



Wednesday	11/11	Veteran's Day – No School	
Thursday	11/12	School Council	3:45pm
Friday	11/13	1 <sup>st</sup> Quarter Grades 7-12 distributed	
Friday	11/13	Ski Club forms are due and will NOT be accepted past this date. Any parents that are interested in chaperoning Ski-Club and skiing for free, please contact Heather Fredette at <a href="mailto:HFredette@sseps.org">HFredette@sseps.org</a> by November 20th.	
Saturday	11/14	Enrollment Open House	1:00-3:00pm
Monday	11/16	Facilities Committee	5:30pm
Tuesday	11/17	Personnel Committee	8:30am
Tuesday	11/17	SSCEF	6:30pm
Tuesday	11/17	PA Fundraising Committee – contact Dottie Kennedy Brooks at 781.789.0755	6:00pm
Wednesday	11/18	National Honor Society Induction	1:45pm
Wednesday	11/18	8 <sup>th</sup> Grade Parent Night	6:30pm
Thursday	11/19	Lunch Orders due	3:00pm
Thursday	11/19	Education Committee	3:45pm
Thursday	11/19	Finance Committee	6:00pm
Thursday	11/19	Board of Trustees	7:00pm

**HEALTH OFFICE**

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)**

## **Flu Symptom Checklist for Families and Schools**

The main symptoms of influenza (flu) include fever and cough and/or sore throat. Some people also have a runny nose, body aches, headache, chills, and feel tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in the community is to keep your sick child at home when they are sick.

### **SHOULD I KEEP MY CHILD HOME?**

Yes  No Has your child had a fever of 100.4 degrees or more in the past 24 hours?

Yes  No Does your child have a cough OR a sore throat?

**If you answered YES to both questions above, keep your child home. *Your Child has an influenza-like illness.***

### **CAN MY CHILD RETURN TO SCHOOL?**

Yes  No Has your child had a fever of 100.4 degrees or more in the past 24 hours?

Yes  No Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours?

**If you answered NO to both questions above, your child can return to school.**

**If you answered YES to one of the questions about, your child CANNOT return to school.**

Keep your child home for at least another day to observe for additional symptoms. Then use the checklist questions again to decide whether you should continue to keep your child home.

### **WHERE CAN I FIND MORE INFORMATION ABOUT INFLUENZA?**

- 1. Call the Massachusetts Department of Public Health information line: 211**
- 2. Go to Massachusetts Department of Public Health influenza website: [www.mass.gov/flu](http://www.mass.gov/flu)**

**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
2 <b>Chicken Salad</b>  With lettuce and tomato	3 <b>Cheese Pizza</b>	4 <b>B L T</b>  Bacon, Lettuce and tomato with mayo	5 <b>Cheese Pizza</b>	6 <b>Tuna Salad</b>  With lettuce and tomato
9 <b>Turkey and American Cheese</b>  With lettuce, tomato and mayo	10 <b>Cheese Pizza</b>	11 <b>Veterans Day</b>  NO SCHOOL	12 <b>Cheese Pizza</b>	13 <b>Tossed Salad</b> With Italian dressing and pita bread
16 <b>Italian Cold Cuts</b>  With Provolone cheese, lettuce, tomato, pickle and oil	17 <b>Cheese Pizza</b>	18 <b>B L T</b>  Bacon, Lettuce and tomato with mayo	19 <b>Cheese Pizza</b>	20 <b>Tuna Salad</b>  With lettuce and tomato
23 <b>Ham</b>  With American cheese and mustard	24 <b>Cheese Pizza</b>	25 <b>Early Release</b>  No Lunch	26 <b>Thanksgiving</b>	27 <b>No School</b>
30 <b>Roast Beef</b>  With American cheese and mustard	12/1 <b>Cheese Pizza</b>	12/2 <b>B L T</b>  Bacon, Lettuce and tomato with mayo	12/3 <b>Cheese Pizza</b>	12/4 <b>Greek Salad</b>  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, November 12, 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
11/16 – 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
<i>Less credit due</i>			_____
<b>Total Amount Enclosed</b>			\$_____

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.

# TEEN FRIDAY



South Shore YMCA

## Every Friday 6:30–9:30 pm

**11/6**  
**Definitions** 6:30 - 7:30 Studio 3  
**Yoga** 7:30 - 8:15 Studio 3  
**Karaoke** 8:00 - 9:15 Lounge  
**Indoor Cycling** 7:30 - 8:15 Cycling Room

**11/13**  
**Zumba** 6:30 - 7:30 Studio 3  
**YArt** 7:00 - 9:00 Art Room  
**Yoga** 7:30 - 8:15 Studio 3  
**Rock Band** 8:00 - 9:15 Lounge  
**Indoor Cycling** 7:30 - 8:15 Cycling Room  
**Tennis Challenge\*** 8:30 - 9:30 Tennis Courts

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

**11/20**  
**Definitions** 6:30 - 7:30 Studio 3  
**Yoga** 7:30 - 8:15 Studio 3  
**YIdol w/Sue** 7:30 - 9:15 Lounge  
**Indoor Cycling** 7:30 - 8:15 Cycling Room

**11/27**  
**Zumba** 6:30 - 7:30 Studio 3  
**YArt** 7:00 - 9:00 Art Room  
**Yoga** 7:30 - 8:15 Studio 3  
**Indoor Cycling** 7:30 - 8:15 Cycling Room  
**Wii Tournament** 7:30 - 9:15 Art Room

### 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	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

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