1. Dress for comfort.
2. Look at the bright side, go outside!
3. Have fun with cool weather activities such as jogging, hiking or snowshoeing.
4. Take it inside if it gets too cold for comfort.



VIEW INFOGRAPHIC

VISIT HEALTHY FOR GOOD

# October



## Oat Avocado-Berry Breakfast Bars

PREP TIME: 15 MINUTES  
SERVES 15 / SERVING SIZE 1 BAR

### Ingredients

#### For the Crust/Topping:

- Cooking spray
- 1 3/4 cups low-fat, low sugar granola
- 1 1/2 cups whole-wheat flour
- 2 tablespoons firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt

- 1/2 cup fat-free sour cream
- 2 tablespoon canola oil

#### For the Filling:

- 1/2 cup pitted, coarsely chopped dates
- 1/2 cup avocado
- 1 cup frozen, unsweetened blueberries
- 1 tablespoon grated orange zest
- 1 teaspoon cornstarch

### Directions

Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray. Put the granola in a food processor. Pulse three times to break apart the large pieces (it should look like rolled oats). Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon, and salt until combined. Add the sour cream and oil.

Using a pastry blender or large fork, blend the mixture until it resembles pea-size crumbs. Set aside half of the granola mixture. Press the other half into the baking pan to form a crust. Bake the crust for 20 minutes, or until slightly browned. Transfer to a cooling rack. Let cool to room temperature.

Meanwhile, in a food processor, process the dates until smooth. Add the avocado, processing until smooth. Add the blueberries, orange zest, and cornstarch, processing until smooth. Spoon the filling onto the cooled crust. Use a spatula to spread it. Sprinkle the reserved granola mixture over the filling. Bake for 15 minutes, or until the topping is slightly browned and the filling is set.

Transfer the baking pan to a cooling rack. Let cool. Cut into 15 bars.

### Nutritional Facts

Calories	152	Cholesterol	1 mg
Total Fat	4.0 g	Sodium	76 mg
Saturated Fat	0.5 g	Total Carbohydrate	28 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polysaturated Fat	1.0 g	Sugars	10 g
Monounsaturated Fat	2.3 g	Protein	4 g

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## For the Parents



The sunflowers made by the students in Art class are beautifully displayed in the hallways for everyone to enjoy.

Happy Fall, Y'all.

Caregivers of NJ will be offering LIVE Zoom Presentations throughout the Fall to discuss the step-by-step transition process for students transitioning into the DDD system.

The Live Zoom Presentations for this month is October 24th from 7-8:00 PM. Please copy and paste this link to register.

<https://us02web.zoom.us/j/84461212700>

Do you know of families whose children would benefit from attending The Midland School?

Please invite them to attend the Fall Open House. They will have an opportunity to tour the school, see classes in session, and meet with our President/CEO and Principal to have their questions answered. We want to share what makes the Midland School a special place.

## The Midland School OPEN HOUSE



Thursday, October 12, 2023

10:00 - 11:30 A.M.

To register, call (908) 800-9961 or email [finn@midlandnj.org](mailto:finn@midlandnj.org)



94 Readington Road  
North Branch, NJ 08876  
[www.midlandnj.org](http://www.midlandnj.org)

# TRANSITION MADE EASY



A PRESENTATION ON THE TRANSITION PROCESS INTO THE DIVISION DEVELOPMENTAL DISABILITIES (DDD)



OCTOBER 24, 7-8 PM

## WHAT WE WILL COVER:

The Step-By- Step Transition Process

Medicaid Eligibility

Support coordination and choosing the right agency



## Contact:

Trisha Bailey  
856-685-9217  
[cnjsc@njcaregivers.org](mailto:cnjsc@njcaregivers.org)

Please register using attached link:

<https://us02web.zoom.us/j/84461212700>



**"You're not one year older; you're one year better".** Midland wishes you everything that brings joy in life.

**Happy Birthday!**

**October is your birthday month and we celebrate by wishing you a very Happy Birthday!**

**Students**

- |         |          |
|---------|----------|
| Rishika | Jordyn   |
| Owen    | Annelise |
| Rachel  | Elaine   |
| Teddy   | Caleb    |

**Staff**

- |               |             |
|---------------|-------------|
| Ms. Hauser    | Ms. Twilley |
| Mrs. Giorello | Ms. Canales |
| Mrs. Smith    | Ms. Romano  |
| Ms. Gomez     | Mrs. Basch  |
|               | Ms. Korbul  |



## October Calendar

**Monday, October 2nd**

**Student Council Meeting**

**Tuesday, October 3rd**

**School Picture Day**

**Thursday, October 5th**

**Assembly  
ABC's of Hip Hop**

**Monday, October 9th**

**School Closed  
Indigenous People's Day**

**Thursday, October 12th**

**Fall Open House**

**Friday, October 13th**

**School Spirit Day!**

**Monday, October 23rd**

**Student Council Meeting**

**Friday, October 27th**

**500 Wing School Dance**

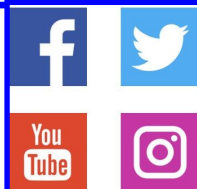
**Tuesday, October 31st**

**Wear a Halloween t-shirt  
Happy Halloween (no costumes)**

**Subscribe today on Midland's social media channels. We will share news, feature some exciting school activities and communicate events.**

**Follow us on LinkedIn [www.linkedin.com/school/the-midland-school](http://www.linkedin.com/school/the-midland-school)**

**Facebook: @TheMidlandSchool**



**Twitter: @MidlandMessages**

**YouTube: Midland NJ**

**Instagram: Midland\_School\_NJ**