

## School Leadership

Callie originally heard of Spaulding through a former employee and food service director Phil Dallon. She was in college and looking for work closer to school and home. Callie applied and originally started working in the kitchen and within a short time she started picking up shifts in the residence. Eventually some of the staff that she was working with at Young House convinced her to make the switch, full time, to the residence.

Callie remembers sitting down with Gary Lavallee and saying while she loved working with the kids and teaching them independent living skills and that when she finished her degree she had plans to move into her field of study, and would probably only be here a year or two. Gary reminded Callie of that conversation when he presented her with her five-year pin. "We laughed and said that I was probably going to work here for life", recalls Racine. In Callie's first year at Spaulding, she grew to love the job and the kids that she worked with, so much that she had changed her major in order to serve the kids we work with better. Callie says, "In my time at Spaulding, I have worked in many different roles, residentially and academically, and while the jobs at times may be different the common goal and theme that I have always seen is doing what is best for the kids."

This is Callie's second time working for Spaulding. In 2015 Callie left New Hampshire to live in North Carolina for some time. In 2021, Callie felt that it was time to come home. Callie states, "For me, coming back to Spaulding was a huge part of coming home. Coming back to that community."

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

## LEARNING



Callie Racine,  
School Staff Scheduler

## Ceramics

This month in the art room our students have been learning about ceramics. Everyone is very excited when we start working with clay. During our ceramics unit we learn different ways to hand build with clay as well as how to make pottery on the wheel. For many of our students Spaulding is the first place that provides them with the opportunity to work with clay. It's amazing to see them explore and learn this medium and equally amazing to watch their peers help and share encouragement. Right now, our students are creating coil pots and pinch pot animals. These two pieces are works in progress.

Robyn Allen,  
Art Teacher



Liz, age 11



Novamae, age 11

## STUDENT ART

Ask Your Child: What is your favorite building material?

## Healthy Eating Tips for the Whole Family

## NUTRITION

- Fill the kitchen with nutritious foods that are easily accessible like fruits, vegetables, whole grains, low-fat dairy products, and lean protein.
- Enjoy balanced meals by including a lean protein source, grain, and fruits and/or vegetables at each meal. Provide 2-3 nutritious options at each meal and snack that your child can choose from.
- Create a snack bin or drawer in and out of the fridge with nutritious options like yogurt, string cheese, fruit, cut-up vegetables, nuts, peanut butter, whole-grain crackers like Triscuits, etc so they are easy to grab and ready-to-go at mealtime and snack.
- Offer balanced snacks to keep your child full in between meals. To make a balanced snack create a "mini meal" by pairing two items from two different food groups together, like apples and peanut butter or a cheese stick and a cup of popcorn.
- Choose better beverages. Offer plain water or low-fat milk rather than soda or sweetened beverages. You can try flavoring water with flavoring drops or by infusing with fresh fruit.
- Get kids involved. Try cooking, planting a garden or herbs, grocery shopping or visit a farmers' market together.
- Enjoy family style meals. Limit distractions by turning off phones and the television. Use this time to connect as a family, talk about your day and enjoy your meal.
- Be a good role model. Lead by example by eating balanced, nutritious meals yourself. Kids learn from those around them.
- Be active together. Find activities you can do with your child like going for a bike ride or walk, playing sports, playing in the park or anything you both enjoy doing. It's recommended that children are physically active at least 60 minutes/day.
- Enjoy sweet treats in moderation. Sweets and dessert can be a part of every diet in moderation (2-3x/week). You can explain to your child that "fun foods" can be enjoyed every once in a while, but if we fill up on these foods too much, it doesn't make us feel good and we can miss out on important nutrients that fuel our bodies and help us grow.

Brittany Rozen,  
Registered Dietitian Nutritionist

Ask Your Child: What is your favorite healthy snack?

## Choose Love Hopscotch Rug

The Choose Love hopscotch rug was designed to give our students an opportunity for joyful movement while reflecting our school's core values: Community, Courage, Kindness, Compassion in Action, Inclusion, Self-Regulation, and Mindfulness, all under the umbrella of Choose Love. The rug was the result of collaboration between Art Teacher Robyn Allen, Occupational Therapist Jen Benjamin, and Principal Garrett Lavallee. It is our hope that this addition to our school will help welcome visitors and provide opportunities for our students to celebrate their unique gifts as individuals and as part of the Spaulding community.

## HAPPENINGS



Ask Your Child: How did you Choose Love today?

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