



# THE MIDLAND MONTHLY

## SCIENCE UNIT- STUDYING THE HUMAN BODY

This cycle we are all studying the Human Body in our science classes. An assembly, classroom lessons and projects as well as some of the bulletin boards are all about this topic!



Mrs. Hrank, Assistive Technology Specialist, has displayed lots of things teachers can do with their classes using software programs such as Boardmaker Studio



A hallway bulletin board has an Amazing Human Body quiz for all to try. Do you know what the heart does with our blood or why we need our mouths?



As the students in room 219 study another organ in their body, they add on to their giant "twin."

So far they have styrofoam peanut brains, a stretchy tube esophagus, a zip lock bag stomach and balloons for lungs.



The Franklin Institute's traveling science show presented "The Human Body." The students learned about our brains, skin, stomachs, hearts, intestines and more!



Cheril demonstrated how the skin protects our body.



Stephen, Joe and Zack showed everyone how neurons carry messages in our brains.



Shama helped to make mucus and learned how it also protects our body.

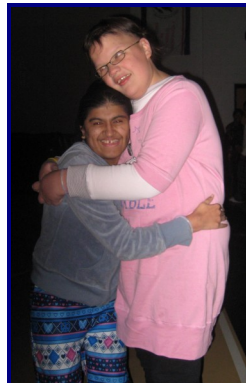
**JANUARY EVENTS**

**Pajama Party Dance**

Everyone enjoyed the Pajama Party Dance on January 13th. Even DJ Jean Marie wore her PJs. Lots of staff and students all agreed that they would go right home to bed!  
How convenient!



Terri and Trish



Runi and Katie



CONGA LINE- lead by Tim, with Zach, Eric, Jeffrey and Kevin



Sonja and Dylan



**100 Points Scored**

On January 11, Mike H. became the 4th student in Midland history to score 100 points in his "varsity" basketball career.



**WAY TO GO JOSH!**



**CONGRATULATIONS MIKE!**

On January 25th (at the annual Staff Student Basketball game) Joshua H. became the 5th student in Midland history to score 100 points.

**The Choice is Yours**

The January Social Skills theme was **Understanding/Accepting Feelings Appropriately**

**Congratulations to the Students of the Month**

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|----------------|----------------|
| 210- Eugene D. | 218- Sean E.   |
| 212- Trey M.   | 219- Sierra T. |
| 215- Kory S. . | 220- Noah R.   |
| 217- Chris I.  | 222- Mehmet A. |



**February Social Skills Theme– Accepting Differences in Others**

When parents encourage a tolerant attitude in their children, talk about their values, and model the behavior they would like to see by treating others well, kids will follow in their footsteps.

- \*Notice your own attitudes. Parents who want to help their kids value diversity can be sensitive to cultural stereotypes they may have learned and make an effort to correct them. Demonstrate an attitude of respect for others.
- \*Remember that kids are always listening. Be aware of the way you talk about people who are different from yourself.
- \*Select books, toys, music, art, and videos carefully. Keep in mind the powerful effect the media and pop culture have on shaping attitudes.
- \*Point out and talk about unfair stereotypes that may be portrayed in media.
- \*Answer kids' questions about differences honestly and respectfully. This teaches that it is acceptable to notice and discuss differences as long as it is done with respect.
- \*Acknowledge and respect differences within your own family. Demonstrate acceptance of your children's differing abilities, interests, and styles. Value the uniqueness of each member of your family.
- \*Give kids opportunities to work and play with others who are different from them.
- \*Learn together about holiday and religious celebrations that are not part of your own tradition.
- \*Honor your family's traditions and teach them to your kids — and to someone outside the family who wants to learn about the diversity *you* have to offer. (kidshealth.org)

**February Nutrition Theme**

February is the month to give our **hearts** to those we love and also the perfect time to focus on **heart-**healthy foods. Consider this recipe a “Happy **Heart** Snack” that you can share with those you love!

**Fresh Fruit Platter with Ginger-Mango Sauce**

**Ingredients:**

To make Ginger-Mango Sauce, place in processor and process until smooth:

- 1 large mango, seeded, peeled, quartered
- 2 tablespoons water
- 2 tablespoons sugar
- 2 tablespoons maple syrup
- 2 teaspoons chopped fresh ginger
- 1 teaspoon vanilla extract

(SUBSTITUTION: Skip the maple syrup and chopped ginger and add a couple of teaspoons of fresh lime juice.)



**Preparation:**

Spoon sauce into bowl or pitcher and serve with platter of sliced fresh fruit, such as: oranges, cantaloupe, kiwi, strawberries, bananas  
 Serve with: quartered limes, yogurt, granola

PARENT RESOURCES

Somerset County Parks Commission- Therapeutic Recreation presents

Social Story Yoga

This new and exciting children’s program will combine social stories, music and movement activities to encourage playfulness, self-esteem building and appropriate social skills. Open to children ages 7 to 12 with a developmental disability.

Dates: Thursdays– February 23, March 1,8,15,22, and 29 Time: 6 to 7 PM Cost: \$54

Call 908-526-5650 for eligibility and registration information

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Rutgers Graduate School of Applied Professional Psychology
The Anxiety Disorders Clinic now offers



Social Skill Groups

Serving individuals with High Functioning Autism or Asperger’s Syndrome ages 6 to 18+ A parent training support group is also offered with enrollment

Sibling Groups

For children who have a sibling on the Autism Spectrum

Contact: Stephanie Markey, MSW at 732-445-0674

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Spectrum Training Systems 2012 Special Needs Workshops

“All Kids Can Succeed! Effective Interventions for Behavioral and Social Challenges,” with Jed Baker, Ph.D.

The workshop describes how to handle meltdowns and design effective behavior plans to prevent these moments and reduce frustration and anxiety

Date: Friday, April 27,2012 Place: Livingston, NJ

go to: www.brownpapertickets.com/event/212941 for more information and registration

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Hunterdon Outreach Programs (HOPS)-provides

Sports for Special Athletes

(as well as some other social events throughout the year)

go to: www.hunterdonoutreach.org for programs and registration information

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SAVE THE DATE!!!

2012 NJ Self Directed Supports Conference

May 4– 5, 2012

Doubletree Hotel, Somerset , NJ





# February Calendar



**Thursday, February 2-** Rock Climbing-(200 Wing)- 3-4:30

Kids Sports-(500 Wing, Transition Class)- 3-5:00

**Friday, February 3/4-** Respite

**Tuesday, February 7-** Movies at Midland-(200 Wing)- 3-5:30

Car Racing-(500 Wing, Transition Class)- 3-4:30

**Wednesday, February 8-** Cub Scouts/Girl Scouts

**Tuesday, February 9-** Rock Climbing-(500 Wing, Transition Class)- 3-4:30

Kids Sports -(500 Wing, Transition Class)- 3-5:00

**Tuesday, February 14-** Movies at Midland-(500 Wing, Transition Class)- 3-5:30

Winter Wreath-(500 Wing, Transition Class)- 3-4:30

**Thursday, February 16-** Parent Support Group- 1:15PM

Zumba for Kids-(500 Wing, Transition Class)- 3-4:30

Kids Sports -(500 Wing, Transition Class)- 3-5:00

**Friday, February 17 & Monday February 20-** NO SCHOOL- Presidents' Weekend

**Tuesday, February 21-** Winter Wreath-(500 Wing, Transition Class)- 3-4:30

Car Racing-(200 Wing)- 3-4:30

**Wednesday, February 22-** Cub Scouts/Girl Scouts

**Thursday, February 23-** Assembly- "The Spirit to Overcome"

Mobile Ed Productions-9:40 AM

Zumba for Kids-(500 Wing, Transition Class)- 3-4:30

Rock Climbing-(500 Wing, Transition Class)- 3-4:30

**Friday, February 24/25-** Respite

**Sunday, February 26-** Annual Spaghetti Dinner, Book Fair and Program Fair

**Monday, February-** Book Fair/Program Fair

**Tuesday, February 28-** Drama Club Play- 1:40

Music Appreciation- (500 Wing, Transition Class)- 3-4:30

**Wednesday, February 29-** Midland Cookies

