

Annual Field Day

Learning

Students and staff came together for a fun-filled day at our annual Field Day! The day was packed with laughter, friendly competition, and plenty of opportunities to get outside and enjoy some summer fun together. Students and staff participated in a variety of games and activities, took on the challenge of inflatable obstacle courses, and cooled off with an exciting trip down the slip and slide.

Of course, no Field Day would be complete without some delicious treats! Everyone enjoyed snacks and refreshments from the Dining Hall throughout the day.

From cheering each other on to enjoying the activities and spending time together, Field Day was a wonderful opportunity for our students and staff to relax, have fun, and create lasting memories. It was a great day with smiles, teamwork, and plenty of summer spirit!

Nicole Desharnais, MA
Board Liaison & Communications Specialist



Summer Art

This month in the art room our students have been making art inspired by all the summer fun that they are having.

One of our activities was to customize a tote bag to bring on their many adventures. This is one student's tote bag featuring different cats. She is an amazing artist!

Robyn Allen
Art & Music Teacher

Student Art



Frozen Summer Treats

Nutrition

On a hot summer day, frozen desserts are such a treat. Homemade treats are a great way to get extra fruits and nutrients into our kids. This is also a chance for them to have fun making a healthy, quick, and tasty treat.

Here are some recipes you could try:

- Tropical Popsicles (no added sugar) - makes 12 popsicles
 - Ingredients: 9 oz frozen mango, 9 oz frozen pineapple, 2 frozen bananas, 1 1/3 cup orange juice, 1/3 cup water
 - Instructions:
 - Place all ingredients in a blender and blend on high for 2 minutes until a smooth liquid is formed
 - Pour the liquid into popsicles molds
 - Freeze overnight until completely set
 - Remove from molds (run under water for a few seconds)
- Strawberry-Banana Nice Cream
 - Ingredients: 8 frozen sliced bananas, 2 cups frozen sliced strawberries, 2 tablespoons pure maple syrup, 1/2 cup of milk
 - Instructions:
 - Combine ingredients in a blender or food processor and blend until smooth.
 - Transfer to an airtight container and freeze 30 minutes for soft nice cream or 1-2 hours for firmer texture.
- Frozen Berry Smoothie - serves 6
 - Ingredients: 3 cups frozen mixed berries, 3 cups of milk, 1/2 cup vanilla Greek yogurt, 3 ripe bananas
 - Instructions
 - Put all ingredients into a blender or food processor and blend until smooth



Lesley Robie, RDN, CNSC
Registered Dietitian

Spaulding Woods 50K

Happenings

Our campus welcomed runners from across the region for the third annual Spaulding Woods 50K, held in partnership with Race Away Events. The event combined scenic trails, community spirit, and a shared commitment to supporting the children and families served by Spaulding Academy & Family Services.

One of the day's most inspiring moments came from a Spaulding parent who completed the race in honor of her daughter, a Spaulding student, while raising funds to purchase a new e-trike for the campus; one of her daughter's favorite summer activities. Stories like these highlight the heart of the event and the strong sense of community it fosters.

We are grateful to Race Away Events, Race Coordinator Aaron, our volunteers, and every participant who helped make this year's race a success. Thanks to our partnership, a portion of each registration fee was donated to Spaulding, helping advance our mission while bringing the community together for a great day outdoors.

Nicole Desharnais, MA
Board Liaison & Communication Specialist



Clinical

Sensory-Friendly Summer Fun

Summer offers countless opportunities for connection, exploration, and play, but for children with autism or sensory processing differences, the season can also bring unique challenges. Heat, crowded spaces, unfamiliar environments, and changes in routine may lead to sensory overload. Planning activities with your child's individual sensory preferences in mind can help create positive experiences while supporting regulation and confidence. Remember that there is no "right" way to enjoy summer. Some children seek movement and excitement, while others thrive in calm, predictable environments. Following your child's cues and offering choices can help them feel safe, successful, and included.

Consider activities that match your child's sensory profile. Water play, such as sprinklers, water tables, or backyard pools, can provide calming or alerting sensory input depending on your child's preferences. Nature walks, scavenger hunts, gardening, sidewalk chalk, bubble play, and outdoor obstacle courses encourage movement while allowing children to engage at their own pace. If your family visits community events, bring familiar comfort items, noise-reducing headphones, sunglasses, or fidget toys to support regulation. Building quiet breaks into your outing and preparing your child for what to expect with visual schedules or social stories can also reduce anxiety. Most importantly, celebrate the moments of joy and togetherness, whether it's splashing in a puddle, collecting rocks, or enjoying a peaceful picnic together. Meaningful memories are created through connection, not perfection.

Liz Lowrey, M.S. CMHC
Behavioral Health Clinician



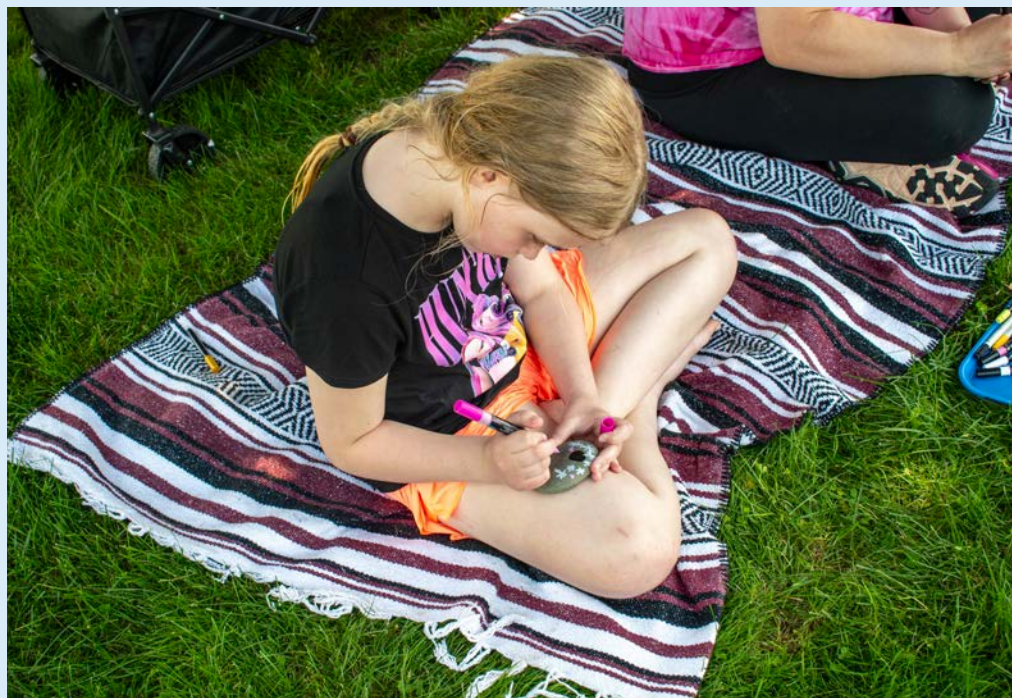
Building Strong Foundations

Behavioral

The early years of a child's life are an important time for learning and development. Early intervention services, including Applied Behavior Analysis (ABA), help children build meaningful skills in communication, social interaction, emotional regulation, play, and daily living. Using individualized, evidence-based strategies and positive reinforcement, ABA focuses on teaching skills that increase independence while honoring each child's unique strengths and needs.

At Spaulding Academy & Family Services, we recognize that families are an essential part of every child's success. When caregivers, educators, and clinicians work together, children have more opportunities to practice new skills across home, school, and the community. Early support can have a lasting impact, helping children build confidence and develop the tools they need to thrive throughout their lives.

Nicole Hilliker
Behavior Specialist



Keeping Children Connected

Permanency

When your child is living in residential treatment, summer can bring a mix of emotions for everyone in the family. You may be grieving the loss of familiar traditions while also wondering how to keep your child involved from a distance. Although your summer may look different this year, meaningful connection is still possible. Children with emotional, behavioral, or sensory needs often benefit from knowing they remain an important part of their family, even when they cannot participate in every activity. Small, intentional moments of inclusion can strengthen attachment, promote emotional security, and remind your child that they continue to have a valued place in the family.

Consider ways to adapt your family's traditions so your child can participate in ways that feel manageable and supportive. Invite them to help plan a future family outing during phone calls or visits, mail postcards from family adventures with encouraging notes, or create a shared summer scrapbook that you can look through together during visits. If your child enjoys sensory experiences, bring familiar sensory items, favorite snacks (after checking with your child's team), or simple outdoor activities such as bubbles, sidewalk chalk, or a deck of cards to family visits. You might also save a special family tradition, such as making homemade ice cream, visiting a favorite park, or watching a summer movie for a time when your child can join you. By focusing on connection rather than perfection, you send a powerful message: You are still part of our family, we think about you every day, and we look forward to making memories together. These consistent acts of inclusion can help strengthen trust, support your child's emotional well-being, and reinforce the secure relationships that are so important during the healing process.

Liz Lowrey, M.S. CMHC
Behavioral Health Clinician



Student Appreciation Day

Residential

Student Appreciation Day was filled with excitement, laughter, and unforgettable moments as students enjoyed a day dedicated just to them. A variety of fun activities were available throughout campus, giving everyone the opportunity to explore, play, and celebrate together.

Students took golf cart rides around campus, tested their balance on the slack line walking activity, enjoyed games on the Quad, and participated in engaging sensory activities. The day was topped off with a favorite treat, an ice cream sundae station complete with all the toppings!

From start to finish, Student Appreciation Day was a wonderful celebration of our amazing students. Seeing so many smiles, laughter, and joyful moments made the day one to remember for everyone involved.

Nicole Desharnais, MA
Board Liaison & Communications Specialist

