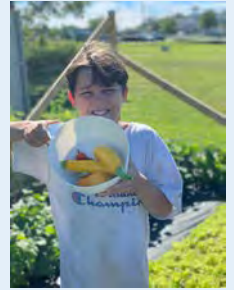


Classroom #37

The garden started with a meeting between Brittany Rozen, Nutritionist & Evan Barden, Sp.Ed. Life Science Teacher. This was a collaborative effort with support from the school, maintenance department and administration. A garden plan was developed for a 30x40 foot plot in the field by Davis cottage & a budget for seeds and supplies was approved. With the help of our maintenance department the ground was tilled and the work began to clear the ground of rocks and grass.

Spaulding students worked hard to till the soil, add lime, fertilizer, and soil amendments. The maintenance crew built a 6 foot tall deer fence to keep out any unwanted visitors. The students of Classroom 37 began planting seeds in early June including: peas, beans, carrots, lettuce, celery, peppers, broccoli, tomatoes, basil, cucumbers, dill, summer squash, zucchini, watermelons, pumpkins, and sweet corn. The students also assisted with watering the seeds and plants keeping them well hydrated as they grew taller each day. Brittany worked with students in classroom 17 to plant sunflowers, marigolds and zinnia along the back fence and between the rows. As the seeds sprouted and began to grow we worked hard to put down weed barrier fabric under the fence, around the whole garden, and between the rows with landscape pins. By mid-July many of the plants were in full bloom attracting many bees and butterflies to the garden, pollinating the flowers as they gathered nectar. The harvest began with lettuce greens, green beans, summer squash, and zucchini. Spaulding students enjoyed cooking the vegetables for lunch in the Life skills suite of the school. Students have been eating the fresh vegetables and salads with their lunch and sharing with other classrooms. By early August the pea pods were ready for harvest along with sun sweet tomatoes, basil, and cucumbers. We are now getting cucumbers, fresh dill, and hot peppers to make homemade dill pickles. As the garden continues to grow we will harvest the sweet corn, watermelons, and pumpkins in the fall. The garden is open to all students and staff that would like to visit during school hours!

Evan Barden,
Classroom Teacher



LEARNING



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

Choose Love Art

STUDENT ART



nè age 12'



Logan age 14'

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

Peanut Butter Cheerio Bars

These yummy, healthy bars can be made ahead of time for a quick and easy after school snack!

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup honey
- 3 cups plain cheerios
- 1 teaspoon pure vanilla extract (optional)

Instructions:

1. Place the peanut butter, honey, and vanilla (if using) into a microwave-safe dish in the microwave for about 30 seconds to a minute until it turns to liquid. You can also melt in a saucepan over medium heat. Stir until well combined.
2. Remove from heat and stir in the cheerios.
3. Place the mixture into an 8 x 8 square dish lined with parchment paper, or flatten out on a cookie sheet.
4. Refrigerate for 1-2 hours until set. This will make the bars easy to remove from the pan.
5. Slice into 9 squares. Keep any leftovers stored covered in the fridge.
6. serving

Brittany Rozen,
Registered Dietician

Ask Your Child: What is your favorite sweet treat?

NUTRITION



To learn more visit: <https://littlesunnykitchen.com/peanut-butter-cheerio-bars/>

Choose Love

Dear Parents/Guardians:

As we begin this school year, Social Emotional Learning (SEL) is needed now, more than ever, to address the needs of the whole child. SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. SEL lays the groundwork for a lifetime of healthy relationships, responsible citizenship and flourishing.

SEL has been proven to increase grades, attendance, and focus, while reducing aggression, anxiety, substance abuse, and other issues. The program we have adopted, Choose Love for Schools, plays an important role in promoting students' social and emotional well-being and academic and personal success. It also enhances our classroom and school climate, making it a place where students are safe, compassionate, courageous, connected, and able to thrive. The program's foundation is a formula: Courage + Gratitude + Forgiveness+ Compassion in Action = Choose Love.

We hope you will share in this journey with your children, asking questions about what they have learned and enjoying the benefits of the program as well. Please check out the Choose Love At Home Program for families and caregivers. You can learn alongside your children and incorporate these skills and tools to promote Social and Emotional Learning in your home, and even within yourself!

Thank you for your support and thank you for Choosing Love!

Choosing Love,
Garrett Lavallee
Principal & Special Education Director



Ask Your Child: How will you Choose Love today?

HAPPENINGS



To learn more visit: <https://chooselovemovement.org/home/>