

Physical Education

LEARNING

When I was hired to be the Physical Education teacher here at Spaulding, I didn't really know what to expect with the population of kids that we served. I had only worked with special needs kids on a limited basis during my student teaching days in college. That was over 20 years ago!

I quickly fell in the love with the students here, they all seemed to really enjoy coming to see me. They were active, played, and had fun. 8 years into my career here at Spaulding, I learned maybe I was responsible for that when I won a statewide award. The New Hampshire Association for Health, Physical Education, Recreation and Dance (NHAHPERD) awarded me the Outstanding Professional Award for Adapted Physical Education. I have the plaque and the news paper clipping to prove it too.

I've always wanted to create a fun and safe environment for the students to participate in. It's also been important to be patient and to learn to adapt instructions and equipment to each student's interests, abilities, and needs. I have been successful in doing this thanks to Spaulding, who has always supported the teaching environment and adaptive tools I need to be effective with our wide range of students that we serve.

During my time here, I have also taken on the role as the Special Olympic coach, where students compete against other athletes from all over the state! Spaulding has participated in floor hockey, soccer, basketball, track and field, and snow shoeing through out the years! I have always enjoyed watching our students compete with other schools in the state during these events!

Brian Doyle,
Physical Education Teacher



Photographed: Students with Brian Doyle

Bucket Drumming

STUDENT ART

This month in the art room we have had an artist in residence. Mr. Rich from Youth Beatz has come to share bucket drumming with us! Mr. Rich has been coming to Spaulding for several years now and our students always look forward to his residency. Not only did we focus on making awesome music, but we also spent time together working as a team, sharing kind words, and being open to new opportunities to be creative together. Our students are total rock stars!

Robyn Allen,
Art Teacher



Ask Your Child: What's your favorite thing about drumming?

Processed Foods

NUTRITION

What Are Ultra-Processed Foods?

These are foods that are significantly changed from their original state and are manipulated with added sugar, salt, hydrogenated oils, additives, preservatives and/or artificial colors. These ingredients are intended to appeal to our taste buds. Some UPFs include candy, soft drinks, chips, ice cream, sweetened breakfast cereals, pastries, processed meats like chicken nuggets and hot dogs, fries, salad dressings, coffee creamers, some breads, peanut butters and more.

Why Are They Bad for You?

Consumption of UPF is associated with increasing inflammatory conditions such as type 2 diabetes, obesity, heart disease and autoimmune conditions like inflammatory bowel disease. New studies suggest that high intake of UPF may be linked to increased likelihood of mild depression, anxiety, cognitive decline, diminished ability to learn, remember, reason and solve problems.

How can you work on reducing your intake of UPFs?

- Focus on whole or minimally processed foods.
- Not all boxed foods are Ultra-Processed. Minimally processed foods are safe and include: frozen and canned vegetables, dried and canned beans or lentils, whole grains, canned tuna, roasted nuts
- Read Labels. Try to avoid common food additives and preservatives like: High-fructose corn syrup, butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), carrageenan, food dyes, hydrogenated oils, sodium nitrate and sulfites, lecithin, carboxymethylcellulose, polysorbate-80
- Make your own. Cook favorite foods at home.
- Tune in next month for some more ways to reduce UPFs in your diet.



Lesley Robie, RDN, LD, CNSC
Registered Dietitian

Winter Carnival

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At the beginning of the month, Spaulding Academy kicked off its much-anticipated Winter Carnival, igniting a week-long celebration brimming with excitement and camaraderie. From the captivating wildlife presentation by Squam Lake Science Center to the whimsical antics of Wacky Hair Day, every day was a new adventure. Winter Olympics brought out the competitive spirit, and classrooms battled it out in a spirited Sled Building Competition. Rainbow Day splashed vibrant hues across the halls, and the rhythmic beats of Bucket Drumming echoed through the corridors. Finally, Pajama Day brought a cozy conclusion to the festivities, leaving the school resonating with the echoes of joy, smiles, and laughter.

Nicole Keefe,
Board Liaison & Communications Specialist



Trust-Based Relational Intervention (TBRI)

CLINICAL



TBRI is a therapeutic and holistic approach that is multi-disciplinary, flexible, attachment-centered, and used at Spaulding. It is an evidence-based, trauma-informed intervention that is specifically designed for children who come from hard places, such as maltreatment, abuse, neglect, multiple home placements, but the principles apply to all children.

TBRI training helps caregivers to provide effective support and treatment for at-risk children. TBRI has been applied in residential treatment facilities, foster/adoptive homes, schools, juvenile detention centers, and incorporated into support provided by DCYF including child protection and juvenile probation. It has been used effectively with children and youth of all ages and all risk levels.

TBRI has a set of 3 principles that give caregivers, parents, and professionals the tools to bring healing and connection to children.

The 3 principles of TBRI are:

- Connecting
- Empowering
- Correcting

Ashley Donahue, LCMHC
Community Residential Clinician/Mentor

TRUST-BASED
RELATIONAL
INTERVENTION®

Library

BEHAVIORAL



Did you know there is a library on campus for residential students? Every Tuesday from 3:00 - 5:00pm all students are welcome to come look at books in the Community Center and sign out a book. Each book must be returned prior to signing out another book. Each kiddo who returns their book, in good condition, is put into a raffle for a gift card to Walmart which is drawn at the end of each month!

This is designed to increase and build community engagement skills that can then transfer to the natural community and public libraries. Going to the library incorporates social skills, executive functioning, and supports the love of learning and exploring interests. Public libraries play an important role in supporting community, learning and connection. Public libraries can also provide resources, such as educational materials, trainings, access to computers, and a safe communal place for families. Several published studies confirmed that public libraries had a tremendous importance in every community by providing various services.

Erica DeFilippo, MS, ABA
Board Certified Behavioral Analyst
and
Ashley Donahue, LCMHC
Community Residential Clinician/Mentor

Build connections by reading together!



Area Agencies

PERMANENCY

An Area Agency provides an array of services to those individuals who qualify. Area agencies are a wealth of support and resources. They can be a key piece to success and a great support. Connecting and working with your area agencies is important. The Area Agency System was developed as part of the service delivery system in New Hampshire and ensures person-centered planning is at the core, which provides a safety net for individuals and families. Area Agencies are focused on encompassing the needs of the individuals and families they serve by hearing their voice, "nothing about us, without us". In the face of regulatory and administrative alterations that jeopardize service quality, it is imperative to involve individuals and families to influence laws, regulations, and government relations.

Here is the list of Area Agencies in regions throughout New Hampshire. For more specific information please reach out to your Permanency Specialist!

Region 1 Northern Human Services
Region 2 Pathways of the River Valley
Region 3 Lakes Region Community Services
Region 4 Community Bridges
Region 5 Monadnock Developmental Services

Region 6 Gateways Community Services
Region 7 The Moore Center
Region 8 One Sky Community Services
Region 9 Community Partners
Region 10 Community Crossroads

Cheryl Consoletti,
Permanency Specialist

Community Engagement

RESIDENTIAL

Joyce McKenney is the Community Engagement Specialist. There are many ways Joyce supports our students with skill building and vocational opportunities. She has been working hard on getting these programs back up and running for students! Below are a few of the many things she supports students with here on campus.

Weekly engagement and meaningful activities in the community:

Joyce helps to find the events, communicates with the organizers, follows up on the success and feedback of the community activity. In the most ideal situation, she likes to have all the foundations put in place, so the staff can focus on the trip and the children. Some of the community programs that are occurring right now with students are, Healing with Horses, Old Dogs Go To Helen, and Equine Therapy programs.

Seasonal celebrations on campus and more:

In addition to the Activities Committee events that are on campus, Joyce also makes sure holidays are amazing, with Easter Baskets, Halloween functions, Christmas Eve fun, Christmas morning presents, and meals for each holiday. She gathers items such as helmets, sleds, knee pads, or whatever the season may call for!

Skill Building Opportunities:

Students 14 and over can start Skill Building Opportunities! This can include on or off campus opportunities. Recently some off campus opportunities include, The Flip Side Diner and Lakes Region Riding Academy.

Michelle Baron, M.Ed
Family Services Director

