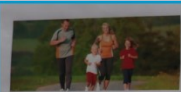


THE

MIDLAND



MONTHLY



A.C.E.S.

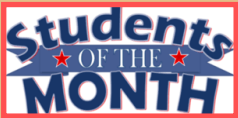


All children exercise simultaneously

All hands 🙌 were up during the assembly, the world's largest exercise class in the gym on May 1st. Mrs. Andia and Miss Curtin led everyone in warming up exercises and dancing to various engaging songs. It was a perfect start to the day!



The Choice is Yours



The May Social Skills theme was:
Flexible Thinking & Coping with Change



Congratulations to our Students of the month:

- 209 – Gianna 217 – Destiny 218 – Keyla
- 219 – Stacy 220 – Gabby

The June Social Skills is:
Standing Up for Yourself (Self Advocacy)



School News

Yearbook signing is always a fun day to ask your friends and teachers to sign your yearbook. Everyone enjoyed socializing outside this year! Thank you to Mrs. Larson and Mrs. Furnari for capturing the special moments during the school year!



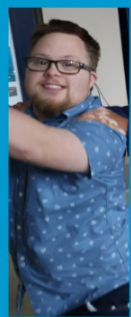
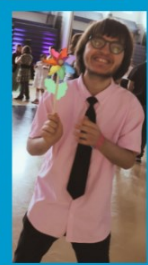
Yearbook Signing

Thursday, May 30th 1:40-2:30



School News

On Friday, May 17th afternoon, another successful 500-wing dance took place. For this theme's "Dress-up Dance," everyone dressed to the nines.



School News



Each May, National Speech Language Hearing Month provides an opportunity to raise awareness about hearing and communication disorders.



Midland would like to recognize and thank Ms. Whitaker-Lake, Mrs. Rivera, Ms. Borz, Mrs. Clarkson-Klima, Mrs. Casucci, and Ms. Korbul for all their hard work and dedication in working with their students.

Hot Lunch

Lunch is served! Super Seniors organized a hot lunch for the whole school and did an exceptional job setting it up and serving to all of the students and staff.



School Spirit Day

This Patriotic crew was ready for the Memorial Day weekend. Students and staff proudly displayed the colors of the American flag for another school spirit day to show our respect for all fallen soldiers and those who have served in the past and currently to keep this country safe.



Favorite Singer Day Friday, May 31



During today's school spirit day, we learned who our students and staff's favorite singers are, and about so many bands we had never heard of before! BTS, Taylor Swift, Alicia Keys, Bon Jovi, KISS, Lady Gaga, Ice Cube, Whitney Houston, Cher, Nirvana, Madonna, Olivia Rodrigo, New Kids on the Block, Jonas Brothers, Tupac, Keith Urban, Anthony Krizan, Grateful Dead, Luke Combs, The Beach Boys, The Beatles, Lana Del Rey, Prince, AC/DC, Van Halen, Elton John, and Led Zeppelin. We are all just too cool for school.

Assembly

Students and staff united in the multi-purpose room on Friday, May 24th, for a powerful 'Midland Thanks the Military' assembly. Speakers from the armed forces shared their experiences, fostering a sense of connection and gratitude. Students then watched a video, and each crafted heartfelt cards to be sent active soldiers or veterans. Thank you to the Student Council for planning the day and donating hats that each student decorated and wore and for materials used for the cards. Also, thank you to Mrs. Larson and students for making the labels.

The four armed forces speakers, Bernie Gallagher, Darlene Reijers, David Polomski, and Bill Miller, shared their unique experiences with Midland students and staff.

Mr. Gallagher, an Army Aviation Specialist,

Midland's School Nurse, Ms. Reijers, a United States Army Reserve 322nd General Hospital

Veteran, Mr. Polomski, who served in both the Air Force (Sargeant - Vietnam) and Army (Major), and

Mr. Miller, a Special Operations Engineer Sargeant of the 5th Special Forces Group (Airborne),

all brought a wealth of knowledge and insight.



Their presence at the assembly was truly inspiring, and Midland is deeply grateful for their service.

Accomplishments

Mrs. Furnari is proud of her art students; she entered them in the ASAH Student Art Contest 2024 and was thrilled to hear that Gracie won third place in her category! The judges had a difficult task this year, as ASAH received more than 400 beautiful pieces from many talented students. Gracie received her award and a monetary prize at Special Education Day at a luncheon in Princeton.



We are also pleased and proud to congratulate Angel, Annelise, Bryce, Caleb, Elena, Hannah, Holden, and Keyla, who received Honorable Mention.

These students will be awarded this recognition at the Midland graduation ceremony. Congratulations to all, and a big thank you to Mrs. Furnari for submitting their artwork and helping her students reach their artistic potential.



CONGRATULATIONS GRACIE!

Reading is Fun

Students and staff will gather outside on Monday, June 17th 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. Do you know what book your child will choose? Make sure you ask them.

MEET THE MIDLAND MEDAL WINNERS!



We are so proud of all the athletes who participated in the 2024 Special Olympics Track and Field on Saturday, May 11th. Midland came home with 46 medals! Congratulations and Thank you to the coaches, Mrs. Andia and Miss Curtin, and all the volunteers who helped with the event. It was a great day!

Teachers/Nurses Appreciation Week

Midland celebrated National Teacher's Appreciation Day by showing all staff gratitude and appreciation with a week full of surprises. We are so lucky to have a fantastic staff who inspire their students to be their best versions of themselves every day. THANK YOU!



The Midland staff truly cares about their students. Thank you teachers, therapists and aides for all you do, which has a significant impact on the students we serve.



The week of May 6th was also National Nurses week. We want to express our deep gratitude to Tara Peterson-Gurak, RN, Darlene Reijers, RN and Danielle DiPane, CNA.

Your hard work and dedication supporting our student population does not go unnoticed and we appreciate the care and compassion you display to the students everyday!

Your birthday comes along with bright and sunny days, June is such a special month in oh so many ways. Here's a birthday wish for happy days to come, and may your year be filled with laughter, joy and fun. **HAPPY BIRTHDAY!**



HAPPY 
BIRTHDAY!

To everyone
celebrating in
JUNE



Students

Andrew
Gabriella
Sophia

Staff

Mr. Klima Mrs. Fitz
Ms. Jackson Mrs. Liska
Mr. Ardon
Mrs. Tauscher
Mrs. Engelhardt



CONGRATULATIONS!

Please help us recognize our fourteen students graduating on June 7th. We wish them all our warmest congratulations on their graduation day and best wishes for their future. We are so proud of your accomplishments!

OUR 2024 GRADUATES



Joshua



Catherine



Jason



Nicolle



Cameron



Jessie



Caleb



Owen



Massimo



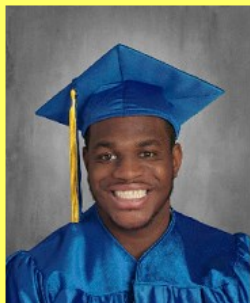
Ryan



Joseph



Brandon



Darius



Alina



The warmer weather is approaching. Let's talk about 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
 - g. Cramps/seizures

REMEMBER: Keep COOL. Call the nurses for help! Call 911 for Emergencies.



American Heart Association.

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

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June Calendar



Saturday, June 1st	Move for Midland—3:00 –5:30 PM
Tuesday, June 4th	Field Day—9:30 Early Dismissal—1:00PM
Wednesday, June 5th	Parent Spectate Wiffleball
Friday, June 7th	Graduation Day, School Spirit Day Dress up for the graduates
Tuesday, June 11th	Say “Hi” Day—students will receive stickers
Wednesday, June 12th	Staff/Student Wiffleball Game
Thursday, June 13th	Early Dismissal—1:00 PM
Friday, June 14th	Early Dismissal—1:00 PM
Monday, June 17th	Reading is Fun, Early Dismissal—1:00 PM
Tuesday, June 18th	Last day of school—Early Dismissal 1:00 PM

