

Library Media

LEARNING

Spaulding Academy's School Library/Media Center is frequently acquiring new books for our students to enjoy and learn from. Recently, the library has been focusing on expanding its collection of Social Emotional Learning and nonfiction picture books.

Spaulding's Library integrates our SEL curriculum Choose Love, by selecting books that highlight its 4 principals. These books delve into topics such as courage, forgiveness, gratitude, and compassion in action, providing students with the opportunity to explore their own emotions and feelings. They provide age-appropriate scenarios and guidance that allow students to practice skills such as self-regulation, decision-making, and responsible behavior. Teachers and students are encouraged to check out these books for personal use and for classroom use alongside our daily SEL activities.

The other focus of the library is expanding and encouraging the use of nonfiction picture books. Picture books are not only for our younger students, non-fiction picture books adeptly tackle a wide range of complex subjects, from science and history to social issues and biographies. By concentrating intricate ideas into digestible narratives, these books provide an accessible entry point for older students, who may find traditional textbooks overwhelming. Nonfiction picture books give students a foundational knowledge of various topics they otherwise may never be exposed to.

The library expanded its fiction section as well. Students can easily check out books to read in their free time. The ever popular graphic novel section has doubled in size and includes recently released titles. The library strives to have a book for all our students to enjoy and to encourage our students to be lifelong learners.

Meagan Hecht,
Library Media Specialist



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

Visting Artist - Youth Beatz

STUDENT ART

This month in the art room we have been working with a visiting artist. Mr. Rich from Youth Beatz has returned to Spaulding for his third year to share bucket drumming with our students. The Youth Beatz program is adored by our students, Mr. Rich brings enough buckets and sticks for all of our students and staff to participate. This residency focuses on bucket drumming and teamwork. While our students work together to create "beatz" during their class time they practice compassion in action by sharing kind words with one another after students have a chance to share their unique sounds solos. Whether students are giving a thumbs up or a compliment about dynamics to their peer, it is wonderful to see their sense of pride grow. Our students are already asking when Mr. Rich will be back and coming up with new "beatz" for next year's Youth Beatz residency.

Robyn Allen,
Art Teacher



Ask Your Child: What is your favorite kind of music?

All About Whole Grains

The USDA dietary guidelines for America recommends making at least half your grains for each day, whole grains.

Benefits of Whole Grains

- Good source of fiber
- Whole grains fill you up and keep you full longer
- Whole grains have many beneficial nutrients like vitamins, minerals, and antioxidants

Good Sources of Whole Grains

- Brown rice
- Oatmeal
- Whole-grain bread, bagels and English muffins
- Whole-grain pasta
- Whole-grain crackers
- Quinoa
- Whole grain barley
- Popcorn
- Whole grain cereal like kix or cheerios



Brittany Rozen,
Registered Dietitian

NUTRITION

Here's a fun whole grain recipe to try:

Whole grain trail mix

Ingredients:

- 4 cups air popped popcorn (or prepped popcorn like SkinnyPop)
- ¼ cup unsweetened dried fruit like cranberries
- ¼ cup unsalted nuts
- ¼ cup honey nut cheerios

Instructions:

Mix together popcorn, Cheerios, unsweetened dried fruit and nuts. Serve and enjoy!

Ask Your Child: What is your favorite snack?

Growing as a Community

What a tremendous year we have had up on the hill at Spaulding Academy and Family Services. The addition to the school is almost complete and our students and staff are eagerly awaiting the opportunity to sit together in our new cafeteria and share a lunch. One thing that always amazes me as I reflect at the end of the school year is the growth that our students have achieved over the past year. Whether it is physical growth, academic growth, or their social/emotional growth. There has been a tremendous amount of Love and Healing that have taken place this year as well. It humbles me to be a part of the growth that we have made as a campus during this school year.

As I was reflecting this year, I couldn't help but smile when thinking about how much our staff have grown this year as well. Back in September we launched our Choose Love Movement and put an emphasis on Social/Emotional Learning, not just for our students, but for our staff as well. As a Spaulding Family we have been on this mission together. Some of our staff have been on another mission, to become certified Special Education Teachers. As a small non-profit school, it is difficult to find teachers in this labor market, with that said we have had three teachers receive their Intern Special Educator licenses. Spaulding Academy & Family Services is committed to supporting them through this licensing process and supporting them professionally as they continue to grow. Marissa LoGrasso, Michael Wolski, and Tabitha MacLeod are well on their way to career in Special Education and as a community Spaulding is incredibly proud of the growth they have made this year. We are all life long learners here at Spaulding and our staff are exemplars of this motto.

Garrett Lavalley,
Principal and Special Education Director

Ask Your Child: How can you keep growing?

HAPPENINGS



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