

Speech-Language Pathology Suite

LEARNING

To say the speech department at Spaulding Academy has grown over the last decade would be an understatement.

Until the school expansion was completed in the fall of 2023, you would find five speech therapists sharing a single room in the north wing of the Academy building. In a space designed for one, maybe two, therapists, as demand for our services exploded the department quickly evolved into five therapists - all continuing to share the same office space. While we joked about double-decker desks, and claimed any space we could as our own, the room began to feel overwhelming for both our staff and students.

Sometime during the latter part of 2022, the rumors began to circulate, but in early 2023 the blueprints confirmed it: the Speechies were getting a new space!

And what a space it turned out to be! Take a trip, down the hallway, into the new addition to the school. Here you will find a new and much improved Speech Suite, housing five new private offices, three treatment spaces, and a playroom - a place for collaboration, communication, and laughter. New walls... with new beginnings.

Morgan Bailey, CCC-SLP
Speech-Language Pathologist



Valentine's Day

This month in the art room we have been making Valentine's Day themed crafts. We made cards, small gifts, and, of course, hearts in many forms. One of the things that warms my heart is when I find a project every student can enjoy! That was the case with these marbled hearts made using shaving cream and food coloring.

Robyn Allen,
Art Teacher

STUDENT ART



Ask Your Child: What's your favorite heart design?

Hearts made by various students.

March is National Nutrition Month

NUTRITION

Many Americans eat out a lot. Our lives are busy, so we look to quick and tasty meals. You may get takeout, go to a food court, sit-down restaurant or eat in the cafeteria where you work.

The tips below will help you make healthful choices when eating on the run:

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide variety of menu items.
2. Review and compare nutrition information if available. Menu terms that may indicate an item is HEALTHIER include baked, braised, broiled, grilled, poached, roasted or steamed.
3. Menu terms that usually mean a food is HIGHER in saturated fat and calories include batter-fried, pan-fried, buttered, creamed, crispy and breaded. Choose these foods only occasionally and in small portions.
4. Think about your food choices for the entire day. If you are planning on a special restaurant meal in the evening, have a light breakfast and lunch.
5. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
6. Or choose a salad with grilled chicken or seafood as your main course.
7. It's OK to make special requests, just keep them simple. For example, ask for baked potato or salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces on the side.
8. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
9. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup or tuna around for a quick lunch.
10. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.

Lesley Robie, RDN, LD, CNSC
Registered Dietitian



Source: Academy of Nutrition and Dietetics

Vocational

At Spaulding, our commitment to fostering independence and vocational readiness extends across various programs. In the Residential program, students engage in Skill Building Opportunities, where they learn practical skills such as ordering household supplies and delivering them, vehicle cleaning and detailing, document shredding, shoveling, making copies, delivering mail, and recycling.

Within the Dining Hall, students are now participating in vocational opportunities by stocking shelves, and handling supply deliveries. Off-campus ventures include partnerships with a local food pantry and library, broadening students' experiences. Notably, we've recently initiated an off-campus vocational job opportunity at Lakes Region Riding Academy, offering a unique Equestrian Attendant role for 2-4 students once the mud dries. Furthermore, we are actively exploring additional off-campus sites to further diversify vocational experiences for our students. These initiatives aim to prepare our students not only for vocational success but also enhance their social and life skills for a successful transition into adult services.

Chris Cantwell,
Special Education Teacher

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Coming Together

CLINICAL



A fun activity that can bring people together during the last few months of winter is food. Fruit kabobs are fun, simple, and an enjoyable way to bring color to life and connect with one another! Not only is it also good for our bodies, it's something you could do with your child, family, or students.

Clinical Team



Fine Motor Skills

Fine motor skills are the ability to move your hands and wrists in a way that is helpful. We use these skills every day and probably don't think about it. You use them getting dressed, preparing meals, texting, folding clothes, tying shoes... the list goes on and on. It's easy to see why developing fine motor skills in children is so important. So, how can we encourage fine motor development? Through play!

Behavioral Health Team

BEHAVIORAL



Developing Fine Motor Skills through *Play!*

- playing with playdough
- cutting and pasting
- stacking building blocks
- scooping and transferring
- sorting small items
- stretching rubber bands
- peeling and placing stickers
- ripping paper
- drawing and painting
- squeezing clothespins
- doing a puzzle
- using pipettes
- squeezing spray bottles
- playing boardgames
- digging in a sandbox
- dressing a doll
- using tweezers
- bending pipecleaners
- using a geoboard
- pouring and measuring
- playing with puppets
- finger painting
- brushing a doll's hair
- stringing beads

@howweelearn

Ask Your Child: What's your favorite playtime activity?

The Family Resource Center

PERMANENCY

The Family Resource Center of Central New Hampshire believes that strong families lead to strong communities. The Family Resource Center provides parent education classes and workshops, early education playgroups, and so much more! The Parenting Education and Support offers workshops during the day and evening, with a variety of topics and formats to give caregivers, parents, and family members the support and confidence they need to develop important skills to make a real difference. Programs are open to the community and childcare and dinner are available free of charge to participants. The list of Spring 2024 trainings should be coming out soon, so stay tuned! For more information, please reach out to your Case Manager!



Resource: Family Resource Center

Choose Love Talent Show

RESIDENTIAL

Hosted by the Residential Department at Spaulding Academy & Family Services, the Second Annual Choose Love Talent Show was held on Valentine's Day! Kids and staff showed COURAGE while showing their dance moves, singing songs, being silly, playing musical instruments and doing fast math. Family, community members and providers were able to attend the event fostering nurturing, healing, and love.

