

Authors Tea

Last month, Spaulding hosted its Annual Authors Tea, and the event was nothing short of inspiring. With a fantastic turnout, the Spaulding community came together to celebrate the incredible creativity and dedication of our students.

Authors Tea provides a platform for every student to shine by showcasing their hard work on a variety of literacy projects. From heartfelt poetry collections to captivating fictional stories, insightful biographies, and even innovative audible books, the event highlights the diverse talents of our students.

The school buzzed with pride and excitement as families, staff, and community members admired the students' projects. Every participant had the opportunity to share their unique creations, leaving attendees impressed by their effort and imagination.

We're proud of our students for their hard work and grateful to everyone who joined us in celebrating their achievements. The Authors Tea remains a cherished tradition at Spaulding, reminding us all of the power of storytelling and the importance of supporting young voices.

Nicole Keefe,
Board Liaison & Communications Specialist

LEARNING



Self-Portraits

This month in the art room our students have been busy doing all sorts of drawings. We recently had an event, Authors Tea. For this event, the students in Bridget's class made cartoon self-portraits for the covers of their books! They worked very hard to create these lovely self-portraits, each one is as animated and unique as the child who created it. Great job artists!

Robyn Allen,
Art & Music Teacher



STUDENT ART

What's the Scoop on Energy Drinks?

NUTRITION

Regular consumption of stimulant-containing beverages can increase your risk of adverse health effects. Energy drinks are promoted as a way to supercharge your mind and body by helping you focus and be more alert. But all that glitter isn't gold! Despite the popularity of energy drinks, they can pose some serious health risks if you are not careful.

Caffeine is noted to be the most widely consumed psychoactive drug in the world. It is also the most comprehensively studied. What are the recommended guidelines around caffeine consumption?

- Adults >18 years of age should limit intake to 400 mg of caffeine per day.

Adverse effects can include: Anxiety, depression, hallucinations, headaches, mood swings, gastrointestinal upset, nausea, rapid heart rate, stroke, tooth decay and weight gain.

The take home messages of safe caffeine consumption:

Follow the established limits to minimize your risk of adverse health effects.

Watch portion sizes!

Consume energy drinks cautiously and not in combination with other caffeinated foods or beverages.

How much caffeine is in some commonly consumed foods and beverages?

Caffeine Content of Foods and Beverages - be sure to note portion size!

Food	Caffeine Content (mg)	Food	Caffeine Content (mg)
Brewed Coffee (8 oz cup)	100	Red Bull (8 oz)	80
Decaf Coffee (8 oz cup)	2-3	Monster (16 oz)	150
Starbucks Frappuccino (8 oz cup)	82	Energy Shots (2 oz)	200-300
Iced Tea	65-75	Celsius (12 oz can)	200
Brewed Black Tea	47	Mountain Dew (12 oz can)	55
Citrus sodas (most brands 8 oz)	0	Bittersweet chocolate (3 oz)	125
Root beer (most brands 8 oz)	0	Milk chocolate (3 oz)	45
Cola (most brands 8 oz)	22	AJ's Rush (12 oz)	114
Dunkin Extra Charged Coffee (20 oz)	360	Dunkin Large Coffee (27 oz)	270
Xtra large (24 oz)	431		

Lesley Robie, RND, LD, CNSC
Registered Dietitian

Thanksgiving Luncheon

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This year's Annual Thanksgiving Luncheon at Spaulding was a beautiful celebration of gratitude and community. Catered by Hart's Turkey Farm, the event brought together Spaulding staff and students (past and present), local police and fire departments, members of the quilters guild, board members, donors, and family members for a festive meal and holiday cheer.

The atmosphere was filled with warmth and togetherness, enhanced by the creative "thankful turkeys" displayed. Guests reflected on the many things to be grateful for, fostering a sense of connection and appreciation. This cherished tradition continues to highlight the strong bonds within the Spaulding community, making the season of gratitude truly special.

Nicole Keefe,
Board Liaison & Communications Specialist



Photo Permissions

CLINICAL



Hello Parents/Guardians!

Over the last couple months the new Photo Authorization and Student/Parent Handbook Authorization forms were emailed to you for signatures. These releases are an important and mandatory part of your youth's care. If you have not signed and returned the forms, please do so at your earliest convenience. If you would like an additional copy of the forms or a hard copy of our handbook, please reach out to your youth's case manager or our administrative assistant (astutzman@spauldingservices.org) and they will be happy to assist you.

Angela Stutzman,
Administrative Assistant - Behavioral Health Services



Applied Behavioral Analysis

BEHAVIORAL



How does ABA fit into Spaulding's Mission?

- Spaulding's Mission: We believe that each child deserves a childhood which includes opportunities to learn, grow, and play.
- Applied Behavior Analysis: Provides opportunities for academic, social, and emotional growth as well as builds independence.



Nicole Hilliker,
Behavior Specialist



Christmas Breakfast

Start your Christmas celebrations early this year! The Pines Community Center is right next to Spaulding Academy and Family Services and easy to locate. If you have a visit planned for Saturday December 7th, contact your case manager to join the Christmas Breakfast! Have some fun in the community, eat good food and spend time together before, during, or after your visit.

P.S. Santa and Mrs. Claus will be there at 8:30am!!

Ashley Donahue,
Community Residential Clinician/Mentor

PERMANENCY 



Choose Love

RESIDENTIAL 

For the past couple of months, we have been working on the Courage pillar of Choose Love. We have seen great participation and excitement around the different courage activities. This is a little recap of the courage pillar in the Residential department as we get ready for the gratitude pillar!

Student Choose Love Reflections:

"I think Choose Love is about choosing love no matter how rough the circumstances could be. You've taught me how to be grateful for people in my life and you've taught me the importance of staying positive through bad times" - Student

"Choose Love is great and has taught me so much!" - Student

Staff Awarding the Most Duck Bucks:

Shay - 167 Salena - 166 Hannah - 142 Jasmine - 114 Danielle - 77 Cindy - 60 Bailey - 40 Lisa - 27

Hannah Hayes, Residential Milieu Counselor
Jasmine Tewksbury, Residential Milieu Counselor
Danielle Schmitz, Therapeutic Support Counselor
Cindy Reid, Residential Milieu Counselor

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new hampshire

