

# Update **April 29, 2009**

Vol. 4. Issue 4

# Independence ~ Knowledge ~ Community



# Shrink Wrapped Veggie Van goes on the Road!

Last Friday, high school science teacher, Tara Turner, and her workshop students, Chloe Cerilli, Kristen Cheney and Rob Eloi, parent Nancy-Schaefer Flynn, and I drove in the newly shrink wrapped Veggie Van to the State House to receive the Secretary's Award for Excellence in Energy and Environmental Education. I was so proud of our teacher and her students and all of the work that they have done in the past eight months to help make Evan Whitemyer's vision to help our school go green become a reality. On Saturday, the students and Tara were back on the road again to Westford, Connecticut as part of their tour.



To promote their tour and raise funds to continue to "spruce up" our van's interior, they are selling T-shirts for \$10 and bumper stickers for \$5. Support our Veggie Van and purchase this special T-shirt. They are selling them in the pick-up line and the lobby before and after school between 7:45-8:15 and 2:45-3:00. To order a particular size Tshirt, contact Tara Turner at tturner@sscps.org.

## Charter School Day at the State House

This morning, a bus load of parents, three high school student representatives and I will be driving to the State House to make our voices heard in support of raising the cap on charter schools and maintaining the funding formula and levels for all of the charter schools in the Commonwealth. This is a busy week at the State House and many different groups are lobbying their representatives and senators in support of their organizations and programs. These are difficult times for everyone and we recognize that cuts in the state budget and/or tax increases will be necessary. However, there is nothing more important than the education of all of our students – they are our future. Many thanks to all of the parents who rearranged their schedules today to join us at the State House! The Charter School office expects there to be 500 parents there today.

## Revisiting and Editing our Mission

On Thursday, April 9<sup>th</sup>, the members of the Accountability Committee held their first meeting. The task of the Accountability Committee is to oversee the writing of our Accountability Plan for the next five years. The plan is the most important document that we must submit to the state by August 1st and is part of the charter renewal process. The twenty member committee consists of students, parents, teachers, administrators, and trustees. On the 9<sup>th</sup>, the Committee reviewed our current mission statement and came up with a DRAFT revision. One of the primary goals of the group in revising the mission was to make it shorter and clearer. Between now and May 9<sup>th</sup>, our next meeting, we are sharing the draft with all of the stakeholders for feedback and suggestions. Below is our current mission and the draft for you to review. The draft mission will be discussed at the Parent Association meeting next Tuesday, May 5<sup>th</sup>.

#### **Current Mission Statement**

South Shore Charter Public School inspires students to achieve their potential in academics, career, and life. This is accomplished with an innovative curriculum that addresses the learning styles of the individual student and is complemented by a real-life experiential learning program within a community that encourages service, leadership, and respect for all.

## **Draft New Mission Statement**

South Shore Charter Public School inspires all students to achieve their potential in academics, service, and life. Innovative teaching meets the needs of every student. Independence, knowledge, and community are fostered by experiential learning through Workshops and Projects.

# Reminder: Plant Swap Friday from 3:30 p.m. to 4:30 p.m.

This Friday, we are asking parents to bring in perennials as part of a plant swap. Level IV students in Emily Merwin's Conservation Project will use the donated plants for a Memorial Garden that they are helping us create in the front of the building near our sign.

#### Calendar

At the April 16<sup>th</sup> Board of Trustees meeting it was voted that the last day of school for the current 2008-2009 school year will remain Thursday, June 18<sup>th</sup>. The Board also voted and approved the calendar for the 2009-2010 School Year. The calendar is attached to this update.

Prue Goodale

"I touch the future. I teach. . . . If I can get some students interested in science, if I can show members of the general public what's going on up there in the space program, then my job's been done." Christa McAuliffe, Teacher and Challenger Astronaut

Friday	5/01	SEPAC	8:30am
Friday	5/01	Plant Swap	3:30pm
Mon-Fri	5/04-5/08	<b>Teacher Appreciation Week</b>	
Monday	5/04	Parent's Association Ballots Due	3:00pm
Tuesday	5/05	K-11 warnings mailed	
Tuesday	5/05	Parents Association Meeting	7:00pm
Tuesday	5/05	<b>Governance Committee</b>	7:00pm
Wednesday	5/06	2009-2010 9 <sup>th</sup> Grade Mandatory Parent/Student meeting	7:00pm
Wed & Thurs	5/06 & 5/07	Annual Fund Phone-a-thon	
Thursday	5/06	Professional Development Early Release Day	12:00noon

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

#### ANNOUNCEMENTS

# May 4-8 is Teacher Appreciation Week!!

Let's show our teachers how we appreciate their dedication and hard work. On Wednesday, May 6, please have your child bring in a flower to their teacher. It can be picked from a garden or homemade.

## Calling all chefs, bakers and purchasers!!!!

Help show our teachers how wonderful they are. The PA will be having a Teacher Appreciation Luncheon for the teachers on Thursday, May 7. This is a half day for the students. They will be dismissed at 12:00 pm. We need main dishes, appetizers, salads, desserts, drinks and paper products. The items can be dropped off when you pick up your child or I can make arrangements with you. If something needs to be warmed, we can make arrangement for that also. Please send your item in a disposable tin as we have no cleaning facilities. If you would like to donate any of these items or have any questions, please let me know at <a href="mailto:klb.rjc@verizon.net">klb.rjc@verizon.net</a>. The teachers really enjoy these luncheons and are very excited about it. They love all kinds of different foods and appreciate the wonderful dishes that SSCPS parents bring.

Karen Boyle Parent of Caroline (K), Jonathan and Richie (Level IV)

## **LUNCH ORDERS**

Enclosed is the May Menu and Lunch Order Form. Orders are due Thursday, April 30<sup>th</sup> by 3pm.

# **HEALTH OFFICE**

Many thanks to the Chambers family for their generous donation of first aid supplies to the health office.

# **ATHLETICS**

# **Physical Education**

Physical Education classes are jumping for heart next week! With heart disease being the number one killer in America, all PE classes will be working with the American Heart association to jump rope or play basketball for heart health next week. Please see the packet given to students for more information and optional donations and prizes.

Here comes summer! With the warm weather finally here, the following are ways to be sure students are properly prepared for PE:

- o Closed toe and heel shoes (no sandals)
- Water Bottles
- o Hats and sunscreen

This will ensure that we all have a fun and safe time while outside!

#### **Athletics**

It's Flag Football time! Flag Football will begin this Friday (May 1st). All Level II and III students who wish to play must have their permission slips and fees in immediately. The program will run for 5 weeks from 3:15pm-4:15pm every Friday. Please plan transportation accordingly.

# Attention all winter sport athletes:

Basketball uniforms are due in immediately to athletics!

## K-6 PRINCIPAL REPORT

Over the week long April Break I deviated from my typical Hull to Norwell to Quincy routine and traveled around. On my travels I saw the beautiful new directional signs on our interstate highways. I love these new signs. The graphic design, which is knock-out gorgeous, as well as a new highway typeface called "Clearview" will not only make our travels more attractive they will make our roads safer and save lives. I was thinking about this new work and improvement to our infrastructure in conjunction with the work of our students, parent volunteers and teachers with the veggie van.

Now there probably is no other person who has made the connection between veggie vans and new highway signs. I do not assume that it makes sense to anyone else without explanation. I will indulge in an explanation because I believe this explanation might explain why over the course of the past 15+ years we

have built a different kind of school. The signs are a product of much work and cooperation. They were formed by the industrious work and independent thinking and experience of skilled professionals and a real human need (saving lives). They are a case where innovation is matched with tradition and craft. The new veggie van though much shorter in its incubation period (the signs are a product of well over ten years of work) is also a case of teamwork and innovation matched with tradition. Both endeavors are also products of passion and hard work.

I believe that this school, whose founders recently declared as being formed with love as its central premise, is about passion and hard work. We are getting better at declaring our need for both hard work and passion from ourselves, our students and our larger community. The renewal process is an important chance for us to take a leap into the next five years and to assert our values and our passions. Please give us feedback on the new Draft Mission Statement that is in Prue's update. This school will always be hard work. It is hard work that by its nature is of an uncertain kind because we do not know what will be the essential skills and knowledge for improving lives and making life better. We do know that it will be a product of a deep understanding of our past, leaning that is traditional and connects us with that past but that is also open to what is new. Thank you for taking this journey with us and giving us your time and your children. Schools are so important for our culture and society because if they are open they will encourage students to take chances, pursue all kinds of passions and get involved to make things better just like the makers of the new highways signs and the veggie van have done.

This Friday afternoon from 3:30 - 4:30 the Level IV Conservation Project is holding a perennial plant swap and donation. They are creating a new garden in the front of the school near the sign. This garden will not only beautify our school but it is a Memorial Garden to honor our students.

*Ted Hirsch* – (781)982-4202 – *thirsch@sscps.org* 

# ON THE LEVELS

#### **SAYING OF THE WEEK:**

Level 1: "In hot water."

Level 2: "You can lead a horse to water but you can't make him drink."

**FOOD DRIVE!** June's Kindergarten Pod is having a food drive to help people in need at the Hanover Food Pantry. Drop off at the Teacher's Lounge, Front Desk or Lobby – April 27<sup>th</sup> – May 25<sup>th</sup>. Macaroni & Cheese, Jelly, Pasta, Juice, Soup, Toilet Paper, Tissues are some of the items that are needed. Thank you!

# FUNDRAISING & DEVELOPMENT CORNER

**Annual Fund -**

Keep the Participation Momentum Going!! Make Your Donation Today



# **Annual Fund Phone-a-thon**



The SSCEF Annual Fund phone-a-thon will take place next week, May 6<sup>th</sup> & May 7<sup>th</sup>. We will be calling all of those families who have not made a contribution to the Annual Fund asking for your help. We need your help now, more than ever! If you don't want your phone ringing, make your contribution today by dropping a check at the front desk or by donating online: https://secure.entango.com/donate/t7xbpeyzaxr

Help us reach 100% participation! As always, thank you for your support!

# **Auction Requests**

Instead of getting nickel and dimed with several smaller requests this year, the fundraising efforts have focused on fewer requests...NOW is the time when we really need help from the entire community to make the Annual Auction a success.

# Auction Gift Ideas....

**Parents** - Still not sure what to donate for the Annual Auction? How about a bottle or two of your favorite wine which will be bundled with the others into a mini wine cellar of Charter Favorites? It is quick, easy, and affordable. Parent Jeff Jorgensen has already started us off...

Calling **High School Students**... Your talents are valuable! Traditionally the High School Art Workshop Students have donated pieces of art for the auction but even if you don't fall into that group your other talents or time can raise money for your school. Have you considered donating babysitting services? Get together with a couple of friends and donate a couple of hours of yard work as a group package? Paint a mural on a child's bedroom? Gather a few friends and offer to supervise and run games for a child's birthday party? Provide entertainment by playing music for a party? Help pass appetizers and clean dishes at a party? Offer to clean a house for a couple of hours? Provide some tutoring for a younger student...

Level III and Level IV Students...get in on the Auction Action...If you are not in Mac Haran's Knitting Project (they are creating a blanket to donate) you may be wondering how you can contribute. There will be one themed gift basket for Level III (Cooking) and two for Level IV (Sports) and (Gardening). Bring in your contribution to the gift basket and show your pride in your school! Level I and II students are creating works of art to donate!

# <u>SSCPS's 14<sup>th</sup> Annual Auction –</u> <u>It's right around the corner, so make your reservations today!</u>



The 14th Annual Auction is taking place on Thursday evening, May 28, 2009 at Souther's Marsh Golf Club in Plymouth. It will begin at 5:00 p.m. with appetizers and cocktails on the club deck and a gorgeous view of the golf course and cranberry bogs. Mingle with old friends and meet new people as you bid on the wide array of Live & Silent Auction items. Later we will move to the outdoor custom-made sailcloth tent for dinner and the Live Auction. Executive Chef Carol Orcutt will prepare an outstanding Land and Sea Dinner which will consist of the Souther's Marsh famous Steak

Tips w/ Scallop and Shrimp Scampi.

Although there is a change of venue, we are still looking to keep the SSCPS Auction tradition alive! We will continue the tradition of student projects, artwork & family donations as auction items. We will also be auctioning off the SSCPS Helmet and "Principal for a Day" amongst many other things.

The annual auction has brought in an average of \$22,000 each year, to assist in fundraising for the school. This year especially, we need to beat that! We need YOUR help! Please visit the auction website and make your reservation today!

http://www.sscefgolfauction.com/dinnerauctionregistration.html

# **Golf Tournament**



If you're looking for a bit more than just the dinner & auction, we are looking for golfers of all abilities to play in our Florida Scramble event that will take place prior. So even if you don't play like Tiger Woods you can have a great day of fun and golf all the while helping out the school. If you are not a golfer and would like to help out we do need volunteers to fill a variety of positions as well. Please print out the <u>registration form</u> to reserve your space on the green today!

**2nd Annual Harvest Run – Save the Date!** The planning is underway and we have set Saturday, October 17th for the Harvest Run. Stay tuned for more information as we have it.

**Don't forget OneCause!** To date, we have earned \$216 by just a few of us shopping through OneCause. We have already received a check! Download the toolbar & you won't forget! Money can be earned every day, all year long! Click here for the most recent flyer: <a href="http://www.causeloyalty.com/oc\_docs/toolbar/Toolbar\_Double\_Up\_Supporter\_School.pdf">http://www.causeloyalty.com/oc\_docs/toolbar/Toolbar\_Double\_Up\_Supporter\_School.pdf</a>

## PARENTS ASSOCIATION

It's that time - Time to elect your Parent's Association Officers, Committee Chairs, and Grade Reps for the 2009-10 school year. The ballot is attached...We are also seeking your input in the form several questions on page 2 of the ballot. Please print out and complete the attached ballot and return it to school, Attn: Parents Association, before 3pm on Monday May 4th. If you know someone who is not receiving these emails please let them know that they may pick up a ballot at the front desk if one does not arrive home with their student. The winners will be announced at our May 5th PA meeting. We have a great ballot, with many new faces, and I'm very much looking forward to the next school year. Thank you very much for your time and your input. Deidre Lamoureux, PA Chair

# Next Meeting of the Parent's Association – Tuesday, May 5<sup>th</sup> 7pm

**REMINDER:** to join the online SSCPS Parents Discussion Forum at GoogleGroups which is a great forum for sharing thoughts and ideas related to the school and our community, and for keeping up with Parents Association announcements and news. If you'd like to sign join you can email the group owner at <a href="mailto:dwhitemyer@rcn.com">dwhitemyer@rcn.com</a> or log onto <a href="http://www.sscps.org/parents/parents-association/index.cfmm">http://www.sscps.org/parents/parents-association/index.cfmm</a>

# **EMPLOYMENT OPPORTUNITIES**

**2008-2009 Vacancies:** 

- On-Call Substitute Teachers
- On-Call Substitute Teacher Aides

Send cover letter, resume and list of references to Kristine Shipps, Business Manager.

# **COMMUNITY INTEREST**

Our Physical Education Teacher, Ashley Lorance, will be participating in the Cohasset Triathlon on June 28. Ashley is racing as part of the team, Sarah's Soldiers. Sarah's Soldiers is a team of friends and family supporting Sarah Bast and the great efforts of the Juvenile Diabetes Research Foundation, or JDRF. The team's goal is to help support the JDRF in its efforts to find a cure for juvenile diabetes. Last year the team raised over \$33,000 as they participated and competed in the Cohasset Triathlon. They look to surpass that number this year and need your help. Your donations are greatly appreciated on behalf of Ashley and the entire Sarah's Soldiers team. Please visit www.sarahssoldiers.com to learn more.

# **COMMUNITY SERVICE**

# Looking for an hour-long important community service opportunity for early May?

We've got the go-ahead to help with preparation for Norwell's Memorial Day observances by placing flags at veterans' graves at Washington Street Cemetery.

For a few years now, SSCPS has assisted with this. It will take an hour or less, and we'll gather at school right at dismissal, and then go over to the cemetery in our own cars.

Tuesday, May 5<sup>th</sup> (rain dates -- Tuesday, May 12<sup>th</sup> or Tuesday, May 19<sup>th</sup>) More details forthcoming as we get closer to the date.

FREITAS FAMILY COLLECTING DONATIONS FOR TANZANIA! Our Auntie Arlene will be traveling to Tanzania in East Africa at the end of June with Missions for Humanity. Their purpose is to provide medical, dental and humanitarian aid to those in the neediest communities. They will be working at the Ukonga Hospital in Dares Salaam, Tanzania and the outlying villages. We are very proud of our aunt for all of the work that she does to help other people and we thought it would be great for us, as kids, to help the kids that she will be working with. We are looking for donations of new or gently used backpacks. Also flip flops and sunglasses for children. If you can donate any of these items, please bring them to Danny Freitas in Krista's Pod on Level II.

Thank you - The Freitas Kids: Danny (4th grade), Matthew (2nd grade) and Amelia (kindergarten)

The 7<sup>th</sup> Annual Big Hair Cut is coming ... June 12! 10 inches of hair required – come join our Big Give to give your hair to be sent to Locks of Love, an organization that makes wigs for children who lose their hair due to chemotherapy and other lose diseases. Everyone is invited to participate and cheer for everybody. Let's beat last year's record of 110 inches of braid! (we have collected 605 inches of hair in the past 6 years!)Sign-up on the door of Mary Ellen's classroom, room 103, next to the front desk. If you have any questions please contact me by sending an email to amedeiros1106@hotmail.com. The Big Count Down, Drum Roll, and Cheers begin at 2:15 outside, behind the school. (If it does rain we will be moving it inside into the High School Great Room. Everybody Come!)

# South Shore Charter Public School Parent's Association 2009-2010 Elections

# MUST BE RETURNED NO LATER THAN 3PM ON MONDAY MAY 4TH

Parents Association Officers (Choose one for each position)							
	<u>Chair</u>		Vice Chair		<b>Secretary</b>		<u>Treasurer</u>
	Deidre Lamoureux		Heather Dans		Karen Currie		Elissa Dennis
_	Write In		Gwen Watchorn	_	Write In		Gema Gray
		_	Write In	_			Write In
		Parents A	ssociation Committee Chair	rs (Choose	one for each position	1)	
	<b>Fundraising</b>		Arts & Music		<u>Library</u>		<b>Community Service</b>
	Dottie Kennedy Brooks	_			Beth Toma		Jae Picard
	& Heidi Alyward		Write In				
				_	Write In	_	Write In
	Write In		Walcoming & Events		Volunteer Coord		
	Health & Safety		Welcoming & Events		Volunteer Coord		
	Michelle Amicangelo		Kerry Griffin		Melissa Freitas		
	Write In		Write In		Write In	_	
		Parents Ass	ociation Grade Representat	ives (Cho		on)	
	Kindergarten		1st Grade		2nd Grade	,	3rd Grade
	Annette Golden		Kerry Benjamin		Anatoli Barbosa		Maureen Hebert
			Julie Burke				Norma Laurend
	Write In		Heather Dans		Write In		Kirsten Mullen
			Gwen Watchorn			<u> </u>	
			O				Write In
		_	Write In	_			
	4th Grade		5th Grade		6th Grade		7th Grade
	Michelle Amicangelo		Michelle MacCormack		Donna Walsh		Tobe Sachs
	Write In		Write In		Write In		Write In
	94L C 1-		Oak Cook 1		104 C 1		11 0 3
	8th Grade Bev Bruce		<u>9th Grade</u> Karen Boyle		10th Grade Kristina Russo		11 Grade Mickey Ciambriello
	Write In		Write In		Write In		Write In
	<u>12th Grade</u>						
	Write In	<u>—</u>					
	write in						

# Questions

1.	Why did you choose SSCPS?					
2.	What are your top 3 favorite attributes of SSCPS?					
3.	What are your top 3 least favorite attributes of SSCPS?					
4						
4. I	Are you involved with in the PA? If not what prevents you from doing so?					
5.	Do you prefer day or evening PA Meetings? Weekday or Saturday?					
<i>J</i> .	Do you picter day of evening 1 A Meetings: Weekday of Saturday:					
ļ						
6.	What would you like to see changed in regards to the PA meetings?					
-						
7.	Comments? Suggestions?					



www.sscefgolfauction.com

Spring 2009

#### Dear Friend:

Spring is in the air and SSCPS's Golf Committee is in full swing, planning the 1st annual tournament. Yes, the 1st Annual South Shore Charter School "DRIVE FOR THE FUTURE" Golf Tournament will be held at on Thursday, May28th, 2009 for an afternoon scramble (12:00 p.m. registration, 1:00 p.m. shotgun start), great contests followed by a fabulous dinner auction with one-of-a-kind items that'll inspire even non-golfers.

This tournament is not just a great day of golf; it's an important fundraiser for an institution that's near and dear to my heart - South Shore Charter Public School. Each year, our efforts support programs from the arts to athletics, science to technology. If you have a child who has attended the school or if you're a graduate yourself, you know what a difference an SSCPS education makes.

Each year, our school graduates another fine crop of future leaders who have spent thousands of hours volunteering at such places as Cardigan Nursing Home, Cradles to Crayons, Habitat for Humanity (South Shore and International), Holly Hill Farms, Magical Moon Foundation, Hull Seaside Animal Rescue, South Shore Hospital, South Shore Wildlife Center, Special Olympics, Tufts Floating Hospital, and Wellspring Multi-Service Center. Since SSCPS opened its doors in the fall of 1995, we have been committed to service learning and students begin their service in kindergarten. We are most fortunate to have this unique school on the South Shore!

We've enclosed this year's registration form, but you can also make your sponsorship commitment or sign up your foursome online at www.sscps.org. Sponsorship opportunities start at just \$100 and our golf packages include your cart as well as dinner that night in coordination with our Annual Auction. In short, there's something for everyone.

All we need is you. While we can accommodate about 250 for dinner, our field of golfers is limited to 144, so please register today and join us for all or part of what promises to be a spectacular day for SSCPS. If you have any questions, please contact me as Chair of the event brownewall@comcast.net or 781-545-2008 or Geri Calos at gcalos@sscps.org or at 781-982-4202, ext. 362. On behalf of the entire South Shore Charter School Community, we thank you for your support.

Best regards,

Miriam Brownewall Golf & Auction Chairperson Golf Committee Co-Chair Brownewall@comcast.net

Mark Stevenson gurnetinn@verizon.net Maureen Hebert Auction Committee Co-Chair mhebert@metlife.com



Thursday, May 28, 2009

Souther's Marsh Golf Club, Plymouth www.SSCEFgolfauction.com

CO	NTACT INFORMATION				
Na	me/Contact:				
Co	mpany:				
Ad	dress:				
	y, State & Zip:				
Ph	one: E-Mail:	Web Addr	ess:		
SPO	ONSORSHIP OPPORTUNITIES				
0	\$2,000 Tournament Sponsor Includes foursome, 4 additional guest dinner tickets,	half-page ad in	n program		
	\$1,000 Contest Sponsor				
	Includes foursome, 2 additional guest dinner	PAYMENT			
	tickets, contest sign and quarter-page ad in progran	Total Amount: \$			
	\$750 Hole Sponsor Foursome	☐ Check /	Money Order enclosed payable to SSCEF		
	Includes foursome, hole sign and business card	■ Bill my credit card: ■ MasterCard ■ Visa			
	ad in program	A 2 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
	\$275 Hole Sponsor				
	Includes hole sign and business card ad in	Exp. Date:Signature:			
	program	signature: _			
	\$100 Cart Sponsor				
	Includes sign on golf cart and listing in program				
	Donation \$				
	I'd like to donate a prize for the raffle or a	iction:			
_	☐ I'd like to donate a prize for the raffle or auction:				
PL	AYER / BANQUET REGISTRATION				
	\$450 Golfer Foursome x (\$500 if received	ved <u>AFTER</u> Ma	y 15, 2009.)		
	\$125 Individual Golfer x	5/65 per coup	ole Dinner Only Tickets x		
Mv	group includes:	Golfer	Shirt Size (circle)		
			S M L XL XXL		
			S M L XL XXL		
			S M L XL XXL		
3. 1			2 M I XI XXI		

# Take a Moment to Enjoy the View!

The 14<sup>th</sup> Annual Auction on May 28, 2009 will start with appetizers & cocktails, followed by dinner and a Silent Auction, all the while, enjoying this gorgeous view at Souther's Marsh Golf Club in Plymouth.

Reserve your dinner tickets now so you don't miss this opportunity to support our school!!



Online payment and reservation forms can be obtained at <a href="https://www.sscps.org">www.sscps.org</a>.

Registration forms are also available at the front desk.

Don't forget to check out <u>www.sscefgolfauction.com</u> to browse our updated list of fantastic auction items!

# Lunch Menu – May 2009

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Roast Beef	Cheese Pizza	Ham	No Lunch	Tuna Salad
With American cheese and mustard		With American cheese, lettuce, tomato, pickle and oil	Early Release	With lettuce and tomato
11	12	13	14	15
Chicken Salad	Cheese Pizza	BLT	Cheese Pizza	Tossed Salad
With lettuce and tomato		Bacon, Lettuce and Tomato with mayonnaise		With Italian dressing and pita bread
18	19	20	21	22
Italia Cold Cuts	Cheese Pizza	Turkey	Cheese Pizza	Tuna Salad
With Frovoione cheese, lettuce, tomato, pickle and cil		With American cheese, lettuce, tomato and mayo		With lettuce and tomato
25	26	27	28	29
Ne School	Cheese Pizza	BLT	Cheese Pizza	Greek Salad
Memorial Day		Bacon, Lettuce and Tomato with mayonnaise		With Greek dressing and pita bread

<sup>2 %</sup> milk, chocolate milk, strawberry milk or orange juice is included with the purchase of lunch or may be purchased for 25 cents. If your child has forgotten a lunch, yogurt, a fruit bar and Milk will be provided at the cost of \$1.75. For Level I and II a Lunchable and Milk will be provided for the cost of 2.75. A note from the office will go home that week for reimbursement.

# Lunch Order Form Lunch for the Month of May, 2009 Due to the office by 3:00 pm, Thursday, April 30, 2009

Student Nam	e					
Pod Teacher/Advisor				Grade		
Please CHE	<b>CK</b> off the day lur	ıch will be orde	red and <u>CIRCLE</u> y	our selection.		
Week of 5/4–5/8	[ ] Monday Sub ½ sub Wheat	[ ] Tuesday Pizza #	<del>_</del>	[X] Thursday No Lunch		
Week of 5/11 – 5/15	[ ] Monday Sub ½ Sub Wheat	[ ] Tuesday Pizza #		[ ] Thursday Pizza #		
Week of 5/18 – 5/22	[ ] Monday Sub ½ sub Wheat	Pizza	=	[ ] Thursday Pizza #		
Week of 5/25 – 5/29	<del>_</del>		Sub	[ ] Thursday Pizza #	•	
Number of ½ Number of P Number of S	ubs/Wheat ordered izza Slices ordered alads ordered credit due	 	X X X X X	\$5.00 \$3.00 \$1.75 \$3.00		
	ol Amount Enc	losed		<u> </u>	_	

Choice of 2% milk, chocolate milk, strawberry milk or orange juice is included with the purchase of a meal or can be purchased separately for 25 cents.

Cash or Checks may be made out to SSCPS.

Please note: If your child has forgotten lunch, a lunch of Peanut Butter & Jelly Sandwich and Milk will be provided at the cost of \$2.75. For Level I and II a Lunchable will be provided. A note from the office will go home that afternoon for reimbursement.



# Teen Fridays In May

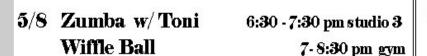
Every Friday from 6:30 - 9:30 pm the South Shore YMCA offers activities for teens.

 5/1 Definitions
 6:30 - 7:30 pm studio 3

 Zumba w/ Jen
 7:30 - 8:30 pm studio 3

 Capture the Flag
 7-8:30 pm gym

Rock Band w/ Leaders 7:30 - 9:30 pm AHC



5/15 Definitions 6:30 - 7:30 pm studio 3

Zumba w/ Jen 7:30 - 8:30 pm studio 3

Team Handball 7-8:30 pm gym

Performance Workshop :30 - 9:30 pm AHC

 5/22 Zumba w/ Toni
 6:30 - 7:30 pm studio 3

 3 on 3 Basketball
 7-8:30 pm gym

 Rock Band w/ Leaders
 7-9:30 pm AHC

5/29 Definitions 6:30 - 7:30 pm studio 3
Zumba w/ Jen 7:30 - 8:30 pm studio 3
Revenge 7-8:30 pm gym
Performance Workshop 7:30 - 9:30 pm AHC



# Every Friday Night:

Cardio & Weight Training \* 6:30-8:30 pm

Iron Core Yoga 6:45—7:45 pm Studio 2

Mixed Martial Arts 7:30-8:30 pm studio 2

Indoor Cycling
7—7:55 set-up
8—8:30 pm

Kick'in Class cycling studio

Open Gym, Swim & Cardio 6:30-9:30

Teen Friday events are free to Members and \$5 for Non-Members.

Participants must be 11—17 years old (\* 12 + for Cardio & Weight Training program).

Every 10 times you come get a prize. Wear work-out gear to be active.