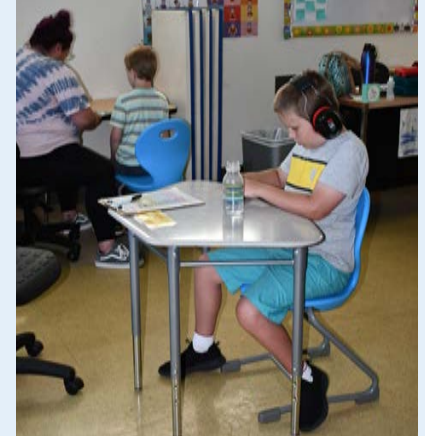


Classroom #44

LEARNING

Every student is different, so why should they all need to sit or work in the same way? A child's workspace has an equal amount of impact on their ability to learn as lighting, temperature, and air quality. The use of flexible seating within the classroom has already had a positive impact on each student's ability to attend both in a large group and independent activities. In the classroom we have soft low seating, wiggle stools, bounce chairs, and rockers. The children love having the element of choice and have taken up the additional responsibility to take care of their seating. Meeting their physical needs with flexible seating is just one of many ways to create an inviting classroom space.



Kendra Stephens,
Classroom Teacher



To Learn More Visit: <https://www.spauldingservices.org/>

STUDENT ART

Working with Watercolors

In art class this month our students have been working with watercolor paints. We have been learning different techniques for watercolor such as adding salt, using a white crayon to create watercolor resists, and learning how to use our watercolor brushes so that our paintings have just the right amount of color. Joe's picture shows excellent brush control, way to go Joe!

Robyn Allen,
Art Teacher



Ask Your Child: What's your favorite kind of art?

Joe, age 14

Strawberry Banana Frozen Yogurt

Here's a yummy, healthy treat that will help cool you off this summer!

Ingredients:

- 2 cups frozen strawberries
- 3 medium frozen bananas
- 3 tablespoons honey
- 1/2 cup Greek yogurt, plain
- 1 tablespoon lemon juice

Instructions:

1. Place all ingredients into a food processor or blender.
2. Blend until smooth, stopping to scrape the sides as needed.
3. Serve immediately for a soft-serve texture, or pour into a freezer safe container with a lid and freeze for 3 to 4 hours before serving

Brittany Rozen,
Registered Dietician

Ask Your Child: What is your favorite cold treat?

NUTRITION



To learn more visit: <https://www.superhealthykids.com/strawberry-banana-frozen-yogurt/>

Summer fun with Echo

This summer the Echo program has already made a big splash with our swim and paddle classes. Our students have worked hard in local lakes and ponds to earn their "Echo Swim Cards" by learning and practicing basic swimming skills like the "superman glide", "jellyfish float," and of course how to float on their backs. Some students are learning the "elementary backstroke," and even the "front crawl". With a variety of techniques, equipment, and the dedication of their incredible classroom staff, we can tailor these lessons to our students' unique learning needs. Kickboards, foam noodles, goggles, toys, and life jackets, as well as visual icons and social stories, help ensure that everyone is learning how to enjoy the water safely.

As our students get comfortable with swimming strokes, we introduce some paddling strokes with our kayaking and stand-up paddleboard lessons. After a dry-land demonstration and some practice, many of our students are able to paddle a kayak and paddleboard with smooth forward strokes and turn on a dime with "sweeps" and "reverse sweeps", "C-strokes", and "Draws". Some groups have even paddled their own kayaks and paddleboards out to our favorite rocky point on Knowles Pond.

For some of our students just sitting on the front of a paddleboard offers plenty of adventure and fun. One of our physically disabled students recently had a chance to try out the "Megladon", which is one of our gigantic inflatable paddleboards that is stable enough to support the weight of several people. With the help of our amazing PT and OT staff members, we carefully lifted him from his wheelchair to the paddleboard, so that he too could experience the thrill of paddling on the pond.

Jason Sterner,
Outdoor Education Coordinator



Ask Your Child: What's favorite summer activity?

HAPPENINGS

