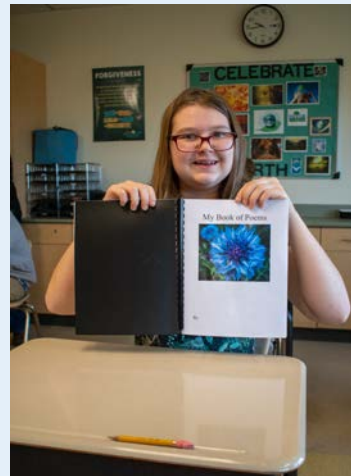


## Authors Tea

## LEARNING

The Author's Tea event is one of my favorite days of the year. This year was no different, the halls were full of laughter, smiles, hugs, handshakes, and a whole lotta love. Today I had the privilege of learning about Flat Stanley, ducklings hatching, poetry, Yamaha motorcycles, and about the unique interests of many of our children. It was wonderful to see all the families, staff members, and collaterals. We take pride on creating a learning environment that is welcoming, safe and loving. Several parents pulled me aside today to thank us for all that we do to support their students, for making them feel accepted and loved, and for providing an environment for their students to flourish, heal, and grow. One parent shared that their child had never participated in an event like this, they weren't included in events like this. Today was about more than books, it was about our community and how special our Spaulding Family is. It is an honor to work with such a talented group of individuals. Thank you to everyone that visited the school today to support our children, thank you to all the staff members that dedicate their time, love and energy to our children and to one another, and a big thank you to our children for having the COURAGE to share their stories with us. I am a proud principal!

Garrett Lavallee,  
Principal & Special Education Director



## Fall Inspired Art

## STUDENT ART

This month in the art room our students have been creating art inspired by fall. One of the fall holiday traditions we share together at school is thanksgiving and our students have confirmed, the best part of thanksgiving is pie! These pie slices were made by the students in Kendra's class using tissue paper, construction paper and a cotton ball for whipped cream!

Robyn Allen,  
Art Teacher



Ask Your Child: What inspires them?

## Hydration

To help yourself to stay hydrated add citrus fruit to your water for a boost of immune support and flavor. Aside from making your water more exciting it is good to eat whole oranges opposed to drinking orange juice. Oranges are packed with fiber and you will consume less sugar by eating the entire fruit. Drinking juice will give you at least twice as much sugar and won't fill you up like a fibrous orange would. With the juice you will get a glucose spike and be hungry again real quick. I'd say a good rule of thumb is to skip the juice and eat the whole fruit.

Jen Adams,  
Wellness Coach



## NUTRITION

## Thanksgiving Feast

Gathered under the welcoming roof of the new cafeteria at Spaulding Academy & Family Services, last week's annual Thanksgiving feast was a heartwarming celebration of gratitude and togetherness. Over 200 cherished guests, a tapestry of staff, students, board members, former staff and students, community partners, and generous donors, shared in the joyous occasion. The banquet, masterfully catered by Hart's Turkey Farm, honored tradition while spreading joy with an abundance of smiles and laughter echoing through the halls. Grateful turkeys, adorned with feathers of appreciation, decorated the tables as bellies were filled, spirits lifted, and bonds strengthened in the true spirit of Thanksgiving.

Nicole Keefe,  
Board Liaison & Communications Specialist



## HAPPENINGS