

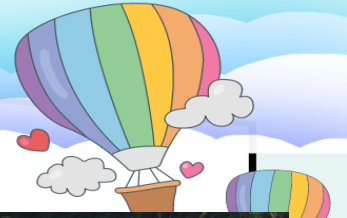
THE

MIDLAND

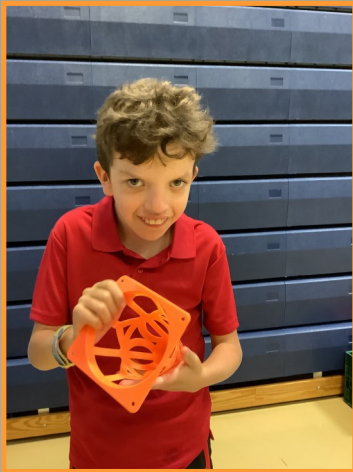
MONTHLY

WELCOME BACK!

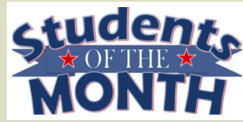
Just look at these smiling faces! We are all so excited to have you back in school! It's going to be a wonderful year!



More First Day of School Smiles



The Choice is Yours



The September Social Skills theme is:
Personal Safety & Safety for Others

Check back in October for our September Students of the month.

The October Social Skills will be:
Communicating Effectively



School News



Please join us in welcoming our new students and their families to Midland.

Lower School (200 Wing)

Gianna—Room—212

Zachary—Room 212

Julia—Room 219

Carlo—Room 220

Ian—Room 220

Jonathan—Room 220

Ayaan—Room 217

Upper School (500 Wing)

Elena—Room 510

Spencer—Room 511

Mikayla—Room 511

Mitchell—Room 511

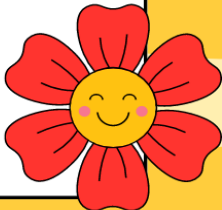
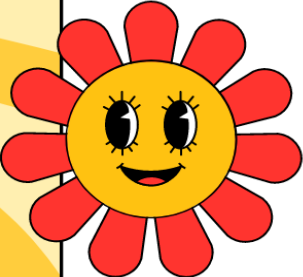
Danielle—Room 509

Meghna—Room 508

Joey—Room 508

Extended School Year

Highlights from ESY





American Heart Association.

SLEEP WELL

Do you feel drained of energy before you even leave the house? You're not alone. One in three adults don't get the recommended 7 to 9 hours of sleep each night — and that can take a toll on your body and mind.

Click the link below to try these snooze-worthy tips and tricks with your family and friends for four weeks.



www.heart.org/en/healthy-living/healthy-lifestyle/sleep/sleep-well-infographic

www.heart.org/en/healthy-living

September



Sweet and Fiery Roasted Nuts

SERVES 4 / SERVING SIZE 1/4 CUP

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon stevia sweetener **OR** 1 stevia sweetener packet
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

Directions

Preheat the oven to 350°F.

In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.

Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes.

Serve warm or at room temperature.

Quick Tips:

To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5 to 7 minutes, or until golden brown.

Store the nuts in a covered container for up to 2 weeks.

If you like spicier foods, increase the cayenne to your taste preference.

Nutritional Facts

Calories	208	Cholesterol	0 mg
Total Fat	20.5 g	Sodium	3 mg
Saturated Fat	2.0 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	7.5 g	Sugars	1 g
Monounsaturated Fat	10.0 g	Protein	5 g

Dietary Exchanges: 1/2 other carbohydrate, 1 lean meat, 3 fat

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



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

HAPPY BIRTHDAY

TO EVERYONE BORN IN SEPTEMBER!

Students

Elaina	Julia
Danielle	Ryan
Gavin	Lily
Astrid	Cameron
Nicholas	Mikayla

Staff

Mrs. Blackwell
Ms. Fetic
Ms. Patrick
Mrs. Carvello
Mrs. Hickey

September Calendar



Thursday, September 7th

First Day of School

Monday, September 18th

Student Council Meeting

Monday, September 18th

**Assembly
"Gather Here"**

Thursday, September 21st

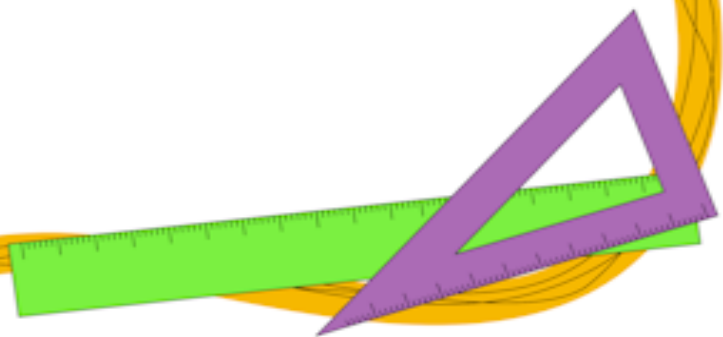
Back to School Night

Friday, September 22nd

**School Spirit Day
Summer Fun Memory**

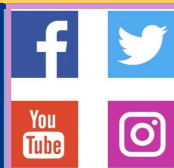
Monday, September 25th

Closed—Yom Kippur



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