

## Classroom #44

## LEARNING

When you think of social skills, what comes to mind? Maybe it's kids playing together outside, manners, or being able to converse with someone. Those are true. But there are foundational skills within the social experience that are learned through modeling and practice. Taking turns, waiting, and following directions are all key elements to social skills, and without those it is often challenging to navigate the world that is so socially driven. So how best to learn than through play itself?

Students in classroom 44 have been taking every day games, including board games like Sorry and Connect 4, card games like War and Go Fish, Hot Potato, and Duck Duck Goose to practice these beginning elements of social skills. What is wonderful about utilizing these games is how easily they can be adapted to meet each child's social skill level. While one child's focus may be flipping the cards and moving the pieces, another child's focus is winning and losing kindly both verbally and physically.

We stay with the same games for a month before learning a new one. The confidence grows as the weeks go on through the back and forth required of the game. Each new month we need to teach them the rules of the new games, but all of our students have shown progress in the underlying skills of taking turns, waiting, and following directions. It has extended into academics and more appropriate social engagement on the playground.

No matter the game, it exposes them to new experiences, practices the fundamentals of social skills, and most importantly - lets them be kids.

Kendra Stephens,  
Special Education Teacher

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



## Fiber Arts

## STUDENT ART

This month in the art room we are completing the fiber arts unit. Our students have been using yarn, fabric, and wool to create beautiful works of art. One of the mediums we learned during our fiber unit was wet felting, this process results in a piece of fabric being made of wool fibers. Our students stacked wool in alternate directions, wet it, and rolled the wool until every fiber was connected resulting in one piece of fabric. Some classes used their wet felted creations to make pillows. They sewed their wet felt to two pieces of fabric and added stuffing to create their own unique decorative pillows. I was incredibly impressed with our student's courage to learn the skill of sewing. These wet felted hand sewn pillows were completed by Zachary(left) and Raelynn(right).

Robyn Allen,  
Art Teacher

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



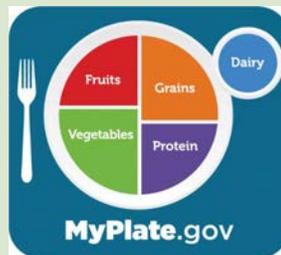
## Create Balanced Meals Using MyPlate

## NUTRITION

Balanced meals & snacks can help ensure you and your family are getting a variety of nutrients throughout the week. To create a balanced meal, you can use MyPlate as a guide by making half your plate fruit and/or vegetables,  $\frac{1}{4}$  of your plate protein and  $\frac{1}{4}$  of your plate grains.

### MyPlate Tips

- Aim to include a fruit and/or a vegetable with each meal and snack.
- Focus on eating whole fruits. While 100% fruit juice is okay in moderation, whole fruits contain fiber that fill you up more.
- Add whole fruits to your meals or eat them as a snack.
- Eat a variety of vegetables. Try including them in meals such as casseroles, sandwiches, and wraps.
- Eat the rainbow. Eat a variety of different colored fruits and vegetables to get a variety of vitamins and minerals throughout the week.
- Aim to make at least half your grains for each day whole grains as they contain more vitamins, minerals, and fiber compared to white or "refined grains". Check the ingredient list for the words "whole grain" and "whole wheat".
- Eat a variety of protein foods such as seafood, lean meats, poultry, unsalted nuts and seeds, beans, and soy.
- Choose low-fat (1%) or fat-free (skim) dairy. This will provide the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. If you or anyone in your family is lactose intolerant, try a lactose-free milk or other fortified lactose-free beverage such as soy milk.



Brittany Rozen,  
Registered Dietitian

Learn More at: [www.myplate.gov](http://www.myplate.gov)

## Staff Appreciation

Spaulding's Annual Staff Appreciation event was a resounding success, uniting more than 200 dedicated employees in a celebration of their unwavering commitment and hard work. Against the backdrop of camaraderie and gratitude, the event served as a heartfelt tribute to the individuals who form the backbone of our organization. With laughter, music, food, games, giveaways, and a shared sense of achievement, the afternoon painted a vivid picture of Spaulding's vibrant community. As we honored the achievements of our staff, we also looked ahead with renewed vigor, knowing that together, we will continue to reach new heights. Here's to the remarkable team that makes Spaulding thrive - your contributions fuel our success!

Nicole Keefe,  
Board Liaison & Communications Specialist

## HAPPENINGS



Ask Your Child: What their favorite activity was?

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