



Wednesday	09/09	SSCPS Welcome Back Picnic	5:00-7:00pm
Thursday	09/10	Lunch Program Meeting	2:00pm
Thursday	09/10	School Council	3:45pm
Thursday	09/10	Facilities Committee	6:00pm
Monday	09/14	Personnel Committee	8:15am
Tuesday	09/15	Executive Committee – Panera Bread, Hingham	7:45am
Tuesday	09/15	Level II and Level III Back to School Parent Night	6:00pm
Wednesday	09/16	Level I Back to School Parent Night	6:00pm
Thursday	09/17	Level IV and High School Back to School Parent Night	6:00pm
Thursday	09/17	MCAS Action Team	3:45pm
For a complete school calendar, visit <a href="http://sscps.org">sscps.org</a> .			

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

## SPOTLIGHT ON SSCPS

BY SUSAN DUPRAS – SCHOOL NURSE

### Updated Information on H1N1 Flu from the Center for Disease Control

#### What is 2009 H1N1 (swine flu)?

2009 H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread.

#### Is 2009 H1N1 virus contagious?

CDC has determined that 2009 H1N1 virus is contagious and is spreading from human to human. The spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

#### What are the signs and symptoms of H1N1?

**The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.** A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.

### **How severe is illness associated with 2009 H1N1 flu virus?**

In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

### **How long can an infected person spread this virus to others?**

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus

### **Prevention & Treatment**

#### **What can individuals do to protect themselves from getting sick?**

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

#### **Take these everyday steps to protect your health:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners\* are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

#### **Exception to SSCPS Policy Regarding Absences Due to H1N1**

**FLU and FLU-LIKE illness will be EXCUSED by the school nurse only if notified by parent/guardian. Call Susan Dupras R.N. @ x 104 with any questions or concerns.**

For additional information, we encourage everyone to visit the CDC's new web site at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu).

### **LUNCH ORDERS**

Enclosed is the September Lunch Menu and Order form. All orders are to be received by Thursday, September 10th by 3pm.

### **7-12 PRINCIPAL’S REPORT**

We have had a good start to the school year. Students are coming to school on time, teachers have prepared engaging lessons that challenge our learners, and everyone is working hard. If we stay on this pace, it will be an incredible year. The trick is to sustain this level of effort.

One key component to every child’s success in school is the support they receive at home. The expectation that families support and are involved in their child education is one of the founding principles of this school. To that end, I want to encourage every parent/guardian of a student in grade 7 through 12 to attend our Back to School Night next Thursday, the 17<sup>th</sup> of September, from 6 PM to 7:30 PM.

Our schedule next Thursday is to spend a little time talking about the school year before sending parents/guardians off on an abbreviated school day schedule. The schedule will give parents/guardians the opportunity to visit their student’s classrooms and hear from the teachers about routines and expectations for the year. Please make every effort to attend. *Jim Connolly – (781)982-4202 – [jconnolly@sscps.org](mailto:jconnolly@sscps.org)*

## HEALTH OFFICE NEWS

Reminder:

**Level I and Level II are NUT SAFE ( free) AREAS.**

- NO PEANUT,CASHEWS, TREENUTS, PINENUTS or PISTACCHIOS.
- Do not send any nut/ nut products to school with your child.
- Have your child wash hands with soap and water before coming to school if he / she has eaten nut products at home .
- Check all labels before sending food to school.
- Any nut products send to school will be disposed of/ package food will be returned to backpack.
- SSCPS is unable to supply replacement snacks.
- Call Health Office with any questions or concerns.

## ON THE LEVELS

**SAYING OF THE WEEK:**

Level 1: "An apple a day keeps the doctor away."

Level 2: "Beauty is only skin deep."

## PARENTS ASSOCIATION

**The Parent Association Wants to Give You Money!**

The PA has funds that we would like to distribute to the school community and we need your help. Is there a project or event you'd love to see at the school? Supplies that we need? Something that can improve the environment or education at SSCPS? We are asking for ideas from parents, students, faculty and staff, but think fast, the deadline for the fall distribution is 9/21/09. Fill out the attached Financial Request Form and turn it in no later than 9/21/09 and we will review all submissions and let you know if your request will be funded after the November PA meeting.

We also need a Task Force to meet at the end of Sept. to review the requests and put together a budget to present to the PA at the October 3 meeting. We need one parent from each level (levels 1,2, and 4 are all set) to help us decide which projects to fund. Please contact Elissa Dennis [coffinwife@gmail.org](mailto:coffinwife@gmail.org) if you are interested in helping distribute PA funds.

**Longwater Transportation** offers a reliable and safe bus service run from Hull, Hingham, and Cohasset to SSCPS. If you are interested in having your child ride the LW Bus either one way or full time, please email [AmyLemkin@gmail.com](mailto:AmyLemkin@gmail.com).

**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 Blaire Schaefer-Flynn ([bschafe@gmail.com](mailto:bschafe@gmail.com)) or log onto <http://www.sscps.org/parents/parents-association/index.cfmm>

## COMMUNITY SERVICES OPPORTUNITIES

COASTSWEEP 2009

Saturday September 19<sup>th</sup>

8:30 a.m. – 12:00 p.m.

Mary Jeanette Murray Bathhouse

Nantasket Beach, Hull

<http://www.coastsweep.umb.edu>

Coastsweep is a state-wide beach clean-up sponsored by the Massachusetts Office for Coastal Zone Management and coordinated by the Urban Harbors Institute of the University of Massachusetts in Boston. Each year, thousands of Coastsweep volunteers take to local beaches, river banks and seafloors to help remove debris that would otherwise pollute our oceans. This is the 22<sup>nd</sup> year of Coastsweep and SSCPS has a long tradition of participating in this worthwhile event.

## COMMUNITY NEWS

**GIRL SCOUTS** Girls who have not already signed up and would like to participate in Girl Scouts this year can join at the Back To School Picnic on Sept 9 or by contacting a troop leader. Girl Scouts is a leadership experience encouraging girls to discover the world, to connect with each other, and to take action to make the world a better place. Meetings are held at the school twice a month on select Tuesdays beginning in September and running through early June from 3:00-4:30 p.m. The cost is \$12 plus \$4 for each meeting.

Financial assistance is available and no one will be turned away for inability to pay. The first meeting of the year will be on September 15. **Juniors:** Grades 4 and up, Leader Stacey Rousseau: [faemoon3@gmail.com](mailto:faemoon3@gmail.com), (781) 961-4071; **Brownies:** Grades 2-3, Troop Leaders Maureen Hebert: [mhebert@metlife.com](mailto:mhebert@metlife.com), (781) 837-8952 and Stacey Kirves: [Kirv4@yahoo.com](mailto:Kirv4@yahoo.com), (781) 878-1995; **Daisys:** Grades K-1, Troop Leader Kim Beshere: [Tessapink1@yahoo.com](mailto:Tessapink1@yahoo.com), (781) 961-2220 and Katie Tierney. There are only 7 openings for Daisy's. Please email Kim Beshere if you are interested. First come first served!

## EMPLOYMENT OPPORTUNITIES

### Immediate Part Time Openings:

Part Time Elementary Teachers Aides (20 hours per week)

Full Time High School Spanish

Full Time Elementary Teacher (Grade 5 and 6)

### Anticipated 2009-2010 Coaching Vacancies:

High School Girls basketball

Cross Country/Running Club Supervisor

### On going for 2009-2010

On-Call Substitute Teachers

On-Call Substitute Teacher Aides

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

# SPARK!

The Mind Body **Math** Connection

**Build Math Confidence!**  
**Have Math FUN!**  
**See Math in *Real Life***

**Grades 2-3** Thursdays 4:30-5:30 pm MHUM13F9

**Grades 4-5** Thursdays 5:45-6:45 pm MHUM14F9

*Classes October 8th—November 19th*

Classes here at YMCA Mill Pond Arts and Education Center

## YARTS™

South Shore YMCA

**experience cultivate celebrate**

**Registration Begins Sept 1**

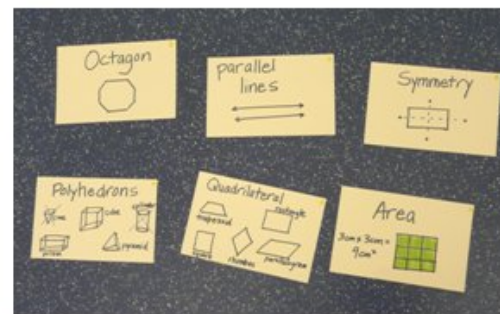
(see program guide for registration guidelines)

**\$140 YMCA Members**

**\$210 non YMCA Members**

Register on line at [SSYMCA.ORG](http://SSYMCA.ORG)

Class sizes are LIMITED  
Please *REGISTER EARLY*



**Financial aid available**

Contact:

[kim engle](mailto:kim.engle@ssymca.org)

arts and education director

South Shore YMCA at Mill Pond

75 Mill St Hanover, Ma

781 829 8585 x321 [Kim@ssymca.org](mailto:Kim@ssymca.org)

Look for us on

South Shore YMCA Arts and Education



# SSCPS PA Financial Request - Sept 2009

Requests Due by 9/21/09

Date:

Total Amount Requested\*:

Date Required:

Description of request (be specific!):

## Supplier Information

Company Name:

Address:

Telephone Number:

Fax Number

Website:

People who will benefit if request is granted:

## Submitted by

Name:

Title:

Email Address:

Telephone Number:

\*Amount requested must include any and all taxes, labor, set-up charges, delivery fees, etc. Do the research and make sure the amount requested is completely accurate and/or get realistic quotations from the proposed vendor. Requests with incomplete information will not be considered.

Return form to PA Treasurer Elissa Dennis no later than 9/21/09. Email [coffinwife@gmail.com](mailto:coffinwife@gmail.com), fax 978-922-5110, telephone 617-347-2283

Lunch Order Form  
 Lunch for the Month of September, 2009  
**Due to the office by 3:00 pm, Thursday, September 10, 2009**

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

Please **CHECK** off the day lunch will be ordered and **CIRCLE** your selection.

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
9/14– 9/18	Sub	Pizza	Sub	Pizza	Sub
	½ sub	#_____	½ sub	#_____	½ sub
	Wheat		Wheat		Wheat

Week of	<input type="checkbox"/> Monday	<input checked="" type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
9/21– 9/25	Sub	<b>No Lunch</b>	Sub	Pizza	Salad
	½ sub		½ sub	#_____	
	Wheat		Wheat		

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
9/28 – 10/2	Sub	Pizza	Sub	Pizza	Sub
	½ sub	#_____	½ sub	#_____	½ sub
	Wheat		Wheat		Wheat

Number of Subs/Wheat ordered	_____	X	\$5.00
Number of ½ subs ordered	_____	X	\$3.00
Number of Pizza Slices ordered	_____	X	\$1.75
Number of Salads	_____	X	\$3.00

*Less credit due*

**Total Amount Enclosed**

\_\_\_\_\_ \$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.

**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.**

Please note: If your child has forgotten lunch, a yogurt, fruit bar and Milk will be provided at the cost of \$1.75. **For Level I and II a Lunchable** will be provided for the cost of \$2.75. A note from the office will go home that afternoon for reimbursement.