



Wednesday	11/18	National Honor Society Induction Ceremony	1:45pm
Wednesday	11/18	8 th Grade Parent Night	7:00pm
Thursday	11/19	Education Committee	3:45pm
Thursday	11/19	Finance Committee	6:00pm
Thursday	11/19	Board of Trustees	7:00pm
Friday	11/20	SEPAC	8:30am
Friday	11/20	1 st Trimester ends	
Tuesday	11/24	Governance Committee	5:00pm
Wednesday	11/25	Early Release – all students will be dismissed at noon	12:00pm
Thurs-Fri	11/26-27	Thanksgiving Break	School Closed
Mon-Fri	11/30-12/04	High School Spirit Week	
Tuesday	12/01	Golf Tournament/Auction Committee meeting	6:00pm
Tuesday	12/01	Parents Association meeting	7:00pm
Upcoming Events:		Save these dates.... 12/04 Parents Association sponsoring Movie Night 12/04 High School Semi-Formal 12/10 Professional Development Early Release and Parent/Teacher Conferences 12/16 Annual Winter Concert – 6pm – Notre Dame Academy Auditorium, Hingham	

FROM THE EXECUTIVE DIRECTOR

Literacy Grant

On Monday, November 9th, we received some wonderful news from the Department of Elementary and Secondary Education – we were successful with our grant application for K-12 Literacy Professional Development. There were a number of requirements and specifications for districts including partnering with another school district and a literacy provider. SSCPS again partnered with Holbrook and the reading consultancy group that will be providing us with the training is from Massachusetts General Hospital – the Hansen Initiative for Language and Literacy. Our teachers have worked with one of their consultants in the past and we received positive feedback from them. We were entitled to up to \$10,000 for the grant and Holbrook was entitled to \$20,000. Both districts were awarded the grants and SSCPS is the lead partner. The training will be for teachers in grades 3-6 and for SSCPS, the focus will be on reading in the content area (science and history). We are pleased to receive this grant and to be able to provide specialized training in reading for our Level II and Level III teachers and to continue our work with Holbrook teachers.

November 11th: Honoring Those Who Have Served and Serve Our Country

On Wednesday, November 11th, communities across the country had celebrations and parades to honor those men and women who have served our country. This year, our school community has chosen as SSCPS's service project **Supporting Our Troops**. Jo Feldman, our Learning Services Director, will be spearheading this initiative. Although we most likely will be sending items to our troops stationed abroad, we plan to find ways to help our service men and women who are now home but need support, encouragement, and our thanks. Jo is reaching out to veterans' agencies and hospitals in the area to learn more about how we can help our veteran's transition from the trauma of serving abroad and being away from family and friends and show them our appreciation for their service to our country. If you have any suggestions or have some contacts in their area that could help us with our school-wide Supporting Our Troops initiative, please contact Jo at jofeldman@sscps.org or call her at the school.

Last spring at the Level Coordinators meeting and this fall at the Parents Association meeting, we discussed our school's history curriculum and I learned about the patriotic curriculum that was developed for the lower levels when the school was in Hull. Unfortunately, during the transition and merging three schools into one, the curriculum was not fully implemented in Norwell after the move. In early October, I asked the Level Coordinators to revisit the history curriculum that teachers had developed and we agreed that students would have the opportunity to say the Pledge of Allegiance each week at their Level town meeting. Across the school, students on each level are leading their classmates in the Pledge. Also as a result of my discussions with the administrators, Level Coordinators, and the PA, we have ordered flags for all of our classrooms and standing flags to be shared by the Levels for the town meetings. The flags have arrived and they were installed in most classrooms earlier in the week. They should be in all classrooms by the end of the week.

Service to others and a time of Thanksgiving

At this time of year, families and friends come together from near and far for thanksgiving. Although this past year has been very difficult for many families due to the on-going recession, we do have so much to be thankful for. This week our school psychologist, Sarah O'Loughlin, has written a most appropriate piece for our Spotlight story, "It is good to be grateful."

Best wishes to Dr. Connolly and happy holiday break to all

Since next Wednesday is a half-day, we will not have a regular Weekly Update. We will send out the calendar for the week of November 30th, however. Next week will be Dr. Connolly's last week with us and for the faculty, staff, Board of Trustees, and the administration, I would like to thank him for all that he has accomplished over the past year and the many improvements that he has made in grades 7-12. We wish him and his family all of the best and he will always be a member of our charter school family!

Prue Goodale, Executive Director

"Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude." E.P. Powell

SPOTLIGHT ON SSCPS SUBMITTED BY SARAH O'LOUGHLIN...

It is good to be grateful. That is what a body of research in the field of positive psychology tells us: those who spend more time recognizing and expressing feelings of thankfulness tend to reap important benefits. Studies have shown that people who experience gratitude feel increased positive emotions (joy, love, happiness), have fewer negative emotions (bitterness, envy, resentment), have improved relationships, gain more satisfaction from work, feel more energetic, and enjoy better physical health.

Gratitude is an attribute that may be fostered at home and at school. The adoption of gratitude in our daily lives requires some effort and practice. It is a behavior that children learn from adults through teaching, modeling, and reinforcement. For instance, we teach children to say "thank you" in response to an act of kindness from another person. Other ways that parents and teachers may enhance feelings of gratitude in children include the following actions:

- *Provide structured opportunities* for the expression of gratitude. Older children could keep daily gratitude journals, while children of all ages could be asked to share one thing for which they are grateful each day at a mealtime.

- *Model thoughts and feelings* of gratitude by expressing them out loud, including the active appreciation of people, nature, health, a piece of music, an athletic maneuver, or the rights and freedoms that we enjoy in this country.
- *Encourage awareness* of the expression of gratitude by helping children to identify who helped them in a particular endeavor. Suggest that the child thank people in person or write a thank-you note. Watch for expressions of appreciation by children and let them know that you have noticed.
- *Use visual reminders* by writing notes of appreciation to children or by e-mailing or texting reminders of gratitude to them.

From my office at school, I am fortunate to be able to hear Wardie and the Level II students practicing “What a Wonderful World,” a song of gratitude. We are approaching Thanksgiving, a season of gratitude. Let us all commit to a daily practice of gratitude, and we will be improving the quality of our lives at the same time.

(Note: For specific child-oriented activities aimed at promoting positive qualities such as gratitude, optimism, and resiliency, visit www.fishfulthinking.com.)

This information was adapted from two articles (K. Reivich, PhD and Jeffery Froh, PsyD) in the November 2009 *Communique*, published by the National Association of School Psychologists, and also from an article by D. Miller, *Fostering Gratitude, Principal Leadership* (Feb., 2009), www.nasponline.org.

ANNOUNCEMENTS



Fall Clean-Up - A Tremendous Outpouring of Support!



Many thanks to the parents, students and staff who participated in the SSCPS Fall Clean-up this year. We had triple the number of people helping us this year as compared to last year, and as a result, we were able to accomplish everything we set out to do in the 3 hours as planned. The weather cooperated with us beautifully and all in all it was a terrific success.

Special thanks to Mark and Jonathan who came early and stayed late, getting the tools ready and put things away at the end of the day. We couldn't have done it without you!

In case you accidentally ended up with any garden tools/equipment that doesn't belong to you, please bring them back to the school and we can make sure they are returned to their rightful owners.

Again, many thanks for lending a hand and making our school grounds look great!

UNICEF UPDATE

This year, Angie's Level IV Literary Magazine Project organized the 2009 Trick-or-Treat for UNICEF. Our goal was to raise \$150.00. We earned more than double that. Due to the wonderful, generous donations from Level I and II, we were able to raise \$388.50, which is \$114.79 more than last year's \$273.71. We got over one quarter of the boxes we send out back. We would like to thank all of the students that participated and the teachers for their help and support! We look forward to doing UNICEF again next year.

YMCA After School Program has current openings Monday through Friday for students in grades K-6. Applications are available at the front desk or by contacting the Hanover Y at 781-829-8585.

LUNCH ORDERS

Enclosed is the November Lunch Order Form. November orders are due Thursday, November 19th by 3pm. Also enclosed are the December Lunch Menu and Order Form. December orders are due Wednesday, November 25th by 12:00pm.

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

FROM THE ATHLETIC DIRECTOR

All Ski-Club forms should be into Heather Fredette by now. If they are not received by Thursday they will not be mailed in with the school's program.

All basketball permission forms must be into athletics by the Wednesday before Thanksgiving (11/25).

PHYSICAL EDUCATION

Attention Parents: Please be sure that your child is sent to school properly dressed to spend time outside during PE. Although we have been blessed with beautiful weather lately, it will be cold before we know it.

Students without jackets will be asked to stay inside. Hats, gloves and scarves are also strongly recommended. Thank you for your help in keeping your children safe and warm during our PE class!

7-12 PRINCIPAL'S REPORT

It is an exciting day today at SSCPS. Today we celebrate a group of students who made First Honors and Honors for Quarter One and a group of students who were inducted into the National Honor Society (see Shout Out below) for exemplary academic work, leadership, service, and character throughout their high school years.

In a society all too often focused on immediate gratification and the quick and easy fix these students have been rewarded with the knowledge that through hard work and perseverance goals can be achieved. It is important that as a school community we take time to recognize and celebrate their accomplishments, as they have excelled in the tasks we have asked them to do. These students are using the skills, traits, and characteristics in school that will help them to find success in life. In this new and expanding global economy, the competition pool grows, and, as the competition pool increases in size, it becomes more and more difficult to stay competitive.

For over a quarter century, this nation has been warned that we are at risk, that our schools must do a better job preparing students for this ever changing world. Schools, like many large institutions, have been slow to grasp the need to change and to change. Thankfully, leaders in the state of Massachusetts, through the Education Reform Act of 1993, heeded the call to change. Along with student and teacher testing, the 1993 Act allowed for charter schools. SSCPS was one of the original charter schools begun in the spirit of piloting new and innovative ways to teach our children. Embedded in the plan to establish charter schools was the notion to instill competition in the marketplace of educating young people in the public school setting. One only needs to look at the 2009 MCAS tests results to realize that charter schools are competitive, often at the top of the rankings of schools on MCAS tests results.

While this should be cause for celebration, opponents gather in Boston and try to limit the cap on charter schools. Fortunately, the administration in Washington D.C. supports innovation and is using money to influence states to allow for the growth of more charter schools.

It is right to take time to celebrate our students' and our school's successes. Massachusetts has some of the best public schools in the country, and charter schools, like SSCPS, are some of the best schools in the state, and these students receiving Honors and National Honor Society recognition are some of the best students in our school, but we should never grow complacent. A quick look at our economy, the state of Massachusetts, and dropout and graduation rates in our schools, indicates that there is much work to be done, and that the time to do the work is now, because, as we all know, the world will not wait.

Shout Outs

Congratulations to the following students who were recently inducted into the National Honor Society: **Kyle Alger**, **Jonathan Hagberg**, **Matthew McAteer**, **Jacqueline Perry**, **Maggie Reardon**, **John Ryan**, **Anaise Trocher**, and **George Yazbeck**. The National Honor Society recognizes students for leadership, service, character, and scholarship.

This is my final piece in the Update. I hope you agree with me that I am leaving the school better than I found it. And I hope the school continues to improve courses and programs to give our students the best education possible. They deserve it and we need it.

Best wishes for all of you. *Jim Connolly – (781)982-4202 – jconnolly@sscps.org*

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: "Don't cry over spilled milk."

Level 2: "Don't put all your eggs in one basket."

Emily's Conservation Project on Level IV is participating in TerraCycle. TerraCycle is an organization that turns trash into new products. The school collects juice pouches and Nabisco wrappers and sends them to the company. For each juice pouch or Nabisco wrapper recycled through our project, two cents is donated to our

school. It may not sound like much at first, but it adds up quickly! Then the products are shipped to the TerraCycle organization so they can reuse them to create new products such as pencil cases, backpacks, folders, lunchboxes and tote bags. So let's save the earth and raise money for our school. Send in juice pouches and Nabisco wrappers to Level IV. Stay tuned for TerraCycle on other levels soon.

The Literary Magazine We, the Literary Magazine, interviewed all of the level coordinators, Velma Begley, Kendra Whitney, Claire Overlee, Angie Pepin, and Jared Rose. These level coordinators are unique and different in many ways. We asked them six questions, five about their job, and one that was chosen for fun. This is what they said...

The level I level coordinator is Velma Begley. Velma has been level coordinator at this school for four years; throughout these years what she most likes about teaching is the children. Her teaching style is having fun with her students as well as including their input and always supporting their ideas in class. Velma loves to teach but her favorite class to lead is reading. Other than teaching these classes as a level coordinator, she is always busy with discipline issues, organizing homework, meetings, parent communication, and provisioning. Velma does a lot of things in school, we asked what her favorite thing to do outside of school, she told us that she loves to garden and raise butterflies. Velma has been with us for so long and we love her excitement as a teacher.

In level II the Level Coordinator is Kendra Whitney. She loves the wonderful students and helping kids to learn what they didn't know, making them feel successful. Kendra loves doing fun projects with her students too. Through these five years of being level coordinator how she has kept busy on a regular day by telling subs what they need to do, having meetings and notifying teachers about important information. Other than being level coordinator she is a teacher too, if she could teach any class it would be math. Kendra would teach math because it was never her favorite subject in school, but as a teacher she found it fun to teach, especially Singapore math. Kendra's teaching style is having a structured classroom, but also letting kids discover things on their own through trials and mistakes. Kendra's loves to learn about different people and places and eventually traveling to new places. Everyone enjoys being around Kendra and not one soul thinks different.

In level III the level coordinator is Claire Overlee. She has been level coordinator at this school for six years. Each day she is always kept busy by taking care of discipline issues, substitute changes, letting special teachers know changes in schedule, making sure that everyone is where they are supposed to be, telling teachers important information and informing the students of changes. Claire enjoys interaction with her students and watching them grow into better people. Her teaching style is to have her classes' student driven, teaching experientially, and cooperative groups. If she could only teach one subject it would be literature. Claire loves spending time with her family and friends, sailing, skiing, reading and enjoys traveling. Claire is an influential teacher and person; we would be at a loss without her.

In level IV the level coordinator is Angie Pepin, former teacher of the week. She has been in this position for two years. Her teaching style is to do cooperative activities and lessons where students get to experience what it was like during the time period that they are learning about. Outside of school Angie enjoys to cook and eat. Don't we all enjoy eating? If she could teach only one subject she would teach history. She is kept busy throughout the day by making sure that everything on the level is running smoothly. Making sure the teachers and students know where they are supposed to be and organizing special for on level IV. Angie is a sensational teacher, and we are very happy and excited for her to become principal soon!

Jared Rose is the High school level coordinator. This is his first year as level coordinator; he started the second week in August. If he could only teach one subject he would teach journalism, "I've never really been into journalism, however over the past four years I have developed an affinity for the newspaper. A newspaper can connect a community together and teach students many life lessons along with writing skills in a unique way. I get a lot of enjoyment teaching my journalism workshop." On a daily basis he is kept busy by communicating with teachers and administrators information. The thing that he enjoys the most about teaching is, "students learning and using what they've learned gives me the greatest sense of accomplishment. I love having discussions in the classroom when my students refer to past books we've read in class to make a point. It's great to hear students use vocabulary words as they speak in class too. Having student enjoy and

being able to express themselves in writing is enjoyable too.” His teaching skills start with getting the students motivated to learn. He believes that it is his job to teach students the joy of learning so they can do it when teachers are not around. Outside of school Jared enjoys sailing on “Smiley Too,” his 26’ sailboat. Jared is a highly valued teacher and leader, and we enjoy having him around, he makes it a lively environment.

Attention 11th & 12th Grade Students: SPECIAL EVENT!

College Applications Process

Wednesday, December 9, 2009

7:00pm - 8:30pm

Summit Educational Group welcomes Darren Reaume, [Amherst College](#) Assistant Dean of Admissions, to their Newton Offices (90 Bridge St.) as he presents insider information on the college application process.

Mr. Reaume gives the insider view of the applications process and answers such questions as:

- *What do colleges look for in an application?*
- *How are applications reviewed once they make it to the admissions office?*
- *What is the most neglected area of an application?*

To register, fill out our [online registration](#) or call 1-800-MYTUTOR (800-698-8867) by December 3. Space is limited, so sign up today.

LIBRARY NEWS

We want to update all families on the library overdue policy on books checked out from the school library. The overdue policy is the following:

Students that have a book(s) that is three weeks overdue will receive an overdue notice to take home and this same notice will be given to their teacher. When a book(s) is overdue four weeks or more the student will receive another overdue notice stating he or she will not be able to check out any more books until the book is returned. Parents and teachers will receive this same notice by **email**.

If a book is lost please notify the library at librarian@SSCPS.org We will make arrangements with parents to either replace the book or pay for the missing book. If you have any questions regarding this overdue policy you can contact the Library Committee at the above email address.

Thank you - SSCPS Library Committee

SEPAC

As you may be aware, the year the SEPAC committee has partnered with the surrounding towns to offer various workshops. Notifications of these workshops will be provided via emails, monthly PA meetings and the weekly update.

For the annual basic rights workshop, we will be joining the Weymouth SEPAC group. Below is the information regarding this upcoming workshop.

When: December 1, 2009

Where: Weymouth High School in the Humanities Center (Gym entrance)

Time: 7:00 PM

We have been informed that the Federation for Children with Special Needs will be presenting this workshop. It is intended to review the rights students have on special education plans.

Please feel free to email me if you should have any questions.

Mickey - SEPAC committee member, Parent

PARENTS ASSOCIATION

The next Parent's Association meeting is Tuesday December 1st from 7-9p at the school.

On Friday December 4th from 6-9pm the Parent's Association will be running a Parent's Night Out Event. We are inviting parents to drop off their children in Levels I and II, along with any potty trained younger siblings, and head out for the evening. The fee is \$5/child, payable that evening, and the theme will be "Movie Night". We will be showing the movie Cars and time permitting, some Thomas the Tank Engine

shorts. Popcorn and water/juice will be served and children are invited to come in pjs and to bring a pillow and blanket.

This event is only open to SSCPS students and their siblings and will be chaperoned by SSCPS parents. Please contact me if you are interested in chaperoning. Only those parents that have completed a CORI check will be permitted to chaperone.

Preregistration is required in order to insure that we are properly staffed. Please contact me prior to December 2nd if you wish to have your child(ren) participate. All proceeds from this event benefit the SSCPS Parent's Association. *Thank you, Deidre Lamoureux, PA Chair jcalamoureux@comcast.net*

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

Level III Students organizing the "Coats for Kids "

"Do you want to help out with children and parents from many places by donating winter coats to Coats for Kids? Donating coats to this helpful foundation is a great way to help poor families. And this foundation takes those donated coats and takes them to get cleaned at Anton's Cleaners. Then we ship them off to those families so they can be nice and toasty during the winter. And that's what Coats for Kids does to help families. So if you want to help donate coats look for the drop box near the front desk. Thank you."
Sincerely, Charlotte Gorman and Tevin Francois

Level II Student, Maria Zraizaa, is collecting pink Yoplait yogurt covers to help cure cancer. She has a donation box near Sarah's pod in level II.

EMPLOYMENT OPPORTUNITIES

Long Term Elementary Ed K-6 Substitute Teacher

Must be certified to teach Elem Ed K-6 from the Dept of Ed or taken and passed the appropriate MTEL exams

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**

Lunch Menu – December, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p style="text-align: center;">Chicken Salad</p> <p>With lettuce and tomato</p>	<p>8</p> <p style="text-align: center;">Cheese Pizza</p>	<p>9</p> <p style="text-align: center;">Italian Cold Cuts</p> <p>With Provolone cheese, lettuce, tomato, pickle and oil</p>	<p>10</p> <p style="text-align: center;">Early Release</p> <p style="text-align: center;">No Lunch</p> <p style="text-align: center;"><i>Prof Development</i></p>	<p>11</p> <p style="text-align: center;">Tuna Salad</p> <p>With lettuce and tomato</p>
<p>14</p> <p style="text-align: center;">Turkey and American Cheese</p> <p>With lettuce, tomato and mayo</p>	<p>15</p> <p style="text-align: center;">Cheese Pizza</p>	<p>16</p> <p style="text-align: center;">BLT</p> <p>Bacon, lettuce and tomato with mayo</p>	<p>17</p> <p style="text-align: center;">Cheese Pizza</p>	<p>18</p> <p style="text-align: center;">Tossed Salad</p> <p>With Italian dressing and pita bread</p>
<p>21</p> <p style="text-align: center;">Roast Beef</p> <p>With American cheese and mustard</p>	<p>22</p> <p style="text-align: center;">Cheese Pizza</p>	<p>23</p> <p style="text-align: center;">Early Release</p> <p style="text-align: center;">Vacation Begins</p>	<p>24</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">-----</p>	<p>25</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">-----</p>
<p>28</p> <p style="text-align: center;">-----</p>	<p>29</p> <p style="text-align: center;">V A C</p>	<p>30</p> <p style="text-align: center;">A T</p>	<p>31</p> <p style="text-align: center;">I O N</p>	<p>1</p> <p style="text-align: center;">-----</p>

2 % 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, 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 December, 2009
Due to the office by 12:00 pm, Wednesday, November 25, 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 checked="" type="checkbox"/> Thursday	<input type="checkbox"/> Friday
12/7 – 12/11	Sub	Pizza	Sub	No Lunch	Sub
	½ sub	#_____	½ sub	Early Release	½ sub
	Wheat		Wheat		Wheat

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
12/14– 12/18	Sub	Pizza	Sub	Pizza	Salad
	½ Sub	#_____	½ sub	#_____	
	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
12/21 – 12/25	Sub	Pizza	No Lunch	No School	No School
	½ sub	#_____	Early Release		
	Wheat				

Week of	<input checked="" type="checkbox"/> Monday	<input checked="" type="checkbox"/> Tuesday	<input checked="" type="checkbox"/> Wednesday	<input checked="" type="checkbox"/> Thursday	<input checked="" type="checkbox"/> Friday
12/28 – 1/1					
	----- V A C A T I O N -----				

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 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 November, 2009
Due to the office by 3:00 pm, Thursday, November 19, 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 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 December Breakout!



**South Shore YMCA at Mill Pond
12/28 – 12/31**

Grades: K-6

Hours: 8am – 6pm

*** On December 31, hours are 8am-3pm**

Fee: \$40/day

Let your child enjoy their December school vacation at the South Shore YMCA at Mill Pond in Hanover. Children will have the opportunity to participate in sports, swimming, arts and crafts, and fun special events!

- Enrollment 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

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

khirsh@ssymca.org/ccavanagh@ssymca.org
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