

### **Update**September 16, 2009

Vol. 9, Issue 3

#### Back-to-School Nights and Parent Involvement

We had a great turn-out last evening for the Level I and II Back-to-School Night presentations. We hope to see the parents and guardians of our Level I students this evening and the parents and guardians of our grade 7 through 12 students tomorrow night. The programs begin promptly at 6:00 p.m. All of the research on student achievement and effective schools indicate that one of the most important keys to success is strong parent involvement. The Back-to-School nights for each level serve as the official kick-off for the all important parent-teacher communication piece. There are so communication tools for SSCPS families to connect with faculty and staff and keep up-to-date about their child's work: person to person meetings, notes, phone calls, email, and EdLine. We welcome feedback and comments from all of our families and our teachers want to keep you informed about your child's progress in school. It is also important for us to know as soon as possible if there has been a situation and/or event that could negatively impact their work in school. We care about the "whole child" and we have wonderful support staff – a school psychologist, an adjustment counselor, a guidance counselor, and a school nurse. All of these individual are here to help our students achieve and deal with illness, stress, and other issues that can affect their performance in school. If we can keep the lines of communication open and rely on the "three legged stool," it should be a great year for your child!

#### Volunteer Training and Upcoming Opportunities to Serve

In this year's first Update issue, I mentioned the "requirement" that those parents and guardians who are new to volunteering at SSCPS need to attend a BRIEF thirty minute information session with Ted Hirsch, K-6 principal, Melissa Freitas, the PA Volunteer Coordinator, and me. We have scheduled **information sessions** for **8:30 a.m.** on the following **Thursdays: September 24, October 1, and October 8.** We hope that you can make arrangements so that you can attend **one** of these sessions. If your work schedule makes it impossible to attend one of these sessions, please let Ted or me know and we will make special arrangements for you. Remember, our goal is to get as close to 100% participation as possible this year. Also, if you have not yet submitted your volunteer form, please go to our website, <a href="www.sscps.org">www.sscps.org</a>, to download the form. Over the next two weeks, Melissa will be putting together a database for this year and sharing the volunteer interest information with the Level Coordinators and we can line volunteers up for classroom activities, library coverage, field trips, guest speakers, etc.

I also wanted to let everyone know that there are three upcoming events where we need parent volunteers. The first opportunity (for your children as well) is the Coast Sweep beach clean up in Hull this Saturday, September 17<sup>th</sup> The second event is **Grandparents Day which is Thursday, October 15<sup>th</sup>**, an early release day. Nancy Seglin, SSCPS grandmom and spouse of Board of Trustee's chair Jeff Seglin, and Jo Loughnane, BOT member, are again cochairing our second Annual Grandparents Day. The program is for grandparents of Level I and II students and we need more parent helpers to make the event go smoothly. If you are interested in helping us organize the event and/or assist us on the 15<sup>th</sup>, please contact my Assistant, Pam Algera. The third event is our second **Annual 5K Harvest Road Race** at Wompatuck State Park on Saturday morning, **October 17<sup>th</sup>**. The chair of this event is parent Annette Golden. We are in need of families to help us with setting up the course, runner registration, giving out water at the different stations along the course, and, of course, promotion. We need lots of help to make this event a success so please contact Pam Algera or me either in person, by phone, or email ASAP. Also, please spread the word about the road race to any runners that you know. It is a certified race and the funds raised from the race go to SSCPS!!

I hope that you are enjoying our new feature, "**Spotlight on SSCPS.**" This week, Carol Wise, our Occupational Therapist, is writing about "Backpack Awareness." *Prue Goodale, Executive Director* 

"By all these lovely tokens, September days are here, with summer's best of weather and autumn's best of cheer." Helen Hunt Jackson

Wednesday	09/16	Level I Back to School Parents Night	6:00pm
Thursday	09/17	Level IV and High School Back to School Parent Night	6:00pm
Saturday	09/19	Coast Sweep Community Service – Nantasket Beach – Registration begins at 8:30am at the Bathhouse	
Monday	09/21	Development Committee	5:00pm
Monday	09/21	SSCE Foundation Meeting	6:30pm
Tuesday	09/22	Professional Development Early Release	12:00pm
Tuesday	09/22	Governance Committee	5:00pm
Wednesday	09/23	School Picture Day	
Wednesday	09/23	Parents Grades 4-8 Cyber-bullying Workshop - see On the Levels for more information	6:00pm
Thursday	09/24	<b>Education Committee</b>	3:45pm
Thursday	09/24	Finance Committee	5:30pm
Thursday	09/24	Board of Trustees	7:00pm

#### SPOTLIGHT ON SSCPS by Carol Wise, Occupational Therapist

#### Pack It Light! Wear It Right!

Wednesday, September 16<sup>th</sup> is National School Backpack Awareness Day. This public service campaign sponsored by the American Occupational Therapy Association provides guidelines to protect the backs, necks and shoulders of our students from the serious health effects that can occur when children's backpacks are too heavy or worn improperly.

\*When **selecting** a backpack, try to find one that has:

- A padded back
- Wide, adjustable shoulder straps
- Hip and chest belts
- Reflective material to enhance visibility at night
- \*When **packing** a backpack,
  - Place heavier items closest to the back section, and lighter items toward the front
  - Eliminate unnecessary items to reduce weight
  - Adjust the straps so the backpack does not hang below waist level
- \*A backpack should never weigh more than 15% of a student's body weight:

	Maximum Backpack
Student's weight (in pounds)	Weight (in pounds)
60	5
60-75	10
100	15
125	18
150	20
200 or more	25*
*No one should carry more than 25 pounds	

PLEASE CHECK YOUR CHILDREN'S BACKPACKS AND MAKE CHANGES AS NEEDED TO PROTECT THEIR NECKS, BACKS AND SHOULDERS.

For additional information, please contact Carol, OT at x361, or visit www.aota.org.

#### **LUNCH ORDERS**

Enclosed is the September Lunch Order form which is due by Thursday, September 17<sup>th</sup> 3pm. Also enclosed is the October Menu and Lunch Order form. October orders are due Thursday, October 1<sup>st</sup> by 3pm.

#### K-6 Principal's Report

Last week we had wonderful turnouts for the Family Picnic and the Parents Association meeting, both were evenings of gathering and meeting, making and renewing friendships. Thanks to all of the families who give so much of themselves for the benefit of the school. Last night we had very high levels of participation in the Level II and III Open Houses. Prue and the teachers at the Open Houses thanked all the parents, guardians and families for the wonderful start of the year. You are coming in and volunteering and making this school such a vibrant place. The energy is very high and we will do our best to sustain this sense of movement and urgency all year.

At the Level III parent meeting I mentioned that we should all do our best to "communicate relentlessly." It is very hard to communicate well. I know that I am frequently unclear and it takes time for conversation and time to both listen well and to explain. I also mentioned that this is a complicated school. We are a school that grew organically and that has slightly different practices at each level. This variation takes time to get used to but we do it this way because we have found, over time, these different practices work best for the students of different ages. I hope you find we are worth the time.

One group that tends to get not enough attention for the important work they do in sustaining and building our school is the Board of Trustee. On September 6<sup>th</sup> one of our former Board Members died. Frank White served our school with calm wisdom. He not only knew a great deal about the world, he knew a great deal about schools. He was always hard working, careful, quiet, humble and profound. Frank White was a particular friend to the school and to me personally. I cherish the times I would go in and visit with Frank and his wife Jean and drink tea and talk. Many of us are motivated by trying to provide better and different experiences for our children than we had as children. Frank was motivated by giving others the wonderful experience of his life. Frank was a teacher. He taught his whole adult life and he continued to teach after his so called retirement.

He and Jean White were determined to restore Holly Hill Farm in Cohasset back into the working farm it had been in Frank's youth. They wanted this beautiful piece of land to be working again so that they could begin to educate and expose children to natural cycles. Frank and Jean were and are environmental educators and their work at Holly Hill is beginning to transform the schools of the South Shore. We were fortunate enough to have been one of the first schools to partner with the Whites. I know that Frank and Jean gave me my most fulfilling teaching experiences. The charter kids who got and get to go to their farm experience a bit of the wonder and joy of hard work and nature that helped make Frank such a great man. One of those children wrote five years ago "I like going to the farm in the fall. Why? Because it makes the farm look good. It's peaceful. The plants are growing. It's warmish. We get to go on woods walks."

For more about Frank White please go to <a href="www.mcnamara-sparrell.com">www.mcnamara-sparrell.com</a>. Services will be held in early November. Ted Hirsch@sscps.org

#### **Art News**

Starting with cooperative learning and 3D **Level III** selected a children's book and created dynamic visuals for the front lobby glass cases. Be sure to look at the immense collection of interesting scenes. Can you guess which ones are from James and the Giant Peach, The Wizard of Oz, Snow White, Humpty Dumpty and Little Red Riding Hood?

**Level IV** also did cooperative building with recycled materials, their work is displayed in the Art Room due to size.

Art Workshop Students, R. Kent, L. McGrath, A. Butler, C. Bowker-Kelly, M. Reardon, H. Hayes, K. Perry and graduate A. Hill have their work displayed at the South Shore YMCA Gallery in Hanover. The pieces, which range from drawing, photographs, computer graphics and pastels will be on display for the month of September.

Art Workshop teacher, **Marianne F. Buckley Curran** has a display of watercolors and oil paintings on display at **Starbucks on Derby Street in Hingham** for the month of September.

#### **Physical Education**

On Tuesdays and Thursdays Level IV and High School Students will be walking laps around the school (which is approximately .25 mile). Their course takes them onto the pavement so we are asking drivers to keep to the right if you go around back for pick up. We are also asking that all drivers avoid the areas that are marked off with cones. Thank you for your cooperation.

#### **Athletics**

The High School Soccer team has kicked off it's 2009 season! The Jaguars were defeated on Sunday by Community Charter of Cambridge 2-0. Despite the loss the Jaguars played a hard fought game and look to make a return to the playoff tournament again this season.

The Middle School Soccer team looks to open their season with a win on September 28th at Marblehead Charter.

All home soccer games will be played at the Abington High School varsity field this year.

#### 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 have 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.

#### LIBRARY UPDATE

This week the school library officially opened with students starting to visit the library and check out books. The library is still in need of volunteers in the following areas:

- 1. Volunteers to assist students and teachers in checking in and out books in Level I and Level II. If you are interested please check with teachers in these levels to see if they are still looking for help. Once this has been arranged email <a href="mailto:JToma85103@aol.com">JToma85103@aol.com</a> and a member of the Library Committee member will arrange to show you the procedure that is used in the library.
- 2. Shelving books. We are looking for a volunteer to come in on Friday mornings to shelve books, straighten out book shelves and make sure books are put back in the correct areas.

#### **Donations**

We are looking for the following donations to the Library:

#### **Book Series**

- 1. The Ranger Series by Rick Riordan (author of Lightening Thief)
- 2. Stink Series by Megan McDonald
- 3. Spiderwick Series by Tony Terlizzi
- 4. Midnight for Charliebones Series by Jennie Nimmo
- 5. The 39 Clues Series by Rick Riordan
- 6. The Name of this Book is Secret Series- by Pseudonymouas Bosch
- 7. A Series of Unfortunate Events Series by Lemony Snicket

#### **Magazines**

- 1. National Geographic for Kids
- 2. Sports Illustrated for Kids
- 3. Big Back Yard
- 4. Zoo Books.

If you have any of these books and magazines and would like to donate them to the library please email Beth Toma at JToma85103@aol.com.

#### ON THE LEVELS

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

Level 1: "Back to the drawing board." Level 2: "Birds of a feather flock together."

Cyberbullying Informational Meeting for parents of students in Grades 4-8 on Wednesday, September 23<sup>rd</sup> 6pm: Current and valuable information concerning the problem of cyberbullying and internet abuse by middle grade students to be presented by Claire and Angie who recently attended a Massachusetts Aggression Reduction Center (MARC) Conference at Bridgewater State College. The meeting will cover age-appropriate limits on children's use of electronic communications, social networking guidelines (FaceBook, MySpace, etc.), and practical strategies for parents concerning cyberbullying, and confidentiality around cyberbullying issues.

#### 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 <a href="mailto:coffinwife@gmail.org">coffinwife@gmail.org</a> 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.

**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 (<a href="mailto:bschaefe@gmail.com">bschaefe@gmail.com</a> or log onto <a href="mailto:http://www.sscps.org/parents/parents-association/index.cfmm">http://www.sscps.org/parents/parents-association/index.cfmm</a>

#### **SEPAC**

The SSCPS SEPAC group will hold its first meeting on Friday morning at 8:30. Because it is still early in the school year, this meeting will be held at Panera Bread, Hanover. Please read below if you are interested in knowing more about this group.

#### What is the SSCPS SEPAC?

The SSCPS SEPAC is a parent committee established to assist parents and families of children with learning differences and special needs. We seek to enhance the services and supports needed for our children so they can thrive and reach their potential.

SEPAC works in collaboration with teachers, special education service providers, administrators and legislators, in order to advocate for and promote a successful educational and social environment for our children. We provide a forum for interested individuals and families of children with special needs to obtain information and support that will empower parents to influence change on a personal and community level.

#### How can we help?

Feeling overwhelmed? Communication and understanding is the best remedy. The SSCPS SEPAC committee is designed to provide an open forum for parents/guardians to exchange ideas and develop ways in which to cope and share solutions to both complex and challenging issues.

#### Who can join?

All parents, guardians and educators are welcome to join.

Note: Voting rights are granted to only the parents/guardians of a student who receives special education services including Individual Education Plan (IEP) or 504 Accommodations.

#### When/where are the meetings?

Our meeting schedule is the 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month at 8:30. Unless otherwise noted the meetings are held at the back conference room at SSCPS. They are open to everyone and you are not required to attend all meetings. Please feel free to join any meeting that meets your schedule.

#### **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.

#### **EMPLOYMENT OPPORTUNITIES**

#### **Immediate Part Time Openings:**

Part Time Elementary Teachers Aide (20 hours per week)

Full Time High School Spanish

#### **Anticipated 2009-2010 Coaching Vacancies:**

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.

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



We're Back Every Friday starting 9/18 6:30-9:30 pm

> Teens spend Friday nights at the Y... **Trying new activities Working out** Singing & Spinning Or just hanging with your friends

9/18

Zumba	6:30 - 7:30 pm	studio 3
Art	7:00 - 9:00 pm	Art Room
Karaoke	7:00 - 9:15 pm	Art Room
Indoor Cycling	g 7:30 - 8:15 pm	Cycling Room

9/25

Definitions	6:30 - 7:30 pm	studio 3
Yoga	7:30 - 8:15 pm	studio 3
Charades	7:00 - 9:15 pm	Art Room

#### Every Friday:

Open Cum Surim 8- Cardio	6.20 0.20 pm
Open Gym, Swim & Cardio	6:30 - 9:30 pm
Cardio & Weights Training	6:30 - 8:30 pm
Gym Games	6:45 - 9:00 pm
Snacks & Drinks	7:00 - 9:30 pm

Teen Friday is included with membership and just \$7 for non-members. Participants must be 11-17 years old. Participants register upon arrival and receive a wristband. When participants leave, wristbands are removed with no re-entry. Every 10 times you come get a prize. Activities are subject to change. WEAR WORK-OUT GEAR TO BE ACTIVE.

Contact Karen Hirsh & Caitlin Cavanagh @ 781-829-8585 x335

khirsh@ssymca.org/ccavanagh@ssymca.org Find us on facebook: search SSYMCA Teens Follow us on Twitter.com/SSYMCA Teen Dep



#### 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



experience cultivate celebrate

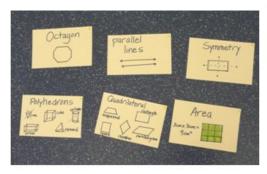


Financial aid available

#### Registration Begins Sept 1

(see program guide for registration guidelines)
\$140 YMCA Members
\$210 non YMCA Members
Register on line at SSYMCA.ORG

Class sizes are LIMITED Please REGISTER EARLY



Contact: kim engle arts and education director South Shore YMCA at Mill Pond 75 Mill St Hanover, Ma 781 829 8585 x321 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 <u>coffinwife@gmail.com</u>, fax 978-922-5110, telephone 617-347-2283

## Lunch Order Form Lunch for the Month of October, 2009 <u>Due to the office by 3:00 pm, Thursday, October 1, 2009</u>

Student Name								
Pod Teacher/Advisor					Grad	Grade		
Please CHEC	$\underline{\mathbf{K}}$ off the day lun	ch w	vill be orde	red an	ed <u>CIRCLE</u> y	our sele	ection.	
Week of 10/5 – 10/9	[ ] Monday Sub ½ sub Wheat	[]	Tuesday Pizza #		Wednesday Sub ½ sub Wheat		Thursday Pizza #	[ ] Friday Salad
	[X] Monday No School		•		Wednesday Sub ½ sub Wheat		Thursday <b>No Lunch</b>	
Week of 10/19 – 10/23	[ ] Monday Sub ½ sub Wheat	[]	Tuesday Pizza #		Wednesday Sub ½ sub Wheat		Гhursday Pizza #	[X] Friday No School
Week of 10/26 – 10/30	[ ] Monday Sub ½ sub Wheat	[]	Tuesday Pizza #		Wednesday Sub ½ sub Wheat		Γhursday Pizza #	
Number of ½ s Number of Piz Number of Sal Less co	za Slices ordered ads redit due	l	- - -		<del></del>	\$5.00 \$3.00 \$1.75 \$3.00		_
Total	Amount Encl	lose	d				\$	

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

#### Lunch Menu – October, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Chicken Salad With lettuce	Cheese Pizza	BLT  Bacon, Lettuce and Tomato with mayonnaise	Cheese Pizza	Tossed Salad With Italian dressing and pita bread
12	13	14	15	16
Columbus Day	Cheese Pizza	Italian Cold	No Lunch	Tuna Salad
NO SCHOOL		Cuts  With Provolone cheese, lettuce, tomato, pickle and oil	Early Release	With lettuce and tomato
Ham and Salami With Provolone cheese, lettuce, tomato, pickle and oil	Cheese Pizza	Roast Beef  With American cheese and mustard	Cheese Pizza	Professional Dev. Day NO SCHOOL
26	27	28	29	30
Turkey	Cheese Pizza	Ham	Cheese Pizza	Greek Salad
With American cheese. lettuce, tomato and mayonnaise		With American cheese and mustard		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, a Peanut Butter & Jelly Sandwich and Milk will be provided at the cost of \$2.75. **Level I and II will be provided with a Lunchable**. A note from the office will go home that week for reimbursement.

# Lunch Order Form Lunch for the Month of September, 2009 <u>Due to the office by 3:00 pm, Thursday, September 17, 2009</u>

Student Name	e				
Pod Teacher/	Advisor	Grade			
Please <u>CHE</u>	C <mark>K</mark> off the day lu	nch will be ordered	and <u>CIRCLE</u> y	our selection.	
Week of 9/21–9/25	[ ] Monday Sub ½ sub Wheat	[X] Tuesday [  No Lunch	] Wednesday Sub ½ sub Wheat	[ ] Thursday Pizza #	•
Week of 9/28 – 10/2	[ ] Monday Sub ½ sub Wheat	[] Tuesday [ Pizza #	-	[ ] Thursday Pizza #	
Number of ½ Number of Pi Number of Sa	izza Slices ordere	ed	X X X	\$5.00 \$3.00 \$1.75 \$3.00	
	l Amount End			\$	
Cash or Chec	ks 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.