

Arts Festival

Dear Students, Families, and Staff,
I want to extend a heartfelt thank you to everyone who attended our Arts Festival. Your presence and support made our "rainforest" come to life.

A special thank you to all of our children and staff who took to the stage and had the courage to perform in front of so many peers and visitors. Their performances were not only inspiring, but a beautiful reminder of the passion and dedication within our school community. For many of our children they have never experienced being a part of something like this. It was so powerful to see the smiles on the faces of parents and families in the crowd and even a couple of happy tears were shed as well.

We are also incredibly grateful to Robyn Allen, our Art Teacher, for sharing the beauty of the arts with our campus. Your leadership, vision, and love for the arts helped make today an unforgettable experience for all of us. We are so lucky to have such an inspiring and creative art teacher. You are so very talented.

I could not be prouder of our students, staff, and the entire community.

Choosing Love,
Garrett Lavallee
Principal & Special Education Director

LEARNING



Rock Gardens

This month in the art room our students have started creating a rock garden just outside the art building! We have been using paint pens to draw and write kind messages. Students have enjoyed adding their rocks and seeing the garden grow each week!

Robyn Allen,
Art & Music Teacher



STUDENT ART

Get the Scoop on Snack Bars

NUTRITION

While real foods like fresh fruits, crispy vegetables, nuts, seeds and whole grains are real super-foods, sometimes you need something quick. How do you choose a healthful snack bar rather than one that is similar in nutrition to a cookie or is full of candy?

Want to know how to choose a healthful snack bar? Many of us look for snack bars as a way to add extra protein whether to slim down or build muscle. If the snack bar is being used as your mini-meal, finding one higher in protein is a better choice.

The best snack bars (nut bars, fruit bars or protein bars):

- are made mostly from real foods like fruits, nuts, seeds, or whole grains
- incorporate added protein
- contain less than 7 grams (1 ½ tsp) of total sugar
- are free of artificial sweeteners
- contain less than 2 grams saturated fat
- contain less than 250 calories

A bar should have at least 6 grams of protein if looking for a protein snack.

Some brand names that meet this criteria: RXBAR, Kind, Larabar, Kodiak

Be careful to check ingredients lists closely. Some brands have added caffeine or other ingredients and are sold as energy bars.



Lesley Robie, RDN, LD, CNSC
Registered Dietitian

Source: Nutrition Action Newsletter

Field Day

HAPPENINGS

On June 27th, our campus came alive with energy and excitement for another successful Field Day! Students and staff gathered under sunny skies to celebrate the end of the school year with a day full of fun and laughter. The event featured live music by FreeWill, vibrant bouncy houses, and plenty of smiles all around. From dancing and games to relaxing in the sun, it was a joyful day of connection and celebration for our entire community. Field Day continues to be a favorite tradition, and this year's event reminded us all of the power of play and togetherness.

Nicole Desharnais, MA
Board Liaison & Communications Specialist



Grounding Techniques

CLINICAL



As the temperature outside is on the rise, it is important that you and your child have the skills needed to keep your cool. On top of jumping in the lake and enjoying a popsicle, having access to grounding skills can help our kiddos stay calm and collected in moments when they're feeling overwhelmed or anxious. A grounding technique is a skill that allows the adult and/or child to take a moment to observe their senses and environment. These skills are great for those who may get overwhelmed due to anxiety or new surroundings. The clinical skill of 'Grounding Techniques' is awesome because they can be done anywhere and at any time!

So, how do you do this? You may have heard of the "5,4,3,2,1" method, which works as follows: think of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

The '5,4,3,2,1' method is great because you don't need anything other than yourself and your environment in order to follow the steps and help your body to slow down, notice it's surroundings and start to ground yourself in that moment.

Another great grounding technique is an object hunt. If you are in the car or on a walk and you have a child who starts to become overwhelmed or agitated, start using an object hunt as a way to help ground them and bring them back into the present moment. This skill can be great for kids both in and out of heightened states, because it can be seen as a game and can be done in any environment. For this skill, start low and slow. If you are out on a walk, have the child find 2 things that are green. If they are resistant, utilize playful engagement to offer some hints or ideas. Once engaged, you can slowly increase to finding 3 or 4 items of the same color.

While summer brings a whole lot of fun activities like swimming, camping, fairs and cookouts, it can also bring crowds and loud noises, which can be super tough for our youth. Remember to pre-teach skills and expectations, allow some extra time for settling in and use these grounding skills to keep your cool during summer fun!

Liz Lowrey, M.S. CMHC
Behavioral Health Clinician



Every Voice Matters!

Why We Use Total Communication: Every Voice Matters!

At Spaulding, we believe that every child deserves a voice, and every voice deserves to be heard. That's why we use a method called Total Communication.

What is Total Communication?

Total Communication is not just one way of communicating—it's all the ways! This includes:

- Speech and vocalizations
- Pictures and visual supports
- Facial expressions & body language
- Sign language and gestures
- Assistive technology/devices

Our goal is to meet each student where they are and give them the tools they need to express themselves confidently and effectively. For some, that might mean using sign language; for others, a picture exchange system or a speech-generating device.

Why does it matter?

Communication is at the heart of learning, connection, and community. By embracing all forms of communication, we:

- Empower our students to express their needs, thoughts, and feelings
- Support language development in a variety of forms
- Create an inclusive environment where no one is left out

We're proud to champion a communication approach that celebrates every student's unique strength and helps them find their voice, whatever form that voice may take!

Nicole Hilliker,
Registered Behavior Technician

BEHAVIORAL



Keep the Convo Going

For our families whose children are placed here residentially, phone calls are a big part of daily routine and connection. An evening phone call with a kiddo is a great way to offer connection and communication at a distance. However, this can be tough to do on a daily basis. In the summer, schedules get busier and families are on the move more often. A great way to make sure this connection happens consistently is really important for a child's feeling of belonging, and your Spaulding team is here to help with just that! Some great first steps to create this routine is to speak to a child's permanency worker, who can connect with cottage staff on identifying what the best time would be to consistently call the cottage. This way, communication is predictable and can be built right into a child's daily schedule.

Another great way to include the child in this is to ask them what they would prefer. For some kids, they love an after-school phone call where they get to tell you all about their day! For others, they prefer those evening calls where they have had some time to decompress from the day and maybe have a bit more to talk about. Also, for many of our residential kids, offering them any opportunity for choice can be a great way to keep them engaged in their treatment.

We know phone calls with your child are not always easy. Sometimes they're tired, distracted, or are homesick and spend much of the call talking about wanting to come home. These situations are tough and can be tricky to navigate. They can leave families or providers feeling like they are having repetitive conversations with their children. Included here are some great ideas that are outside of the "how was your day" conversation AND can lead the conversation to new places. These are also some great dinner table or car ride conversation starters!

Liz Lowrey, M.S. CMHC
Behavioral Health Clinician

PERMANENCY ♥



KEEP THE CONVO GOING WITH THESE QUESTIONS!

1. What made you smile recently?
2. What fictional world or place would you like to visit?
3. If you could pick a skill to learn instantly, what would it be?
4. What's your favorite place that you've ever visited?
5. What's the best advice that you've ever heard?
6. Do you collect anything?
7. If you won a million dollars, what would you do with it?
8. If you started a talk show, who would be your first guest?
9. If you had a time machine, would you go back in time or into the future?
10. Describe yourself in three words.
11. What is a fun fact that everyone should know about you?
12. What is your favorite time of day, and why?
13. If you could rename yourself, what name would you pick?
14. As a child, what did you want to be when you grew up?
15. If you were a wrestler, what would be your entrance theme song?
16. What movie genre would your life be, and who would play you?

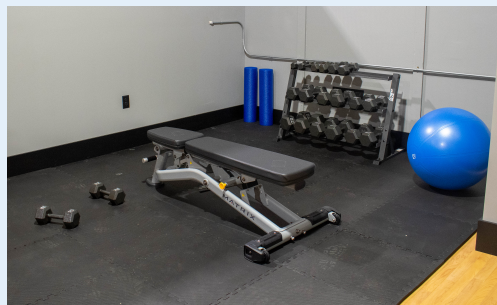
Coming Soon

Exciting changes are happening on campus! As part of the recent gymnasium renovations, we're thrilled to announce the return of our much-anticipated Staff Fitness Center. Thanks to ongoing feedback and requests, this dedicated space is making a comeback—better than ever.

In the coming weeks, we'll be officially reopening the fitness center, now located within the beautifully updated gymnasium. The space is being outfitted with brand-new equipment, including a variety of weights, and our facilities team is hard at work adding the finishing touches, including installing privacy film on the windows for a more comfortable and focused workout environment.

Stay tuned for more details on the grand reopening – and get ready to break a sweat in style!

Nicole Desharnais, MA
Board Liaison & Communication Specialist



RESIDENTIAL ♥