

Innovation

LEARNING

In the past year, our school has undergone a remarkable cultural shift that centers Social Emotional Learning and the Choose Love program within our curriculum and everyday operation. This shift has already provided results that have been inspiring to witness, and we were very interested in exploring how to leverage Virtual Reality in this area.

The first thing we've decided to do is to use ClassVR as part of our staff training process. Our interest is in using VR to strengthen compassion, empathy, and perspective-taking. We identified a video by the National Autistic Society (Autism TMI), who consulted people with Autism to create a first-person simulation of what sensory overload feels like for them - we are now using that VR experience to help train and inform new staff. It is very difficult for a 'neurotypical' person to understand the perspective of those who are neurodiverse, and this immersive experience will bring tremendous value in helping our staff understand and empathize with our students. As a result, it will also help staff provide better service and support for them. After staff experience the video, we have a discussion about how this new information can impact the way we approach supporting our students in given moments, and how we can proactively take steps to avoid those situations or to offer solutions in the moment - that could mean rethinking our learning spaces or proactively offering sensory tools like noise-reducing headphones to the student. We're also working with our school BCBA and others to begin filming custom VR perspective-taking videos for use in staff training!

Charley Suter,
Director of Technology & Innovation

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



Fiber Arts

STUDENT ART

In the art room our students are learning about fiber arts by weaving and wet felting! While working with wool and yarn we have learned about the different sources of these fibers, one of those sources is alpacas! For this project, done by the students in Bridget's class, our students wove blankets on their very own cardboard alpacas. Our students are excellent weavers and are very proud of their work!

Robyn Allen,
Art Teacher



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

All About Added Sugar

The American Heart Association recommends no more than 6 teaspoons (25 grams) of added sugar per day for women and children and no more than 9 tsp (36 grams) of added sugar per day for men.

Benefits of reducing sugar intake:

- Improves oral health
- Aids in weight management
- May help prevent chronic health conditions like diabetes, heart disease, etc
- Can improve both your mood and how you feel

Tips to lower your sugar intake:

- Choose fresh fruit which is naturally sweet for dessert rather than a sugary treat
- If you get a dessert, try splitting it with someone or choose a smaller portion. The serving size for items like cake and brownies is about the size of a dental floss container. The serving size of ice cream is about the size of a light bulb.
- Instead of sugary beverages, opt for water with flavoring drops added or water infused with fruit or herbs like lemons, strawberries, mint, etc.
- Always check the nutrition facts label and ingredient list for added sugars, it can be hidden in many different food items
- Make items at home with less added sugar

Common sources of added sugar:

- Sugary drinks
- Syrups and jellies
- Sweetened breakfast cereals
- Frozen Treats
- Sweet baked goods

Brittany Rozen,
Registered Dietitian



NUTRITION

Learn More at: www.heart.org/healthyforgood

Field Day

HAPPENINGS

Friday June 30th Spaulding Academy & Family Services held their annual Field Day on the quad. The weather was perfect for slip and sliding, dunk tank dunking and racing through the inflatable obstacle course! It was amazing to see so many kids (and staff) out there enjoying the weather and the events. Even students in our Community Based Programs made the trip up the hill to take part in the activities. Being able to include everyone in the fun only enhanced the community environment. We had so many staff volunteer to be dunked, which of course was a huge hit with the students. There were so many smiles on student faces when they ran and jumped on the slip and slide. A big shout out to all the people who helped me set up, run, and clean up this event. ECHO staff always play a vital role with this event, so thank you to Jason and Jessie. Thank you to "OT" Jen, who took charge of the slip and slide, Facilities for helping give the inflatable obstacle course life, and of course Food Services for making sure staff and students are refreshed with water throughout the day.

Brian Doyle
Physical Education Teacher



Ask Your Child: What their favorite activity was?

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