

Classroom #20

LEARNING

We've had some exciting events that have taken place in the recent months. The Winter Carnival was a thrill as the students created a cardboard duck sled to go with the Choose Love theme for the event. Students were able to race the sled they built with other classrooms. Classroom #20 also took part in a multi classroom fieldtrip to the McAuliffe-Shepard Discovery Center to explore the wonders of astronomy. Students took part in the planetarium show, experiencing exhibits and pretending to be an astronaut. The Science Fair saw the classroom perform an experiment of what microwave popcorn produces the best results. Do you know which one pops the most kernels? Finally, classroom #20 and other classrooms took part in a walk/hike through Spaulding Woods with Delta Dental representatives. Spaulding Academy & Family Services was also honored to receive a donation from Delta Dental.

Scott Dunlop,
Classroom Teacher



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

Ceramics

In the art room this month we are finishing our ceramics unit! Students are busy glazing and putting their finishing touches on their clay pieces. Our final project for clay this year was fairy houses. Our students used the skills they learned during the ceramics unit to create these tiny fairy houses! They were very thoughtful making their houses, being sure to include a door, windows, and anything else a fairy could ask for!

Robyn Allen,
Art Teacher

Ask Your Child: What would you put in a fairy house?

STUDENT ART



Healthy Meal Planning and Preparation Tips

- Plan ahead. Write out meals you plan to prepare for your family throughout the week. See what items you have on hand, and what you need to shop for, then create a shopping list. If you have busier days, plan ahead by making a dish ahead of time or by utilizing leftovers.
- Find balance. Plan your meals so you and your family eat from all 5 food groups- fruits, vegetables, grains, protein, and dairy every day. Be sure to include a variety of colors of fruits and vegetables so you receive a variety of vitamins and minerals.
- Stock your pantry with plenty of nourishing options. Have items like fruit, pre-cut vegetables, nuts, peanut butter, whole grains, etc. ready to go. This will make it easier to choose nutritious options throughout the week. Be sure to include a fruit or a vegetable, carbohydrate/ grain, and a protein at each meal and include at least two of these at each snack.
- Flavor your foods. Experiment flavoring your foods with salt-free or low sodium spices and seasonings. You can also try adding a fresh squeeze of lemons or limes to cooked vegetables, fish, chicken, or meat.
- Chop fresh produce in advance. This will save time during food preparation and make it easier to add nutritious fruits and vegetables to meals if they are already cut up. For example, chop up some produce that you are going to use throughout the week like onions, peppers, cucumbers, etc. to save time during cooking.
- Bake, broil, roast, or grill food. Limit frying, especially deep frying to reduce the amount of saturated fat and calories in the meals you cook.

Brittany Rozen,
Registered Dietitian



Ask Your Child: What is your favorite meal to help make?

Science Fair

The Science Fair is one of my favorite days of the year, this year was no different. The halls were alive with laughter, visitors, positivity, learning, and COURAGE. It takes COURAGE to participate in a science fair and it takes COURAGE to explain the scientific process to our visitors. Each student at Spaulding Academy & Family Services participated in the science fair by writing a research report and creating a tri-fold visual for their project. For several of our students this was their first time participating in a science fair and their first time winning an award for their hard work.

This year's projects were as diverse as ever. They included students studying the ill effects of soda and Red Bull on your teeth, the effects of positive and negative messages on plant growth, how the sense of smell affects your taste, and how you can move a battery using copper and magnets. Science Fairs at Spaulding Academy are not just a classroom endeavor, they involve collaboration between our special education teachers, specialists, service providers and our amazing paraprofessionals. This collaboration is something that often goes unseen or unrecognized. This year I want to give a big THANK YOU and show my GRATITUDE to all our paraprofessionals that do so much behind the scenes to make days like this possible. This collaboration, caring, loving, and genuine commitment to our students and our mission is what makes days like the Science Fair possible. I am humbled to work with such an amazing team.

Garrett Lavallee,
Principal & Special Education Director

HAPPENINGS



Ask Your Child: How did you Choose Love today?

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