

## Growing Within



## LEARNING

We are delighted to announce that Meaghan Emmons has been promoted to the position of Chief Executive Officer. Having served as Chief Financial Officer for the past two years, Meaghan has been a wonderful addition to the leadership team.

Reflecting on her time as CFO, Meaghan shared, "I have truly loved my time as CFO at Spaulding and am so thankful for all the experiences over the last few years that have allowed me to learn and grow and to engage with our vibrant community in a myriad of ways. I am thrilled and honored to step into the role of CEO at Spaulding. While I know that I have big shoes to fill, I am committed to upholding the mission and vision of Spaulding and to continuing the work of supporting our exceptional students alongside our talented and dedicated staff. I look forward to collaborating with you all to create an environment that fosters learning, compassion, innovation, and success. I believe that for Spaulding the best is yet to come, and I welcome your thoughts, ideas, questions, comments, or feedback anytime!"

With her unwavering commitment, we are confident that Meaghan will lead Spaulding to new heights. Please join me in congratulating Meaghan and wishing her continued success in her new role.

Nicole Keefe,  
Board Liaison & Communications Specialist

## Ceramics

## STUDENT ART

This month in the art room we have started our ceramic's unit! Clay is a favorite medium among many of our students. We will learn to make pinch pots, coil pots, slab sculptures, and experience working on the potter's wheel in the next few weeks. In this photograph are several of the pinch pots made by the young artists in Bridget's class.

Robyn Allen  
Art & Music Teacher



Ask Your Child: What is your favorite medium?

## Summer BBQ Safety

With summer here many of us fire up the grill, but more than half of all Americans grill year-round. Here are some food safety and nutrition tips to beef-up your barbeque.

### Grilling Foods Safely:

- Clean Your Grill – clean your grill with hot soapy water and remove any charred debris or grease buildup after each use.
- Keeping Your Foods Clean – Switch & wash cutting boards, knives and other utensils when going between raw meat and ready-to-eat foods. Wash cutting boards and utensils in hot, soapy water between uses. Always wash hands.
- Marinating Musts – marinate meat in the refrigerator rather than on the counter or next to the grill. Discard or boil any leftover marinade to prevent cross-contamination with re-use.
- Use a Food Thermometer – Check the temperature of your grilled meats. A food thermometer helps you be sure your food is done but not overcooked yet has reached a safe internal temperature.

### Pile on the nutrients. Summer is a great time to try new foods with so much fresh produce!

- Add flavor to your meal with vegetables cooked from the grill. Brush vegetables like corn, peppers, onions or summer squash with olive oil or a vinaigrette. Season with herbs and cook on the grill until tender.
- Cook sliced vegetables like zucchini, tomatoes, carrots, onions, peppers, mushrooms or eggplant in heavy-duty aluminum foil and grill until tender.
- Toasted Dessert – Grill fruit kebabs, pineapple slices or peach halves on low heat until fruit is hot and slightly golden. Serve the fruit on top of a scoop of low-fat yogurt.

### When you're chilling....Make sure your food is too!

- Watch the Clock – Refrigerate foods promptly! Perishable foods are only safe at room temperature for 2 hours. When temperatures are 90 degrees or warmer, these foods are only safe out of refrigeration for 1 hour!
- Let Leftovers Go! – Keeping grilled foods too long can affect taste, quality and safety. Refrigerator life is only 3-4 days and leftovers need to be reheated to an internal temperature of 165 degrees F to be safely consumed.

Lesley Robie, RDN, LD, CNSC  
Registered Dietitian



## NUTRITION

## Campus Events

This year's Annual Staff Appreciation Day was a resounding success, filled with laughter, camaraderie, and memorable moments. The event was a testament to the incredible spirit and dedication of our staff, who came together to enjoy a day of fun and relaxation. The day was made even more special with the presence of 603 Smok'n Que and Clyde's Cupcakes food trucks, offering delicious meals and treats that everyone enjoyed. The tantalizing aroma of barbecue and the sweet scent of cupcakes filled the air, creating an inviting and festive atmosphere.

The abundance of swag and exciting raffles kept the excitement levels high. A dedicated DEI table, decked out with exclusive swag, highlighted our ongoing commitment to diversity, equity, and inclusion, while the Wellness table served as a reminder of the importance of taking care of our mental and physical health. Both tables were popular spots, providing valuable resources and fostering meaningful conversations.

The turnout was wonderful, with countless smiles and laughter echoing throughout the event. It was heartwarming to see staff interacting, sharing stories, and simply having fun together. The sense of community and appreciation was palpable, making this day truly special. As we reflect on this fantastic event, we extend our heartfelt gratitude to everyone who made it possible and to all the staff who joined in the celebration. Your hard work and dedication are what make our organization thrive, and we look forward to many more celebrations in the future.

Nicole Keefe,  
Board Liaison & Communications Specialist

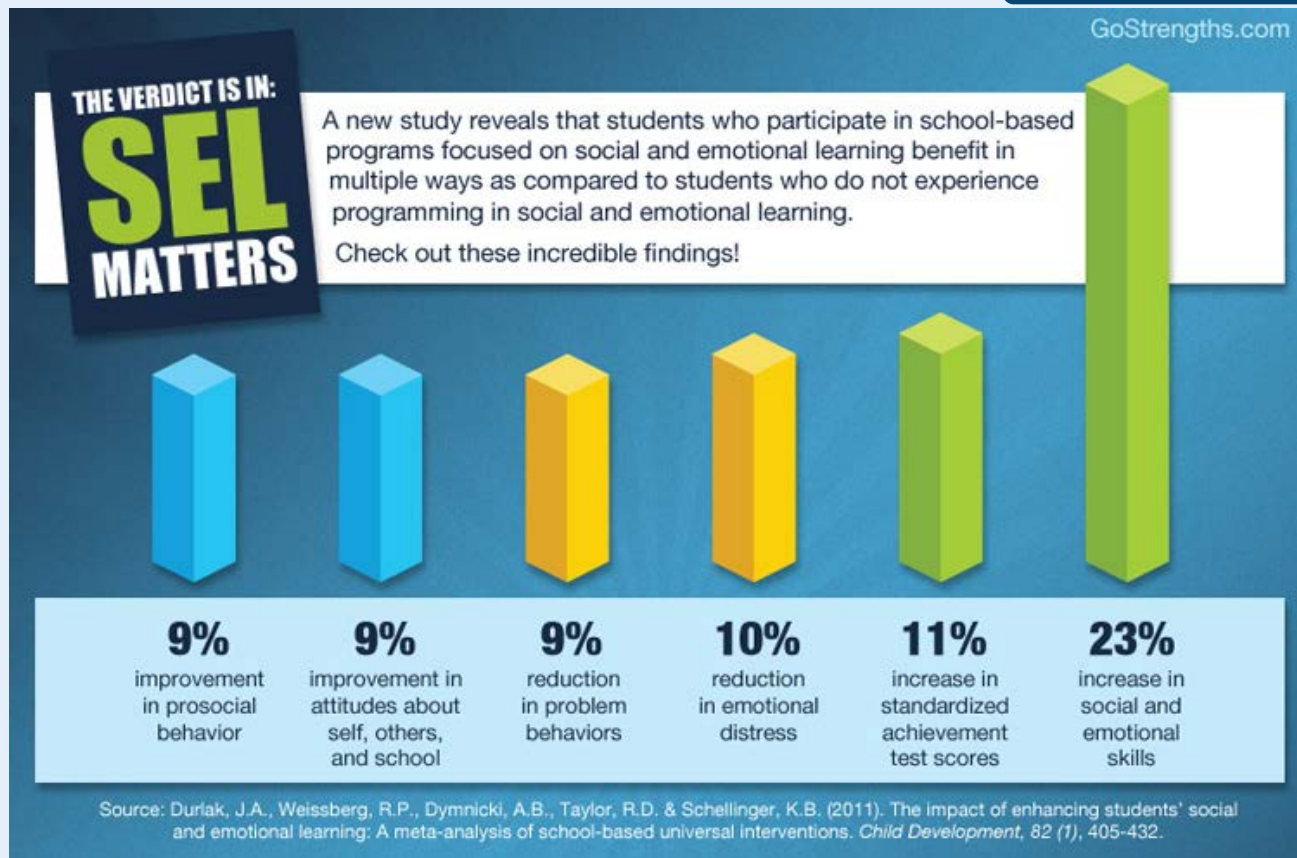
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## Social Emotional Learning (SEL)

CLINICAL



## Skill Acquisition

BEHAVIORAL



Board Certified Behavior Analyst's (BCBA) not only work on identifying, addressing, and reducing interfering behaviors they work with clients on skill acquisition. BCBA's utilize various assessments to identify areas of need, develop plans, train staff to carry out plans and monitor data to ensure progress is being made.

These skill acquisition programs include academic skills, communication skills, self-management skills, social skills, community skills and vocational skills.

Erica DeFilippo, BCBA

### Skill Acquisition

- Positive behavioral change is created through a multi-faceted approach.
- **The key element:** recognizing where the skills deficits lie through assessments, then creating programs to build these skills.
- Skills can be taught across environments.
- **Academic:** ABA is used in the school to teach all kinds of academic, functional living, social and communication skills.
- Programs are often created to support IEP goals.
- **Residential:** ABA is used to teach functional life, play/ leisure social, independent living, safety, community and communication skills.



## Sensory Processing

Sensory processing helps children learn about the world they live in, develop and use language, control emotions, and even develop healthy relationships with others. For example, when toddlers crawl, try new foods, or bump into things, their brains interpret feedback from the senses. They learn that apples are crunchy, but cheese is soft. They process what they taste, see, smell, touch, and hear. These experiences help them grow and develop.

Our senses have four primary functions:

- o To alert the body and brain to important cues
- o To protect the body and brain from becoming overwhelmed
- o To select what is important to pay attention to
- o To organize the brain automatically

Question - Have you ever had a sensory experience impact your mood, thinking and behavior? (Think - have you ever been 'hangry')

Ashley Donahue, LCMHC  
Community Residential Clinician/Mentor

## PERMANENCY ♥



## Self-Awareness

## RESIDENTIAL ♥

Students were asked to create posters about what self-awareness means to them, and our winners were given a gift card and were a part of the Social Emotional Learning (SEL) presentation given to the board!

All of our residential students completed a self-awareness activity that clinicians, case managers, behaviorists, residential staff, and themselves will be able to use as a regulation tool. When students are feeling big emotions, they can look at their self-awareness activity and pick out an activity to help them regulate. This will help students and staff by providing a list to choose from which reduces auditory stimulation, provides choices, and encourages independence.

We just rolled out our next SEL campus-wide activity and students are creating posters on diversity, equity, and inclusion! Stay tuned!

Hannah Hayes,  
Residential Milieu Counselor

