

## New Kitchen & Cafeteria

## LEARNING

The kitchen is so spacious allowing for all members of the team to have the freedom to spread out and be creative at their own stations. Our team has been able to flourish and show off their unique cooking skills without having to be in each other's way. We are all enjoying having our freezer on the inside of the building especially this time of the year. The teamwork is impressive in the department, everyone pitches in when and wherever they can. One of our favorite new additions is the break room, complete with their own lockers. We are very appreciative!

The Dining Services staff are looking forward to working with the school in the life skills area educating the children on food safety and small batch cooking. We are currently building relationships and doing some vocational work with the children. We are all enjoying the time working together. Another new addition since the cafeteria move is that we've introduced a breakfast station in the dining hall for staff to come and enjoy breakfast and coffee between in the morning. Our team are also enjoying being able to partake in the kids coffee and snack cart that comes around.

Holly Rios,  
Food Services Manager



## Element of Line

## STUDENT ART

This month in the art room we have been learning about the element of line. Our students have been busy making lines with different mediums and noticing different types of line in artwork and the world around us. While we love to draw, paint, and sculpt in art class, we also like to make art with everyday items. In this picture you can see Daisy creating different types of lines with several materials. Her focus during this line exercise was amazing, great job Daisy!

Robyn Allen,  
Art Teacher



Ask Your Child: What's your favorite medium to create with?

Daisy, age 10

## Healthy Eating for a Happy Heart

## NUTRITION

Get heart healthy for life by following the Dietary Approaches to Stop Hypertension (DASH) eating plan. This diet is scientifically proven to lower high blood pressure and cholesterol. It is also a healthy diet for everyone to follow.

### DASH Principles:

- Eat fruits, vegetables and whole grains
- Include fat-free or low-fat dairy products, fish, poultry, beans, nuts and vegetable oils
- Limit foods high in saturated fat like fatty meats, full fat dairy products, tropical oils (coconut, palm kernel and palm oils)
- Limit sugar sweetened drinks and desserts

### Simple Tips for Gradual Diet Change

- Increase whole grains. Try using brown rice in place of white. Try a whole grain bread in place of white bread.
- Choose healthy snacks like fruit, nuts, rice cakes, raw vegetables with low fat dip, low-fat yogurt
- Eat at least 2 meals per week with plant-based proteins like beans or legumes.
- Choose foods with the lowest saturated fat, sodium & added sugar content
- Choose a variety of protein foods
- Eat fish twice per week.
- Trim fat from red meats. Remove skin from poultry.
- Add 1 extra vegetable serving each day

Lesley Robie, RDN, LD, CNSC  
Registered Dietitian

Source: National Heart, Lung and Blood Institute



**#OurHearts**  
eat healthier together

Get heart healthy for life by following the Dietary Approaches to Stop Hypertension (DASH) eating plan. It requires no special foods, provides daily and weekly nutritional goals, and can help lower high blood pressure.

Support your loved ones in their effort to stick to DASH by doing the following together:

- Pick out recipes to try.
- Make a grocery list.
- Cook heart-healthy versions of family favorites.
- Enjoy the meals you've prepared.

[nhlbi.nih.gov/DASH](http://nhlbi.nih.gov/DASH)

**#OurHearts**  
are healthier together

NIH National Heart, Lung, and Blood Institute | **Food!**

## Campus Renovations

## HAPPENINGS

Exciting transformations are underway at Spaulding Academy & Family Services, as the campus undergoes a series of renovations to enhance its facilities and services. One focal point of these changes is the Howe building, dedicated to art and music, where a comprehensive renovation is in progress. Meanwhile, the Westwood renovations are nearing completion and moves have begun, poised to house the Family Service Leadership team. Anticipation builds as Lower Lambert is being prepared for the upcoming relocation of Health Services in the coming months, promising improved accessibility and functionality. Following this move, the Williams building is set to become the new home for our Board Certified Behavioral Analysts (BCBAs), Behavioral Leads, and Specialists, uniting them with the broader Behavioral Health team. These strategic renovations signify a commitment to providing an enriched environment for learning, creativity, and comprehensive care.

Nicole Keefe,  
Board Liaison & Communications Specialist

