



Wednesday	10/21	Senior Parent Night	6:30pm
Thursday	10/22	Education Committee	3:45pm
Thursday	10/22	Finance Committee	6:00pm
Thursday	10/22	Board of Trustees	7:00pm
Friday	10/23	Professional Development Day – No classes for students	
Tuesday	10/27	Governance Committee	5:00pm

**FROM THE EXECUTIVE DIRECTOR**

*Thank you, Dr. Connolly*

Although Dr. Connolly will be with us until December 1<sup>st</sup> and there will be plenty of time to say goodbye and wish him well, I wanted to take this opportunity to acknowledge and thank him for all that he has accomplished in such a short span of time as SSCPS’s 7-12 principal. Few principals in their entire career experience as many incidents, unexpected developments, Department of Elementary and Secondary Education visits, and major report submissions. Dr. Connolly had to deal with serious student and staff situations and, at the same time, prepare and submit a reduced budget for grades 7-12 for FY10 by late February. As a result, he had to make difficult staffing decisions after being “on board” for only a few months. Many people refer to the high school as the flag ship of a school system. Although we are a K-12 school, most of the unexpected issues that happened last year involved grades 7-12. When Dr. Connolly took over the 7-12 “ship,” there were serious storm clouds on the horizon and he had little time to settle in and really get to know our school. Even when we all thought that everything was back to “normal,” another unexpected situation would occur. So much of what an administrator does is done behind the scenes and with little fan fare. When serious situations arise, administrators cannot go into extensive detail about them and how they were handled due to confidentiality and legal issues. Suffice it to say, we got through all of those storms and we have Dr. Connolly to thank for much of this. As Dr. Connolly wrote in the recent update, the most difficult part of his job this past year has been the fact that his wife and two teenage boys were living in western Massachusetts. He would be away from home from Monday through Friday. Over the summer, we talked about how difficult the separation had been for him and his family. I respect him for his decision to move on and for putting family first. On behalf of all of us at SSCPS, I thank him for what he has done over the past nine months to help us move forward as a school.

***Announcement of Interim 7-12 Principal***

I am pleased to announce that on December 1<sup>st</sup>, SSCPS’s Interim 7-12 principal will be Angie Pepin. Angie is well known to our entire school community – she has been a member of the SSCPS faculty for six years and has taught in Level III and Level IV. Before coming to SSCPS, Angie was part of the *Teach for America* program and taught in New York City. For the past two years, in addition to her teaching responsibilities, Angie has been the Level IV Coordinator. From 2005-2009, Angie, along with Level III teacher Dan Falkner, served as a faculty representative to the Board of Trustees. In her “spare” time, Angie has been enrolled in Bridgewater State College’s Certificate of Advanced Graduate Studies program in Educational Leadership. By the end of the summer, Angie will have completed all of the requirements for this degree! As part of her program, Angie has been conducting a study focusing on teaching diverse populations. Our teachers participated in the study along with teachers from 7 other schools on the South Shore. We are all looking forward to reading the results of the survey and her research.

When Angie is awarded her degree in the summer, she will also be certified as a secondary principal. A master teacher, Angie has done a fine job helping us to fulfill our mission of “inspiring every student (that she has taught) to excel in academics, service, and life.” She truly loves learning and investigating new approaches and methods of teaching and administrating. Two years ago she represented SSCPS at one of the first Charter School Study Tours and she shared many of the promising practices that she observed at Roxbury Prep Charter School with us when she returned. Last fall, she and Ted Hirsch presented what they had learned from the tour at the Charter School Conference in Worcester. This past spring, Angie accompanied Ted Hirsch and Dr. Connolly on a second Study Tour, visiting Boston Collegiate Charter School to learn more about their successful model of supervising teachers and providing them with timely feedback and support and guidance. In June, Angie was a member of the five person team representing SSCPS at the National Charter School Conference in Washington, D.C. Again, Angie returned with lots of ideas to share with us and a recommendation that we will act upon: SSCPS should submit a proposal to present at the next conference which will be in Chicago in June 2010. We will submit at least one proposal and I am certain that we will be accepted!

I hope that all of you are as excited about Angie moving into the Interim 7-12 Principal position as I am. I know that all members of the faculty and administration will do everything that they can to support Angie as she takes on this new role and to ensure a smooth transition for her and her students. Over the next few weeks, we will be interviewing candidates to fill Angie’s teaching position. Rest assured that Angie will be chairing the interview committee and she will make certain that her “replacement” has the “right stuff” to challenge and engage her students. In addition to overseeing the selection process for the new Level IV history teacher, Angie discussed with me her interest in continuing as the Level IV Coordinator along with her new responsibilities as the 7-12 principal. We agreed that this would be doable, so Angie will continue on as the Level IV Coordinator.

*Prue Goodale, Executive Director*

*“Everyone knows that I really love hanging out with my customers. . . But I wanted to come up with yet another way to keep a fun, personal connection with you guys. . . Now introducing my latest creation...The Cupcake Chronicle. This newspaper is a free, monthly mini publication that provides comprehensive coverage of the Johnny Cupcakes brand and lifestyle.” – John Earle, editor and CEO of Johnny Cupcakes. **Did you know that John told us last year that he attributes his interest in writing and having a blog (and now a mini-newspaper) started at SSCPS under Rick Small’s tutelage?***

## **SPOTLIGHT ON THE SSCPS LIBRARY** - Submitted by Bev Bruce, Title I Reading Specialist

***“A school without a library is like a body without a soul.” -Cicero-***

Following the school’s move from A Street in Hull to our current location, this quote hung outside the room storing our boxed-up library collection as an inspiration to begin to rebuild the library in our new setting. Although the school now has a working K-8 library filled floor-to-ceiling with books, Cicero’s words continue to define the mission of the Library Committee. The committee, which is an arm of the Parents Association comprised of both parents and teachers, is committed to creating and maintaining a space that reflects the pulse and culture of SSCPS as well as our school’s commitment to literacy. Our vision was to create a collection of books and other materials that begged to be picked up, read, and enjoyed.

Building on the previous work done by Level I coordinator Velma Begley and her Library Committee at A Street, the newly formed committee set to work unpacking, culling out tired and tattered books, stamping, affixing barcodes, covering, and labeling hundreds of books. Executive Director Prue Goodale dedicated a space behind Level I to house the K-8 collection, and the library held its grand opening in the fall of 2008. Now each week, teachers in Levels I-III bring their students for a library visit with parent volunteers assisting in checking out and reshelving books; and Level 4 students and teachers visit during their project time or in small groups. It is indeed a place that is alive with energy!

Our library collection continues to grow. We have received donations from the Tori Wightman Foundation, SSCPS staff and families, author Marc Brown, and local town libraries. Profits from the annual fall Book Fair sponsored by the Library Committee are used to update the collection. The library recently acquired biographies on influential people such as Rosa Parks, Gandhi, President Barack Obama, the late Senator

Edward Kennedy, John Lennon, Cesar Chavez, and Marion Anderson as well as popular fiction chapter books for younger readers (such as Diary of a Wimpy Kid) and fiction series for our older students (such as Warriors and Twilight). The work of the committee continues in new areas, with our current challenge being the development of an automated cataloging system to manage the flow of books in and out of the library.

The Library Committee will host the **Fall Book Fair on Thursday and Friday November 5<sup>th</sup> and 6<sup>th</sup>**, and we are pleased to again partner with independent bookstore **Storybook Cove** in Norwell. Their bookseller works with our staff to tailor the selections and offer SSCPS families a wide range of high quality books and the latest “new reads” for children and young adults. This Book Fair combined with the Scholastic Book drives offered by each level throughout the school year give families many ways to discover new books and encourage their child’s reading outside of school.

Some things you can do to promote your child’s literacy and support the work of the library:

- 1) Dedicate a quiet time each night for 15-20 minutes of reading with your children.
- 2) Bring your family to the **K-6 Literacy Night on Thursday November 5<sup>th</sup> from 6-7 pm** (guest readers will share stories with our children...more news to come!)
- 3) Begin your holiday shopping at the upcoming **Book Fair- November 5<sup>th</sup> and 6<sup>th</sup>**. **The fair will be open during the day and in the evening of Literacy Night.**
- 4) Donate new or lightly used books for the library (see weekly ‘Update’ for specific titles needed).
- 5) Volunteer to read to students in classrooms or the library. Contact your level coordinator or Beth Toma, Library Chairperson ([jtoma85103@aol.com](mailto:jtoma85103@aol.com)).
- 6) Eat. Sleep. Read.

## **ANNOUNCEMENTS**

### **2<sup>ND</sup> ANNUAL GOLF TOURNAMENT AND AUCTION**

You have less than two weeks left to submit your Theme Contest entries for the 2<sup>nd</sup> Annual Golf Tournament and 15<sup>th</sup> Annual Auction to be held this spring. All suggestions can be left in the Golf/Auction Theme Suggestion Box at the front desk or sent to [mhebert@metlife.com](mailto:mhebert@metlife.com). Deadline for submissions is Friday, October 30 at 3:00 p.m. Be sure to include your name so we can acknowledge the winner. There is no limit to the amount of suggestions you can submit.

The next meeting for the Golf Tournament and Auction Committee is Tuesday, November 3 at 6:00 p.m. at the school (take a left at the piano, 1<sup>st</sup> classroom on the left). We will end in time for you to make it to the PA Meeting. All are welcome to attend! If you would like to help with the event but can not attend the meeting contact Maureen Hebert at (781) 837-8952 or [mhebert@metlife.com](mailto:mhebert@metlife.com).

### **Golf Tournament Sign Contest**

The Golf/Auction Committee would like to use the golf tournament as an opportunity to profile great people or things with regard to the school. On each green a sign will be placed that profiles something great about our school. This can both give the golfer something to do while awaiting his/her turn and educate people about SSCPS in a non-intrusive way. If you know someone or know of something regarding the school that should be prominently profiled, please submit a nomination today! A nomination entry sheet is attached to the update and all information should be completed to be considered. Either email your nominations to [fundraising@sscps.org](mailto:fundraising@sscps.org) or drop them in the Golf Profile Nomination Box at the Front Desk. After the deadline a small team will select and notify the winners. Deadline for nominations is November 30th.

## **LUNCH ORDERS**

Enclosed is the menu for the remainder of October which is due Thursday, October 22<sup>nd</sup> by 3pm. Also enclosed is the November Menu and Lunch Order Form. November orders are due Thursday, October 29<sup>th</sup> by 3pm.

## **HEALTH OFFICE**

### **REMINDER:**

The flu season is upon us, please remember to:

- Keep your child home if ill with cough, runny nose, sneezing, body aches or chills
- Do not send your child to school with a temperature of 100.0 or above
- Notify health office if your child is diagnosis with the Flu or has Flu-like symptoms.
- Students must be fever- free for 24 hours without fever reducing medication before returning to school
- Remind your child to WASH HANDS frequently through out the day.
- Contact your child’s doctor for information on receiving the H1N1 vaccine.
- **MASSACHUSETTS toll- free phone # for H1 N1 information 211(no area code)**

## 7-12 PRINCIPAL’S REPORT

We are in the midst of a very busy week at SSCPS, busier than our typical, normal busy week. We are hosting a team from Class Measures, a company contracted by the state to conduct our renewal site visit. Months of work were involved in the renewal application, and this week a team is here to report whether we do what we say we do, and, if we do what we say we do, how well do we do it.

Along with the renewal site visit this week we have begun our first round of formative assessments for the school year. There is general consensus in the school community that some of the credit for our greatly improved MCAS scores this past year is tied to our work with formative assessments. The assessments offer many benefits. Among the benefits is that they give students an opportunity to practice taking MCAS-style tests. It makes sense to give students practice on the tests and to help them understand how the tests are scored. Last year students took English and math tests. This year students are taking English and math tests and students in grades 5, 8, and 9 are taking science tests. Another benefit of the formative assessments is that they help teachers determine what areas of the curriculum students have learned and what areas of the curriculum may need to be taught again. A third benefit of the assessments is that they help teachers understand individual students’ strengths and weaknesses, helping us to personalize educational experiences for every student. Finally, the formative assessments give educators at SSCPS opportunities to discuss teaching and learning with their peers. Our teachers have a great deal of knowledge about teaching and learning that they can share with each other. Often professional development for educators involves bringing in outside experts or sending teachers out to attend workshops or take courses. What we sometimes overlook are all the experts that work with us on a daily basis. By creating time for teachers to meet and discuss student learning, we are creating a collaborative environment where teachers can learn from each other - fellow experts who work with the same population of students and are engaged in the practice of teaching every day.

It is interesting to note that we are mired in a week of assessments. The state is here to assess whether, as a school, we fulfill our mission and deserve renewal, and we are assessing whether the knowledge, skills, and concepts we have been teaching students for the past two months are being learned. It is good practice to take time to assess the effectiveness of our work and to reflect on how we might improve our practice by redirecting our efforts. We are busy working every day at SSCPS on teaching and learning, and regularly assessing how we are doing in this work and making adjustments when needed is an extremely important part of the process of the school evolving and becoming the best school we can be.

### Shout Outs

Congratulations to the SSCPS students who qualified to receive the John and Abigail Adams Scholarship based on their performance on the spring 2008 Grade 10 MCAS tests. The Adams Scholarship provides a tuition waiver to students for a Massachusetts state college or university. The following students qualified to receive the Scholarship: **Corinne Bowker-Kelly, Kristen Cheney, Evan Davis-Drennan, Austin Hill, Shanna Sobol, and Patrick Weed.**

*Jim Connolly – (781)982-4202 – jconnolly@sscps.org*

## ON THE LEVELS

### SAYING OF THE WEEK:

Level 1: “The early bird gets the worm.”

Level 2: “The show must go on.”

**LEVEL IV LITERARY MAGAZINE INTERVIEWS** The Literary Magazine recently interviewed four administrative staff members, Pam Algera, Kathy Sobol, Dee Delaney and Jo Feldman. They were asked six questions about themselves.

Pam Algera has been working as the Assistant to the Executive Director for about seven years. She volunteered here when her three children were enrolled; this then led her to her present position. Two of her kids go to this school, one in 11<sup>th</sup> grade and one in 8<sup>th</sup>, and her oldest, a graduate is off at college. Pam's favorite thing about working at the charter school is having all of the students around. If she could get away from work for a vacation she would decide to go to Greece. Pam Algera is a kind and hard working employee, the kind that the South Shore Charter Public School needs.

Kathy Sobol has been working as the Administrator Assistant to Special Education for three years. She found this job in "The Patriot Ledger". Kathy has one child in this school, she is a senior. Her favorite thing about working here is the environment and the kids. If Kathy could travel anywhere in the world she would go to Italy. Kathy Sobol is a prized worker here.

Dee Delaney has been working to support the principal and staff since August 12, 2009. She read about her job position from an online search engine. She currently does not have any kids that go to this school, but her daughter went here when the school was still in Hull, Massachusetts. She enjoys helping others and doing a variety of things around the school. If Dee could go anywhere in the world she would go to Europe. Everyone around the school enjoys having Dee on the crew.

Jo Feldman has been working at this school for two and a half years. She oversees the Learning Services program and community service projects, and helps Prue in anyway that she can. She has one son, but he does not go to this school. Jo heard about this job from her close friend, Pam Algera. She loves the people at SSCPS, seeing the students, and the small community feeling. Jo would choose to visit the Fiji Islands if she could go anywhere in the world. All who know Jo agree that she is quite a wonderful person.

These are just some of the amazing people besides the teachers that make up our school the outstanding learning environment it is! Don't forget to check next week's interviews!

*By: Gracie Ryan, Adaline Nuesse and Abby McDonough*

The Literary Magazine is looking for student writings. We would like stories and poems from grades K-8. Please put the work in the manila envelopes that are hung up around the school or in Angie Pepin's mailbox. Thank you.

*Sincerely, The Literary Magazine*

## **PARENTS ASSOCIATION**

### **Fundraising Committee wants your ideas!**

Please submit any Fundraising ideas that you might have to [fundraising@sscps.org](mailto:fundraising@sscps.org). A meeting will be held soon, but in the meantime if you have a great idea, please don't wait to bring it up!

Welcome back to school and a new year of **Box Tops For Education**. Our school earns cash for each General Mill Box Top that we collect and send. You can help by clipping box tops from the 100s of products that participate, and by signing up to support our school at [www.boxtops4education.com](http://www.boxtops4education.com). Last year we raised over \$700 with this program. Let's try to make it an even more profitable year. Please bring your box tops to school and leave them in the envelope behind the front desk. Level I students can tape or staple their box tops onto the monthly collection sheets that are distributed to the classrooms. If you have questions about the General Mills Box Tops program, please contact me at [bwhitemyer@rcn.com](mailto:bwhitemyer@rcn.com). Thanks. Bethany Whitemyer

**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 GoogleGroup. This 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 [sscpsparents+subscribe@googlegroups.com](mailto:sscpsparents+subscribe@googlegroups.com)

## LIBRARY NEWS

### **Volunteers are still needed in the following areas:**

1. Re-shelving books, straightening book shelves, making sure books are in proper locations.
2. Assisting in other library projects as needed.

Volunteering would be during the school day when the library is not being used by students and teachers. If you are interested email Beth Toma at [JToma85103@aol.com](mailto:JToma85103@aol.com).

### **Book Donations needed**

1. Harry Potter Series - (gently used)
2. Series of Unfortunate Events by Lemony Snicket
3. Spiderwick by Tony Terlizzi
4. Secret Series - by Pseudonymous Bosch
5. June B. Jones

### **Magazine Donations**

1. Kids National Geographic
2. Kids Sports Illustrated
3. Your Big Backyard

*Thank you, the Library Committee*

## COMMUNITY INTEREST

Finally, we have enough wind in our sails! The *Hull-Cohasset-South Shore Charter Public School Sailing Team* may finally launch this spring. Sail Nantasket, a non-profit foundation dedicated to encouraging the sport of sailing and promoting public participation in sailing-related programs, has generously offered their support to establish a regional sailing team. The rest is up to prospective team parents and students in 8<sup>th</sup> grade and above. Parental involvement and community support are essential in establishing a team. Help make this sailing team a reality by attending an informational meeting this month at the Hull Yacht Club on Tuesday, October 27, 2009 at 7:00 pm.

Please RSVP: [sarah.murphy@comcast.net](mailto:sarah.murphy@comcast.net)

Thank you, Sarah Murphy 781-383-3487 or 781-775-7995

### **Sail Nantasket**

<http://www.sailnantasket.org>

### **Hull Yacht Club**

<http://www.hullyc.org>

### **Local grass roots effort launches a HS Sailing Team**

[http://www.glocestertimes.com/punews/local\\_story\\_105225455.html](http://www.glocestertimes.com/punews/local_story_105225455.html)

### **Mass Bay League – 30 local HS teams**

<http://www.massbayleague.org>

### **Interscholastic Sailing Association**

<http://www.highschollsailingusa.org>

## COMMUNITY SERVICE OPPORTUNITIES

### **INVISIBLE CHILDREN NEED YOUR HELP!**

Kids in Uganda are dying every day because of the ongoing war. They are being abducted by the rebel army and being forced to become soldiers, and if they refuse, then they are killed. Kids who have not been abducted are forced to be night commuters. Night commuters are children who have to walk long distances in rain or shine and sleep away from their homes just to stay alive. They should not have to live in fear every moment of their lives and we can all help to change that. SSCPS is involved in a campaign called "Schools for Schools" which means schools all over raise money to help fund schools in Uganda for these children. There is also a box labeled "Change for Change" for any loose change or any donation which will go to fund these schools. There is also a bracelet campaign in which you purchase a bracelet and it will be a color and that color represents a child. You will receive a DVD of this child's life and the money you used to purchase the bracelet, will help that child. Every donation makes a difference, and coming together to help can save a lot of lives. You can visit [www.invisiblechildren.com](http://www.invisiblechildren.com) for more information. We can all help, it doesn't take much.

*Thank you, Shanna Sobol*

Anton's Cleaners is sponsoring *Coats for Kids* - Donate quality coats for kids, adults and babies too! SSCPS will accept gently used, warm winter jackets or coats of all sizes.

**Please – no rips, holes or tears, broken zippers, permanent stains, vests or spring coats**

**\*\*SAVE THE DATE\*\*** - The SSCPS Fall Clean-Up has been scheduled Saturday November 7<sup>th</sup> from 9:00 a.m. until 1:00 p.m. at South Shore Charter Public School. More information will follow in the near future but mark your calendars today!

## **EMPLOYMENT OPPORTUNITIES**

### **Stipend Position**

Title I Parent Liaison – for job description email [thirsch@sscps.org](mailto:thirsch@sscps.org)

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

High School Girls Basketball Coach

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 [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)**





## Lunch Menu – November, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;"><b><i>Chicken Salad</i></b></p> <p>With lettuce and tomato</p>	<p>3</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>4</p> <p style="text-align: center;"><b><i>B L T</i></b></p> <p>Bacon, Lettuce and tomato with mayo</p>	<p>5</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>6</p> <p style="text-align: center;"><b><i>Tuna Salad</i></b></p> <p>With lettuce and tomato</p>
<p>9</p> <p style="text-align: center;"><b><i>Turkey and American Cheese</i></b></p> <p>With lettuce, tomato and mayo</p>	<p>10</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>11</p> <p style="text-align: center;"><b><i>Veterans Day</i></b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p>12</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>13</p> <p style="text-align: center;"><b><i>Tossed Salad</i></b></p> <p>With Italian dressing and pita bread</p>
<p>16</p> <p style="text-align: center;"><b><i>Italian Cold Cuts</i></b></p> <p>With Provolone cheese, lettuce, tomato, pickle and oil</p>	<p>17</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>18</p> <p style="text-align: center;"><b><i>B L T</i></b></p> <p><b>Bacon, Lettuce and tomato with mayo</b></p>	<p>19</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>20</p> <p style="text-align: center;"><b><i>Tuna Salad</i></b></p> <p>With lettuce and tomato</p>
<p>23</p> <p style="text-align: center;"><b><i>Ham</i></b></p> <p>With American cheese and mustard</p>	<p>24</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>25</p> <p style="text-align: center;"><b><i>Early Release</i></b></p> <p style="text-align: center;"><b>No Lunch</b></p>	<p>26</p> <p style="text-align: center;"><b><i>Thanksgiving</i></b></p>	<p>27</p> <p style="text-align: center;"><b><i>No School</i></b></p>
<p>30</p> <p style="text-align: center;"><b><i>Roast Beef</i></b></p> <p>With American cheese and mustard</p>	<p>12/1</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>12/2</p> <p style="text-align: center;"><b><i>B L T</i></b></p> <p>Bacon, Lettuce and tomato with mayo</p>	<p>12/3</p> <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	<p>12/4</p> <p style="text-align: center;"><b><i>Greek Salad</i></b></p> <p>With Greek dressing and pita bread</p>

2 % milk, chocolate milk, strawberry milk or orange juice is included with the purchase of lunch or may be purchased for 25 cents.

*Please note: 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 November, 2009  
Due to the office by 3:00 pm, Thursday, October 29, 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
11/2 – 11/6	Sub	Pizza	Sub	Pizza	Sub
	½ sub	#_____	½ sub	#_____	½ sub
	Wheat		Wheat		Wheat

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input checked="" type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
11/9 – 11/13	Sub	Pizza	<b>No School</b>	Pizza	Salad
	½ Sub	#_____		#_____	
	Wheat				

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
11/16 – 11/20	Sub	Pizza	Sub	Pizza	Sub
	½ sub	#_____	½ sub	#_____	½ sub
	Wheat		Wheat		Wheat

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input checked="" type="checkbox"/> Wednesday	<input checked="" type="checkbox"/> Thursday	<input checked="" type="checkbox"/> Friday
11/23 – 11/27	Sub	Pizza	<b>Early Release</b>	<b>No School</b>	<b>No School</b>
	½ sub	#_____			
	Wheat				

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
11/30 – 12/4	Sub	Pizza	Sub	Pizza	Salad
	½ sub	#_____	½ sub	#_____	
	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 ordered	_____	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 lunch of a 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 Order Form**  
**Lunch for the Month of October, 2009**  
**Due to the office by 3:00 pm, Thursday, October 22, 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
10/26 – 10/30	Sub	Pizza	Sub	Pizza	Salad
	½ sub	#_____	½ sub	#_____	
	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 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.



We build strong kids, strong families, strong communities.

**New Session  
Starting  
Sign-up  
NOW!**

## SAT Prep Class

**Get ready for the upcoming tests :  
November 7th & December 5th**

**Ace the test** with targeted instruction, full-length practice tests, and proven test-taking strategies designed to help you test with confidence and score higher.

**Facilitated by experienced facilitators this is a great opportunity to help get those scores up!**

**Fees for 10 Week Session**  
**\$190 Members**  
**\$285 Non Members**  
**Program Code: MTKS03F9**

**Tuesdays: 4:30 - 5:45 pm**  
10/13, 10/20, 10/27, 11/3,  
11/10, 11/17, 11/24, 12/1, 12/8  
& 12/ 15

**SSYMCA Heritage Room**

**Contact:**

**Karen Hirsh**  
781-829-8585 x335  
khirsh@ssymca.org

**75 Mill Street**  
**Hanover, MA**

*Financial Assistance: The South Shore YMCA strives to serve the entire community by providing financial assistance. Assistance is determined based on individual applicant needs. Call Jane at (781) 829-8585 ext. 308 for an application. The money used to fund this program is raised each year by volunteers through the Strong Kids Campaign*

# TEEN FRIDAY



South Shore YMCA

## Every Friday 6:30–9:30 pm

10/2	<b>Zumba</b>	6:30 - 7:30	Studio 3
	<b>YArt</b>	7:00 - 9:00	Art Room
	<b>Yoga</b>	7:30 - 8:15	Studio 3
	<b>Karaoke</b>	8:00 - 9:15	Lounge
	<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room

10/9 <b>Art Night</b>	<b>Definitions</b>	6:30 - 7:30	Studio 3
	<b>YArt</b>	7:00 - 9:00	Art Room
	<b>Imbecilic Improv</b>	8:00 - 9:15	Lounge
	<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room
	<b>Cardio Tennis*</b>	8:30 - 9:30	Tennis Courts

\* Racquets available. MUST wear non-scutting sneakers.

10/16	<b>Zumba</b>	6:30 - 7:30	Studio 3
	<b>YArt</b>	7:00 - 9:00	Art Room
	<b>Yoga</b>	7:30 - 8:15	Studio 3
	<b>YIdol w/Sue</b>	7:30 - 9:15	Lounge
	<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room

10/23	<b>Definitions</b>	6:30 - 7:30	Studio 3
	<b>Yoga</b>	7:30 - 8:15	Studio 3
	<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room
	<b>Rock Band</b>	7:30 - 9:15	Art Room



### 10/30 **Halloween Extravaganza**...Get your costumes ready.



More info  
coming soon.

#### Every Friday:

Open Gym, Swim & Cardio	6:30 - 9:30
Cardio & Weights Training	6:30 - 8:30
Gym Games	6:45 - 9:00
Mixed Martial Arts (starting 10/9)	7:30 - 9:30

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  
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