

Patriot's Award

LEARNING

Spaulding Academy & Family Services and Todd Emmons, President & CEO, were recently recognized with the prestigious Patriot's Award in recognition of their unwavering support for Sergeant First Class Dennis Galimberti. While serving a crucial 13-month deployment at the Texas border, Galimberti continued his role as the Support Services Director at Spaulding. It was noted that, "The organization's exceptional commitment to facilitating his dual responsibilities and ensuring his successful deployment undoubtedly exemplifies their profound dedication to both their employees and the wider community". Galimberti personally recognized his Spaulding team members for their support during his deployment. Thank you Sergeant First Class Dennis Galimberti for your service to our country!



Nicole Keefe,
Board Liaison & Communications Specialist

Holiday Cheer

STUDENT ART

This month in the art room our students have been busy making holiday themed crafts. Our students learned about the iconic poinsettia plant, then we painted this beautiful plant using paint on sponges, brushes, and of course glitter! Did you know the red "flowers" on poinsettias are actually leaves? These paintings are from the students in Stephanie's and Chris's classes.



Robyn Allen,
Art Teacher

Ask Your Child: What they love about the holidays?



Mindful Eating

NUTRITION

Slow down when you fuel your body. Only eat while you are sitting at a table. Try it. Be present with your food. Pay attention to how you feel as you consume your nourishment. We live in a busy world and frequently we are distracted while eating. When distracted we consume more and benefit less from the experience of eating. Shut off the TV or the screen. Sit, relax and savor your food. If you take your time and eat mindfully it will help you to consume and appreciate just what your body needs. Be in the moment with your food, with your friends and with your family this holiday season.

Jen Adams,
Wellness Coach



Staff Holiday Party

HAPPENINGS

Last week, Spaulding Academy & Family Services came alive with festive cheer as over 200 staff members gathered for a spirited holiday celebration. The air buzzed with excitement as laughter filled the halls during the gnome ornament decorating activity, where creativity ran wild and imaginations soared. Hart's Turkey Farm catered a delightful spread, treating everyone to a savory feast that warmed both hearts and bellies. The event was sprinkled with giveaways, adding an extra layer of joy and surprise to the afternoon. But beyond the decorations and treats, what truly made the event unforgettable was the abundance of cheery and joyful holiday spirit that enveloped the entire gathering, fostering a sense of togetherness and merriment that will linger in memories for years to come.

Nicole Keefe,
Board Liaison & Communications Specialist

