

Visiting Artists

LEARNING

The Artist in Residence program at Spaulding provides students with the opportunity to work with a professional artist for a twelve-day residency. Our visiting artists offer a variety of expertise in music, performance art, and the visual arts. Students participate in the program twice a week during their art and music class and during this time they work with their art and music teacher, Robyn Allen and the various visiting artists who participate in the program and create original material. We have had two visiting artists since the beginning of the school year, Mr. Rich from Youth Beatz and TJ Wheeler.

Mr. Rich from Youth Beatz was our visiting artist in September and during his residency our students learned to bucket drum. This residency was very hands-on and students were drumming for most of their class time! Students learned beats and created their own, this took a great deal of teamwork and courage. Classrooms created "beat sandwiches"; these are songs that consisted of a beat made by each student and played by the their entire class. When our students drummed together, they showed compassion and encouragement toward one another. We ended each class by sharing kind words to one another about their drumming. Whether those kind words were detailed or a thumbs up, it gave our students the confidence to rock on. Every student thrived during this residency. Our students are already looking forward to bucket drumming with Mr. Rich again next year!

Our current artist in residence is TJ Wheeler. TJ has been coming to Spaulding Academy & Family Services for about thirty years. TJ is a jazz musician who has a great amount of knowledge of the history of jazz. The theme of TJ's residency this year is "Ubuntu", which is an African Proverb meaning: "I am because, we are". Our students are creating songs and plays while sharing the idea of Ubuntu. During TJ's residency, he invites our students to dance, sing, and write with him. Our students truly enjoy listening to TJ play and singing the songs they helped to write. They are proud of the music they make with TJ.

Our students are very creative and learn so much from the arts, it is beautiful to see them shine when they discover a new way to express themselves. We are incredibly grateful to have such a wonderful artist in residence program for our students here at Spaulding Academy & Family Services!

Art and Music Teacher,
Robyn Allen



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

Healthy Popcorn Trail Mix

Ingredients:

- 8 cups air popped popcorn seasoned with a ¼ tsp of salt or cinnamon. You can also use pre-popped bagged popcorn like Boomchickapop or skinnypop.
- 1 cup unsweetened chopped dried apricots (or any other type of dried fruit)
- 1 cup unsweetened dried cranberries
- 1 cup roasted cashews (or any other type of nuts)
- 1/2 cup roasted sunflower seeds or pumpkin seeds

Instructions:

1. Place popcorn in a large bowl.
2. Add nuts, seeds, dried fruits to bowl and stir to mix.

For more information visit: <https://www.deliciousmeetshealthy.com/healthy-popcorn-trail-mix/>

NUTRITION



Ask Your Child: What is your favorite fall snack?

Authors Tea!

Authors Tea is truly one of my favorite days of the year. It puts a smile on my face to watch families and visitors gather to support the students. It gives me great joy to watch as a child sits with their parent and reads their book to them. It makes me feel lucky to watch as our children walk the halls and take the time to introduce their friends and show off their classrooms. This year I was proud to hear several students explaining to their visitors what Choose Love is and what it means to have COURAGE and how if you are feeling angry you can take a Brave Breath. Our students and staff are amazing, Authors Tea is a day for visitors to see firsthand just how special our school is.

This year some of our authors wrote acrostic poems, a book on how to be a friend, a beginners guide to coding, and one class even wrote their own fairy tales. Several classrooms took a cross curricular approach to their books and infused their English lessons with their SEL (Social/Emotional Learning) work. One classroom even went as far as creating Choose Love Courage Characters and identified what strengths or qualities these characters possess that align with our Choose Love Mission. I do not take these days for granted, I am grateful to work alongside such brilliant young minds and talented staff. Our next ingredient in our Choose Love Formula is GRATITUDE. I want to share my GRATITUDE to all of you that took the time to come visit our school and Spaulding Community. The hallways were electric, there was laughter in the air, there were smiles and hugs, and a whole lot of LOVE.

Thank you for coming and I look forward to seeing you at our Arts Festival in December.

Choosing Love,
Garrett Lavallee

HAPPENINGS



Ask Your Child: How will you Choose Love today?

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