



THE MIDLAND MONTHLY



A Great Start!



New Parent Tea

The Annual New Parent Tea was held on Wednesday, September 14. The purpose of this orientation session is to help the parents of our new students understand details of the Midland program now that their children have been in school a few days. Each parent receives a copy of their child's personal schedule. Time is then spent explaining and discussing what the weekly schedule includes and how the scheduling works. Additional information about communication, therapies, progress reporting procedures and extra-curricula activities, among other items is shared and questions are answered. Administrators and child study team members then take the parents to observe their children in class and on tours of school to meet staff members who are actually working with them.

The morning is a great opportunity for the families to meet each other and share their stories.

**WELCOME TO
OUR 22 NEW MIDLAND FAMILIES!**



Back to School Night



The halls quickly filled with the laughter and chatter of families as they met staff and saw old friends at Back to School Night on Thursday, September 22. The evening began with time to visit special area teachers and therapists. Next, the group session in the multipurpose room kicked off with a welcome back slide show "starring" the students and their first day of school smiles!! Phil Gartlan, Director, Gail Russell, Development Officer, Neepa Patel, Parent Association President and Barbara Barkan, Principal each spoke to the crowd of over 250 attendees. Important information about school year changes, new staff and upcoming events was shared. Finally the parents were invited to visit their child's classroom to meet the teacher, the aide and learn about the year to come!

**WELCOME BACK TO
OUR (APPROXIMATELY) 170 "OLD"
MIDLAND FAMILIES!**

Student Interns and Volunteers

Each year Midland proudly partners with several colleges and universities to provide observation sites, volunteer opportunities, practicums and internships for students majoring in Psychology, Speech, Education and Occupational Therapy.

This fall we have two interns on staff. Santashia Barr, from Rutgers University, is working with Mrs. Sunshine to complete the requirements for her Psychology class. James Farley, from Seton Hall University, is working with Ms. Atkins to fulfill the requirements for his Speech/Language program.

Through the Raritan Valley Community College Service Learning Program, students who enroll in designated classes must complete at least 10 hours of community service as part of their coursework. This semester, two service learning volunteers will be joining us. One who is taking an introductory class on Students with Disabilities and another from a Foundations in Education class. Midland benefits from their helping hands, while the college students reflect on their experiences in group discussion, class presentations and research papers.

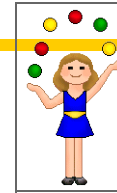
Also on our schedule is a group of several students from Kean University, who are completing observations as part of their sophomore teacher education field experience.



**WELCOME TO
OUR INTERNS AND VOLUNTEERS!**



First Assembly



“Juggling Life”

“Juggling Life” is a troupe of talented jugglers, musicians, actors and dancers. Their mission is to “engage and inspire children through juggling workshops and entertaining performing arts shows.” Based in Dunellen, NJ, these volunteers provide workshops and performances for camps and school programs who service ill or disabled children. They teach children to juggle, explore new arts and just feel good about life.



Lead juggler, Jen, tosses the ball to Andrew.



Desi, Anthony and Margo learn to spin plates with Jen and Tyler

The “Juggling Life” assembly was a gift from the Torres-Rodriguez Family! We thank them for their generosity.



www.jugglinglifeinc.org

What’s happening this year!

Healthy Heroes (nutrition program)

September “Smart Start” healthy breakfasts

October “Lunchbox Makeover” healthy lunches (see page 3 for this month’s recipe)

November “Healthful Harvest” seasonal foods

December “Perfect Party Picks” healthy party food

January “Kickoff a Healthy New Year” start some healthy habits

February “Happy Heart Snacks” healthy fun snacks

March “March Menu Madness” healthy restaurant choices

April “Eat Your Colors” eating a variety of fruits and vegetables

May “Drinks of Champions” water and healthy beverages

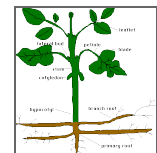
June “Graduate into better Health” healthy summer food



Social Studies and Science Units

Science

- Land Animals (September-December)
- Human Body and Nutrition (December-March)
- Plant Life (March-June)



Social Studies

- US History/Early America (September-December)
- Self, Family and Community (December-March)
- Transportation (March-June)



The Choice is Yours

The September Social Skills theme was
Appropriate work/classroom attitudes/ behaviors

Congratulations to the Students of the Month

- | | |
|----------------|----------------|
| 210- Catherine | 218- Shama |
| 212- Teddy | 219- Blair |
| 215- Malen | 220- Gabby |
| 217- Pasha | 222- Nathaniel |



Healthy Heroes



In order to strive for a healthier lunch for October's **"Lunchbox Makeover"** Nutrition theme, it is recommended that you add some vegetables to your child's lunch box. It could be raw vegetables like celery, carrots, red pepper et al. with or without some low-fat salad dressing for a "dip," or you might want to consider the following sandwich idea on whole wheat bread.

CHICKEN AND VEGGIES ON WHOLE WHEAT



The next time you make fajitas for dinner, grill up some extra bell peppers and onions, adding chicken (or turkey) deli meat about halfway through. Cook until the veggies are softened and the meat is slightly browned. For lunches, serve on toasted whole-wheat bread with some shredded cheese (or a slice of cheese). The kids can eat these without heating them up!

Halloween Safety Tips

It's the scariest night of the year! But with a little attention to safety, you can keep it fun and not frightful !

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips.
- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Obtain flashlights with fresh batteries for all children and their escorts.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters to remain in well-lit areas, always use the sidewalk. and look before crossing streets.
- Stay in a group and communicate where they will be going.
- Carry a cell phone for quick communication.

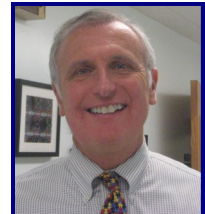


Dr. Tom Enos– School Psychologist

Dr. Enos comes to the Midland School with over 30 years experience as a school psychologist, most recently having served for 32 years in the Hillsborough Township School District. He has also assumed leadership roles in Hillsborough as interim Director of Special Services and Assistant Director of Special Services. Dr. Enos is a licensed psychologist and has worked part-time as a school psychologist and child clinical psychologist at the Hunterdon Medical Center over the past 18 years. He has experience as an adjunct instructor of psychology at The College of New Jersey.

In addition to his work with children, adolescents and young adults with special needs, Dr. Enos enjoys running, swimming, reading and any time he can be at the New Jersey shore. He is a big Yankees fan and divides his football loyalty between the New York Giants and Tampa Bay Buccaneers. Dr. Enos is most appreciative of the time he spends with his family. His wife Sue and he have four children – Shane, Kellyn, Jenna and Cody.

Dr. Enos has long admired the Midland School. He feels privileged to have the opportunity to serve the students and to be a part of this wonderful educational community.



Recreational Services



The Therapeutic Recreation (TR) Department of Somerset County is dedicated to providing year round recreation and leisure opportunities for people with developmental disabilities. The goal of the TR department is to promote an active leisure lifestyle that improves social, physical, cognitive and emotional functioning and health while enhancing each participant’s abilities. With highly qualified staff at programs, participants can register for many types of programs. By providing a variety of social, cultural, artistic, culinary, sports, fitness, community outings, horticulture, and special events, participants can recreate in the day, evening, or weekend.

There will be plenty of recreation programs this fall for children, teens, and adults, so register and become a part of the fun at the TR Activity Center.

Participants must reside in a TR participating municipality. Program offerings are divided into specific age groups.

Go on line to www.somersetcountyparks.org to see the brochures or call the TR office at 908 526-5650 to find out what programs are being offered for your age group.

The Comprehensive Autism Medical Center (Autism Think Tank) is having a FAMILY FALL FESTIVAL

Sunday, October 16, 2011*12:00 pm – 4:00 pm

266 King George Road, Warren at the Center Parking Lot

Music, Food, Crafts, Raffles, Children’s Activities, Vendors & Fun for All!

Rain or Shine!! Free for everyone!!

www.autismthinktanknj.com. Or 732 667-7778

Workshops

The Foundation for Autism Training and Education (FATE)

Announces its 2011-2012 6-Part FREE Training Series for Parents, Teachers & Service Providers for Children with Autism and other Developmental Disabilities

Somerset County-Bridgewater Library*6:30 pm – 8:30 pm*1 Vogt Drive – Meeting Rooms A & B
Bridgewater, NJ 08807

Pre-registration is required and available online at www.thefate.org

Interactive One Day Seminar– Activities and Resources to Manage Behaviors for Autism and Sensory Processing Disorders in Children and Adolescents

Presented by Kathleen Morris

Registration information including dates, locations and course description are available at www.summit-education.com or call 1-800-433-9570

October Calendar



Friday, September 30/Saturday, October 1- Respite

Monday, October 10- NO SCHOOL– Columbus Day

Tuesday, October 11– Rock Climbing (500 Wing, Transition Class)-3-4:30
Zumba (500 Wing, Transition Class)-3-4:30

Wednesday, October 12- Fire Safety Activity– 200 wing classes
Cub Scouts and Girl Scouts

Thursday, October 13– Rock Climbing (217, 218, 220, 222)-3-4:30
Social Skills at Dinner (500 Wing, Transition Class)-3-5:30

Friday, October 14- Assembly- “The Living Abe Lincoln” 1:00PM
Respite

Tuesday, October 18– Pumpkin Block Heads (217, 218, 220, 222)-3-4:30
Zumba (500 Wing, Transition Class)-3-4:30

Wednesday, October 19- Parents Soccer Spectating

Thursday, October 20- Parent Support Group– 1:15 to 2:45
Rock Climbing (500 Wing, Transition Class)-3-4:30
Social Skills at Dinner (500 Wing, Transition Class)-3-5:30

Friday, October 21- Halloween Teen Dance– 7 to 9PM

Tuesday, October 25- Kids in the Kitchen (210, 212, 215, 219)-3-4:30
Fall Leaf Recipe Holder (500 Wing, Transition Class)-3-4:30

Wednesday, October 26- Parents Soccer Spectating
Cub Scouts and Girl Scouts
Midland Cookies

Thursday, October 27- Wii Games (500 Wing, Transition Class)-3-4:30
Rock Climbing (500 Wing, Transition Class)- 3-4:30

Annual Trick or Suite Celebration–
Embassy Suites, Piscataway, NJ 5 to 7PM



Saturday, October 29- Zumba for Midland Event– 9AM to 12PM

Monday, October 31- Halloween Parade (200 wing)-1:40PM