

## Classroom #23

## LEARNING

Classroom 23 kicks off each day by Choosing Love! Currently we're exploring the idea of Forgiveness. Most mornings we join our buddy class to share thoughts, ideas, play games, and help one another understand how to forgive and accept forgiveness. Some days school administrators, special teachers, school counselors and related therapy specialists will also join our group!

After morning group, the students move on with their academic school day. Throughout the day staff incorporate our Social and Emotional Learning Curriculum to encourage students to Choose Love in all aspects of the day. The students learn and practice reading and writing skills during Language Arts class. They learn more about themselves and the world around them during Health, Science and Social Studies classes. And they learn, practice, and develop their math skills at their own individual level.

Recently the students in Classroom 23 worked hard to create and build a sled to partake in the school wide Winter Carnival event. They had a chance to go sledding, play winter themed games, cozy up with hot chocolate and cookies, and cheer on their friends!

Next up for our classroom is preparing for the school wide Science Fair. This is another school wide event where the students have the opportunity to showcase their academic abilities while learning more about the scientific process.

Classroom Teacher,  
Stephanie Capen



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



## STUDENT ART

This month in the art room our students are continuing to learn about ceramics. We are glazing our handmade pottery and learning about the potter's wheel. Each year every student is given the opportunity to create a pot on the wheel. This requires a great deal of courage, but our students always rise to the challenge, get a little messy, and have fun!

These wheel thrown bowls in various stages of the ceramic process were done by multiple students.

Robyn Allen,  
Art Teacher



Ask Your Child: What is your favorite building material?

## Tips to Increase Fruit and Vegetable Intake

- Eating plenty of fruits and vegetables is an important part of every diet. It's recommended to aim for 5 servings of fruits and vegetables each day. Fruits and vegetables are full of nutrients like vitamins, minerals, and fiber. They are low calorie, make you feel good, and fill you up. Try some of these tips to increase your fruit and vegetable intake today.
- Aim to fill half your plate with fruit or vegetables at meals
- Serve a fruit or vegetable at each snack
- Try substituting spaghetti squash, spiralized zucchini or summer squash for some of the pasta in a recipe
- Add vegetables to sandwiches like lettuce, tomatoes, onions, etc
- Make your salad a rainbow by including fruits and vegetables of all different colors
- Add chopped vegetables to soups or stews
- Try roasting vegetables in the oven or airfryer for a different taste
- Trying adding pureed vegetables like carrots, zucchini, tomatoes and peppers to a pasta sauce
- Add finely chopped or grated vegetables like onions, peppers and mushrooms to a meatloaf or meatballs
- Try dipping fruit or vegetables in hummus or a low-fat Greek yogurt dip. You could try something sweet like a strawberry yogurt dip or something savory like a ranch dip.
- Try eating fruit for dessert rather than a sugary treat
- Make your own fruit and/or vegetable smoothies

## NUTRITION



Easy strawberry banana green smoothie recipe: Blend together 1 frozen banana, 1 cup frozen strawberries, 1 cup milk, ½ cup plain Greek yogurt, and a handful of spinach in a blender. If using fresh fruit rather than frozen, add a cup of ice so it's cold. Enjoy!

Brittany Rozen,  
Registered Dietitian Nutritionist

Ask Your Child: What is your favorite fruit or veggie?

## Winter Carnival

Our annual winter carnival always has a sled building section where the classrooms get a chance to go sledding against each other to showcase all their hard work. They build a sled made of cardboard to go with Winter Carnival's theme. This year that theme was Choose Love to reinforce the Jessie Lewis Choose Love Foundation that has been driving our social emotional learning curriculum this year.

This is usually the main event, but we always have some other things as well. This year we had a tube park, sledding, and a ski demo, snowshoe race, snow art/building and snow croquet. We also had some carnival games like snowball toss, a "catch a duck" fishing activity, and a moose ring toss. We always have hot chocolate and cookies available which was held in our brand-new, gigantic canvas bell tent. Then we finish winter carnival with our sled derby before heading back to the school for the end of day.

Jason and Jessie  
ECHO Coordinators

## HAPPENINGS



Ask Your Child: How did you Choose Love today?

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