

Rebrand

Over a year ago, Spaulding Youth Center began to collect feedback about our name and logo. We sent surveys out to over 1000 people such as staff, parents, donors, stakeholders, DCYF and school districts. After learning some important things, we felt as though our name wasn't really telling the story of who we are and what we do. The Board and executive leadership team processed all the data, and today we are excited to announce our new name and logo effective 9/1/2020:

Spaulding Academy & Family Services. We are so pleased to share this with all of you and your children - it is an exciting time in our 150-year history. We hope you feel positive about our approach to this and that you like the new name and logo. We have lots of positive things to celebrate, so thank you for helping us do that together!



To learn more about the renaming process and our lessons learned, please visit SpauldingServices.org/rebrand.

We are so excited to have completed our first two months of COURAGE on campus. What an incredible 8 weeks of working together to practice and display our Courage. Among many remarkable results, we were proud to witness our students report:

- Less anxiety and stress
- Increased self-awareness
- Less fearful
- Willingness to try difficult tasks
- Enhanced self-esteem
- Improved ability to express oneself and one's feelings

September and October will be focused on GRATITUDE. Gratitude is mindful thankfulness and the ability to be thankful even when things in life are challenging.

Ask your child, when and how did you practice Courage?

Visit ChooseLoveMovement.org to learn more about the program and character values.

CHOOSE LOVE



Proud Spaulding Academy students showing off their Courage Flag!

Fun Back-to-School Facts *It's time to hit the books and get back into the school groove! Here are some interesting school-related facts to share with your child.*

SCHOOL TIME

- Labor Day is the unofficial end of summer and the start of the back-to-school season.
- In the U.S. approximately 480,000 school buses bring children back and forth to school each day.
- School buses are yellow because yellow attracts more attention than any other color.
- In 1903, Crayola started making crayons. They originally only came in eight colors: blue, black, brown, green, orange, red, violet, and yellow. Today, Crayola makes 120 different colors!
- By the time a child turns 10-years-old, it is believed that they have worn down 730 crayons!
- Pencils have the ability to write with a mixture made out of clay and graphite.
- It is believed that a single pencil can draw a line 35 miles long!
- The eraser was added to the pencil in 1858. Before erasers, it was common for people to erase pencil using crumbs from white bread.

Ask your child, what are you most looking forward to this school year?

Shared courtesy of
www.kidsplayandcreate.com

Apple Spice Muffin Recipe *This easy, 3-ingredient recipe is fun and quick! Have your children help out and participate in counting and mixing to reinforce math concepts!*

Ingredients

- 1 box spice cake mix
- 1 apple (any type)
- 2 cups apple sauce

Directions

1. Preheat oven to 350 degrees (F).
2. Peel and chop the apple into small, roughly quarter-inch pieces.
3. Add a big teaspoon of cake mix to the chopped apples and mix to coat. Set aside.
4. In a different bowl, combine the box of spice cake mix with two cups of applesauce using a hand mixer.
5. Stir in chopped apple pieces.
6. Line or spray your muffin tins.
7. Place one large scoop of dough into each muffin well.
8. Bake 18 to 20 minutes. Test with a wooden skewer to see if done.
9. Serve warm.

EASY RECIPE



Ask your child, do you like to eat these muffins or apples more?

Check out more recipes at Momcrieff.com!

Popsicle Stick Apples

Supplies:

- Small Popsicle Sticks
- Mini Popsicle Sticks
- Wood Glue
- Foam Sheets
- Construction Paper
- Black Marker

Directions:

- Gather four small popsicle sticks and lay them evenly in a straight vertical line.
- Glue a mini popsicle stick diagonally to hold your popsicle stick apple together.
- While that is drying, cut a circle out of foam sheets: they can be green, red, or yellow.
- Cut out small sections from the circle for the top and bottom of apple. You can cut the circle straight across or with "bite marks" as shown in the photo above.
- Flip over the popsicle sticks. Glue one piece of apple to the top and another to the bottom of the sticks.
- Using construction paper, cut out and glue a small stem and leaf.
- Draw on some seeds with a black marker.

FUN CRAFT



Ask your child, what color apple do you like best for a snack?

Visit SimpleMomProject.com for more craft ideas!