

## Integrating Choose Love

## LEARNING

I'm Thomas B. Benjamin, a Behavior Analyst at Spaulding Academy, where I've been part of the family for three years. My connection to Spaulding spans over two decades and I'm deeply thankful for the opportunity to work with the wonderful students and staff here. Over the past 18 months, we've emphasized Social-Emotional Learning (SEL) as vital for long-term happiness and health. We integrate various approaches, including trauma-informed practices, behavior analysis, positive psychology, and attachment-informed psychotherapy. Our goal is to instill socially significant and meaningful alternative behaviors, rooted in values.

Over the course of the last 18-months, social emotional learning (SEL) has been a significant focus of our attention here at Spaulding. According to Harvard's 85-year-old Happiness Study, which is the longest-running study of its kind, solid relationships are key to our long-term happiness and health. SEL is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for one's success in school, work, and life. SEL applies to learners of any age.

We follow the Choose Love for Schools curriculum, emphasizing that we can make positive changes in our lives regardless of challenges. Our approach involves teaching essential skills and shifting our perspective from judgment to understanding. Rather than seeing challenging behaviors as willful, we view them as skill deficits, which we address through teaching missing skills, such as self-regulation and self-awareness.

Thomas Benjamin,  
Behavior Analyst



Gina Wheeler, Student, Abel Broughton, Thomas Benjamin

## Spooky Crafts

## STUDENT ART

This month in the art room our students have been busy making autumn themed artwork! Every student created some form of pumpkin craft. These pumpkins were made by Stephanie's class using construction paper, stickers, and foam!

Robyn Allen,  
Art Teacher



Ask Your Child: Which pumpkin is your favorite?

## Goal Setting

If you are trying to get focused and want to start a consistent exercise routine or achieve anything for that matter I would recommend using a smart goal setting method to help you achieve success.

Here's what SMART Goal Setting is all about:

- Specific- must specifically state what is going to be accomplished.
- Measurable- you must be able to measure your progress.
- Attainable- the goal must be realistically attainable for you.
- Relevant- the goal must be relevant to your particular interest, needs and abilities.
- Time Bound- there must be an estimated timeline to complete the goal. This can be short or long. This will help you to stay focused and on track.

Start with something small. Work through the SMART goal model and help yourself stay on target. Hope this helps.

Jen Adams,  
Wellness Coach



## NUTRITION

## Pumpkin Carving Extravaganza

We had the fantastic opportunity to host yet another highly successful pumpkin carving event, expertly organized by Joyce McKenney, our Community Engagement Specialist. Thanks to the generous donation of pumpkins by Performance Food Group, the event was a resounding success, bringing our community together in a delightful celebration of creativity and Halloween spirit. Both staff and students had the chance to participate, creating a warm and inclusive atmosphere. To add to the festivities, we also treated everyone to some spooky Halloween treats after the carving, making it a truly memorable and enjoyable occasion for all.

Nicole Keefe,  
Board Liaison & Communications Specialist



## HAPPENINGS