

The Limitless Learning Podcast

LEARNING

Garrett Lavallee and I have dreamed of creating a podcast for years now, and I'm incredibly proud that we've finally made it happen with The Limitless Learning Podcast. Our goals going forward are to shine a light on all the incredible things our staff and students do here on a daily basis, to highlight in internal Spaulding staff and leaders to share ideas and strategies with other educators, and to bring in subject-matter experts from outside Spaulding to share their expertise with all of us - between those things it's already clear that we'll have no shortage of episode ideas and material!

Charley Suter, M.Ed.
Director of Technology & Innovation



Available on:
Spotify
iHeartRadio
Apple Music

Primary Colors

STUDENT ART

This month in the art room our students have been learning about the primary colors. We have been practicing mixing red, yellow, and blue to create secondary colors in a variety of mediums. These hearts were created using tempera paint on transparency paper. When they are held up to the light students could see the colors that they made by mixing red, yellow, and blue!

Primary color hearts by Stephanie's class.

Robyn Allen,
Art & Music Teacher



Choosing Healthy Alternatives

NUTRITION

There is a common belief that processed foods, with their high fat, sugar, and salt content, are inherently unhealthy. Did you know some items we consider “nutritious,” like bagged spinach or pre-packed apple slices, are also processed foods?

One way to define processed foods is any food that has changed from its natural state and has been altered in some way during preparation. Processing can include cutting, washing, milling, heating, pasteurizing, canning, cooking, freezing, drying, dehydrating, mixing, or packaging. It can also include foods with added preservatives, nutrients, flavors, salts, sugars, or fats.

Not all processed foods are created equal. Some foods need processing to make them safe, such as milk, which needs to be pasteurized to remove harmful bacteria. Other processed foods may result in higher levels of salt, sugar, and fat.

There are different levels of processed foods, from minimally processed to ultra- or highly processed foods. Understanding the definitions and examples of each can help you choose the most nutritious options.

Minimally processed foods have been slightly altered to be more convenient, sometimes safer, and more acceptable. The nutritional content of the food does not change, and no salt, sugar, oils, or fats are added. Many minimally processed foods are processed at their peak to lock in nutritional quality and freshness.

The next level of processed foods includes ingredients added to enhance flavor or texture, such as sweeteners, salt, oils, colors, and preservatives. Typically consisting of 2-3 ingredients, these foods are ready-to-eat without further preparation.

Ultra-processed or highly processed foods usually contain numerous ingredients (five or more), use low-cost ingredients, and are either ready to eat or require heating.

It is important to recognize that while it is difficult to avoid all processed foods, it is also unnecessary. Instead, aim to incorporate whole or minimally processed foods into your menus, limit processed foods, and avoid ultra-processed ones. Many minimally processed options, like frozen vegetables, are nutritious, high-quality, time-saving, and convenient.

Lesley Robie, RDN, LD, CNSC
Registered Dietitian



Adaptive Ski Program



This winter the EChO program went downhill fast when we took several groups of students skiing at Gunstock. The incredible staff at Lakes Region Disabled Sports used a variety of equipment, teaching strategies, and encouragement to get everyone gliding down the hill at the magic carpet. Some kids even rode the chairlift to rip turns on the slopes named after the legendary Penny Pitou. We are definitely looking forward to sharpening our skills even more next year at Gunstock.

Jason Sterner,
Outdoor Education
Coordinator



Promoting from Within

CLINICAL



This new year is bringing some great changes to the operation of the Behavioral Health department as well as continued efforts from the teams. The clinical department saw the promotion of Ashley Donahue, where she will now provide occupational supervision to clinicians. Ashley brings a wealth of knowledge and over six years of Spaulding experience into her new role. This provides the team with the collaborative support and expertise of Brian Horn, Doris Theberge and Ashley Donahue. Sarah Greenstein attended a training in Georgia on Dialectical Behavioral Therapy (DBT) and provided a great synopsis to the clinical team about all she learned during her training. This is one more tool that helps us to provide the best care to our clients, in keeping with industry standards.

Liz Lowrey, M.S. CMHC
Behavioral Health
Clinician



Residential Library

BEHAVIORAL



Our amazing behaviorists have been hard at work getting our clinic up and running! This month, we kicked off our ASA (after-school activities) in our cozy Residential Library, where we've been enjoying read-aloud story times and fun crafts. The students have been coming over to visit, and it's heartwarming to see how much they enjoy exploring the space and discovering all the wonderful books we have. A big thank you to Best Book Fairs in Woburn, Massachusetts for donating 8 boxes of books!

Another ASA that has been a huge hit is crafting! While crafting might seem simple, there's a lot of behind-the-scenes effort to make sure every student feels successful and confident. We break down each craft into easy steps with written schedules and helpful pictures, known as task analyses. It's been wonderful to have some of our older kids come in as mentors, guiding our younger students while they create a craft or read them a story.

Stay tuned for more exciting adventures in this space – this is just the beginning of all the great things to come!

Nicole Hilliker,
Behavior Specialist



Duck Activities

Duck Ceremony: On January 7th, Cutter Wiggins cottage hosted the duck ceremony where they were visited by Ducky, the Choose Love mascot. They received the prize duck for having the most duck bucks in the month of December out of all the cottages. Students dressed their prize duck in different outfits, brainstormed names for the prize duck, greeted Ducky and took pictures. Cutter Wiggins students were awarded 205 duck bucks for the month of December, bringing their total amount to 745 duck bucks since Spaulding began implementing duck bucks in September.

Coloring Ducks: For the first week of January, all the cottages participated in SEL (social emotional learning) group by coloring blank rubber ducks with paint markers. The activity was loved by both staff and students who showcased their artistic skills while creating a cottage flock of handmade rubber ducklings.

Liz Lowrey, M.S. CMHC
Behavioral Health Clinician

PERMANENCY



Gratitude Quilt

For an SEL group activity, students were given prompts regarding what they are thankful for and why it is important to show gratitude. These prompts were accompanied by designs that they could color. The various squares were then attached to create a cottage gratitude quilt that was hung on the wall for all to admire. They also completed an activity that involved identifying different emotions and sorting them by color. One student decided to put a sticker on their page that read "kind people are my people." The students stated that "it fits because gratitude involves being kind!"

Liz Lowrey, M.S. CMHC
Behavioral Health Clinician

RESIDENTIAL

