



Tuesday	11/03	Picture Retake Day – Pictures will be taken of students who were absent on the original picture day and students who wish to have a retake (please bring your packages). Pod / Workshops groups will also be taken.	
Tuesday	11/03	Golf Tournament /Auction Committee Meeting	6:00pm
Tuesday	11/03	Parents Association Meeting	7:00pm
Thursday	11/05	Book Fair	
Thursday	11/05	K-6 Literacy Night	6:00-7:00pm
Friday	11/06	Book Fair	
Friday	11/06	SEPAC	8:30am
Saturday	11/07	SSCPS Fall Clean Up – see Community Service section	9:00am-1:00pm

SPOTLIGHT ON: FUN FRIDAYS BY CAROL WISE, OCCUPATIONAL THERAPIST

Friday mornings in the kindergarten classrooms are so **FUN!** Little hands and bodies are working hard to be ready for handwriting.

Expectations for handwriting have changed since many parents and even older students were in the primary grades. Handwriting was formerly taught in first grade, on par with the development of hand and eye skills that are typical of most six-year-old children. In the current kindergarten curriculum, the goal is for students to learn how to print numbers and all lower case letters. Many five-year-olds are still working on the foundational skills that are needed for successful handwriting development. In an effort to support handwriting readiness, June and Jill and Kassandra and Judy have teamed with Carol to develop Fun Friday “stations” to work on fine motor (hand) skills, visual motor (eye-hand) skills, and upper body strength. We are also very grateful to have several parent volunteers helping us with this program.

Our outcome objectives for the students include: using a proper pencil grasp, using a proper scissors grasp, using finger and thumb movements instead of wrist or whole-arm movements when coloring, writing and cutting, and forming numbers and letters correctly.

We have four stations running simultaneously: 1 for upper body, 1 for visual motor, and 2 for fine motor. Small groups of students rotate through all four stations. The stations are connected to the Core Knowledge Curriculum lessons that are being taught during each given week. Some of the tools for the stations were funded by the kindergarten grant monies. Examples of stations include:

UPPER BODY: animal walks, scooter boarding (lying on the stomach and propelling the scooter with the arms/hands), passing a weighted ball overhead and between the legs.

VISUAL MOTOR: using the index finger to trace lines shapes and letters in a sand tray, “air writing” with ribbon wands, using dot markers to trace lines, shapes and letters.

FINE MOTOR: using the thumb and index finger (“pincher”) to sort acorns and stones, picking up puff balls with toaster tongs, using “pincher” to turn pennies over from heads to tails, cutting along lines, cutting out shapes.

Ask your kindergartener to show you the “a-ok, put these fingers away” sign for making a “pincher”, and where the thumb should be when cutting (ON TOP). There are also some activities listed below that parents can encourage their children to do at home to further our efforts in the classroom.

Both June and Kassandra are reporting that their students are showing better pencil, crayon and scissors grasps, a better sense of left to right directionality, and greater confidence in their fine motor and writing abilities than in previous years. With such a great effort between students, school and home, we are confident that our kindergarteners will be well-prepared for the demands of writing!

FINE MOTOR ACTIVITIES FOR HOME (ages 4+)

Start with the “a-ok, put these fingers away” sign to make the “pincher” with the thumb and index finger. The last 3 fingers should be curled into the palm – out of the way-while the thumb and index finger are working.

1. Pick up and sort small objects (coins, beads, buttons, uncooked pasta)
2. Roll clay or play dough into small balls (between the thumb and fingertips-not on the table top) and then flatten them with the “pincher”
3. String beads or uncooked pasta onto pipe cleaners
4. Pinch clothespins on and off the edge of a container
5. Use tweezers or tongs to pick up small items and place them into cups
6. Use eye droppers to transfer water from one dish to another
7. “Sew” with lacing cards
8. Deal from a deck of cards
9. Spin coins on the table top
10. Tear and crumple pieces of tissue paper and glue them onto paper for a fun craft project

There are also several board games that help with hand skill development. Electronic games are NOT included because they do not promote good finger dexterity for handwriting.

1. Connect Four
2. Battleship
3. Lite Brite
4. Mr. Potato Head
5. Mancala
6. Checkers
7. Chinese Checkers
8. Pick-up Sticks

ANNOUNCEMENTS

A Memorial Service for Frank White will be held on Sunday, November 1st 2-4pm at the First Parish Church in Cohasset. For more information, visit: <http://www.hollyhillfarm.org/hhf/f?p=fhhf:20:0>

2ND ANNUAL GOLF TOURNAMENT AND AUCTION

You have two days left to submit your Theme Contest entries for the 2nd Annual Golf Tournament and 15th 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. 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, 1st 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.

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 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 are the November Menu and Lunch Order Form. November orders are due Thursday, October 29th by 3pm.

HEALTH OFFICE

The Health Office will begin the Kindergarten screenings the week of October 26th. The screenings include vision, hearing, height and weight. Parents/ guardians will be notified by letter only if your child *does not pass* the vision or hearing screening.

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)**

ART NEWS

Original Works artwork and **order forms** will be going home next week with your students. Please return your orders by **November 9th** which is a Monday. The artwork will be packaged in a brochure and if you are interested in ordering anything please return work, check and order form (Nov. 9th). Each Pod has an envelope to collect the orders. Orders will be returned to students on Dec. 22nd. A percentage of the sales go to the Art Workshop so I would like to thank you in advance for participating. If you have any questions, please call Marianne at x 304.

FROM THE ATHLETIC DIRECTOR

Soccer

- The **high school soccer** team has been playing very competitive games, losing last week 2-0 to an undefeated Foxboro team. Monday the Jaguars defeated Boston Prep with a score of 4-0 in Abington. The Jaguars play today against APR and are at home again on Friday vs. MATCH Academy. Come support your team at the Abington HS this Friday for a 3:30pm start time.
- The **middle school soccer** team played against Marblehead Charter last week coming from behind to tie up the game 2-2. Thanks to all who came and supported the middle school team, it was a great turn out!

Ski Club forms can be found on the wall in the front lobby. All forms must be back into athletics by **Friday November 13th**.

K-6 PRINCIPAL'S REPORT

November is Family Literacy Month and we are eager to kick off the month with Literacy Night November 5th from 6:00 – 7:00. There will be many readers to read to the children, among them are Prue Goodale, Dee Delaney, Angella Henry, Jo Loughnane, Reginald Paul, Mary Sofis, and myself but the real star of the show will be Murphy the listening dog. All of us (except Murphy who will do no reading only listening) have picked out our favorite books and are eager to see you and your children. The target age is Kindergarten to grade 4 but we will welcome older students who may want to listen or read, as well as younger siblings who love to listen. We encourage the children to wear their pajamas. I will speak briefly (less than five minutes) about the value of reading together as a family and give some small advice as to how to help make this joint reading fun and important. Please talk this up among your children and we look forward to seeing you.

As you know the state came and visited us last week and we also completed the first round of formative assessments (grades 3 – 10). These tests help us gauge the effectiveness of our teaching and help us learn how we can be more effective. Despite the fact that the teachers had just been observed and interviewed, they were far from complacent and were studying how we could be better and sharing with each other how to be more effective on Friday.. The professional development day was important to help us continue to improve as a school and continue the momentum of learning and studying.

Yesterday the state released a set of metrics to help schools analyze how they are doing in teaching students. The state has figured out how to compare relative growth in learning every school year between “academic peers.” They take the range of performances of students in a school as a way of measuring student growth from year to year. As a school we did very well and our students did particularly well with English Language Arts. The state has a remarkable data system where they can track and compare the change in performance for each student and then compare that change in their performance to other students with similar MCAS histories or their “academic peers.” The math is quiet straightforward but the amount of data and sifting that takes place is mind boggling. I write this in part because our students and our teachers did very well by the growth metric, in the aggregate, and better than any of our sending districts! I also write about this as an enticement to get many of you to come to “**Literacy Night**” on **Thursday November 5th from 6:00 – 7:00**. Our students and school “earned” these MCAS results as a product of the collaboration between the students, their families and the school. I can’t imagine a better way to celebrate our learning then with a book that we can read to children. I hope you can come.

For additional information about the MCAS, growth model, SSCPS and its thirty sending districts, please visit http://profiles.doe.mass.edu/state_report/mcas.aspx.

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

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: “If at first you don’t succeed, try, try again.”

Level 2: “Laugh and the world laughs with you.”

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

The next PA meeting is Tuesday November 3rd from 7-9pm at the school. Aside from the usual agenda topics we will be voting on the first PA grant distribution of the school year and covering several other interesting items. Hope to see you there.

Deidre Lamoureux

Fundraising Committee wants your ideas!

Please submit any Fundraising ideas that you might have to 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. 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. 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.

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

COMMUNITY SERVICE OPPORTUNITIES

Fall Clean Up

The fall cleanup at SSCPS is scheduled for Saturday November 7th from 9:00 a.m. until 1:00 p.m. The purpose of the cleanup is to get the school grounds ready for winter by raking leaves, trimming plants, sweeping and generally making the outside of the school look neat.

We encourage you to bring the family and help our school with this effort. Please feel free to bring any of the following tools: work gloves, rakes, shovels, brooms, clippers and leaf blowers as well as tarps.

We will supply the trash bags as well as snacks and water for our volunteers. The building will not be open during the 4 hours except to use the bathroom so please plan accordingly. If it's raining, we will schedule a rain date – keep watching the Update!

Thank you in advance for your cooperation in keeping our school green and clean! See you on the 7th.

The results are in...

Last week the students and staff at SSCPS took a vote on which school-wide community service project they would like to work on this year. By an overwhelming majority, the school voted to Support Our Troops, so that will be our year-long endeavor for this school year. In addition to writing letters to troops that are overseas and collecting dry goods and magazines to send to them, we would also like to try and support the many members of the military who have served their tour of duty and have returned home. For some, they may be recuperating in the VA hospital in West Roxbury. We are also looking into organizations that help soldiers both overseas and in the United States and I encourage you to look them up on the internet for more information and ideas of how we as a school community can help; www.rollingthunder.com www.fisherhouseboston.org and www.woundedsoldiers.com. We will also be in touch with the VA hospital to learn of other ways that we can help. Please feel free to email me at jofeldman@sscps.org if you have any connections to veteran services or you have ideas of how we can get involved in this effort.

Bake Sale!! On November 4th, there will be a bake sale in the high school. It will be from 2:15-3:00. The bake sale is being led by Shanna Sobol for the Invisible Children campaign. The Invisible Children campaign is to help children who have been forced to become soldiers and kill people in Uganda. There has been an ongoing war between a rebel militia group and the government of Uganda. There will be a variety of baked goods and there will also be bracelets for sale. Baked goods will cost from fifty cents- one dollar. The bracelets will be one dollar. You can visit www.invisiblechildren.com for more information.

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

EMPLOYMENT OPPORTUNITIES

Anticipated 2009-2010 Coaching Vacancies:

High School Girls Basketball Coach

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 EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103 OR EMAIL PALGERA@SSCPS.ORG

**PARENT'S ASSOCIATION
AGENDA**

November 3, 2009 – 7-9pm

- 7:00 **Call Meeting to Order**
- 7:00 – 7:05 **Review and Approve Minutes**
October 2009 Meeting Minutes
- 7:05 – 7:10 **Announcements**
Next PA Meeting & Calendar Items
- 7:10 – 7:25 **School Report**
Prue Goodale
- 7:25 – 7:40 **Board of Trustees Report**
David Whitemyer
Facilities Update
- 7:40 - 8:05 **Committee Reports**
Fundraising
Health & Safety
Welcoming
SEPAC
Library
- 8:05 –8:20 **Grade Representative Reports**
- 8:20 – 8:40 **Treasurer's Report**
Task Force Distribution Discussion **VOTE**
- 8:40 – 9:00 **Old Business / New Business**
Patriotic Curriculum – Update
Movie Night
Holiday Cart
- 9:00 **Adjourn**

Worksheet- proposal

		Amt Requested	Proposed Disb.	
Community Served	Request Description			
2 K classes	Smith Farms Field Trip 2 classes	\$462.00		Covered under field trip grant
Level I	Science area animals/supplies	\$466.95	\$466.95	
Level I	Musical instruments	\$131.12	\$131.12	
Multi level, starting w/level I	Handwashing instruction	\$188.50	\$188.50	
Level II	Reading Curriculum (\$525/class)	\$2,100.00	\$1,050.00	Teachers can resubmit for remaining 2 sets
Level III	Smartboard Equipment	\$3,247.00		Too expensive for our budget, can resubmit
Level IV	Soccer Uniforms	\$200.00	\$200.00	
Level IV Spanish	Multimedia Headsets for Spanish (25)	\$199.75	\$199.75	
Level IV 7th Grade History	Ulysses Books (25)	\$149.75	\$149.75	
Level IV	6 Station listening center/boombox	\$157.00	\$157.00	
Level IV	Spanish Books	\$184.45		Headsets more of a priority, can resubmit
Level IV 8th Grade History	Good Masters books (25)	\$249.75	\$249.75	
High School	Bathroom locks	\$30		School will repair/replace
All Levels	Field trip grant, \$150 per level	\$750	\$750.00	
		\$8,516.27	\$3,542.82	

PA has \$10430.37 total for entire year

Must keep \$3000 emergency buffer

Total 2009-2010 disbursement amount up to \$7430.37

Fall Disbursement amount up to \$3715.18

**South Shore Charter Public School
Parents Association Meeting
October 3, 2009**

Minutes taken by Karen Currie
Meeting called to order 10:05 am

Approval of Minutes

The minutes from the September meeting were approved.

Announcements

- November PA Meeting: Tuesday, November 3, 2009 at 7 pm.
- Board of Trustees meeting: October 22nd
- Grandparents/Special Friends Day: October 15th from 10-11:30 am.
- Department of Education Charter Renewal visit: Oct 19-23.

School Report/Prue Goodale

The school's charter renewal visit will be conducted the week of October 19th. DoE representatives will be at the school for the full week. The parent focus group will be held on Wednesday, Oct 21st from 1-2 pm. Total of 8-12 parents across all levels will be needed.

Prue reviewed her goals for the coming year which include ensuring the charter renewal visit is a success, working to ensure a high performance of all students, developing the school's plan for the coming 5 years, driving parent involvement with the school, ensuring a positive school culture and assisting with the hiring and transition of her replacement.

Prue discussed the school's response to the marijuana incident detailed in the letter issued to all parents last Friday. Due to scheduling changes at the high school level this year, both high school and Level II students on the outside grounds at the same time. This amounts to a very large number of students in a very confined space. The school is also considering moving the basketball court that is primarily used by high school students to a different section of the play area. This won't be done without consulting the school's neighbors.

Several high school students are upset by the incident, and the negative impression it portrays of the high school. There is a meeting on Monday to discuss further. Several parents stated they value the multi-age friendships that the students develop at SSCPS; this is one of the unique features of a K-12 school. Kerry Griffin proposed that a parent attend the high school student meeting on Monday, to voice parent appreciation for all the many ways the high school students contribute to the school and help the younger students. Kerry will attend.

Board of Trustees Report/Paul Carberry

Topics covered at the last BOT meeting included:

-Auditors report: the school is good shape financially. The audit report also included data on the school's fundraising efforts and compared SSCPS to other charter schools. Our performance is about in the middle.

-MCAS: the MCAS presentation delivered to the BOT was informative and encouraging. Paul suggested that this be delivered to the Parent Association at a future meeting so that parents can hear how well the school has performed.

-The Facilities committee has secured \$750K in capital reserve to replace the roof.

-The Personnel committee will be initiating the search for a new Executive Director and will seek out parent involvement. The group will form in November, and the search will initiate in January.

Harvest Road Race – October 17th/Annette Golden

Annette Golden is in need of lots of volunteers, for race day and the night before.

All parents are encouraged to help out. Corporate sponsors are still needed; please contact Annette if you can help secure sponsorships and/or corporate donations.

Please spread the word about the race and encourage everyone to register in advance. Runners can register at www.runreg.com. The more accurate a headcount we have in advance, the better prepared we will be on race day.

It was suggested that some information about the school be on display during the event. The school has a tri-fold display that can be used for this purpose. It was also suggested that a table be set up to sell any SSCPS items that we may have in inventory (t-shirts, mugs, etc) to generate additional revenue.

Children can help on race day, but they must be supervised by their parents at all times.

Committee Reports

Fundraising: No report

Maureen Hebert announced that there will be a Golf/Auction planning kick-off meeting this coming Wednesday, October 7th at 6 pm at the school. Everyone is welcome to attend; many volunteers are needed. For questions, please contact Maureen at mhebert@metlife.com.

Health & Safety: No report

Prue Goodale mentioned that efforts to identify an alternative vendor for the school lunch program are ongoing. The goal is to find a vendor who can offer more nutritious options for our children. A survey link was included in the most recent issue of the Update and all parents are encouraged to participate in the survey and provide their input.

Welcoming & Events – Kerry Griffin

The Back to School picnic was a big success. The jumpy house, which came to us courtesy of the Brockton Rox, was very well received.

Plans for Grandparents and Special Friends Day are underway. Donations of breakfast breads and muffins are needed.

SEPAC – Mickey Ciambriello

Mickey announced several upcoming SEPAC meetings that parents may wish to attend

October 8th: Inclusion Classroom workshop at Plymouth North High School

December 1st: Basic Rights workshop in Weymouth

On December 10th, there will be a 'Teen Issues' workshop.

SEPAC meetings are open to all parents.

Library/Beth Toma

The library opened in mid-September. Classrooms are visiting and checking out books. More volunteers are needed; please contact Beth if you can help.

The library will have a box of give-away books – books that are not in good enough shape for circulation. If parents wish to donate books, the library is accepting chapter series books at this time.

A parent inquired as to whether the school library has materials for the older grades; the school is unable to stock a full library for all grades due to space limitations. The upper grades have access to a variety of internet resources.

Grade Reps

- K - Annette Golden: The occupational therapist is working with all the students. Things are off to a good start.
- 1st - The globe *paper-mâché* project is off to a great start with lots of volunteers, including several dads this year. The field trip to the beach was very successful, and trips to the school library are also going well.
- 2nd - No report.
- 3rd - Parent volunteers are needed to assist with collection of Roman artifacts and the Roman Plays. Contact Krista Cafourek if you are interested in helping out. All Level II parents are encouraged to set up a goal-setting meeting with their child's teacher, if you haven't already done so. Parent volunteers are also needed for Lunch (noon – 12:30 pm) and Recess (11:30 – noon).
- 4th - No report
- 5th - Year is off to a good start.
- 6th - No report
- 7th - No report

Prue mentioned that Angie Pepin was recently profiled in the Patriot Ledger.

8th - Year is off to a good start.

Gema Gray reported that the students are enjoying the new math curriculum.

9th- no report

10th - no report

11th - SAT prep work ongoing; PSATs to be administered on Oct 14th.

12th - no report

Treasurer report

Elissa Dennis distributed a worksheet summarizing the funding proposals that were submitted to the PA for the fall disbursement of the PA's funds. Fourteen requests were submitted, amounting to a total of \$8,516.27. From these, the committee drafted a package of ten proposals to put forth for approval, for a total disbursement of \$3,542.82. This package will be put forward for a vote by the Parents Association at the November PA meeting. There will also be a spring disbursement, where new proposals will be considered as well as those not funded in this round (proposals will need to be resubmitted). All parents are encouraged to attend the November meeting to cast their vote on the proposed disbursement package.

Other Business: A parent announced the following event, which may be of interest to other parents:

Event: Innovation in Massachusetts Public Education: Charter Schools and Beyond (Rappaport Center)

Moderator: Professor Victoria Dodd, Suffolk University Law School **Keynote Speaker:** Chris Gabrieli, Co-Founder, Mass 2020 **Speakers:** Kevin Andrews, President, MA Charter Schools Association; Carol Johnson, Superintendent, Boston Public Schools; Paul Reville, Secretary of Education; Jim Stergios, Executive Director, Pioneer Institute; Paul Toner, Vice President, MA Teachers Association; Representative Marty Waltz, Chair, Joint Committee on Education Co-sponsored by The Boston Ward 5 Committee

When: Tuesday, October 13th, 6:00PM - 7:30PM

Where: Suffolk University Law School, 120 Tremont Street, Boston (Function Room)

Contact: R.S.V.P. to Senka Huskic at shuskic@suffolk.edu or by phone at 617-573-8644

The meeting adjourned at 11:55 am.

Lunch Menu – November, 2009

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

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	No School	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	Early Release	No School	No School
	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		

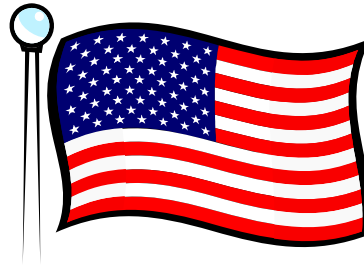
Number of Subs/Wheat ordered	_____	X	\$5.00
Number of ½ subs ordered	_____	X	\$3.00
Number of Pizza Slices ordered	_____	X	\$1.75
Number of Salads ordered	_____	X	\$3.00
<i>Less credit due</i>			_____
Total Amount Enclosed			\$_____

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.

School Age Child Care Vacation Day Program



South Shore YMCA Veteran's Day 11/11/09

Grades: K-6

Hours: 8am – 6pm

Fee: \$40

Let your child enjoy their Veteran's Day holiday at the South Shore YMCA at Mill Pond in Hanover. Children will have the opportunity to participate in sports, swimming, arts and crafts, and a fun special event!

- THE FIRST 10 PEOPLE TO ENROLL GET A FREE SOUTH SHORE YMCA GYM BAG!
- Registrations forms are located at the Front Desk at the Y
- Enrollment is limited and is on a first come, first serve basis.
- Please contact Jamie Whitcomb for more information
781-829-8585 x262



YMCA

We build strong kids,
strong families, strong communities.

TEEN FRIDAY



South Shore YMCA

Every Friday 6:30–9:30 pm

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

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

* Racquets available. MUST wear non-scutting sneakers.

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

10/23	Definitions	6:30 - 7:30	Studio 3
	Yoga	7:30 - 8:15	Studio 3
	Indoor Cycling	7:30 - 8:15	Cycling Room
	Rock Band	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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