



MIDLAND

# THE MIDLAND Monthly

SCHOOL NEWSLETTER

October 2026

*A Lifetime of Caring* 



Fall Dance  
School Spirit Day



Bulletin  
Board  
Battle Winners



What's  
Happening



# Congratulations to our Students of the Month!

## Room 212 Oliver

## Room 214 Mia

## Room 215 Marco

## Room 216 Gianna

## Room 217 Princy

**Room, 218 Andrew P.**

## Room 219 Chelsea

## Room 220 Holden

Room 222 Luca P.

The October Social Skills and *Wellness Word* of the month will be:  
**Identifying & Understanding Feelings and *Patience***



Inside, we're celebrating our 2nd Place winner, the Health Office, with "Affirmation Station," and 3rd Place winner, Room 217, with "Space Crew." 🌟🌍

**A big thank-you to all of our staff for bringing creativity, teamwork, and school spirit to our hallways and making the start of the 2026–2027 school year so special! 💙💛**



# What's **NEW**?

♥ Keeping the Conversation Going

**School + Therapy + Home = Teamwork!**



A reminder to our Midland families about M-PACT (Midland Progress & Collaboration Tool)—an ongoing communication tool designed to strengthen the connection between school, therapy, and home.

M-PACT gives families a window into their child's day and provides another way for teachers, therapists, and families to share information, celebrate successes, and stay connected to their child's progress. Families may see updates about new skills, accomplishments, interests, strategies that are working, observations, photos or videos when appropriate, and more. We also encourage families to share what they are seeing at home. A new interest, a successful strategy, a new skill, or even a quick observation can provide valuable information to your child's teachers and therapists.

Please take a moment to read the M-PACT information that was sent home and use this wonderful communication tool to help keep the conversation up to date. When school, therapy, and home work together, we create a stronger team supporting your child's growth and progress! ♥

**M-PACT • An ongoing conversation.**



# *Fabulous* **FALL DANCE**

STUDENTS AND STAFF WELCOMED THE NEW SCHOOL YEAR AND THE ARRIVAL OF FALL WITH DANCING, MUSIC, FRIENDSHIP, AND PLENTY OF SMILES AT MIDLAND'S FIRST FABULOUS FALL DANCE! 🍁🎃👯



Each month, we will introduce you to a member of our amazing Midland team and share a little about the person behind the role—from their work at Midland to their interests, family, and fun facts! ♥

# meet the teacher

## About Me

I am a proud mom of a United States Marine.

My favorite things are flipflops, tacos raspberries and country music. I have a black kitty named Kit Kat.

When I am not at Midland, you might find me on the sidelines of my daughter's college field hockey games, visiting my son in North Carolina or hiking, paddleboarding, going to the beach and having fun with friends and family.



## Teaching Experience

I just started my 22nd year of teaching and my 9<sup>th</sup> school year here at The Midland School.

Teaching at the Midland School is incredibly rewarding, especially because I get to welcome young preschool children into their very first school experience.

Sarah Romaine



Preschool Teacher,  
Room 212

I truly enjoy partnering with families to help guide them through this major milestone and transition.

My work at Midland is strengthened by collaborating with our dedicated therapists to meet each student's unique needs and working closely with my paraprofessionals everyday ensures we maintain a successful, supportive, and fun classroom where our students can thrive.



Michele Casey, RN  
BSN, CDDN, CSN-NJ,  
Director of Nursing

# Promoting Health, Safety & Wellness

Health and



Welcome to October! The Midland Nursing Department is committed to supporting the health, safety, and well-being of the individuals we serve, their families, and our community. This month, we are focusing on fall health and safety.

As the seasons change, it is a good time to review healthy routines that help prevent illness and keep everyone safe. Fall and winter often bring an increase in respiratory illnesses, making good hygiene especially important.

## **Preventing the Spread of Illness/Practice Good Hand Hygiene**

Wash hands before eating or preparing food, after using the bathroom, after coughing, sneezing, or blowing the nose, after providing personal care, and whenever hands are visibly dirty.

## **Cover Coughs & Sneezes**

Use a tissue or cough/sneeze into your elbow rather than your hands.

## **Stay Home When Sick**

Individuals experiencing fever, vomiting, diarrhea, or significant respiratory symptoms may need to remain home until they meet appropriate school or program return guidelines.

## **Don't Share Personal Items**

Avoid sharing drinks, utensils, toothbrushes, towels, and other personal items.

## **Nursing Can Help**

Families and caregivers are encouraged to contact the Nursing Department with questions about symptoms, illness prevention, medication administration, or when an individual may safely return to Midland.

## **Vaccinations & Preventive Care**

October is a good time to make sure individuals are up to date with recommended vaccinations and routine healthcare appointments. Families should discuss recommended vaccines with their healthcare provider, including seasonal influenza vaccination and other vaccines appropriate for the individual's age and medical history.

## **Preparing for Cooler Weather**

October weather can change quickly. Please consider keeping a jacket or sweatshirt, long pants, appropriate footwear, and extra clothing at school or program.

For individuals who need assistance with dressing or have sensory or temperature-regulation needs, please communicate any concerns with Nursing and the individual's program team.

## **Hydration Doesn't End With Summer!**

Even in cooler weather, staying hydrated remains important. Individuals who have difficulty recognizing thirst, communicating their needs, or independently accessing fluids may need additional support.

Helpful hydration strategies:

- Offer fluids regularly throughout the day.
- Encourage water with meals and snacks.
- Follow any physician-ordered fluid restrictions.
- Monitor individuals with known dehydration risks.
- Follow individualized hydration plans or medical orders when applicable.



# Promoting Health, Safety & Wellness



## Mental & Emotional Wellness

Changes in weather, routines, daylight, and schedules can affect how some individuals feel and behave. Families and caregivers may notice:

- Changes in sleep or appetite
- Increased irritability or anxiety
- Withdrawal from usual activities
- Decreased energy
- Changes in behavior

For individuals who communicate differently or have difficulty expressing discomfort, changes in behavior can sometimes be an important indicator of a medical or emotional concern. Nursing and healthcare providers can work with families, physicians, behavioral health professionals, and program staff to determine whether further attention may be needed.

## When Should You Contact Nursing?

Please reach out to the Nursing Department whenever you have questions or concerns about an individual's health. Examples include:

- A new or concerning symptom
- A medication change
- A new medical diagnosis
- Changes in eating, sleeping, behavior, or toileting
- A question about whether an updated physician order is needed

Early communication allows Nursing to identify concerns and coordinate care when appropriate.

## October Nursing Checklist

- ☐ Review emergency contact information
- ☐ Notify Nursing of medication changes
- ☐ Provide updated physician orders when required
- ☐ Review allergy information and emergency plans
- ☐ Check that individuals have appropriate clothing for cooler weather
- ☐ Encourage hand hygiene and illness prevention
- ☐ Schedule overdue medical, dental, or specialty appointments
- ☐ Review individualized health needs with caregivers
- ☐ Communicate significant changes in health or behavior to Nursing

## A Message From the Midland Nursing Department

Your partnership matters. Families and caregivers know the individuals we serve best. Sharing changes, concerns, and important health information with our nurses helps us provide safer, more individualized care.

Please don't hesitate to reach out to the Midland Nursing Department with questions or concerns. Together, we can support healthy individuals, informed families, and a stronger Midland community.



# CELEBRATING OUR OCTOBER BIRTHDAYS!

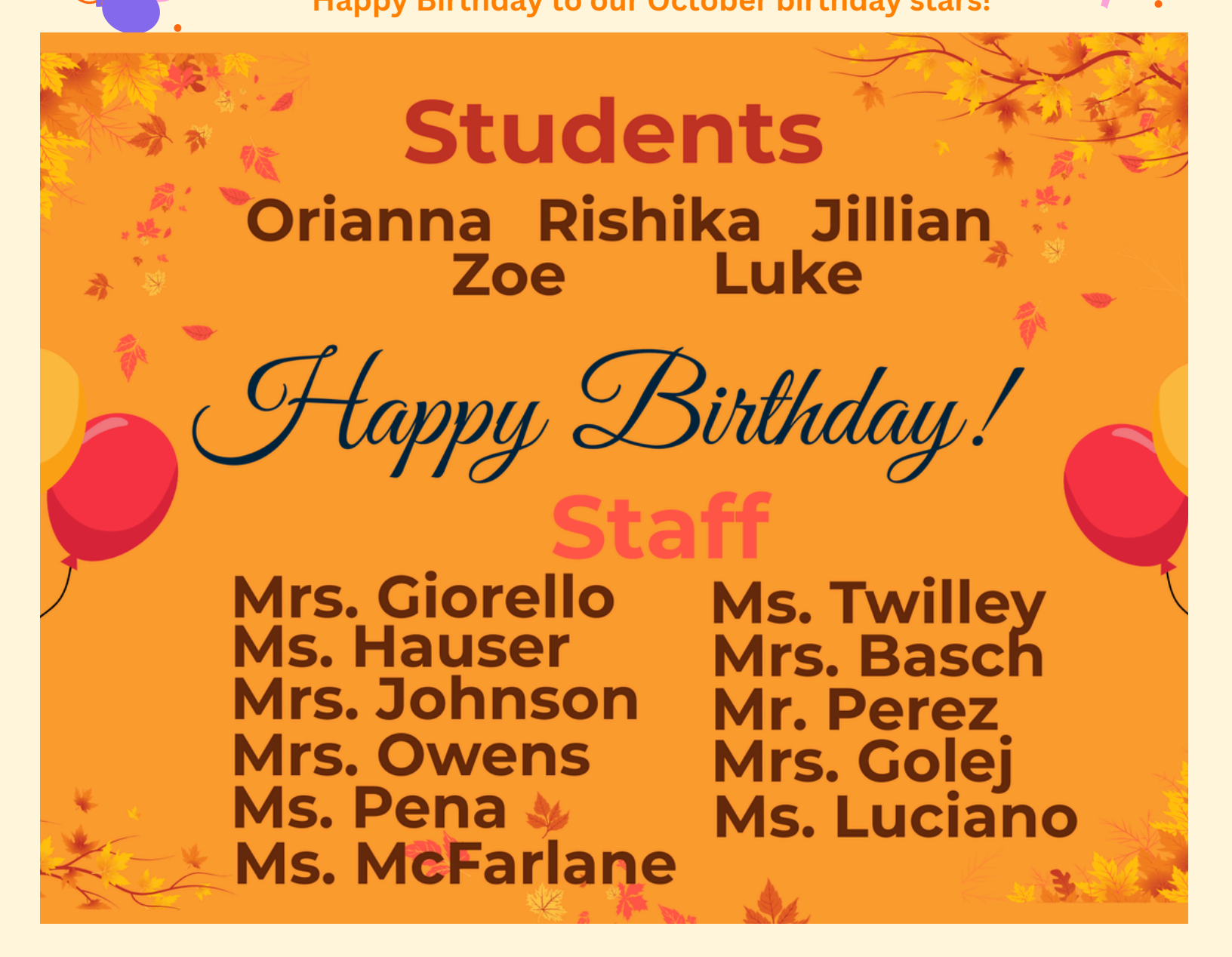
October brings colorful leaves, crisp autumn days, and plenty of reasons to celebrate!

Wishing a very Happy Birthday to all of our wonderful Midland students, adults, and staff celebrating a birthday this month!

May your special day shine bright, fill your heart with happiness, and remind you to dream bigger, reach higher, and believe that your dreams can come true!

Here's to a fantastic year ahead filled with laughter, joy, new adventures, and plenty of reasons to celebrate!

Happy Birthday to our October birthday stars!



## Students

Orianna Rishika Jillian  
Zoe Luke

*Happy Birthday!*

## Staff

Mrs. Giorello  
Ms. Hauser  
Mrs. Johnson  
Mrs. Owens  
Ms. Pena  
Ms. McFarlane

Ms. Twilley  
Mrs. Basch  
Mr. Perez  
Mrs. Golej  
Ms. Luciano



# GET INVOLVED

*Make a difference in  
our shared Midland  
community!*

Midland relies on the generosity and support of our friends, families, and the greater community to continue to provide life-changing programs and services to our students and adults.

The Midland Foundation is responsible for reducing the gap between the funds available and the funds needed to meet Midland's mission and vision.

Midland hosts annual events to support fundraising efforts

**The Midland Golf Classic** – Oct. 5, 2026

**Midland Goes to the Movies with PNC** – Nov. 22, 2026

**Midland Basket Bash (Tricky Tray)** – Feb. 20, 2027

**Move for Midland** – May 1, 2027

*Want to learn more,  
attend, join a committee,  
or volunteer?*

**Contact Brianne:**



908-800-9942

[Rabouin@midlandnj.org](mailto:Rabouin@midlandnj.org)





# LEARNING INSTITUTE

## **New Jersey's Children's System of Care: An Overview of the Programs and Services Available**

**The Midland School is pleased to invite you to an informative Learning Institute presented by Somerset County's CIACC.**

**Understanding and navigating the resources available to families and individuals with intellectual and developmental disabilities can be challenging without the right information. This presentation will focus on Midland's school-age population and provide an overview of the wide range of services available through New Jersey's Children's System of Care.**

**Attendees will learn about available resources, how to access services, and hear from representatives about:**

**Children's Interagency Coordinating Councils (CIACC)  
Mobile Response and Stabilization Services  
Care Management Organizations (CMO)  
Family Support Organizations (FSO)**



**Thursday, October 15, 2026**



**6:00–7:30 p.m.**



**The Midland School – Great Room, 2nd Floor**

**Attend In Person or Virtually!**

**If you plan to attend, please email Jacqueline Toth at [Toth@midlandnj.org](mailto:Toth@midlandnj.org) by Monday, October 12th. Please indicate whether you will attend in person or virtually. A virtual meeting link will be provided after registration is received.**

**We hope you will join us for this valuable opportunity to learn more about the resources available to support our Midland families!**

# THE DEDICATION OF THE MARGARET A. DARRIN PLAYGROUND

WED.  
OCT 14

10 AM  
TO  
11 AM



## JOIN US

### AS WE REVEAL OUR NEWEST SPACE FOR STUDENTS AND ADULTS TO LEARN PLAY AND GROW!

LIGHT SNACKS AND REFRESHMENTS WILL BE SERVED.

PLEASE RSVP BY OCT. 9TH TO [FOUNDATION@MIDLANDNJ.ORG](mailto:FOUNDATION@MIDLANDNJ.ORG)

\*PLEASE PARK IN THE SPACES CLOSEST TO THE SCHOOL & WEAR CLOSED-TOE FOOTWEAR WITH NO HEELS TO PREVENT SURFACE DAMAGE\*



# October

## CALENDAR



Thursday, October 1st

Student Council Mtg

Tuesday, October 6th

Assembly "The b Great Show"

Thursday, October 8th

Fall Open House

10:00 - 11:30

Wednesday, October 14th

Playground Dedication

Thursday, October 15th

Student Council Mtg

Learning Institute

Friday, October 16th

Students dismiss at 1:00PM

Monday, October 19th

Assembly "Exotic Cars"

Wednesday, October 28th

Soccer Game



Parent Spectate

Thursday, October 29th

Student Council Mtg

Friday, October 30th

School Dance