January 13, 2011
Vol. 1, Issue 2

## Annual Fund Update

Your participation continues to make a difference! Thanks to the generosity of our families and friends, The Annual Fund has grown to $\$ 14,340.00$. We are $\$ 1,671.00$ higher than we were at this same time last year! Thank you to all who have contributed.

We remain a long way off from our target. If you have not yet contributed to The Annual Fund, you are still in luck. Our unique Headstand Principal calendar, featuring terrific photography of the South Shore and our very own Ted Hirsch, is still available when you contribute $\$ 30.00$ or more. Again supplies are limited, so act today!

South Shore Charter Educational Foundation

## At Long Last

The after school enrichment program has arrived. I would like to thank all faculty who have worked extremely hard in making this program available to our students. A very special thank you goes out to Angie Pepin who has been reviewing applications and interviewing our high school students. It has been wonderful to read the applications of so many responsible young people with talents and a commitment to teaching.

Please review the after school enrichment opportunities with your child and if he or she is interested in participating, return this form as soon as you are able. We are anticipating fully enrolled classes quickly. Thank you for your support of this program.
~ Alicia E. Savage, Executive Director

| Thursday | $01 / 13$ | School Council | 3:30pm |
| :--- | :--- | :--- | :--- | :--- |
| Thursday | $01 / 13$ | Enrollment Open House | $5-7 \mathrm{pm}$ |
| Friday | $01 / 14$ | Professional Development Early Release | 12:00pm |
| Monday | $01 / 17$ | Martin Luther King Day - no school |  |
| Tuesday | $01 / 18$ | Development Committee | $5: 00 \mathrm{pm}$ |
| Tuesday | $01 / 18$ | SSCEF Meeting | 6:00pm |
| Weds-Fri | $01 / 19-21$ | Grades 7-12 Mid Year Exams - see schedule below |  |
| Thursday | $01 / 20$ | Education Committee | 3:30pm |
| Thursday | $01 / 20$ | Finance Committee | $6: 00 \mathrm{pm}$ |
| Thursday | $01 / 20$ | Board of Trustes | 7:00pm |

## Exam Schedule

Level IV (Grades 7 and 8) Mid Year Exam Schedule:

| Time | Wednesday, $1 / 19$ | Thursday, $1 / 20$ | Friday, $1 / 21$ |
| :--- | :--- | :--- | :--- |
| 8:30-10:00 | Block A | Block C | Block E |
| $10: 30-12: 00$ | Block B | Block D | Make-Up |

Level IV students will be dismissed at 3pm.
High School (Grades 9-12) Mid Year Exam Schedule:

| Time | Wednesday, $1 / 19$ | Thursday, $1 / 20$ | Friday, $1 / 21$ |
| :--- | :--- | :--- | :--- |
| $8: 30-10: 00$ | Block A | Block C | Block E |
| $10: 30-12: 00$ | Block B | Block D | Make-Up |

High School students will be dismissed at 12:00pm on Wednesday and Thursday. On Friday students will be dismissed by 10:00 if they are not taking a make up exam.

## SAVE THE DATE

Friday, June 10, 2011
$3^{\mathrm{RD}}$ Annual "Drive Fore the Future" Golf Tournament \& $16^{\text {th }}$ Annual Auction South Shore Country Club

## SSCPS SCHOOL APPAREL SALE

SSCPS is offering school apparel for sale. Attached is an order form that needs to be completed and returned to the Business Office. Cash, Check or Money Order made payable to SSCPS or credit cards are accepted. This is a great time to buy SSCPS apparel and show school pride. Any questions call Kristine Shipps, x106.

## BREAKFAST \& LUNCH ORDERS

Enclosed is the menu and order form for the remainder of January which is due Tuesday, January $18^{\text {th }}$ by 3pm. Also enclosed is the February menus and order forms. February orders are due Tuesday, February 1st by 3pm.

## LIBRARY Update

The Library Committee has receive many letters from students from Level II and Level III giving book recommendations that they would like to see in the school library. We will use these recommendations to put together a list of books that will be purchased with the book credits that we received from our book fair from last fall. At the present we have a list of 46 book recommendations. The Library Committee is grateful for the time and thought that the students gave to helping out with these book suggestions.

The library is still in need of the following book donations:

## Non-Fiction

Sports
arts and crafts
books on different countries such as Haiti,
Nigeria and Pakistan
Science books - such as engineering, solar
system, atoms
Pet Animals

## New Book Donations

The Old Turtle - donated by Carol Wise Coconut Mom - donated by Mary Sofis Diary of Wimpy Kid - The Ugly Truth (2 copies)- the parent who donated these books prefers to remain anonymous.

## horses

The library is still in need of help in re-shelving books and other library projects as they come up. If you are interested you can email Beth Toma at JToma85103@aol.com.

## K-6 Principal

Yesterday was the one-year anniversary of the earthquake in Haiti. At SSCPS we have many families with relatives in Haiti and the earthquake touched us all. Today in school we took a moment of silence to honor the spirit, courage and perseverance which are helping to pull the families of Haiti through this horrible natural disaster. The pain and suffering is unimaginable but from what can be seen of the Haitian strength, the will of people is stronger than any disaster and with time and continued support things will get better. We must not forget. May this year be a better year for the people of Haiti and for all of us who know and therefore love Haitians.

On New Years Day I made a resolution: to show more appreciation. Appreciation is something I think about a lot; it is an important part of feedback. The quality of a teacher's feedback to students is an important aspect of good teaching and good teaching along with family support is the backbone of SSCPS' quality education. One part of the volunteering orientation that I particularly enjoy is when the volunteers and I discuss how to give children feedback and how to describe and compliment the child rather than to praise them in absolute terms. In a sense, in these conversations we are having a discussion of how to show appreciation, how to really see and describe so we as adults can encourage hard work and determination.

Just this week I saw one of the finest examples of this concrete specific feedback, and it came from a group of children. I was visiting classrooms as I often do and when I entered Amy Vandenberg’s room what first caught my attention was the way all of the children in the room were transfixed by a novel Amy was reading aloud. After the chapter was over a child asked me why I was there and I said because I was very interested in the book and I liked how Amy read. I asked them what they liked about the way Amy read and I got seven distinct and concrete reasons why they loved her reading. The first child told me that she used different voices to be different characters, the second that she was loud enough to hear, the third said that you could tell when it was an important part of the story because she sounded different and you knew to listen carefully, the fourth that Amy could read and look at them to helped you understand what was happening and never lost her place, the fifth said that Amy read in a way that you could picture what was happening in your own mind, a sixth child said that Amy read at different speeds to make it exciting, and the seventh said that her reading taught you how to really focus. The children had really been thinking about what made Amy's reading exceptional and they knew how to put it into words. They not only understood what she did technically to read well, but instinctively understood the purpose of studying her reading to improve their own learning. They could describe just how Amy was working hard and focusing to make the story come alive. Now that was some appreciation! And I will be working all year to try to get to the students’ level of specific statements that capture the technical and the overarching qualities that make a piece of work outstanding. As a principal and as a teacher my highest moments of joy, in a joyful profession, are when I learn from children.

Happy New Year and may we all keep learning every day. Please keep Haiti in the forefront of your minds and actions in the coming twelve months. May this be a better year for all the people of Haiti and those who love Haiti and Haitians.

Ted Hirsch thirsch@sscps.org

## ON THE LEVELS

REMINDER FOR ALL PARENTS - If your child will be absent, please call 781-982-4202 ext. 100 to report the absence. Thank you.

## SAYING OF THE WEEK:

Level 1: "The more the merrier."
Level 2: "On the warpath."

## Parents Association

Why I Go to PA Meetings (and Why You Might Like Them, Too)
Alexis Levitt, P Maya, Grade 1
Never been to a PA meeting? Not sure what the heck they are? Can't muster the strength to head out into a cold night to head back to the school? Here's a short list of why I like going to PA meetings:

Bottom line, plain and simple. I find out what's going on at school. Did you know that we are investigating launching a swim team? That we have a ski club? That last year's seniors went to Paris - Paris! I had no idea.

I get some sense of the continuum of the curriculum through the grades and levels. As folks talk about projects and homework and field trips and developing skills, a small light bulb goes off about how the work in the different grades and levels fits together. It gives me a sense my first grader is headed on this grand adventure of growth and is in good hands.

I get to see Alicia (our new Executive Director) in action, getting a sense of her mind, her interests, and her dedication.

I always learn from Ted. Always. Whether he says a lot or a little.
I get to see my friends. I've only been in this family for a year and a half and am happy to say I've met several people who are downright groovy. I get to see some of them at the PA meeting. And I am making new friends.

PA meetings get me out of bedtime insanity for the evening meetings.
There's food (chocolate, anyone?) and a social half hour before the meeting.
Come to a PA meeting. Find out what's going on at school, meet some new folks, and help brainstorm on current projects and issues.

Remaining Meeting Schedule:
Sat Feb $5 \quad$ 10:00-12:00 (9:30 social time)
Wed Mar $2 \quad$ 7:00-9:00 (6:30 social time)
Sat Apr $2 \quad$ 10:00-12:00 (9:30 social time)
Wed May $4 \quad$ 7:00-9:00 (6:30 social time)

## Employment Opportunities

Part time (45\%FTE) 18/hrs week Speech and Language Pathologist
On going for 2010-2011
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



Inspiring every student to excel in academics, service, and life.
Name of Student: $\qquad$ Level: $\qquad$
Address: $\qquad$
Phone Number: $\qquad$ Emergency Contact: $\qquad$
I would like to enroll my child in the following:

|  | $3: 00-4: 00$ | $4: 00-5: 00$ |
| :--- | :--- | :--- |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |

Total Enclosed: $\qquad$
Each enrichment course is 50.00 per session for eight weeks. Homework help is free!
Please make checks payable to South Shore Charter Public School. Thank you!
Financial Aid is available.

## After School Program Schedule

| Levels I and II | 3:00-4:00 | 3:00-4:00 | 4:00-5:00 | 4:00-5:00 |
| :---: | :---: | :---: | :---: | :---: |
| Monday | Homework Help | Homework Help | Art | Creative Writing |
| Tuesday | Homework Help | Habitats | Chess | Recyclemania |
| Wednesday | Homework Help | Habitats | French $(3: 30-5: 00)$ | Kitchen Chemistry |
| Thursday | Homework Help | Yearbook | Art | Chess |
| Levels III and IV | 3:00-4:00 | 3:00-4:00 | 4:00-5:00 | 4:00-5:00 |
| Monday | Homework Help | Homework Help | Math Games | Creative Writing |
| Tuesday | Homework Help | Recyclemania | Chess | Habitats |
| Wednesday | Homework Help | Kitchen Chemistry | French $(3: 30-5: 00)$ | Habitats |
| Thursday | Homework Help | Art | Yearbook | Chess |

## South Shore Natural Science Center

## Course Descriptions

## Habitats Around the World

Begin with our local habitats and then "journey" around the world to discover other exciting and diverse ecosystems. Have full with activities from a reinforest, desert, tundra, and more - a different adventure each week. Fine out what makes each place so special and why it might be interesting to live there!

## Kitchen Chemistry

Have fun discovering what chemistry is all about. Find out what you can do with baking soda, asalt, datergent, and other familiar thinge you have in your kitchen cupboerd.

## Recyclemania

Create fantasy creatures, space crafts or machines from materials found around the house. Ose recycling to turn trashinto treasure.


## The $\square \mathrm{N} \nabla \perp$ Sロ $\nabla \exists$ Н Principal



The Headstand Principal Calendar features our very own Ted Hirsch doing one of the things he does best, standing on his head, all over the South Shore! It's our gift to you when you contribute $\$ 30$ to the South Shore Charter Educational Foundation. So act now!
For immediate delivery, your donation may be made at the front desk South Shore Charter Public School
Or mall your donation to: SSCEF P.O. Box 512 Accord, MA 02081
THANK YOU FOR YOUR CONTINUING SUPPORT!

## SSCPS \& SS Voc Tech <br> Day Ski Trip 2011

Who: High School Students at South Shore Charter School and South Shore Voc Tech Where: Okemo Mountain, VT
When: January 29, 2011 (Saturday)
What: Ski and Snowboard
Cost: $\quad \$ 77.00$ - Bus and lift ticket * Due by $1 / 21$
$\$ 25.00$ - Rentals bring money to mountain
$\$ 36.00$ - Lessons bring money to mountain
Lunch: On your own - bring \$\$ or brown bag it
Time: $\quad$ Bus will leave South Shore Voc Tech at 6:00am and return by 7:30pm
South Shore Voc Tech is located at:
476 Webster Street, Hanover, MA 02339
Approx 1 mile from SSCPS
Chaperone: Laura Berger

Money \& Permission Slips due to Mary Carter by Friday, January 21, 2011

SSCPS APPAREL ORDER FORM

Name:
Address:
City/State/Zip:

Phone: $\qquad$
Email: $\qquad$
Student Name: $\qquad$ -
Please indicate the size type (Y-youth, M-men's, W-women's, A-adult, B-boys or G-girls) and Quantity in the boxes below

| Description | Price | Size | Qty. | Size | Qty. | Size | Qty. | Size | Qty | Size | Qty. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| SSCPS Jacket and Pants circle (boys, girls, men's, women's) | \$60.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Adult Fleece $1 / 4$ zip jacket | \$30.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Fleece full zip jacket circle (youth, men’s, women's) | \$30.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Adult fleece vest | \$26.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Hooded Sweatshirt w/ one logo front circle (royal or gray) circle (Adult or Youth) | \$27.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Hooded Sweatshirt w/ front \& back logos circle (royal or gray) circle (Adult or Youth) | \$32.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Crewneck Sweatshirt w/ one logo front circle (royal or gray) circle (Adult or Youth) | \$24.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Crewneck Sweatshirt w/ front \& back logo circle (royal or gray) circle (Adult or Youth) | \$29.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Adult T-Shirt Long Sleeve White circle (Adult or Youth) | \$15.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Flannel SSCPS Pants circle (Adult or Youth) | \$28.00 | S |  | M |  | L |  | XL |  | XXL |  |
| T-Shirt with Logo circle (Adult or Youth) | \$10.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Polo Shirt screen printed circle (women's or men's) circle (royal blue or white) | \$28.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Polo Shirt embroidered circle (women's or men's) circle (royal blue or white) | \$32.00 | S |  | M |  | L |  | XL |  | XXL |  |
| Baseball Hat Royal Blue with white logo | \$10.00 |  |  |  |  |  |  |  |  |  |  |
| Beanie Hat Royal Blue with white logo | \$11.00 |  |  |  |  |  |  |  |  |  |  |
| Canvas Tote Bag | \$25.00 |  |  |  |  |  |  |  |  |  |  |
| Total Items Ordered |  |  |  |  |  |  |  |  |  |  |  |


| Additional embroidery |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Shipping charges |  |  |  |  |  |  |  |  |  |  |
| Total Amount Due SSCPS |  |  |  |  |  |  |  |  |  |  |

Name embroidered on item \$5.00 additional charge
Name to embroider: $\qquad$ print clearly
Shipping is $\$ 8.50$ per order
Ship to:
Name: :-City/State/Zip:
Please make checks payable to SSCPS
To Pay by Credit Card:
Name on Credit Card: $\qquad$
Address/City/State/Zip:
Type of Card: (circle)

| Visa | Mastercard | Discover | American Express |
| :--- | :--- | :--- | :--- |
| $\$$ |  |  |  |

Card \#: charged: \$

3 or 4 digit security code: $\qquad$
Expiration Date:
Authorization Signature: $\qquad$

South Shore Charter School
February, 2011
Catered by Essence of Thyme

| Breakfast |  |  |  | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Monday | Tuesday | Wednesday | Thursday |  |
| On January Menu | $1$ <br> On January Menu | $2$ <br> On January Menu | $3$ <br> On January Menu | $4$ <br> On January Menu |
| 7 <br> Whole Wheat <br> Cinnamon Roll Juice Milk | $8$ <br> Honey Wheat Bagel <br> Juice <br> Milk | $9$ <br> Golden Grahams Juice Milk | $10$ <br> Cheerios Juice Milk | $11$ <br> Blueberry Muffin Juice Milk |
| 14 <br> Corn Muffin Juice Milk | 15 <br> Yogurt <br> Juice <br> Milk | 16 <br> Frosted Mini-Wheats <br> Juice <br> Milk | $17$ <br> Plain Bagel Juice Milk | $18$ <br> Raisin Bran Juice Milk |
| 21 | $22$ | ${ }^{23} \text { Clll}$ | $\begin{array}{lll} 24 & & \\ \boldsymbol{I} & \boldsymbol{O} & \boldsymbol{N} \end{array}$ | 25 |
| $28$ <br> Golden Grahams Juice Milk | 1. <br> Plain Bagel <br> Juice <br> Milk | 2. <br> Frosted Mini-Wheats Juice Milk | 3. <br> Yogurt Juice Milk | 4. <br> Raisin Bran Juice Milk |

* All Meals include 8 ounce Choice of 1\% or Lowfat Chocolate Milk.
*Before placing your order, please inform the school if you have a food allergy!


## South Shore Charter School

February, 2011
Catered by Essence of Thyme

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| On January Menu | On January Menu | On January Menu | On January Menu | On January Menu |
| 7 <br> Turkey Hot Dog Potato Puffs Baked Beans Milk | 8 <br> American Chop Suey Green Beans Apple Milk | 9 <br> Jamaican Beef Patty Mashed Potatoes Peas Milk | $10$ <br> BBQ Chicken Potatoes Au Gratin Corn Milk | $11 \times$ Pizza |
| 14 <br> Hamburger on a Bun Potato Wedges California Medley Milk | 15 <br> Chicken Parmesan Ziti Broccoli Milk | 16 <br> Steak \& Cheese Sub Potato Puffs Peas Milk | 17 <br> Chicken Quesadilla California Medley Grapes Milk | $18 \quad$ Pizza |
| 21 | $22$ | $\begin{array}{lll}  \\ & & \\ C & A & \mathrm{~T} \end{array}$ | $\begin{array}{cccc} { }^{24} & & \\ \mathrm{I} & \mathrm{O} & \mathrm{~N} \end{array}$ | $25$ |
| 28 <br> Chicken Nuggets Scalloped Potatoes Corn Roll and Butter Milk | 1. <br> Ziti \&Meatballs <br> Broccoli <br> Baked Apple Slices <br> Milk | 2. <br> French Toast Sticks Sausage Patty Applesauce Raisins Milk | 3. <br> Sweet \& Sour Chicken Rice Oriental Vegetables Fruit Milk | Pizza |

* All Meals include 8 ounce Choice of 1\% or Lowfat Chocolate Milk
*Before placing your order, please inform the school if you have a food allergy!

South Shore Charter School
January, 2011
Catered by Essence of Thyme

## Breakfast

| 24 Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 24 <br> Whole Wheat Cinnamon Roll Juice Milk | $25$ <br> Frosted Mini-Wheats Juice Milk | $26$ <br> Cheerios Juice Milk | 27 <br> Golden Grahams Juice Milk | $28$ <br> Cheerios Juice Milk |
| $31$ <br> Corn Muffin Juice Milk | $2 / 1$ <br> Plain Bagel Juice Milk | $2 / 2$ <br> Frosted Mini-Wheats Juice Milk | $2 / 3$ <br> Yogurt Juice Milk | $2 / 4$ <br> Raisin Bran Juice Milk |

* All Meals include 8 ounce Choice of 1\% or Lowfat Chocolate Milk.

Lunch

| 24 Monday | Tuesday | Wednesday | Thursday |  | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 24 <br> Chicken Nuggets Scalloped Potatoes Corn Roll and Butter Milk | 25 <br> Italian Hot Pocket <br> Mixed Vegetables Fruit Milk | 26 <br> Beef \& Cheese Burrito Refried Beans Fruit Milk | 27 <br> Steak \& Cheese Sub Potato Puffs Peas Milk | 28 | Pizza |
| 31 <br> Turkey and Gravy Mashed Potatoes Green Beans Milk | $2 / 1$ <br> Ziti \& Meatballs Broccoli Fruit Milk | 2/2 <br> Chicken Nuggets Scalloped Potatoes Corn Roll and Butter Milk | 2/3 <br> Turkey Hot Dog Potato Puffs Baked Beans | 2/4 | Pizza |

[^0]Student Name $\qquad$

Pod Teacher/Advisor $\qquad$ Grade $\qquad$

## Breakfast Order Form

Please CHECK off the day breakfast will be ordered.
Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday 1/24-1/28
Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday
$\qquad$ X
\$1.50
Less credit due

## Total Amount Enclosed

\$ $\qquad$
Cash or Checks may be made out to SSCPS.

# Lunch Order Form 

| Week of <br> $1 / 24-1 / 28$ | [ ] Monday | [ ] Tuesday | [ ] Wednesday | [ ] Thursday | [ ] Friday |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Week of <br> $1 / 31-2 / 4$ | [ ] Monday | [ ] Tuesday | [ ] Wednesday | [ ] Thursday | [ ] Friday |

Number of Meals ordered
Number of Slices of Pizza ordered
Less credit due
Total Amount Enclosed
$\qquad$ X $\quad \$ 3.50$
Number of Slices of Pizza ordered

Cash or Checks may be made out to SSCPS.
Choice of $1 \%$ 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 $\$ 2.00$. 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.

# Breakfast Order Form <br> Breakfast for the Month of February, 2011 <br> Due to the office by 3:00 pm, *Tuesday, February 1, 2011 

Student Name $\qquad$
Pod Teacher/Advisor $\qquad$ Grade

Please CHECK off the day breakfast will be ordered.
Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday 2/7-2/11

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday 2/14-2/18

Week of [X] Monday [X] Tuesday [X] Wednesday [X] Thursday [X] Friday 2/21-2/25

Week of
[ ] Monday
[ ] Tuesday
[ ] Wednesday
[ ] Thursday
[ ] Friday 2/28-3/4

Number of Breakfasts ordered $\qquad$ X $\quad \$ 1.50$

Less credit due

## Total Amount Enclosed

\$ $\qquad$
Cash or Checks may be made out to SSCPS.

Lunch Order Form
Lunch for the Month of February, 2011
Due to the office by 3:00 pm, *Tuesday, February 1, 2011
Student Name $\qquad$
Pod Teacher/Advisor $\qquad$ Grade $\qquad$
Please CHECK off the day lunch will be ordered.
Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday
Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday
$2 / 14-2 / 18$
Week of
$2 / 21-2 / 25$$\quad[\mathrm{X}]$ Monday $\quad[\mathrm{X}]$ Tuesday $\quad[\mathrm{X}]$ Wednesday $[\mathrm{X}]$ Thursday $\quad[\mathrm{X}]$ Friday
Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday
$2 / 28-3 / 4$

Number of Meals ordered

|  | X | $\$ 3.50$ |
| :--- | :--- | :--- |
|  | X | $\$ 1.75$ |

Less credit due
Total Amount Enclosed
\$ $\qquad$
Cash or Checks may be made out to SSCPS.
Choice of $1 \%$ 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 $\$ 2.00$. 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.

FOR YOUTH DEVELOPMENT FOR HEALTHY LVING FOR SOCIAL RESPONSIBIUTY

1/7
Zumba
Yoga
Flick \& Spin*
6:30-7:30 Studio 3
7:30-8:15 Studio 3

*Watching a cool movie while taking an indoor cycling class
Wii Tournament 8:00-9:30 Lounge

1/14
Definitions
Yldol
YArt
6:30-7:30 Studio 3
7:00-9:15 Art Center
7:00-9:15 Lounge
Flick \& Spin ${ }^{*}$
Teen Boot Camp
7:30-8:30 Cycling Studio
Teen Tennis
7:45-8:30 Studio 1
8:30-9:30 Tennis Courts
*Sign up that night required. Must wear non-scuffing shoes. We've got racquets.

| Zumba | $6: 30-7: 30$ | Studio 3 |
| :--- | :--- | :--- |
| Yoga | $7: 30-8: 15$ | Studio 3 |
| Bingo | $7: 30-9: 15$ | Lounge |
| Teen Boot Camp | $7: 45-8: 30$ | Studio 1 |


| Definitions | $6: 30-7: 30$ | Studio 3 |
| :--- | :--- | :--- |
| Volleyball | $7: 00-9: 00$ | Gym |
| YArt | $7: 00-9: 15$ | Art Center |
| Flick \& Spin* | $7: 30-8: 30$ | Cycling Studio |
| Teen Boot Camp | $7: 45-8: 30$ | Studio 1 |

## every week



6:30-9:30 pm Open Swim \& Gym

6:45-9:00 pm Gym Games

6:30-9:15
Snacks \& Drinks in the Art Room

Teen Friday is included with membership and $\$ 7$ for non-members. Participants must be 10-17 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.

Contact Karen Hirsh
@ 781-829-8585 x335
khirsh@ssymca.org 75 Mill St., Hanover, MA Find us on facebook: SSYMCA Teen Friday


[^0]:    * All Meals include 8 ounce Choice of 1\% or Lowfat Chocolate Milk.
    *Before placing your order, please inform the school if you have a food allergy!

