



# THE MIDLAND MONTHLY

1960-2025

## WINTER WONDERLAND SCHOOL DANCE





The January Social Skills theme was:

Respect and Responsibility

Congratulations to our Students of the Month!

Room 209—LUCA L.

Room 215—RISHIKA

Room 218—MARIO

Room 222—KENNY

Room 212—LUCA P.

Room 216—LUCIUS

Room 219—ANDREW

Room 214—HENRY

Room 217—MARCO

Room 220—HOLDEN

The February Social Skills will be:

Friendship and Teamwork



### School News

Please join us in welcoming Laila and her family to Midland. We are so happy to have you here. Laila joined Mrs. Baker's class in Room 215.



### ♦Field Trip Fun at Michael's!♦

Our students took their learning into the community, putting real-world life skills into action during a meaningful visit to Michael's. Using visual checklists, reading signs, and navigating the store independently, students selected supplies for a special Valentine's Day craft, advocated for themselves when needed, and completed checkout using a credit card. From start to finish, they showed focus, confidence, and growing independence—we couldn't be prouder!



## School Spirit Day



There's SNOW-body like our students and staff!

From snowflakes to snowmen, cold-weather attire filled the halls as everyone warmed up with school spirit during our Winter Wonderland Spirit Day. ❄️



January ended on a high note with our intramurals Basketball/ Cheerleader Spectate Game on January 28! The gym was electric as the Midland Cheerleaders kicked things off and students took to the court, showing great effort, teamwork, and strong defense. Every basket earned a big cheer and lit up the scoreboard managed by our scorekeeper, Aidan.



## Celebrations

### Happy February Birthdays ❤️

February reminds us that love, kindness, and connection matter most. We are grateful for all of our students and staff celebrating birthdays this month and wish you a day filled with smiles, support, and joy.

#### Students

MIA  
LEAH  
KENNY  
LAURA  
MARIO

#### Staff

Mrs. Sviderskis-Carroll  
Ms. Whitaker-Lake  
Mrs. Creighton-Jones  
Ms. Raymundo  
Mrs. Gallagher  
Miss Schmitt  
Mrs. Migliore  
Ms. Acevedo  
Miss Borz  
Mr. Smith  
Ms. Riche  
Ms. Lent  
Mr. Evans  
Miss Ryan  
Mrs. Higgins



## Student Council Reminders

Midland's Student Council has two exciting events coming up! Show your school spirit by wearing your favorite sports team logo on **Friday, February 6th** for School Spirit Day. In addition, the Student Council will be collecting **cans of soup** from **February 2nd–February 12th** to support those in need.

February School Spirit Day:

“Sport Team Logo Day”

on

Friday, February 6th, 2026!

Wear your favorite  
sports team shirt and get ready for the  
Super Bowl!

The Midland School

Is collecting Soup Cans  
for those in need



When: February 2 – 12, 2026

What: Cans of soup (cans only)

Where: Cans will be collected from  
the classrooms daily on these  
dates.





# Health Office

## A message from our School Nurses

The health and safety of all students at the Midland School is a shared responsibility between families and school staff. Providing the nursing department with complete and accurate health documentation at the time of admission is essential to ensure that each student receives appropriate, safe, and individualized care while at school. Admission paperwork—such as medical histories, physician orders, medication forms, and emergency care plans—allows our nurses to understand your child's unique medical needs and to prepare supports in advance of the school day.

Equally important is prompt communication when there are changes in a student's health or medical status. Parents and guardians are asked to notify the nursing staff as soon as possible of any new diagnosis, medication changes, hospitalizations, changes in treatment plans, or other health-related concerns. Updated documentation from a healthcare provider may be required to ensure that care delivered at school remains safe, accurate, and aligned with current medical recommendations.

Timely and thorough sharing of health information helps the Midland School nursing staff work collaboratively with families, physicians, and the educational team to support student well-being and learning. Your partnership allows us to respond effectively to medical needs, reduce health-related risks, and maintain a safe and supportive school environment for every student.

If you have any questions, please contact the nurses at [schoolnurses@midlandnj.org](mailto:schoolnurses@midlandnj.org).

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# Making the Future More Secure for Loved Ones with Special Needs

Thank you to Midland School



for hosting!



Donald T. Brown,  
ChFC, ChSNC

## WEBINAR

Thursday, February 5  
6-7pm



Gain more peace of mind regarding "What will happen when I'm gone?" by learning how to most effectively support your loved ones. Topics include:

- protecting government benefit eligibility
- the basics of special needs trusts and ABLE accounts
- writing a letter of intent

Information will be presented in a practical, plain-spoken manner, and participation is encouraged. Content is also relevant for professionals seeking basic answers to financial topics impacting those they support. Participants are welcome to a resource kit and complimentary consultation.

## REGISTER:

Get your Zoom link at [https://nationallife.zoom.us/meeting/register/zMJ0rck\\_SBeIXIib69JgyQ](https://nationallife.zoom.us/meeting/register/zMJ0rck_SBeIXIib69JgyQ)

Questions? Contact Elizabeth at  
[eneumann@nlgroupmail.com](mailto:eneumann@nlgroupmail.com) or (848) 200-7155.



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**FREE virtual Learning Institute and you are invited!**

If you plan to attend this very informative event, please register at the link below.

[https://nationallife.zoom.us/meeting/register/zMJ0rck\\_SBeIXIib69JgyQ](https://nationallife.zoom.us/meeting/register/zMJ0rck_SBeIXIib69JgyQ)

If you have difficulties registering, please do not hesitate to contact Holly Honeywell at [Honeywell@midlandnj.org](mailto:Honeywell@midlandnj.org).

We hope you can join us!



### Adaptive Clothing Spotlight

We're excited to share an adaptive clothing resource that may support the needs of our students. The Easeability Jacket features magnetic zippers, assistive handles, and a timeless design that makes dressing easier and more comfortable for everyday life.

Learn more at [Luckydadadaptive.com](https://Luckydadadaptive.com)



The Gift of Easier Caregiving

**Caring for a child with special needs changes everything — your time, your energy, even how you see yourself.**

**If you're a caregiver who shows up every day, even when you're exhausted... this webinar is for you.**



### UPCOMING PARENT WEBINAR

#### Resilience of Caregivers

presented by Lena Suarez-Angelino, MSW, LCSW

Join us on **Wednesday, February 25, 2026, from 6:30–8:00 PM** for a meaningful and honest conversation led by **Lena Suarez-Angelino, MSW, LCSW - Resilience of Caregivers**.

This isn't another talk about "self-care" that feels unrealistic or out of reach. Instead, it's a real, grounding discussion about what it means to show up, fall apart, and still keep going. You'll be reminded that resilience isn't about being strong all the time — it's about finding small, sustainable ways to refill your cup in the middle of it all.

Together, we'll explore simple ways to:

- Reset and breathe during overwhelming moments
- Reconnect with yourself beyond the caregiver role
- Honor your resilience without ignoring your exhaustion

#### About the Presenter:

Lena Suarez-Angelino, MSW, LCSW, is an international speaker, licensed clinical social worker, professor, author, and burnout consultant for nonprofits, schools, and companies. She provides services in both English and Spanish, in-person and online. Lena is the founder of **LIGHT Collective and Co.**, a space dedicated to healing from burnout and beginning the journey to let it go. She has been featured in over 40 publications and interviews and is a passionate disability advocate for her son. Lena is also the founder of **Central Jersey Special Needs Community**, a supportive network for caregivers and providers.

You deserve care, too — not someday, but now. We hope you'll join us for this supportive and restorative evening - [register now](#).

<https://members.njaseps.org/member-events/Details/resilience-of-caregivers-1520773?sourceType=Hub>



## February Calendar

**Monday, February 2nd through  
Thursday, February 12th**

**Canned Soup Collection  
For those in Need**

**Thursday, February 5th**

**Student Council meeting**

**Friday, February 6th**

**School Spirit—Sports Logo Day  
Wear your favorite team attire**

**Thursday, February 12th**

**Valentine's Day Dance**

**Friday, February 13th through**

**School Closed**

**Monday, February 16th**

**President's weekend**

**Thursday, February 19th**

**Student Council meeting**

**Sunday, February 22nd**

**Midland's Basket Bash**

**Wednesday, February 25th**

**OKRA Dance Troupe Assembly**

