



Update
September 21, 2016
Vol. 9, Issue 3

FROM THE EXECUTIVE DIRECTOR

Let us remember: One book, one pen, one child, and one teacher can change the world.

~Malala Yousafzai

Last week we held our annual Back to School nights. These evenings are important to our entire school community. Back to School nights provide families with the occasion to meet their child's teacher, as well as develop some idea of what students experience every day in school. On Wednesday evening I had the opportunity to attend the high school Back to School night as a teacher as well as the executive director. It was wonderful meeting so many parents and I am truly looking forward to the upcoming year teaching English and United States History. This year there were many new faces at the Back to School nights, both new families and new faculty members. For those of you unable to attend last week's events, I would like to take this Weekly Update to introduce our newest faculty members.

Kaitlyn Antonowicz

Level IV is astir with the addition of many new teachers. Kaitlyn has joined the middle school faculty as a teacher of English Language Arts. Kaitlyn has worked as a substitute teacher in Stoughton, a paraprofessional in Hingham, and as a student and substitute teacher in Quincy. It is exciting to have two ELA teachers on one middle school level to collaborate and share great ideas. Our students are clearly benefitting from this teamwork.

Margaret Bulger

Margaret joined SSCPS last year as a long-term substitute for English and World Cultures. We are very excited that Margaret has decided to come back and has been teaching World Cultures to our ninth grade students this year as well. As you may know, Margaret comes to us from the legal field where she has worked as an attorney. In addition to her legal career, Margaret taught a variety of legal courses at Quincy College and Newbury College. Margaret holds a Bachelor of Arts from Stonehill College and a law degree from the University of Miami. Our ninth grade students are working hard and learning much about world cultures.

Brianna Butlin

Brianna has just recently joined the Level III team as a one-to-one classroom aide. Brianna spent last year as a City Year AmeriCorps member and in that role, worked to provide support in an English classroom. Brianna completed her internship in the guidance department of Abigail Adams Middle School in Weymouth and now holds a Bachelor of Science from Lesley College. Although this is her first week, Brianna fits in as though she has always been here.

Marie Cetoute

Marie has been a substitute teacher at SSCPS for all of last year. This year we have been very excited to welcome her as a classroom tutor on Level I. Our youngest students have been very excited to be in class with Marie. In addition to working at SSCPS, Marie has worked for the Massachusetts Department of Children and Families, and has worked as a Site Coordinator from Old Colony YMCA. Marie holds a Bachelor of Arts from Bridgewater State University. Marie has done a wonderful job in making our youngest students feel at home.

Lauren Dobson

Teaching Chemistry and Biology in the high school is Lauren Dobson. Lauren comes to us from Roosevelt International Academy where she taught as a Supervised Study Tutor, and from Brown University where she is currently a postdoctoral research associate. Lauren holds a Bachelor of Science from Salve Regina University and a

Ph.D. in Neuroscience from Brown University. In her spare time, Lauren runs marathons. This is excellent preparation for teaching science at the high school level. Welcome Lauren!

Annette Golden

Long-time teacher Annette Golden has moved into a new teaching role on Level II as a Learning Services teacher. Annette has done some outstanding work with many of our students on a one-to-one basis. We have seen those talents this year being shared with even more students. Prior to teaching at SSCPS, Annette worked as a Head Teacher for the Riverview School in East Sandwich. Annette holds a Bachelor of Arts from Curry College and a Masters of Science from Fordham University.

Matthew Goodell

Matthew has joined the Level IV team as a one-to-one student aide for the Learning Services department. Matthew has served as a substitute teacher for the Bridgewater-Raynham Regional Schools and has also been a camp counselor at the Old Colony YMCA. Matthew holds a Bachelor of Science from Worcester State University.

Sandra Guimond

Sandra has done amazing work as a long-term substitute in Amy's kindergarten classroom. Sandra comes to us from the South Shore Conservatory Preschool where she worked as a Lead Teacher. Sandra has also served as a Mental Health Counselor at Quincy College and has worked as a counseling intern at the North River School in Rockland and the South River School in Marshfield. Sandra holds a Bachelor of Arts from Wheaton College and a Master of Education from Cambridge College.

Kaitlin Hannigan

Kaitlin is a new tutor on Level I. Kaitlin comes to us from Kindercare Learning Center and Sweet Relief Nursery School where she served as an Assistant Teacher. Kate is a current student at Fisher College where she is majoring in Early Education. Kaitlin has been working hard with our youngest students who truly enjoy her company.

Ashley Hiehiapo

Teaching History on Level III is Ashley Hiehiapo. Ashley comes to us from Notre Dame Academy where she taught Ancient and World History. Ashley's teaching career also includes the Wampatuck Elementary School, Bright Horizons, and the United States Peace Corps in Tonga. Ashley holds a Bachelor of Arts from the University of New Hampshire. In her first weeks here at SSCPS, Ashley has clearly won over the hearts and minds of our Level III students. Welcome Ashley!

Anne Kerrebrock

Teaching Algebra I and Algebra II at the high school is Anne Kerrebrock. Last year Anne was a substitute teacher here at SSCPS. Anne holds a Bachelor of Arts in Biochemistry from Cornell University, a Doctorate of Molecular and Cellular Biology from Brown University, and an additional Masters in Middle School Education from Lesley University. Anne completed her student teaching at Randolph Community Middle School and has volunteered for the *Schools on Wheels* program tutoring homeless students. Anne is a wonderful full-time addition to our faculty and a very positive role model for so many of our students.

Rafal Kosalowski

Teaching Geometry and Precalculus is Rafal Kosalowski. Rafal comes to SSCPS from Dedham High School where he served as a math teacher. Rafal has also taught as a substitute at Braintree, Dedham, and Quincy High Schools where he completed his student teaching. Rafal has served as a camp counselor at Brentwood Camp where he worked with at-risk student populations. Rafal accomplished much already by making challenging coursework engaging for all of his students.

Katharine O'Donnell

Teaching history on Level IV this year is Katharine O'Donnell. Some of you may remember Katharine when she substitute taught at SSCPS last year. Katharine comes to SSCPS from Wildlands Trust where she served as the Program Manager for Community Conservation and worked as a consultant. Katharine has served as an Assistant Superintendent for The Trustees of Reservations on Martha's Vineyard and has also been an Assistant Educator and Administration Assistant for The Trustees of Reservations in Hingham. Another interesting fact about Katharine is that she has also served as a selectman in Marshfield. Katharine's high energy level and passion for teaching has fit in nicely with our middle school student population.

Carollan Sommer O'Malley

On Level I we welcome Carollan Sommer O'Malley where she is a Learning Services teacher. Sommer comes to us from Hanover Public Schools where she served as a K/1 Special Education teacher. Sommer holds a Master of Liberal Arts and Special Education from the State University of New York at Stony Brook and a Bachelor of Arts from Saint Joseph's College where she majored in Child Study and Speech. Welcome Sommer!

Justin Power

Justin is a one-to-one student aide on Level I. Justin is a current student at the University of Massachusetts Boston studying Elementary Education. Justin comes to us from UNC Wilmington where he worked as a Classroom Assistant for a third grade classroom. Justin has also written, produced, and acted in *The Early Late Show* on Scituate Community Television. Justin has been a welcome addition to our Level I team.

Gregory Roaf

On Level IV we welcome Greg Roaf who has been teaching math to our seventh and eighth grader students. Students are truly having a wonderful time in Greg's class and his positive rapport with students has been heartening to witness. Greg comes to us from Skills for Living, Chapman Farm School, and Calvary Chapel Academy where he taught math and English. Greg holds a Bachelor of English Literature from Gordon College.

Daniel Vasconcellos

Our entire school community is very excited to have Dan as our new building substitute teacher. In addition to being a wonderful teacher, Dan is also a freelance artist whose work has been featured in *Little Brown & Co.*, *The New York Times*, *The Wall Street Journal*, *Harvard Business Review*, and *Consumer Reports*. Dan holds a degree from Southeastern Massachusetts University in Visual Design and is currently studying education at Bridgewater State University.

Rebecca Vess

Joining SSCPS as a Behavior Support teacher is Rebecca Vess. Rebecca comes to us from Arizona where she taught at the Sedona Oak Creek Unified School District. Rebecca holds a Bachelor of Arts in Psychology and Special Education from Marist College and a Master in Teaching in Early Childhood Education from Northern Arizona University.

Nikiesha Whitman

Nikiesha has joined Level I as a classroom tutor. Nikiesha comes to SSCPS from Abington Public Schools where she taught in a sixth grade inclusion classroom. Nikiesha holds a Bachelor of Science in Psychology from Bridgewater State University and is currently seeking her Masters in Elementary Education from American International College. Nikiesha has done some great work in the classroom and on the playground with our youngest learners.

Jessica Woods

Jessica is now teaching our first grade and second grade students in a Level I classroom. Jessica comes to us from the Cohasset Public Schools where she served as an Instructional Technology Teacher for student n grades three, four, and five. Jessica holds a Bachelor of Education from Lasell College and a Master of Art Education from Simmons College. Jessica is also an alumna of South Shore Charter Public School!

Lok-Tin Yao

Teaching Physical Education for three days a week as a long-term substitute is Lok-Tin Yao. Lok-Tin comes to SSCPS from Worcester Public Schools and Dedham Middle School where he served as a Physical Education teacher and a student teacher. Lok-Tin holds a Bachelor of Science from Mount Ida College and a Master of Education from Springfield College. Welcome Lok-Tin, we greatly appreciate your hard work in this challenging school wide role.

On behalf of the South Shore Charter Public School community, I would like to welcome and thank all of our new faculty members. Thank you for joining our school and believing in our mission. Thank you for supporting our institutional growth. And thank you for joining the teaching profession.

Alicia Savage – asavage@sscps.org

Thursday	09/22	Senior Class Retreat	
Friday	09/23	Senior Class Retreat	
Wednesday	09/28	Professional Development Early Release	12:00pm

ANNOUNCEMENTS

School Lunch

Children need healthy meals to learn. **The South Shore Charter Public School** offers healthy meals every school day. **Your children may qualify for free meals or reduced price meals.** If your children were eligible for free or reduced meal benefits last year, this does not automatically qualify your family for benefits this academic year. Your family **MUST** complete a **NEW** application and return to Charlene Evans, Food Services Coordinator **by September 30, 2016.** [Application for free or reduced price meal benefits.](#)

If your family has been notified that you are eligible for free or reduced priced meals **this** academic year, your family will **still** need to complete a lunch and/or breakfast order form each month for each eligible child.

Drop off and Pick up

Thank you for your cooperation during drop off and pick up. The lines move more efficiently every day largely due to your efforts. Please remember that there is no cutting in front of one another in the pick up or drop off lines. Thank you!

DEVELOPMENT OFFICE

Our 8th Annual Harvest Run road race is coming up next month on Saturday, October 15th at 9am at Wompatuck State Park. This road race has become a wonderful tradition for our school community to come together, celebrate the fall and welcome friends and family. Last year we hosted close to 400 participants, and we raised over \$12,000. With your help, we hope to double our numbers! A family registration form is available in this update. Feel free to hand it in to the front desk. For all student athletes, you can register [on-line here](#) using the discount code EDUCATION for the student 5K. For volunteer opportunities, please email me, ldannison@sscps.org, and we will be in touch. Thank you for your support!

COMMUNITY SERVICE OPPORTUNITIES

On Saturday October 1st, there will be a gathering in Scituate to help sort items that have been collected for the homeless of Boston. The gathering will be held at 9 Colonial Way in Scituate, from 9:00 am to 1:00pm. For more info, please email Leigh Baltzer at Leigh@ThroughMeToYou.com. Hope to see you there!

Level II Student Collecting Donations for Local Animal Shelter

Fisher Roman loves cats. LOVES them. He even adopted a homeless cat from the local animal shelter. While he was at the shelter, he noticed all the cats that don't have homes. There were LOTS. So, to help the homeless cats in his town of Hull, Fisher is collecting cat food & cat litter and donating it to the shelter (called the Hull Seaside Animal Rescue). If you would like to help the cats and kittens who don't have homes, you can bring in a can of cat food or bags of cat litter and drop it off in Fisher's Cat Box in Nicole's Pod on Level 2. You can drop off your donations from now until the last day of school. Meow! (That's "Thank You!" in Cat Language)

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT WWW.SSCPS.ORG
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103
OR EMAIL PALGERA@SSCPS.ORG**

The Animal Stewardship Workshop is accepting donations for the New England Wildlife Center!



Donation boxes are located at the front desk of both buildings, or contact Lauren in room 7130!

The New England Wildlife Center's wish list can be found at:
<http://www.newwildlife.org/donate/goods-and-services-wish-list/>

SSCPS JAG SWAG!

Show your school spirit with our
SSCPS gear



Cotton t-shirts **\$10**

Long sleeve cotton t-shirts **\$15**

Hoodies **\$35**

Jaguar pj bottoms **\$30**

SSCPS winter hats **\$15**

SSCPS magnets **\$5**



WEAR THEM WITH PRIDE. GO JAGS!

Check or cash payable to SSCPS

Email ldannison@sscps.org





South Shore Charter Public School 08189

Dear Friends,

Our school is participating in A+ School Rewards, a great fundraising program run through our local Stop & Shop! This is an easy way for you to help our school earn CASH each time you shop at any Stop & Shop Store. Please help our school and register your STOP & SHOP CARD to our **SCHOOL ID#08189**.

Here's How You Can Help Beginning September 12, 2016:

- Visit www.stopandshop.com/aplus and select **register your card**, which is located in the red box on the right **for customers**. Follow the prompts to complete your registration. *You will need your 13-digit STOP & SHOP CARD number.*
- OR...call the A+ Hotline at 1-877-Ask-Aplus (**1-877-275-2758**) they can register your card for you! *You will need your 13-digit STOP & SHOP CARD number.*

IF YOU DON'T KNOW YOUR STOP & SHOP CARD NUMBER CALL 1-877-366-2668 OPTION #1

REMEMBER...if you supported our school last year, you DO NOT need to register your card again!

To earn points:

- Use your STOP & SHOP CARD each time you shop at Stop & Shop and you will earn CASH for my school. You can track the number of points you are earning for our school by checking your grocery receipt starting October 7, 2016 through March 16, 2017.
- At the end of each month, your points are calculated and converted to CASH rewards. These CASH rewards for our school are updated monthly on the Stop & Shop A+ website.
- My school will receive one CASH awards check at the end of the program and can use this cash for any of its educational needs.

Our school needs your support! Please take a moment to register your STOP & SHOP CARD today! And don't forget to tell your friends and neighbors to do the same.

Thank you!

Sincerely,
Laurie Dannison, Development Director

BOKS for Levels I, II, and III

Organized and run by SSCPS parents, the program is inspired by the Reebok Foundation's BOKS program; all the fitness leaders have been trained by Reebok. This is a no cost before-school fitness program being offered to any child in Kindergarten to 6th grade. In order to provide the best program to the children there is a limit of 40 participants. If more applications are received than spots available there will be a lottery for participation. The schedule for the program is all Levels Tuesday and Thursdays. BOKS is held in the PE space with a start time of 7:20 and an end time of 8:00, the trainers escort all the children to the back door of the school. The 4 separate sessions are listed on the attached flyer. You may select any number of sessions from 1 to all 4, there will be an opportunity for sign-up before each session.

In order for your child to participate you must fill out the below information as well as the attached application including the doctor information and the release, this is to avoid liability issues. If you have more than one child participating please be sure to complete a separate form for each. Place the completed forms in the envelope at the front desk labeled "BOKS" NO later than **October 3 2016**.

If we have more applications than spots you will be notified by email of non-entry.
The purpose of BOKS is to stimulate the mind by movement before the school day begins.

ALL requested information is required - Complete a separate form for each child.

PLEASE PRINT CLEARLY

I would like my child to participate in the BOKS Morning Fitness Program

Childs' Name: _____ Pod Teacher: _____

Parent(s)/Guardian(s) Email: _____

Parent(s)/Guardian(s) Signature: _____

Preferred Phone (Home / Work / Cell): _____

Circle All That Apply: Session 1 / Session 2 / Session 3 / Session 4

Any medical issues the trainers need to know?



8th Annual Harvest Run

5K AND 5.5 ROAD RACE/WALK

Saturday, October 15, 2016
Wompatuck State Park
Hingham, MA

SSCPS FAMILY REGISTRATION FOR 5K

Family Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone#: _____

Email: _____

For office use only
Cash/Check # \$ Date Received

Waiver Must Be Read and Understood:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release South Shore Charter Educational Foundation, South Shore Charter Public School and the town of Hingham, MA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Individual Names	Gender M/F	Age on Race Day	Shirt Size *2 shirts included, \$10.00 each additional *Guaranteed to those who register by September 15th*
1.			
2.			
3.			
4.			
5.			

Pre-Race Number and T-Shirt Pick-Up:

Friday, October 14, 2016 2:00—6:00pm
Marathon Sports

Race Schedule:

7:30-8:30am Registration and t-shirt pick-up

9:00: The Harvest Run begins!

Refreshments provided after the race

SSCPS Family Registration \$60
Fee includes 2 t-shirts and up to
4 registrations

\$5.00 per additional family member
\$10.00 per additional t-shirt

All funds raised will benefit the South Shore Charter Educational Foundation

100 Longwater Circle, Norwell, MA 02061 Tel: 781-982-4202 www.sscps.org

Holly Hill Farm & Friends

9/19/2016 FOR IMMEDIATE RELEASE: Contact Info: *Friends of Holly Hill Farm* Holly Hill Farm 236 Jerusalem Road, Cohasset, MA 02025 www.hollyhillfarm.org 781-383-6565 Holly Hill Farm Media contact: jbelberhollyhill@hotmail.com

UPCOMING EVENTS & ACTIVITIES

HOLLY HILL FARM WILL BE OPEN AS USUAL DURING CONSTRUCTION ON JERUSALEM ROAD THIS FALL!

Friends of Holly Hill Farm 9th Annual DISCOVER THE WOODS 5K Trail Race at 10:00am and 1 Mile Fun Run at 11:00am, Saturday, October 1, 2016 Woodland 5K trail run along the paths surrounding fields of organic vegetables, flowers and herbs starts at 10am. 1 mile fun run/walk along salt marsh meadows and shady trails starts at 11am. Visit our resident farm animals and enjoy post-race refreshments. Prizes for top finishers! Register by September 30 and you will be entered into a drawing for gift certificates for our Farm Stand. Not running? Discover our 130 acres of woods and explore historic walking trails with many natural features. This race benefits the Frank H. White Scholarship Fund that makes visits to Holly Hill Farm possible for schools field trips and summer campers. Detailed information and sign up online at hollyhillfarm.org 781-383-6565, 236 Jerusalem Road, Cohasset, MA 02025

NEW EVENT! Vintage Farm Tractor Celebration, Saturday, October 15, 2016 from 1:00 to 3:00pm

Holly Hill Farm is home to a collection of unique, vintage tractors – come and learn more about the history of farm tractors and how our tractors are utilized on our organic farm. Free admission. Hayrides and food, modest fees. hollyhillfarm.org 781-383-6565, 236 Jerusalem Road, Cohasset, MA 02025

2nd Annual Garlic Festival: Learn, Plant, Eat! Saturday, October 29, 12:00-3:00pm

Come and learn all the best techniques of growing great garlic, purchase up to 10 garlic heads so you can plant cloves in your home garden. Join us and savor the distinctive, fresh flavors of our organically grown and roasted garlic on hot baked bread. This event is sponsored by Chipotle, who will offer Kids Meal coupons to all Garlic Fest participants. [Holly Hill Farm, 236 Jerusalem Road, Cohasset, MA 02025.](http://hollyhillfarm.org) hollyhillfarm.org 781-383-6565

COHASSET FARMER'S MARKET

Thursdays from 2:00- 6:00pm located on Cohasset Common, North Main Street, Cohasset

Holly Hill Farm offers fresh, organically grown produce at the Cohasset Farmer's Market. Seasonally available produce such as tomatoes, salad greens, pea shoots, Swiss chard, head lettuce, squashes, green beans, eggplants, garlic and Jean's floral bouquets including sunflowers! Many other vendors, local crafts, live music and pony rides. Cohassetfarmersmarket.com

HOLLY HILL FARMSTAND in the MAIN BARN

OPEN on Wednesdays, Saturdays and Sundays from 10:00-5:00pm featuring seasonally available organic produce such as our tomatoes, summer squashes, pea shoots, Swiss chard and garlic. For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to friendsofhollyhillfarm@gmail.com. Holly Hill Farm, 236 Jerusalem Rd., Cohasset 781-383-6565. Hollyhillfarm.org

SCITUATE FARMER'S MARKET, WEDNESDAYS FROM 3:00-7:00

Holly Hill Farm is at the Scituate Farmer's Market! If you can't make it to our Farmstand or the Cohasset Farmer's Market, stop by the Scituate Farmer's Market located in St. Mary's Church parking lot at 1 Kent Street, Scituate. Selling produce freshly harvested from our fields.

FALL FARM TO FOOD PANTRY COMMUNITY SERVICE FOR TEENS AT HOLLY HILL FARM!

The Fall Farm to Food Pantry Program is for teenagers aged 13-18. The fall program will begin September 7th and 9th from 3:00-5:00pm and every Wednesday and Friday through Thanksgiving. Complete your community service requirements this fall at Holly Hill Farm, growing, harvesting and delivering produce to local food pantries. Contact Education Director, Jon Belber at 781-383-6565 or jbelberhollyhill@hotmail.com

SCHOOL FIELD TRIPS TO HOLLY HILL FARM

As it is the harvest season and almost seed saving time, please consider booking your grade level field trip to Holly Hill Farm. We have guided tours and hands on experiences for preschool aged children through high school. Contact Jon Belber, Education Director at 781-383-6565 or jbelberhollyhill@hotmail.com

SCHOOL PARTNERSHIPS

Recently, the farm teachers at Holly Hill Farm have been making Fall plans to plant spinach and greens at the Cole School in Norwell. This is contingent on their desire to implement and place rain barrels at key locations to collect rain, when it falls, as well use some of their compost made from the cafeteria vegetable scraps. Compost is great for retaining water. Soon we will be at the Wampatuck School farm garden in Scituate to spread compost and transplant broccoli plants for a late Autumn harvest.

South Shore Medical Center has partnered with South Shore Safety to offer your child Safety Education classes.



Babysitter Safety Training

Grades 6-8

- Is your child mature enough to be a babysitter or a mother's helper?
- Will your child be safe & responsible when babysitting?
- Does your child know what to do in an emergency situation?

When parents choose to leave their children with a babysitter, they are looking for someone who is mature and fully prepared to handle emergency situations. Children want their babysitter to be lots of fun and creative. This interactive, hands-on, three-hour class, taught by South Shore Safety health educators, will help prepare your son or daughter to be the best babysitter on the block!

- Home safety
- Infant and child care
- Child development
- Basic first aid and choking rescue for infants and children
- Injury prevention
- How to handle emergencies
- Troubleshooting
- Healthy hints for meals and snacks
- Safe marketing strategies

Saturday, October 8, 2016

1:00 – 4:00 pm

Cost: \$40 per person

Location: SSMC 143 Longwater Dr. Norwell

Register Now!!

Call: 781-681-1363

Or email: southshoresafety2@gmail.com

South Shore
Medical Center

South Shore Medical Center has partnered with South Shore Safety to offer your child Safety Education classes



Child Safety Program

Home Alone, Staying Safe

Grades 4-6

- Is your child ready to stay home alone?
- Will your child be safe & responsible when home alone?
- Is your child “street smart” when going to and from the bus or school?

“Home Alone Staying Safe” is a 3-hour program which prepares kids for situations that can happen when staying home alone, from the unexpected knock on the door to the 911 emergency phone call. It will also help ease the minds of parents who decide the time has come to leave their kids home alone or with siblings. This interactive and fun course, taught by South Shore Safety health educators, covers a range of safety topics:

- **Safety to and from school**
- **Basic self defense moves**
- **Phone safety**
- **Food/cooking safety**
- **Basic first aid**
- **Choking prevention**
- **Heimlich Maneuver**
- **Handling emergencies**
- **Lots of prevention!**

Saturday, October 8, 2016

9:00 – 12noon

Cost: \$40 per person

Location: SSMC 143 Longwater Dr. Norwell

Register Early!!

Call: 781-681-1363

Or email: southshoresafety2@gmail.com

South Shore
Medical Center

Fall Camping Weekend!!
When: October 21-23, 2016
Where: Boston Cape Cod KOA
**Deal: 10% and Kids camp for free for any SSCPS
Family and Faculty!**
**Call: [\(508\) 947-6435](tel:5089476435) or email boston@koa.net and
ask for Moe and let him know you are with the
SSCPS camping weekend!!**



Breakfast Order Form

Breakfast for the Month of October, 2016

Due to the office by 3:00 pm, ***Tuesday**, September 27, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

*Please **CHECK** off the day breakfast will be ordered.*

Week of 10/3 – 10/7 Monday Tuesday Wednesday Thursday Friday

Week of 10/10 – 10/14 Monday Tuesday Wednesday Thursday Friday

Week of 10/17 – 10/21 Monday Tuesday Wednesday Thursday Friday

Week of 10/24 – 10/28 Monday Tuesday Wednesday Thursday Friday

Week of 10/31 – 11/4 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.85

Less credit due

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Lunch for the Month of October, 2016

Due to the office by 3:00 pm, *Tuesday, September 27, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

*Please circle **one** choice per each day lunch is ordered.*

Week of 10/3 – 10/7	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 10/10 – 10/14	<u>Monday</u> NO SCHOOL	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> NO SCHOOL	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 10/17 – 10/21	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 10/24 – 10/28	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 10/31 – 11/4	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

Number of **Regular Lunches (A)** ordered _____ X \$3.40

Number of **Salads (B)** ordered _____ X \$3.40


Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

SOUTH SHORE CHARTER SCHOOL
OCTOBER, 2016

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 2 oz. Cereal Fruit Juice Milk	4 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	5 WG Cinnamon Roll Fruit Orange Juice Milk	6 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	7 Cinnamon Toast Crunch Fruit WG Grahams Orange Juice Milk
10 COLUMBUS DAY 	11 2 oz. Cereal Fruit Juice Milk	12 NO SCHOOL	13 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	14 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk
17 Cereal Graham Crackers Fruit Orange Juice Milk	18 WG Bagel w/Jelly Fruit Orange Juice Milk	19 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	20 WG Cinnamon Roll Fruit Juice Milk	21 WG Bagel Fruit Orange Juice Milk
24 Cheerios Graham Crackers Fruit Orange Juice Milk	25 2 oz. Cereal Fruit Orange Juice Milk	26 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	27 Cinnamon Toast Crunch Fruit WG Grahams Orange Juice Milk	28 WG Cinnamon Roll Fruit Juice Milk
31 Cereal WG Grahams Fruit Juice Milk	NOV. 1 WG Waffle Snackers Fruit Juice Milk	2 WG Croissant w/Jelly Fruit Juice Milk	3 2 oz. Cereal Fruit Juice Milk	4 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk

* All Meals include Choice of 1% or Skim Milk.

Circle a Milk Choice

1%

Skim

* Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

***Before placing your order, please inform the school if you have a food allergy!**


Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL K-8
OCTOBER, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	4 A Tuna Salad on WG Bun Broccoli B Salad w/Turkey & WG Pita Bread Milk	5 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	6 A Stuffed Shells Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	7 A Cheese Pizza Carrots B Salad w/Tuna & WG Pita Bread Milk
10 COLUMBUS DAY 	11 A Grilled Chicken over Veggie Pasta Salad B Salad w/Tuna & WG Pita Bread Milk	12 NO SCHOOL	13 A Chicken Quesadilla Carrots B Salad w/Tuna & WG Pita Bread Milk	14 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WG Pita Bread Milk
17 A Meatball Sub Potato Wedges B Salad w/Hummus & WG Pita Bread Milk	18 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Hummus & WG Pita Bread Milk	19 A Ziti & Meatballs Broccoli B Salad w/Hummus & WG Pita Bread Milk	20 A Herbed Baked Chicken Rice Green Beans B Salad w/Hummus & WG Pita Bread Milk	21 A Cheese Pizza Potato Wedges Carrots B Salad w/Hummus & WG Pita Bread Milk
24 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WG Pita Bread Milk	25 A Ham & Cheese Sandwich Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	26 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Grilled Chicken & WG Pita Bread Milk	27 A Chicken Parmesan on Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	28 A Cheese Pizza Potato Wedges Carrots B Salad w/Grilled Chicken & WG Pita Bread Milk
31 A Tortilla Chicken Broccoli B Salad w/Turkey & WG Pita Bread Milk	NOV. 1 A Sloppy Joe on WG Bun Baked Beans B Salad w/Turkey & WG Pita Bread Milk	2 A American Chop Suey Carrots Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	3 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	4 A Cheese Pizza Green Beans B Salad w/Turkey & WG Pita Bread Milk

* All Meals include Choice of 1% or Skim Milk. Circle a Milk Choice 1% Skim *All Meals Include Fruit* * Complies with NSLP Regulations

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“This institution is an Equal Opportunity Employer”


Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
OCTOBER, 2016

LUNCH MENU Circle A or B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	4 A Tuna Salad on WG Bun Broccoli B Salad w/Turkey & WG Pita Bread Milk	5 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WG Pita Bread Milk	6 A Stuffed Shells Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	7 A Cheese Pizza Carrots B Salad w/Turkey & WG Pita Bread Milk
10 COLUMBUS DAY 	11 A Grilled Chicken over Veggie Pasta Salad B Salad w/Tuna & WG Pita Bread Milk	12 NO SCHOOL	13 A Chicken Quesadilla Carrots B Salad w/Tuna & WG Pita Bread Milk	14 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WG Pita Bread Milk
17 A Meatball Sub Potato Wedges B Salad w/Hummus & WG Pita Bread Milk	18 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Hummus & WG Pita Bread Milk	19 A Ziti & Meatballs Broccoli B Salad w/Hummus & WG Pita Bread Milk	20 A Herbed Baked Chicken Rice Green Beans B Salad w/Hummus & WG Pita Bread Milk	21 A Cheese Pizza Potato Wedges Carrots B Salad w/Hummus & WG Pita Bread Milk
24 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WG Pita Bread Milk	25 A Ham & Cheese Sandwich Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	26 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Grilled Chicken & WG Pita Bread Milk	27 A Chicken Parmesan on Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	28 A Cheese Pizza Potato Wedges Carrots B Salad w/Grilled Chicken & WG Pita Bread Milk
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