## From the Executive Director

Last Thursday evening we conducted our final Open House before the enrollment lottery scheduled on February 12th. I would like to thank all students, faculty, and parents who assisted in what turned out to be a very busy night. Prospective parents came from all over the South Shore to find out about our academic programs, Projects and Workshops, our Art and Music curriculum, Singapore Math, and Spanish at all grade levels. Our students did a wonderful job conducting tours, answering questions, and giving visitors a snapshot of the day to day life of a student at SSCPS.

And, in keeping with the day to day life here at SSCPS, congratulations to Tara Turner and our students in the High School Environmental Workshop. Thanks to their very hard work and terrific video, they are now finalists for the Samsung Solve for Tomorrow scholarship. Please see Tara’s piece about how you can help our students win this scholarship. Having watched the video for the first time last night, I must say I continue to admire how much our students accomplish with intelligence and hard work. Our entire school community is very proud today.
~ Alicia E. Savage, Executive Director

## High School Environmental Workshop Needs Your Vote!

The High School Environmental Workshop’s veggie van group continued to work on their alternative transportation goals for the school this year. They wrote a proposal that not only would launch a shuttle system at SSCPS, but provide a new veggie van for field trips and produce up to $\$ 30,000 /$ year in profit for green activities at our school.

The group searched for grant opportunities and Robert Eloi, on his third year in the workshop, entered the group in a grant competition through Samsung USA. The group was selected as one of 50 finalists, and less than a week later they received a free camcorder, Adobe software, and laptop. Under the leadership of Jonathan Jackson (junior), Robert Eloi (junior), Jonathan Boyle (freshman), and Kayleigh Wright (freshman), a 2 minute video proposal was created. Monday, we learned that they are now one of 10 school groups to make it to the third round.

The group has already won over $\$ 1,000$. In order to progress to round 4 , they must be one of the top five scoring teams. Their score is comprised $40 \%$ of public votes and $60 \%$ by private judges. All of the top five teams win grant money (up to $\$ 10,000$ ) from DirectTV as well as technology from Microsoft and Samsung. The grant money would be used towards fulfilling the Environmental Workshop's proposal, but the technology would be shared by the school.

Voting takes place from January $17^{\text {th }}$ to February $18^{\text {th }}$. All voters must register with their e-mail the first time they vote. You will then receive a link you must click within your e-mail. After you register, you may vote up to five times/day. You may place all five of your votes in the same session, too!

To vote and view our video, please visit the following link: www.samsung.com/solvefortomorrow
Thanks for your support and help! If you have any questions, please send an e-mail to Tara Turner at tturner@sscps.org.

| Weds-Fri | 1/19-1/21 | Grades 7-12 Mid Term Exams - see schedule below |  |
| :---: | :---: | :---: | :---: |
| Thursday | 1/20 | $2^{\text {nd }}$ Grade field trip to the MFA |  |
| Thursday | 1/20 | Education Committee | 3:45pm |
| Thursday | 1/20 | Finance Committee | 6:00pm |
| Thursday | 1/20 | Board of Trustees | 7:00pm |
| Tuesday | 1/25 | Development Committee | 8:30am |
| Tuesday | 1/25 | K-6 Warnings Mailed |  |
| Reminders: |  | Intent to Continue forms and Enrollment Applications (including any siblings applicants) are due Wednesday, February 9th |  |

## 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 25th 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.

## 7-12 PRINCIPAL

Yesterday I had the great pleasure of judging the Poetry Workshop’s Poetry Slam Exhibition of Mastery. The Poetry Slam set two teams of students against one another as they shared the poetry they worked on over the course of the semester. We judged student performers not only on the quality of their poetry, but on their performances. It was remarkable to see students transform themselves into the characters from their work, complete with facial expressions, hand gestures, and accents. Perhaps most impressive was the ability of some students who are generally quiet in class to come out of their shells in the Poetry Slam venue. The work produced by these students is top-notch and just further evidence of the incredible talent in our high school student body.

Last week I judged another group of Exhibitions when students in the Design and Engineering Workshop presented their proposals for design tasks, ranging from an outdoor seating structure to a go-kart. Students outlined each step of the engineering process and reported the progress of their groups in choosing a project, outlining designs, creating a prototype, acquiring materials, and deciding on next steps. Perhaps most importantly, students had to work as teams to make decisions at each stage of the process. The format of the Workshop is teaching students not just about engineering, but about the real challenges that people face in the workplace when they are required to demonstrate expertise, and also to work with others.

At the high school level, Exhibitions of Mastery move away from the research and present model of the lower grades and move more into the capacity of demonstrating mastery through a culminating piece of work or presentation. These presentations include the Fashion Show, the Poetry Slam, plays, and musical performances. Other students complete original research or contribute to publications. Students are judged by faculty as well as by experts from outside our building. Often these presentations occur when the project is still a work in progress, as is the case with the science based Workshops. The opportunity to present to experts provides students with critical feedback that they can use to improve their work as they move forward.

These Exhibitions of Mastery at the high school level coincide with midyear exams, a more traditional form of assessment. I am impressed with the ability of our students to perform at both types of tasks. At the college level, students will be required to complete midterm exams, but they will also be asked to negotiate working in groups and to demonstrate mastery of their chosen field of study though practicums, clinicals, and internships. I am confident that coupling traditional assessment with the opportunity for students to delve into a topic of interest as they continue to develop the group skills teachers at SSCPS have fostered since kindergarten through Project-based learning prepares them for college and the world beyond.

Angie Pepin apepin@sscps.org 781-982-4202 x102

## 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: "Easier said than done."
Level 2: "Seeing is believing."
Level II Scholastic books are available online. Please visit www.scholastic.com/clubsordering to begin. Enter our class activation code GRP4K to begin reviewing the flyers and then order online. Sarah Roberts will appear as the teacher. Orders are due online, or by paper order form and check payable to Scholastic Book Clubs, by January 28. If you have any questions please contact Bethany at bwhitemyer@rcn.com.

## Parents Association

## Why I Go to PA Meetings (and Why You Might Like Them, Too) Alexis Levitt, P Maya, Grade 1

Last week I wrote about why I like going to PA meetings. There are so many reasons; I just couldn't possibly fit them into one Update. So here I am again.

What goes on at PA meetings, anyway? Well, each principal gives an overview of what's going on lately in their part of the school. Alicia chimes in on the issues that are school-wide. And Grade Reps - those are parents from each grade - give quick updates on what is going on in each grade and what is coming down the pike, like Exhibitions and field trips. So the PA meeting is where you get a sense of what's going on in the building and how the curriculum fits together over all the grades.

Things are explained more fully than can be done in the Weekly Update. Last year when the new MCAS results came out giving us a high rating (that's the one that showed our kids are doing well year after year and not tanking in junior high, as is typically the case), Ted's detailed explanation at the PA meeting of the math behind the ratings made it clear that our success was a big deal.

How many meetings have you been to at work or elsewhere that drags on forever talking in circles? This isn't like that. Things that merit discussion are discussed; things that merit a quick report are handled quickly. There's an agenda and a timekeeper, and we stick to it. And there is a lot of laughter.

If you've been wanting to contribute to the school but are not able to volunteer in the classroom, then come to a PA meeting. Within 5 minutes you will have 15 different options of projects you can spearhead. But there is no pressure - if you don't want to volunteer for anything, no one will look at you funny, I promise.

Come to a PA meeting. See what's going on at this amazing school. Make some friends. Laugh. And escape bedtime/ dinnertime / homework time insanity!

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)
Wed June $1 \quad$ 7:00-9:00 (6:30 social time)

## The Parent Association has money to give to you!

Twice each year the Parent Association accepts requests for grants. Do you think the school is missing something? Is there a special project you'd like to bring to the school? Are there supplies that would make learning better? Any parent, student, faculty member, or staff member can fill out the attached Financial Request form to be considered for a Parent Association Grant. Please act QUICKLY as the forms are due back no later than Tuesday, February 15, 2011

Please return the completed form to me no later than 2/15/11 via email: coffinwife@gmail.com or find me every morning before school in the Level I/II Animals Exhibit Area.

Elissa Dennis, Parent Association Treasurer
Thank you to everyone who has submitted Box Tops for Education and Campbell's Labels For Education so far this year. We have earned several hundred dollars through this program over the past year and I would love to see our numbers grow. Please continue to send in your box tops and labels for education to school. There is an envelope at the front desk. For more information about the Box Tops for Education program and lots of recipes, collection sheets and projects please visit www.boxtops4education.com. For more information about the Campbell's Labels for Education program please visit www.labelsforeducation.com. Thank you.

## COMMUNITY INTEREST

$2^{\text {nd }}$ Annual January Owl Prowl at Holly Hill Farm, 236 Jerusalem Road, Cohasset, on Friday January 21 from 5-7 pm. Meet Hedwig, the barred owl from South Shore Natural Science Center in Norwell, before we take to the snowy woodland trails under the full moon to listen and prowl for local owls. We will enjoy hot chocolate around the fire after our owl adventure. Dress appropriately for the temperature and slippery trails. Cost is $\$ 8$ for Friends of Holly Hill Farm members (max $\$ 24$ per family), $\$ 12$ for non-members (max $\$ 36$ per family). For directions, or other information, visit www.hollyhillfarm.org. In the event of inclement weather or icy trails, call 781-383-6565.

Family Walk on the Farm on Sunday January 23 from 1-3 pm. Please join the Holly Hill Farm family for a guided walk through history where we will learn about the 400 year old salt marsh and its changing topography. Dress for the weather, bring binoculars and water and meet at the main barn at 1 pm . Warm cocoa at walk's end. Cost is $\$ 8$ per family for members of the Friends of Holly Hill Farm, $\$ 10$ for nonmembers. Leashed dogs welcome. In the event of inclement weather or icy trails, call 781-383-6565.

## 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

# SSCPS PA Financial Request - Spring 2011 <br> Requests Due by 2/15/2011 

Date:
Total Amount Requested*:
Date Required:
Description of request (be specific!):

Supplier Information
Company Name:
Address:
Telephone Number:
Fax Number
Website:

People who will benefit if request is granted:
Submitted by
Name:
Title:
Email Address:
Telephone Number:
*Amount requested must include any and all taxes, labor, set-up charges, delivery fees, etc. Do the research and make sure the amount requested is completely accurate and/or get realistic quotations from the proposed vendor. Requests with incomplete information will not be considered.

Return form to PA Treasurer Elissa Dennis no later than 2/15/2011. I'm in the school every morning until 8:30 at the Animals Area (by music room), or email me coffinwife@gmail.com, or call 617-347-2283.


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 $\square \mathrm{N} \nabla \perp$ Sa $\nabla \exists \mathrm{H}$ 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!

Who:
Where:
High School Students at South Shore Charter School and South Shore Voc Tech
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:

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

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 $1 / 31-2 / 4$ | [ ] Monday | [ ] Tuesday | [ ] Wednesday |  | Thursday | [ ] Friday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Number of | eakfasts order |  |  | X | \$1.50 |  |

Less credit due
Total Amount Enclosed
\$
$\qquad$

Cash or Checks may be made out to SSCPS.

## Lunch Order Form

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday
1/31-2/4

Number of Meals ordered
— X $\$ 3.50$
Number of Slices of Pizza ordered

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.

# 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 $\qquad$
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!

