

## Annual Staff Holiday Party

## LEARNING

On December 18th, the School Cafeteria was transformed into a festive haven as we hosted this year's Annual Staff Holiday Party. With about 240 attendees, the event was a delightful celebration of camaraderie and holiday cheer.

Our dedicated and talented Food Services team truly outdid themselves, presenting a beautiful spread that was as delicious as it was visually stunning. The atmosphere buzzed with excitement as colleagues gathered to enjoy the delectable treats and celebrate the season together.

Adding a creative touch to the festivities, guests had the opportunity to decorate their own ugly sweater ornaments. This activity sparked creativity and laughter, with participants showcasing their unique designs. Swag was also on hand, adding an extra layer of joy and appreciation for all who attended.

The room was filled with smiles and laughter, a testament to the warmth and togetherness that define our community. The Annual Staff Holiday Party was not just an event but a celebration of the incredible people who make our campus a special place.

Here's to more moments like these and a wonderful year ahead!

Nicole Keefe,  
Board Liaison & Communications Specialist

Left to Right: Jesse Kosman-Holland, Adam Cannon, Jacqueline Gilbert, Christine Cain, Garrick Brewer, Ryan Tardif, Rodney Pitman, Brianna LaRoche, Daniel Stanberry, Krystal Stickney



## Winter Art

This month in the art room we have been busy creating winter-based art. Our students are learning about mixed media and exploring new mediums. This snowman was made by Zachary using marker, chalk pastel, and tempera paint sticks. Great job Zachary!

Robyn Allen,  
Art & Music Teacher

## STUDENT ART



## Tips for Healthy New Year's Resolutions that Stick

Avoid pitfalls by:

- Setting realistic goals
- Focusing on behavior and lifestyle changes
- Staying away from fad diets
- Avoid setting weight-related resolutions

Realistic goals are measurable. A timeline helps. An example is "over the next month I will go to the gym three times a week." This helps you to be accountable to yourself.

Set small nutrition goals that you can achieve. Here are some healthy nutrition goals that help you start making better choices a little at a time.

1. Increase your intake of vegetables. Most of us do not eat the recommended number of servings of vegetable in a day. Start by adding 1-2 more servings per day. Try putting vegetables in your pasta dishes, in egg dishes at breakfast and try a vegetable as part of your snack choices. Finish the day with a big salad in the evening.
2. Add more whole grains. Choosing whole grains will increase your fiber intake and help you feel full longer. Whole grains also help improve your digestive health. Try trading out white bread or rolls for whole grain options. Try whole wheat pasta or other whole grains in place of white pasta. Try whole grains like quinoa as a cold salad in place of pasta salad.
3. Cut down on sugary drinks. Up to 40% of Americans drink regular soda daily. Cutting down on sugary drinks can help you remove empty calories. Start by reducing intake and replacing with water or flavored water. Removing just 3 sugary drinks per week can save up to 600 empty calories.
4. Cook at home 1 more night a week. Many of us are busy and rely on processed, packaged food or take-out meals. Cooking at home with fresh ingredients will help you reduce added sodium and extra calories.

Start with one meal at a time. Look at each meal as an opportunity to make a healthy choice.

Lesley Robie, RDN, LD, CNSC  
Registered Dietitian

## NUTRITION



## BCBA Team Opens New Treatment Clinic

What an exciting day for our Behavioral Health department and the amazing students we serve, both now and in the future, as we open our new treatment clinic! This new space is going to be a fantastic spot for all sorts of skill building opportunities, like social, adaptive, communication, academic, and coping skills, and behavior management. It's also a great space for conducting assessments to help us tailor our treatment for each student. I'm so grateful to be part of such a supportive, knowledgeable, and caring team of behaviorists. I can't wait for all the fun and learning that 2025 has in store for us!

Nicole Hilliker,  
Behavior Specialist

Left to Right: Ashley Dunham, Vincent Moniz, Nicole Hilliker, Meaghan Emmons, Erica DeFilippo, Linda Pletch, Brianna Bradley, Jessica Fairweather, Moss Hartwell



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## New Leadership and SEL

## CLINICAL



Clinicians have been working on structuring the department in a way where supervision & goals can be met in a collaborative way. In very exciting news, Ashley Donahue has accepted the role of Clinical Supervisor, where she will be supervising the residential clinicians in their professional pursuits. Ashley will work under Brian Horn, Clinical Coordinator, to continue to bring collaboration and growth to the clinical team. Within this change, clinicians will now have the support and expertise from Doris Theberge, Brian Horn, & Ashley Donahue to help guide them on clinical cases.

Another key highlight is the team's continued commitment to Social Emotional Learning (SEL), and its embodiment on campus daily. Doris, Hannah, Danielle, Cindy & Jasmine continue to support the cottages through on and off campus activities, events and after school activities that are aimed at increasing campus knowledge of SEL. As SEL continues to grow on campus, we look forward to new opportunities for trainings for staff that explain the core tenants of SEL.

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician



Left to Right:  
Brian Horne, Ashley Donahue, Adam MacLeod

## ABA Parent Training

## BEHAVIORAL



This month, the behaviorists have been hard at work developing an ABA-based parent training. This training will include skills such as toileting, sleep issues, communication, schedules, daily living and much, much more. This training is aimed at supporting parents in the generalization of skills to maintain our clients' progress when they are in and/or return to the home setting. This will be a great way to provide continuity of care while also furthering our support of the families we serve. This team is excited about this new development and looks forward to rolling it out soon.

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician



Left to Right: Vincent Moniz, Moss Hartwell, Nicole Hilliker,  
Linda Pletch, Brianna Bradley, Jessica Fairweather, Ashley  
Dunham, Erica DeFilippo



## Department Upgrade

## PERMANENCY ♥

The permanency team has made an exciting move to make all residential case managers part of our permanency plan, under the new permanency umbrella. What this means is that now our permanency workers will support our residential clients during both their time at Spaulding and then maintain their role on the client's team for 6 months post discharge. During this transition, Brian Horn, Clinical Coordinator, will continue to supervise the permanency team while they absorb what was formally known as the case manager role. This will be a great way to maintain the connection that our team members have with the families & clients that they work with. Stay tuned for more information on this exciting new change!

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician



Left to Right: Sarah Smolen, Linda Pletch, Ashley Dunham, Kori LaPage

## Holiday Festivities

## RESIDENTIAL ♥

This December, in Residential, we are trying a few new things! The students will be able to fill out Candy Grams for staff that will be delivered weekly. Such a good way to give back! We also will be having not 1 but 2 student Holiday Parties. We will have our normal party where students will have a meet and greet with Santa. They will get cookies, an early present, and a picture with Santa! Then we will have a sensory friendly Holiday Party for our Neuro-Behavioral students. We also will be having our annual Christmas Tree decoration competition between cottages. To end the month, we will have individual New Year's Eve celebrations.

Salena Durette,  
Residential Program Daytime Supervisor



Left to Right: Salena Durette, Santa, Michelle Baron / Student, Santa, Salena Durette