



THE

MIDLAND

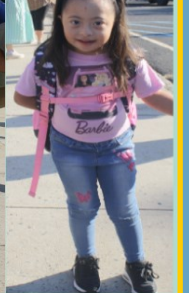
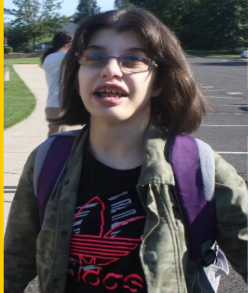
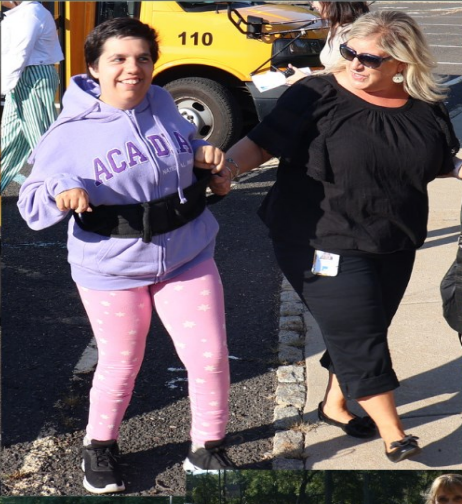
MONTHLY



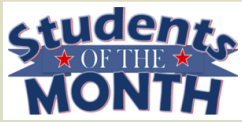
**FIRST DAY OF
SCHOOL**



WELCOME BACK!



The Choice is Yours



The September Social Skills theme is:
Self Esteem & Empathy

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

The October Social Skills will be:
Effective Communication



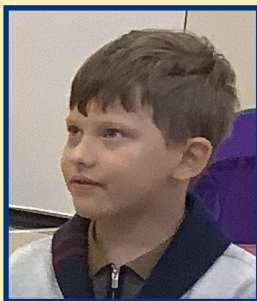
School News



Please join us in welcoming three new students and their families to Midland. We are all so happy to have you in school!



Luca
Room 212



Matthew
Room 215



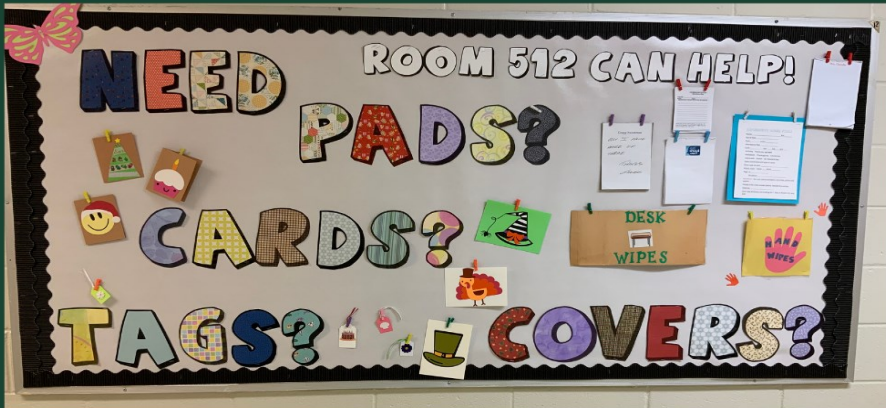
Ben
Room 504

School News

Whoever said a little competition wasn't fun? Our staff certainly had a blast participating in the first Back to School Bulletin Board challenge. And now, the moment you've been waiting for—the results are in! Congratulations to all the winners!

- First place - Ms. Chaplin's and Mrs. Wettstein
- Second place - Mrs. Giorello and Mr. Meola
- Third place - Mrs. Renz and Ms. Hauser

BACK TO SCHOOL BULLETIN BOARD BATTLE WINNERS!





Happy Birthday to all born in September!



Students

Danielle Mikayla
Astrid Elaina
Jennifer Julia
Brooke Gavin
Nicholas Lily

Staff

Ms. Hook Mr. Arizmendi
Mrs. Jiorle Ms. Patrick
Mrs. Dailey Ms. Carvello
Mr. Petersen Ms. Murillo
Mrs. Rivera Ms. Hickey
Mr. Barry Ms. Hirasek
Mrs. Blackwell

On your birthday, may all your wishes come true! Every year on your birthday, you get to start something new. Make it a great day and year ahead!

Events

Join us on Monday, September 30, 2024 for a day of world-class golf to support Midland's life-changing programs and services. To register or for more information, contact The Midland Foundation's attention, Gail Russell, via email at russell@midlandnj.org.



September 30, 2024



HAMILTON FARM GOLF CLUB



THE MIDLAND SCHOOL OPEN HOUSE

MEET THE NEW SCHOOL PRINCIPAL

October 10, 2024
10:00 - 11:30 AM

TO REGISTER OR SCHEDULE A TOUR CONTACT MAUREEN AT
EMAIL: FINN@MIDLANDNJ.ORG
CALL: 908-800-9961

94 READINGTON ROAD
NORTH BRANCH, NJ
www.midlandnj.org

Register today!



Learn about our new innovative programs




Please help us spread the word and invite any prospective family that you know whose child would benefit attending The Midland School. Midland welcomes you to a Fall School Open House on Thursday, October 10th, from 10 to 11:30 A.M. This is a wonderful opportunity to learn all about the innovative programs Midland provides to students ages 3 to 21 with intellectual and developmental disabilities. Join us on a tour and meet the new School Principal and Midland's President and CEO during an open question-and-answer session after the tour.



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.

September Calendar



Thursday, September 5th

First Day of School

Tuesday, September 10th

Student Council meeting

Thursday, September 19th

School Spirit Day

“Backwards Day”

“yaD sdrawkcaB”

Assembly—1:30

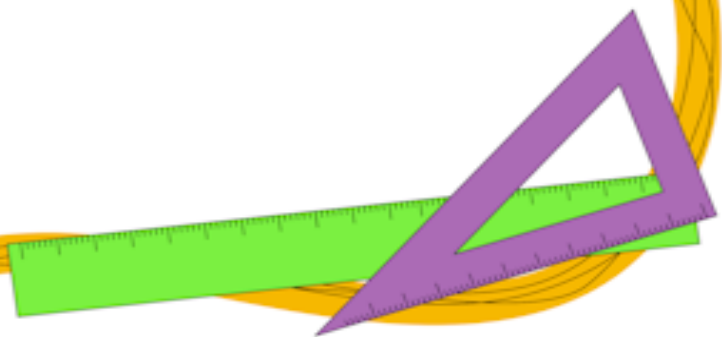
“Rock out for Reading”

Back to School Night

6:15-7:45 PM

Tuesday, September 24th

Student Council meeting



Follow us on social media. Subscribe today!

Instagram: [Midland_School_NJ](#)

Facebook: [@TheMidlandSchool](#)

X (formerly Twitter?): [@MidlandMessages](#)

YouTube: [Midland NJ](#)

LinkedIn: [school/the-midland-school](#)

