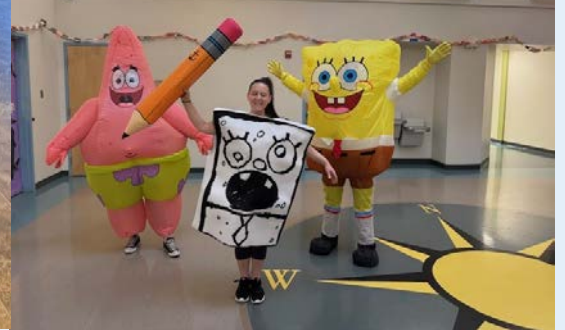


Halloween Costume Contest

LEARNING

We celebrated our 3rd Annual Staff Halloween Costume Contest, and the campus was packed with spook-tacular costumes! From Monster's Inc., Waldos, and Grease pink ladies, to characters from Spongebob, The Wizard of Oz, Harry Potter witches and wizards, and Choose Love Heroes, the creativity was off the charts. Laughter and smiles filled the air as students trick-or-treated through the various buildings and departments, making for a memorable Halloween afternoon. Life is truly gourd!

Nicole Keefe
Board Liaison & Communications Specialist



Ceramics

This past month in the art room we have spent time creating fall and Halloween themed art. We have made bats that can flap their wings, made plenty of sensory "potions," and drawn monsters of all sorts. We recently did trick or treat at school. For this activity we displayed the ceramic pumpkins the students made and invited them to pick their pumpkin from the patch and take it with them. The finished pumpkins are beautiful!

Robyn Allen,
Art & Music Teacher



STUDENT ART

Tips for a Healthy Thanksgiving

NUTRITION

Thanksgiving is a special time for us to enjoy family, friends, and food. With so many delicious foods, it is very easy to overeat. The average Thanksgiving meal contains 3,000 to 4,500 calories. The tips below will help lighten up your meal. Trim where you can!

- Avoid packaged and processed foods which are higher in sodium.
- Try reducing the sugar in your recipe by one quarter. This can save 200 calories for every ¼ cup.
- Add natural sweetness and reduce fat.....replace oil with equal amounts of yogurt or applesauce.
- Roast your turkey instead of deep frying. Brush your bird with olive oil instead of butter.
- When making mashed potatoes, use skim milk instead of whole. Add low fat sour cream or low-fat cream cheese instead of butter.
- Avoid "saving calories" for the big meal. Don't go to Thanksgiving dinner overly hungry.
- Plan ahead for treats and which ones you will pass up. Will you choose the pie or cake? This helps you limit impulsive choices because it ALL looks good!
- Fill half of your plate with veggies! Eat your veggies first to keep you full so you don't over eat other foods.
- Have a to-go box to give away and freeze what is left over if you are hosting.
- Include healthy choices on your menu like roasted vegetables in place of vegetable casseroles.
- Bring a healthy dish to share.

Lesley Robie, RND, LD, CNSC
Registered Dietitian



Conference Presentations



Spaulding Academy & Family Services was recently selected to present at the annual Counsel for Exceptional Children Conference in Baltimore, Maryland. The CEC annual convention typically attracts over 4,000 attendees. The title of The School's presentation will be: Spaulding Academy: Addressing complex Special Education Students through the SEL lens. Spaulding will be represented by 7 staff members at the conference, including School Administrators, Service Providers, and two Special Education Teachers.

Spaulding's team will highlight how they have created a community that has embraced Social Emotional Learning and the Choose Love Movement. They will provide participants with strategies for embedding SEL into everyday classroom activities and how to weave SEL into other academic subjects. By emphasizing collaboration among educators, therapists, and families, Spaulding Academy will showcase the power of a holistic approach to education that prioritizes both learning and emotional health. The School's participation in the CEC conference reflects a strong commitment to advancing the field of special education and empowering every child and staff member to reach their full potential.

Garrett Lavallee,
Principal & Special Education Director

Haunted Happenings

CLINICAL



This year's Haunted Hayride had a chilling zombie theme, brought to life by our amazing volunteers who helped with scares, costume makeup, and driving the hayride. With eight rounds of frights and countless screams, it was a thrill from start to finish! This event is always a big hit, drawing students and staff alike for an unforgettable evening of fun and fright.

Nicole Keefe,
Board Liaison & Communications Specialist



Choose Love Playlist

BEHAVIORAL



Recently we asked staff to share a song that they feel depicts Courage, one of the four Choose Love Pillars. Here are some of the songs we've compiled into a Choose Love Courage Playlist for you to check out!

- ROAR - Katy Perry
- Try Everything - Shakira (Zootopia soundtrack)
- Hero - Mariah Carey
- Fight Song - Rachel Platten
- Stronger - Kelly Clarkson
- Get Up Stand Up - Peter Tosh & Bob Marley
- The Fire - The Roots
- To Be Human - Sia Ft. Labrinth
- Scars To Your Beautiful - Alessia Cara
- Just Like Fire - P!nk
- Stone Mountain - St. Beauty
- Known - Philippa Hanna and Lily-Jo
- Thunder - Imagine Dragons
- Hold On - Shawn Mendes

Nicole Keefe,
Board Liaison & Communications Specialist



Holiday Stressors

PERMANENCY

Holidays are quickly approaching. With the high expectations from children, excitement in the air and all the demands that the holidays bring it is a great time to think about how you would like the holidays to run and how you want to take control of what you can control. It is a very overwhelming time of the year for so many of us and taking stock in our financial and emotional needs early can make the holidays so much better.

Here are some things you could do to minimize the stress of your holiday season:

- Prepare a budget and have a discussion about traditions that are worth keeping (letting go of the ones that provide too much stress is okay too).
- Prepare a list and stick to it - this is a good way of managing all that you want or need to do.
- Talk now about what is going to change for the holiday so it does not feel like last minute changes.
- Prep extended family as to what you can and can not commit to.
- Remember what the spirit of the holidays is and keep that in mind as you prepare.
- Develop a new holiday tradition that encompasses the act of giving outside of your family.
- Be grateful for what you have and embrace the world with a heart of love.

Doris Theberge,
Clinical Supervisor



TIPS FOR
MANAGING
HOLIDAY STRESS

Halloween Spirit Week

RESIDENTIAL

This week, the Residential team hosted a Halloween Spirit Week on campus, filled with festive events like a Decoration Contest, Spooky Bake-Off, Haunted Hayride, Pumpkin Carving, Ghoulish Games on the quad, and a Dance Party! Each event brought its own unique fun. The Ghoulish Games were packed with Halloween classics like donut on a string, duck pull, tie-dye shirts, a scavenger hunt, pumpkin painting, spider wobble, pin the boo on the ghost, witch ring toss, and bone digs. Huge thanks to our incredible team for always ensuring our students have memorable holidays!

Nicole Keefe,
Board Liaison & Communications Specialist

