



# THE MIDLAND MONTHLY

## Summer Fun During ESY!



Darsh and Samantha having a great time in the sun! (Left)

Pranav practicing his kicks (Right)



Blair taking a moment to pose for the camera



Dominique (above) and Jonathan and Roger (below) loving summer at ESY

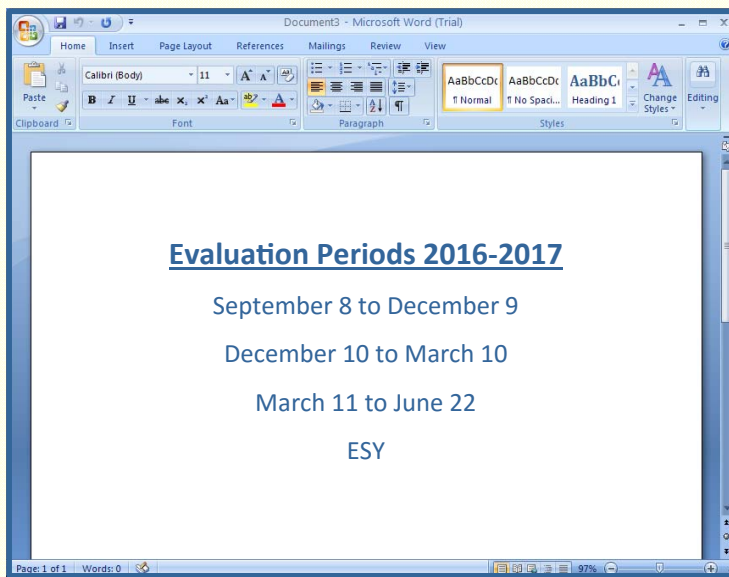


Kearsten and Aidan playing "keep away" in the pool



### Social Skills Topics for 2016-2017

- September**—Making and keeping friends    **October**—Exhibiting appropriate behaviors  
**November**—Recognizing/accepting differences in others    **December**—Being thankful/helping others  
**January**—Asking for help appropriately    **February**—Accepting responsibility for one's actions  
**March**—Resisting negative peer pressure    **April**—Dealing with teasing/bullying  
**May**—Personal hygiene    **June**—Staying safe (home, school, work, community, on the internet)  
**July**—Recognizing/expressing feelings appropriately    **August**—Acceptable ways to resolve differences

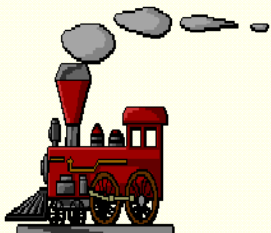


### Science And Social Studies

#### Curricula for 2016-2017

Presidential  
Elections  
Self, Family and  
Community  
Transportation

Land Animals  
Human Body  
and  
Nutrition  
Plant Life







### Artkive—Save Kids' Art by The Kive Company

Every parent loves when their child comes home with artwork that was created in school. But what do you do with all that art work that as accumulated over the years. Instead of filing those drawings, how about creating a book that displays all their art work that can be treasured for many years without taking up to much space. This APP is an easy way to keep those treasures. It allows you to take a picture of the artwork, organize them and then create a photo album of your child's collection. You can even use those works of art to create phone cases, blankets, pillows, and more. For more information, go to [www.artkiveapp.com](http://www.artkiveapp.com).

### September Happenings:

Thursday, September 8	First Day of School
Thursday, September 15	9:30-New Parent Tea
Thursday, September 22	6:15—7:45 -Back to School Night
Monday, September 26	School Pictures
Wednesday, September 28	Midland Cookies/Boys' Life Club

### September Nutrition Theme

As we start the new school year, let's make it a "Smart Start" with a nutritious and delicious breakfast every day. Below is a make-ahead breakfast egg muffin that can be warmed in the microwave in the morning, or eaten cold, for a quick and healthy meal that provides protein and fiber to start the day!

#### **EGG BREAKFAST MUFFINS**

(makes 6 muffins; recipe can be doubled)

#### **INGREDIENTS**

1 bell pepper (red, green, yellow, or orange)  
4 little cherry tomatoes/one normal tomato  
6 Eggs  
A good pinch of salt (about ¼ to ½ tsp)  
6 slot muffin tin

**Optional** - Add whatever you prefer  
2 slices cheese; around (e.g. cheddar)  
Handful spinach/green leaves  
2-3 splashes of hot sauce or curry powder

#### **INSTRUCTIONS**

Preheat the oven to 400 degrees..  
Wash and dice the pepper, onions and tomatoes and put them in a large mixing bowl.  
Add the eggs and salt and mix well. Optionally add some hot sauce, curry powder...whatever you like.  
Grease the muffin tin with oil, or line with muffin cups, and pour the egg mixture evenly into the muffin cups.  
If you're so inclined, layering some cheese over the top of each muffin before they go into the oven is a delicious addition. You can also mix the cheese in the batter.  
Place the tray into the oven for approximately 15 minutes or until the tops are firm to the touch.







## SCLSNJ CARES!

The Somerset County Library System offers a series of programs for individuals with special needs. Look what you can join:

For Children:



### Sensory-Friendly Art Class

November 5; 10:00—10:45 a.m. Bridgewater Library Branch, located at 1 Vogt Drive in Bridgewater. Explore art through creative activities at various stations. Registration required beginning October 21.

### Happy Un-Birthday Party

December 3, 10:00—10:45 a.m. At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Drive in Bridgewater. Come and celebrate your un-birthday! Party games, snacks, and crafts will be provided. Registration required and begins November 18.



For Teens:



### Library Club

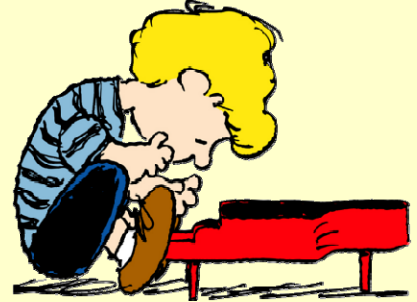
September 22, October 20, and November 21, 7:00-8:00 p.m. at SCLSNJ's Bridgewater Library branch, located at 1 Vogt Drive in Bridgewater. Come to the Library for socializing, games, snacks & more. Contact or call for details!

This is an inclusive environment designed for children and teens on the autism spectrum or with other special needs. Families, siblings, and children of all ages are welcome. Caregivers' attendance is required.

## Meet your new principal!

Ms. Zizelmann comes to Midland after two-and-one-half years in Basking Ridge at Bernards Township School District as an Assistant Principal.

Her prior teaching experience includes eight years of special education instruction in a variety of placements including self-contained rooms and resource rooms. She currently lives in Flemington with her partner Michael, her children Evelyn and Matthew, her dog Baxter and her turtle Homer! Her hobbies include cooking, singing, playing the piano and reading. Ms. Zizelmann is delighted to be a part of the Midland team, enjoys the teachers and students, and is grateful for the opportunity to work with students with different abilities!



## The holidays are right around the corner!

### A great day out with family to celebrate the holidays!

This coming year, the Roxey Ballet is excited to announce that they have added a sensory-friendly performance of our holiday classic *Nutcracker*. With the help of a variety of educators, therapists, and local special service organizations, we have been working since May to create an experience that will be welcoming and truly memorable for those with special needs and their families. The performance will take place on **Saturday, December 3 at 2:00pm** at Kendall Hall on TCNJ's campus in Ewing, NJ. To make the event all the more welcoming, we are discounting the ticket cost to just \$20 (regularly \$52) for families with loved ones on the autism spectrum or with other special needs. At the performance, we have made preparations to keep the house lights up and audio volume down, created a break area in the lobby filled with sensory activities and staffed a volunteer coalition of certified special needs professionals. More information regarding the performance details and other resources, including social stories, frequently asked questions, picture schedules, and event-specific PECs can be found on our website at [www.RoxeyBallet.org](http://www.RoxeyBallet.org).

