

## Bravery Presenting to the Board

At our March Board meeting, we had the privilege of witnessing a powerful Mission Moment that left the room inspired and uplifted. One of our incredible students bravely stepped up to share her journey at Spaulding, presenting her process directly to the Board of Directors.

With poise and confidence, she walked us through where she started, the milestones she's reached, and the goals she continues to work toward. She not only delivered a heartfelt and thoughtful presentation but also engaged in a robust Q&A, answering questions and offering personal insight into what has helped her succeed – both academically and personally.

Hearing her share her story with the support of her team around her was nothing short of inspiring. She's a shining example of the strength and potential our students carry, and we are so proud of her growth and continued accomplishments.

Moments like these serve as a powerful reminder of why we do this work – to support, uplift, and empower our students every step of the way.

Nicole Keefe  
Board Liaison & Communications Specialist

## LEARNING



## Printmaking

This month in the art room our students have been learning about printmaking. We have used several different techniques in printmaking, but the favorite among our students was using vegetables to create prints! We used potatoes, cabbages, and brussel sprouts with ink to create prints that celebrate the beauty of nature. Displayed is a print made by Raelynn created using vegetables and ink!

Robyn Allen,  
Art & Music Teacher

## STUDENT ART



## Keeping Food Safe to Eat

Thousands of bacteria are naturally present in our environment. Some, called pathogens can cause illness and disease. When pathogens enter our food supply, they can cause foodborne illness. Products including safely cooked and ready to eat foods, can become contaminated from raw egg products, raw meat, poultry or from food handlers with poor personal hygiene.

Most food borne illnesses can be prevented with proper cooking.

### Keep Food Out of the "Danger Zone"

Never leave food out of the refrigerator for more than 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.

Keep hot food hot—at or above 140 °F. Serve food immediately or place in preheated steam tables, warming trays, and/or slow cookers.

Keep cold food cold—at or below 40 °F.

Cook food to a safe internal temperature of at least:

145 °F for raw whole beef, pork, lamb, veal, chops, or seafood

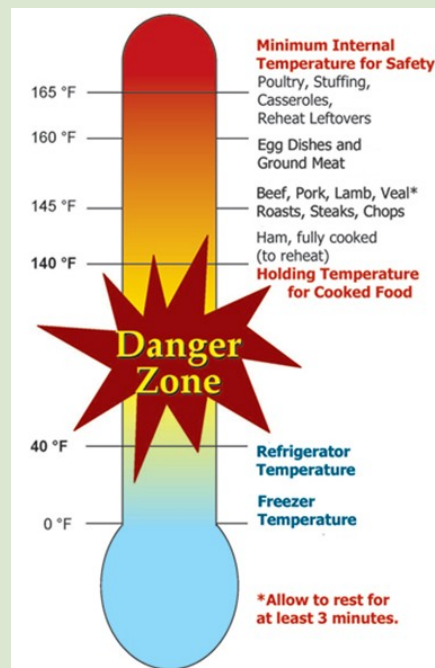
160 °F for all raw ground beef, pork, lamb and veal

165 °F for all poultry

Maintain hot cooked foods at 140 °F or above. When reheating cooked food, reheat to 165 °F.

Lesley Robie, RDN, LD, CNSC  
Registered Dietitian

## NUTRITION



## Sensory Party

In honor of Autism Awareness Day on April 2nd, the Residential team hosted a joyful and engaging sensory party as part of the After School Activities program. Students had the opportunity to explore a variety of hands-on sensory stations designed to spark creativity, encourage exploration, and promote fun in a supportive environment.

The event featured a wide range of sensory experiences, including buckets of rice and beans, fluffy shaving cream, colorful playdoh, bubbles, kinetic sand, and even an outdoor water play station – perfect for the sunny spring afternoon. Laughter and creativity filled the space as students moved from one station to the next, fully immersed in the tactile fun.

Of course, no celebration is complete without snacks, and the team made sure everyone had something tasty to enjoy while taking a break from the activities.

The sensory party was not only a tribute to Autism Awareness Day but also a celebration of inclusion, creativity, and joy. A big thank you to the Residential Team for creating such a thoughtful and memorable experience for our students!

Nicole Keefe,  
Board Liaison & Communications Specialist

## HAPPENINGS





## Integrating SEL & Choose Love

The Clinical Team continues to work closely with Doris to find meaningful and engaging ways to embody Social Emotional Learning (SEL) and the Choose Love movement within the department and throughout campus. Their ongoing collaboration is focused on integrating these values into daily practice in ways that feel authentic, impactful, and sustainable.

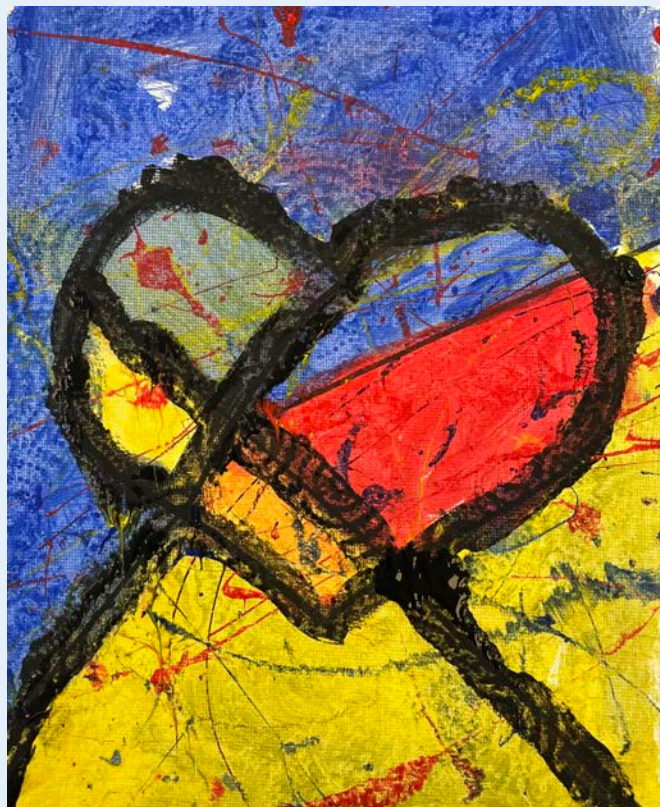
In partnership with the Milieu Counselors and Therapeutic Supports, the team has been actively brainstorming and developing creative strategies to ensure that behavioral health continues to be a leader in promoting SEL across campus. From department-wide initiatives to everyday interactions, the goal is to weave the Choose Love principles – courage, gratitude, forgiveness, and compassion-in-action – into the fabric of how we support students.

We're excited to share that there are some really cool ideas in the works! From interactive activities and shared language to visual reminders and intentional relationship-building, the team is laying the groundwork for a more connected and emotionally intelligent campus culture.

Stay tuned—what's coming next is sure to make an inspiring impact!

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician

CLINICAL



## Visual Schedules

Visual schedules are a fantastic tool for creating structure and predictability in daily routines. Whether for children, adults, or anyone who thrives with clear guidance, visual schedules provide a simple yet powerful way to break down tasks and activities into manageable steps. They use pictures, symbols, or words to represent each part of the day, helping individuals to understand what's coming next without feeling overwhelmed.

The benefits are endless! They promote independence, reduce anxiety, and increase focus. When a person can visually see what to expect throughout their day, it builds confidence and a sense of control. For those who might struggle with verbal instructions or need additional support, visual schedules create a clear path forward.

Whether it's for school, work, or home routines, using a visual schedule is a straight forward and effective way to make life feel a little more predictable and a lot less stressful.

Nicole Hilliker,  
Behavior Specialist

BEHAVIORAL



## Strengthening Supports

## PERMANENCY ♥

The Permanency Team is in full swing in their newly defined role and has been finding thoughtful and creative ways to support family visits while continuing to strengthen connections with the families and children we serve. Their work has gone far beyond logistics – they're focused on building meaningful relationships and creating positive, lasting experiences for our students and their families.

From organizing off-campus visits to fun and engaging locations like trampoline parks and Gunstock Mountain for tubing, the team has prioritized making these moments special and memorable. Whether it's a local outing or a visit nearly two hours away, the team has shown a dedicated commitment to ensuring that students can spend valuable time with their loved ones in supportive and enjoyable environments.

Their intentional efforts to build and foster connection are truly commendable. By meeting families where they are—both literally and emotionally—the Permanency Team is helping to lay the foundation for stronger, more connected futures. Their work embodies the spirit of care, compassion, and consistency that makes a lasting impact on the lives of the students we serve.

Liz Lowrey, M.S. CMHC  
Behavioral Health Clinician



## Pi Day

## RESIDENTIAL ♥

For a recent After School Activity, we brought a fun and messy twist to campus by hosting a pie-eating contest to celebrate 'Pi Day'. This sweet and fun challenge had students and staff alike laughing and cheering each other on! The event kicked off with cottage-to-cottage visits, where peers competed in a hands-free challenge to eat mini, sugar-free pudding pies. The energy was high as each cottage rooted for their own, and by the end of the rounds, we had five student winners—one from each cottage. After dinner, the excitement continued with the final showdown. Our five student finalists gathered to compete for the ultimate bragging rights. One student emerged victorious, claiming the title of Student Pie-Eating Champion!

But the fun didn't stop there—next up was the highly anticipated staff pie-eating contest! Five brave staff members – Garrett, Carlos, Suzy, Jade, and Dakota – stepped up to the table to take on full-sized pies of their choice. With a mix of friendly rivalry and lots of encouragement from the crowd, the competition was fierce. Two staff members tapped out partway through, but Suzy pushed through and was crowned the Staff Pie-Eating Champion!

Salena Durette,  
Residential Daytime Supervisor

