

Spaulding Academy Newsletter · Edition 68 · October 2025

Governor's Arts Education Award

Spaulding is proud to congratulate Robyn Allen, Art & Music Teacher, on receiving the Governor's Arts Education Award for her outstanding dedication to bringing the arts to our extraordinary community.

Robyn has been described by colleagues as "not only an exceptional art educator but a cornerstone of creativity, compassion, and connection within our Spaulding school community." Her art room is a safe space for all students and staff alike to learn and thrive.

Through her creativity, passion, and unwavering commitment, Robyn has opened the door to artistic expression for students who previously had limited or no access to the arts. She provides a space where students can build confidence, discover their voices, and experience the joy of creation.

Nicole Desharnais, MA Board Liaison & Communications Specialist

[Learning 👸



Fall Art

This month in the art room we have been making all things fall! We have made leaf rubbings, painted apples, blended fall colors, and drawn a few pumpkins! This watercolor pumpkin was made by Izzy!

Robyn Allen, Art & Music Teacher

Student Art





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Promote a Positive Body Image for Kids

Nutrition ##

Body image describes how we feel about our bodies. Children can develop positive or negative views of their bodies as early as preschool. Positive body image correlates with confidence while negative body image is associated with being more self-conscious, anxious and isolated. Negative body image may result in risk of excess weight gain and disordered eating. Adult role models need to promote positive body image for children at all ages.

- 1. Check your own body image issues: Think about how you talk about yourself around children. If you talk about your own weight concerns or weight-loss diet, children can pick up on these negative messages. They may worry about their size and think they should be dieting.
- 2. Focus on health, not weight: Shift your focus from weight to health. Concentrate on eating tasty food and engaging in fun physical activity instead of watching the scale. Kids don't need to work out. They need to play. They should not be counting calories or restricting their intake, just eating healthy meals and snacks on a regular basis.
- 3. Find physical activities that are fun: A positive body image is fostered by feeling fit, strong and capable. Children are more apt to continue being physically active if they find the activity fun. The goal is for children to be physically active for 60 minutes per day
- 4. Watch out for bullies: Weight or body size related teasing is a significant cause for bullying. Address teasing early before bullying starts!
- 5. Challenge the "perfect body" notion: Show children how to be come a savvy media critic: talk about how TV, internet and magazines retouch or change bodies to appear "perfect".

 Positive mind

Be kind to yourself! Your body is prefect at any size! Stop comparing yourself to others!

Lesley Robie, RDN, CNSC Registered Dietitian

Source: Academy of Nutrition and Dietetics

Positive vibes
Positive life

Student Appreciation Day

What started with the simple courage of one student has grown into one of the most anticipated events of the school year - Student Appreciation Day! The idea was born when a student, after practicing how to share an idea with staff, suggested having a day dedicated to celebrating students. From that moment of bravery, a new tradition was created, and it has quickly become highlight in our school community.

This special day is all about showing our children how much they are valued. Staff members come together to create an experience filled with joy, creativity, and connection, Offering activities tailored just for them. From the moment the day begins, the campus transforms into a celebration of fun and appreciation.

Students enjoyed a wide variety of activities that cater to every interest. Outdoors, the quad was buzzing with laughter as students played games like "Grandma Pants", a photo booth captured silly moments, while tie-dye stations sent students home with wearable memories. For those who love hands-on fun, sand art and bracelet making provided creative outlets, and the gymnasium offered even more energy-filled games like cornhole, bowling, and volleyball.

Sensory activities were also a favorite, including a shaving cream table, bubbles floating through the air, sidewalk chalk designs, and oversized coloring pages that invited a create collaboration. The atmosphere was one of play, friendship, and pure joy.

To end the day on a high note, the students gathered in the town hall to watch Lilo & Stitch- a heartwarming story that mirrors the spirit of the day: family, belonging, and appreciation.

Student Appreciation Day is more than just an event; it's a reminder of what makes our school special. It honors the voices of our students, celebrates their individuality, and reflects the dedication of staff who work tirelessly to make them feel valued. What began with one student's courage has blossomed into a beloved tradition that fills the halls with laughter, creativity, and community spirit year after year.

Nicole Desharnais, MA Board Liaison & Communication Specialist

Happenings







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Clinical

Making Routines

From a clinical perspective, routine is essential for children because it provides a sense of predictability and security that supports healthy neurological and psychological development. This consistent structure reduces anxiety by minimizing fear of the unknown and signaling to the brain that the environment is safe. For children with developmental challenges like ADHD or Autism, this predictability is especially crucial for managing emotions and behavior.

The benefits of routine impact different areas:

Emotional regulation: A predictable daily rhythm helps children manage their feelings by creating a calm, stable environment and reducing emotional outbursts.

Self-confidence and independence: As children master the steps of a routine, they develop self-confidence and a sense of control over their world, which fosters

Cognitive development: The repetition in routines strengthens neural connections in the brain, improving skills related to memory, time management, and

Family dynamics: Consistent routines reduce stress and power struggles for the entire family by setting clear expectations and creating opportunities for positive,

Setting up a routine doesn't have to be complicated. Having a few steps is all it takes. Some of the easiest routines to develop are a morning routine (what do you need to get off to school), an afterschool routine (snack, unwind time, homework), and a bedtime routine (electronic off time, cozy/calm time, brushing teeth).

Sarah Smolen, MS Clinician

Clinical 🛞

DAILY SCHEDUL

MORNING ROUTINE

MORNING FREE CHOICE

LUNCH

OUTSIDE TIME

AFTERNOON **JOBS**

SCREENTIME DINNER

EVENING FREE CHOICE

BEDTIME ROUTINE Stick to your morning routine as much as possible: breakfast, get dressed, etc.

Build LEGO, do art projects, play outside. Give kids the opportunity to be creative.

Have a healthy lunch together.

Head outside for free play or take a walk. Practice social distancing if heading to public outdoor space.

Complete your to-do list before screen time. Includes school work, reading, journaling, and chores.

Set screen time limits that work for your family.

Have dinner as a family. Let the kids help cook!

More screen free time. Play board games, work on puzzles, or encourage free imaginative play.

Follow your nomal routine including a consistent

Helping Kids Through Transitions

Switching from one activity to the next—like leaving the playground, getting ready for bed, or moving from school to home—can sometimes be a challenge for kids. The good news? With a little support, these moments can become easier for

Here are a few simple strategies that really help:

Picture schedules: Kids love to see what's coming next—it makes the day feel predictable.

"First/Then" reminders: A quick way to set expectations: First homework, then free time.

Gentle warnings: Letting kids know a change is coming ("In 5

minutes we'll clean up") gives them time to adjust. Lots of praise: Celebrating small successes builds confidence and makes the next transition smoother.

Transitions aren't just about moving from point A to point B they're chances to build independence, reduce stress, and help kids feel proud of themselves.

Behavioral §



Nicole Hilliker, Behavior Specialist Source: SunnyDayFamily.com



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Family Fun in the Fall

This autumn, create family memories without stressing your budget. With crisp air and beautiful foliage, the season offers plenty of free and low-cost activities that get everyone outdoors and into the spirit.

Embrace the outdoors:

- Go on a nature scavenger hunt to find pinecones, acorns, and colorful leaves, which can later be used for crafts.
- Take a drive on the Kancamagus Highway to take in the bright colors of the fall foliage. Remember to pack a picnic lunch!

Get creative at home:

- Bake seasonal treats like apple crisp, pumpkin bread, or caramel apples.
- Craft DIY fall decorations using natural materials collected on your walks, such as wreaths made from leaves and twigs. Or create fall-time monsters with nature!
- Host a family movie night with a fall-themed film. Don't forget the hot cider!

Explore the community:

- Look for Fall Festivals offered in your town. Many farms around the state offer family-friendly events during the month.
- Head to a pumpkin patch or apple orchard. While most farms charge for produce, the experience of picking is often low-cost and depends on how much you pick!
- Lots of places offer young-child and sensory-friendly events for Halloween. A quick google search will help you!

Sarah Smolen, MS Clinician

Mum Donation

Spaulding recently received a generous donation of 20 large mums from Swiftwater Construction, adding bright pops of fall color across campus. The thoughtful gesture is another example of Swiftwater's continued support and partnership with Spaulding.

Over the past two years, Swiftwater Construction has played a key role in enhancing Spaulding's infrastructure. Their work has included major projects such as renovating the exterior of Cutter-Wiggins, upgrading the gymnasium, adding a staff fitness center, replacing all the windows in Lambert Cottage, and renovating the exterior of the Howe Building. Each of these improvements has helped create a more welcoming, functional, and refreshed environment for students, staff, and visitors alike.

With the addition of these vibrant mums, Swiftwater Construction has once again shown their commitment not only to maintaining Spaulding's facilities but also to beautifying the campus for the entire community to enjoy.

Nicole Desharnais, MA Board Liaison & Communication Specialist

Permanency



Residential



