

UpdateSeptember 15, 2010

Vol. 9. Issue 3

Last Thursday our senior class attended their first Senior Seminar. Senior Seminar meets once a week for the first two quarters and is an essential component to our college guidance program. In addition to individual college counseling and Advisory, Senior Seminar provides another opportunity for students to discuss, ask questions about, and plan their college admissions. Mary Carter, our guidance counselor, attended the Harvard Summer Institute on College Admissions this past June and presented much of what she learned to students during this first informational seminar.

Mary's presentation included such topics as choosing a college, Early Decision and Early Action, the SATs, financial aid, building a resume, writing the college essay and how to stay organized throughout the process. Our high school seniors were attentively listening and discussing this informative, realistic and step-by-step presentation of the college admission process. Students gleaned insight as to what to expect in the upcoming year, how to timeline the application process, as well as the most important factors in gaining admission into a college of their choice. Mary outlined how to individualize components of the application so that colleges and universities are able to see each student for who they really are. Students asked some excellent questions and took the opportunity to clarify some points of confusion as well as some myths about the process.

Tomorrow, Mary will be reviewing the Common Application with our seniors. As Senior Seminar meets every Thursday, it would be wonderful if you could discuss what the seminar explored that day at home with your child. The college admissions process, at many points, may feel overwhelming. It is important to take this process one small step at a time. Last week I visited Ed Dormady's High School Math class; where he explained to students the importance of taking each mathematical problem and breaking it up one step at a time. I watched as he illustrated this concept by trying to walk from one side of the room to another - taking only one huge step. Needless to say, it did not happen. Only when Ed took the task one small step at a time did he make it from one side of the room to the other. The message for our students is imperative, walking across the room, solving a geometry problem, getting into college – all milestones to be reached step by step.

Last evening we had a wonderful turnout for Levels II and III. Tonight we look forward to welcoming Level I parents to our Back to School Night. Back to School Night for parents with students in High School and Level IV will be tomorrow evening, followed by a Senior Parent Night. We hope to see you there!

Alicia E. Savage Executive Director

Wednesday	09/15	Level I Back to School Parent Night	6:00-7:30pm
Thursday	09/16	High School Soccer at Foxboro	3:30pm
Thursday	09/16	Level IV and High School Back to School Parent Night	6:00-7:30pm
Thursday	09/16	Senior Parent Night	7:30-8:15pm
Tuesday	09/21	SSCEF Board Meeting	6:00pm
Wednesday	09/22	Volunteer Orientation	8:30am
Wednesday	09/22	Professional Development Early Release	12:00pm

SPOTLIGHT ON SSCPS BY CAROL WISE, OCCUPATIONAL THERAPIST Pack It Light! Wear It Right!

Wednesday, September 15th is National School Backpack Awareness Day. This public service campaign, sponsored by the American Occupational Therapy Association, provides guidelines to protect the backs, necks and shoulders of our students from the serious health effects that can occur when children's backpacks are *too heavy* or *worn improperly*.

*When **selecting** a backpack, try to find one that has:

- A padded back
- Wide, adjustable shoulder straps
- Hip and chest belts
- Reflective material to enhance visibility at night

*When **packing** a backpack,

- Place heavier items closest to the back section, and lighter items toward the front
- Eliminate unnecessary items to reduce weight
- Adjust the straps so the backpack does not hang below waist level

*A backpack should never weigh more than 15% of a student's body weight:

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Student's weight	Maximum Backpack
(in pounds)	Weight (in pounds)
40-50	7
60-75	10
75-85	12
85-100	15
100-125	18
125-150	20
200 or more	25*
*No one should carry more than 25 pounds	

PLEASE CHECK YOUR CHILDREN'S PACKBACKS AND MAKE CHANGES AS NEEDED TO PROTECT THEIR NECKS, BACKS AND SHOULDERS.

For additional information, please contact Carol, OT at x361, or visit www.aota.org.

LUNCH ORDERS

Enclosed is the Breakfast and Lunch order form for the remainder of September. Also enclosed are the October Breakfast and Lunch menus as well as the order forms. September orders are due Tuesday, September 21st by 3pm. October orders are due Tuesday, September 28th by 3pm.

7-12 PRINCIPAL'S REPORT

What a wonderful start we have had to the school year! In our third week of school the sense of purpose and determination of our students and staff is evident as I visit classrooms. Teachers have established routines, students have learned the new schedule, and the entire school community is hard at work. Routines and procedures are important not only in the running of a classroom, but in the effective running of a school. Attached to this Update are the Pick-up Procedures for the school. Please review this document and help us make dismissal as safe and efficient as possible.

While we build on the gains we made last year, our faculty 7-12 is working to improve our program. Mary Carter, our Guidance Counselor, has worked tirelessly in leading our staff to make changes to Advisory. The new Advisory curriculum, which we are implementing first in the High School, aims to provide our students with a forum to discuss issues organized in monthly themes while strengthening the community. Advisories meet for one class period weekly that begins with an all High School meeting. Students will focus on successful student habits in the month of September as they discuss study skills and what it means to be self-reliant. As the year progresses students will take a more active role in shaping the Advisory curriculum and in helping us make it as effective as possible for our community.

Also in the spirit of building community, our Seniors will be spending Thursday, September 23^{rd} and Friday , September 24^{th} on a leadership-themed trip to Camp Burgess in Sandwich. Jared Rose, Mary Carter, and I will accompany our Seniors on an overnight trip designed to help our students hone the skills they need to help lead our high school student body in their last year at SSCPS.

I look forward to working with faculty, students, and families this school year. I encourage all 7-12 parents and guardians to attend our 7-12 Back to School Night on Thursday, September 16th from 6:00 to 7:30. This is a great opportunity to meet your student's teachers and learn about the routines and expectations that help keep our students learning and our community strong.

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

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: "Back to the drawing board." Level 2: "Birds of a feather flock together"

LEVEL II NEWS

Welcome back to school! My name is Bethany Whitemyer and I am the Level II Scholastic Book Club coordinator. Each month I will distribute book club flyers to the classrooms and book club orders will be due on the 28th of each month. You can order on the paper order form along with a check or money order, or you can place your order online and pay by credit card. Either way you order your child will be receiving quality books and supplies and our school will benefit by earning bonus points. To order online, please start at www.scholastic.com/clubsordering. Check the box that asks if you are a parent and that you do not have a password. Enter our class activation code GRP4K and review the book club flyers available. Enter your payment information when prompted and your order will arrive at school along with any papers orders that I receive. If you have any questions about book club ordering please feel free to contact me at bwhitemyer@rcn.com.

ATTENTION SENIOR CLASS

In preparation for the October SAT's - sign up and attend a free test strategy session Saturday, October 2nd 10-12. For more information, contact Ed Dormady at edormady@sscps.org.

VOLUNTEERING AT SSCPS

Hello SSCPS Families! My name is Jessica Lussier and I am mom to Jordan in Level III and Andrew in Level II. I've had the opportunity to volunteer at the school in different ways and this year I'm happy to be the school's **Volunteer Coordinator.** My role is to help facilitate the many different ways parents can get involved and volunteer at our school. Whether it's to help staff a field trip, in the classroom, help in the library, volunteer your time at an event like the Harvest Run, or with your children at the fall clean-up.

In order to Volunteer at the school you must:

- 1. Take part in a volunteer orientation. Sessions will be held at the Back to School nights and also on Wednesday, September 22 at 8:30am and on Wednesday, September 29 at 8:30am.
- 2. Complete and pass a CORI check. This must be done YEARLY with Pam Algera or Kristine Shipps
- 3. Read and sign a confidentiality agreement. This also must be done every year.

If you have any questions or concerns about volunteering, please get in touch with me at jesslussier@comcast.net

Thank you for your time, Jessica Lussier

LIBRARY

The Library Committee is working very hard to prepare the library to open hopefully by the end of the month. All of the teachers have scheduled their classes to visit the library. We look forward to meeting your students in the library and making their library experience a pleasant one.

The following classes are looking for help:

- All Level I and Kindergarten classes
- Level II Sara Roberts
- Level IV- Emily Merwin.

If you are interested in helping students in the library you need to contact the teacher in these classes. They will let the Library Committee know you are interested and we will contact you. You will then need to do the following:

- 1. Meet with a meet with a member of the Library Committee for a mini orientation to the Library procedure.
- 2. Fill out a CORI Form with Pam Algera or Kristine Shipps.
- 3. If you are new to the school attend Volunteer Orientation.

We are also looking for help at the end of the day from 2:15 pm to 3:00 pm to re-shelve books and process any book donations that should come in. If you are interested contact Beth Toma - JToma85103@aol.com.

Our library book shelves are packed with great books. However, we are running out of shelf space and at this time cannot take any book donations until we go through the book shelves and take off books that are old and have seen better days. The discarded books will be given out to students as free books. As we find more shelf space we will be listing in the Library Update what books/magazines that the library is looking for.

We do, however, need the following items for the Library: bookmarks, pencils (we would appreciate it if they are sharpened), rolls of scotch tape 3/4 inch (to be used in an existing tape dispenser).

The Library Committee is always looking for new members. If you are interested, contact Beth Toma at JToma85103@aol.com.

The Library Committee

PARENTS ASSOCIATION NEWS & INFORMATION

From the PA Chair – Heather Dans

- ❖ **NEEDED!** -11th grade parent rep is needed ASAP! This is a great way to get involved and learn more about our school! Report on the happenings monthly at the PA meeting and get to know other members. Call Heather Dans at 781-534-5698 if interested.
- Have an agenda item you would like to discuss / learn more about at the October 6th meeting? Contact Heather
- Don't forget to complete CORI forms and the Confidentiality Agreement! They are required before volunteering.

Back by popular demand.... the SSCPS Directory!!!! Stay tuned for the delivery date...

In the meantime and in order to subsidize the printing of the directory, we are selling business card-sized ads in the directory for SSCPS-related folks for the LOW LOW price of \$25...So if you are a lawyer, landscaper, photographer, housepainter, whatever you do... and want to advertise to the SSCPS community... send your information to Lisa Harvey-Mone (molimu@gmail.com) or you may drop the information with payment made out the SSCPS to the front desk If you have any questions, please contact Lisa by email or at 617-763-1533. This price is so low that your high school student who babysits or shovels snow or rakes leaves could attract some new customers with their own ad! The deadline to submit your ads is Friday September 24th. BUT WAIT... there's more... the Golf /Auction Committee and the Yearbook Committee will also be offering you the opportunity to advertise later in the school year!

Afterschool Program Survey

A group of parents and administrators are working to develop alternative afterschool programming for our school. We need your support in completing our survey (the link is shown below) to inform us of your families' needs in out-of-school-time hours. Survey results will help us in the next stage of planning, but creating a great program will take considerable time and effort from many people- including students, parents, teachers and staff. So please be patient!

Follow the link to complete the survey: http://www.surveymonkey.com/s/B8VVV3K

Please complete the survey- even if you don't want/need an alternative program. The survey is very short (16 questions) and easy to complete on-line. Paper copies are available at the front desk. If you can't get the link to work or if you have any questions, please contact Lisa Harvey-Mone (molimu@gmail.com or 617-763-1533)

Parents Association has money to give to you!

Twice each year the Parents 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 Monday, September 20, 2010. Please return the completed form to me no later than 9/20/10 via email: coffinwife@gmail.com via fax 978-922-5110 or find me every morning before school in the Level I/II Animals Exhibit Area. Elissa Dennis. Parent Association Treasurer

BOX TOPS FOR EDUCATION

Please help our school earn extra money by collecting Box Tops for Education. Last year we earned over \$700 through the Box Tops program- all from parents clipping those little cardboard pieces! Box Tops can be found on hundreds of products, from Avery labels and Ziploc baggies to Cheerios and Gogurt. Our school earns 10 cents for every Box Top we collect. There is an envelope at the front desk where you can leave your Box Tops. Visit www.boxtops4education.com for more information about the Box Tops, as well as recipes, coupons, and special offers. You can also earn money for our school by starting your online shopping at stores like Kohl's, Land's End, Wal-Mart, and more at the Box Tops website. Up to 8% percent of your total will be donated to our school. This year you can also send in your Campbell's Soup Labels for Education. These labels can be found on Campbell's soup cans, but also on Goldfish crackers, V-8 Splash, and dozens more products. For a complete list of participating products please visit www.labelsforeducation.com. If you have any questions about either of these programs, please feel to contact Bethany Whitemyer at bwhitemyer@rcn.com. Thank you.

EMPLOYMENT OPPORTUNITIES

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.

COMMUNITY INTEREST

Girl Scouts

The Girl Scouts have a community service opportunity for older students who would be willing to help. This is a great opportunity to develop leadership skills as well. Registration for new or returning Girl Scouts is still open. Meetings for all grades will be held on Wednesdays from 3:00 to 4:30 p.m. Daisies (grades K-1); Brownies (grades 2-3), and Juniors/Cadettes/Seniors (grades 4 and up). Meetings run on select Wednesdays from September 29 through June 8. Dues are \$32 per semester. Financial aid is available. No one will be turned away for inability to pay. If you are willing to help out as a troop leader next year, please let us know. Registration is first come, first served. Please note that the Daisy troop and Brownie troops are nearly full already so the sooner you let us know the sooner you can secure your daughter a spot.

To register or for further information contact a troop leader.

Daisy Troop Leaders: Katie Tierney (617) 794-6565, <u>tierneyrock@verizon.net</u>; Jenn Jordan, (781) 413-6304, skylarcamper@yahoo.com

Brownie Troop Leaders: Maureen Hebert (781) 837-8952, mhebert@metlife.com; Kim Beshere (617) 605-3678, Tessapink1@yahoo.com

Junior/Cadette/Seniors Troop Leader: Stacy Rousseau (781) 961-4071 or (781) 727-9784; faemoon3@gmail.com.

Longwater Bus offers safe and reliable transportation from Hull, Hingham, Cohasset, & Scituate to SSCPS.

For more information, please contact Amylemkin@gmail.com or 781-801-5557



Inspiring every student to excel in academics, service, and life

PICK UP PROCEDURES

All of us share a common interest at dismissal time of getting all of the students safely, calmly, happily and efficiently into their correct vehicles. Our first goal is safety; second a calm and fair system where we all can feel like we have been treated by one another in a fair manner; and then third efficiency. The following list of procedures was developed jointly by the Health and Safety Committee and the school's administration. When we follow these procedures we are modeling teamwork and cooperation, two of our school's founding principles. Following these procedures will help us maintain neighborly relations with the other tenants of Longwater Circle and help with the long range financial health of the school.

Two summers ago the school worked together with parents on a more formal procedure for pick up, which is listed below. On the whole this year has been a big improvement in the safety, calmness and efficiency of dismissal. We are asking that you review these policies and, if you have forgotten to in the recent past, adhere to them at dismissal. Again, we seek the safest environment for your children and we need your help to ensure that these procedures are directly followed.

- The campus is closed to pick up traffic before 2:45 PM. We will ask you to return if you arrive before because we do not have space on campus and this can cause difficulties with fire lanes.
- Only pick up students at the front or the back doors, other pick up points put students' safety and our community relations at risk. You may find that planning to arrive between 3:10 and 3:20 works better for your family.
- When active pick up begins please refrain from using your cell phone.
- Do not pick up on Longwater Circle as this area is restricted to bus pick up
- Follow the lines and arrows painted on the pavement to assist with traffic flow. Please never drive faster than five miles per hour on campus.
- All drivers are to stay in their cars and staff members will help your child get into the car.
- No meetings of any kind are to be scheduled between 2:45 and 3:15 to facilitate dismissal.
- If your student or any student in your carpool is not present when you come to pick-up that student, a staff member will ask you to pull into a designated waiting area to keep the line moving.
- All K 8 students not picked up by 3:25 will be directed to the "Quiet Room." All high school students not picked up by 3:25 will be directed the High School Great Room.
- For an emergency, when an appointment requires an exact 3:00 dismissal, we ask that you pick up your student at or before 2:30.
- Any person who does not cooperate with these procedures will be asked to meet with the Principals.
- Follow the direction of staff at all times and cooperate with other drivers.

Thank you for all your efforts in keeping our school safe.

SSCPS PA Financial Request - Fall 2010

Requests Due by 9/20/10

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:

Return form to PA Treasurer Elissa Dennis no later than 9/20/10. Email coffinwife@gmail.com, fax 978-922-5110, telephone 617-347-2283

^{*}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.



August/September, 2010 Catered by Essence of Thyme

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
27		28	29	30	
	Cheerios	Blueberry Muffin	Corn Muffin	Donut	
	Juice	Grape Juice	Apple Juice	Orange Juice	
	Milk	Milk	Milk	Milk	

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
Steak and Cheese Sub	Chicken Quesadilla	Ziti and Meatballs	Turkey and Gravy	Pizza
Potato Puffs	California Medley	Broccoli	Mashed Potatoes	
Peas	Grapes	Baked Apple Slices	Green Beans	
			Roll	



October, 2010

Catered by Essence of Thyme

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				Pop Tart Apple Juice Milk
4 Frosted Mini-Wheats Fruit Juice Milk	5 Rice Krispies Apple Juice Milk	6 Raisin Bran Apple Juice Milk	7 Apple Jacks Orange Juice Milk	8 Cinnamon Raisin Bagel Apple Juice Milk
COLUMBUS DAY	Plain Bagel Grape Juice Milk	Rice Krispies Apple Juice Milk	14 Frosted Mini-Wheats Juice Milk	Yogurt Orange Juice Milk
Golden Grahams Orange Juice Milk	19 Croissant Jelly Grape Juice Milk	Apple Jacks Orange Juice Milk	Pop Tart Apple Juice Milk	Yogurt Apple Juice Milk
Raisin Bran Apple Juice Milk	Golden Grahams Orange Juice Milk	Apple Jacks Orange Juice Milk	Cheerios Fruit Juice Milk	29 Blueberry Muffin Grape Juice Milk



October, 2010

Catered by Essence of Thyme

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza
French Toast Sticks w/Syrup Sausage Pattie Baked Apple Raisins	5 Chicken Parmesan Ziti Broccoli Apple	6 Herbed Baked Chicken Scalloped Potatoes Mixed Veggies Roll	7 Beef and Cheese Burrito Refried Beans Pineapple Chunks	8 Pizza
COLUMBUS DAY	American Chop Suey Green Beans Apple	Early Release No Lunch	BBQ Chicken Potatoes Au Gratin Corn	Pizza
Hamburger on a Bun Potato Wedges California Medley	Turkey Hot Dog Potato Puffs Baked Beans	Cheese Ravioli Broccoli Fruit	Chicken Caesar Salad Wrap Carrot Sticks Apple	Pizza
Steak and Cheese Sub Potato Puffs Peas	Chicken Quesadilla California Medley Grapes	Ziti and Meatballs Broccoli Baked Apple Slices	Turkey and Gravy Mashed Potatoes Green Beans	29 Pizza

Breakfast Order Form Lunch for the Month of September, 2010

Due to the office by 3:00 pm, *Tuesday, September 21, 2010

Student Name	
Pod Teacher/Advisor	Grade
Please $\underline{ extbf{CHECK}}$ off the day lunch will be ordered and $\underline{ extbf{C}}$	IRCLE your selection.
Week of [] Monday [] Tuesday [] Wed 9/17 – 10/1	lnesday [] Thursday [] Friday
Number of Breakfasts ordered	X \$1.50
Less credit due	
Total Amount Enclosed	\$
Cash or Checks may be made out to SSCPS.	
Due to the office by 3:00 pm, *7 Student Name	
Pod Teacher/Advisor	Grade
Please $\underline{\mathbf{CHECK}}$ off the day lunch will be ordered and $\underline{\mathbf{C}}$	IRCLE your selection.
Week of [] Monday [] Tuesday [] Wed 9/17 – 10/1	lnesday [] Thursday [] Friday #
Number of Meals ordered	X \$3.50
Number of Slices of Pizza ordered	X \$1.75
Less credit due	
Total Amount Enclosed	\$
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 Lunch for the Month of October, 2010 Due to the office by 3:00 pm, *Tuesday, Sept. 28, 2010

Student Name					
Pod Teacher/Advisor		Grade			
	Please <u>CHECK</u> of	f the day breakfast w	vill be ordered.		
Week of [] Mo	onday [] Tuesday	[] Wednesday	[] Thursday	[] Friday	
Week of [X] Mo 10/11 – 10/15 No S	onday [] Tuesday chool	[] Wednesday	[] Thursday	[] Friday	
Week of [] Mo 10/18–10/22	onday [] Tuesday	[] Wednesday	[] Thursday	[] Friday	
Week of [] Mo 10/25 – 10/29	onday [] Tuesday	[] Wednesday	[] Thursday	[] Friday	
Number of Breakfasts	ordered		X \$1.	50	
Total Amou	nt Enclosed		\$		

Cash or Checks may be made out to SSCPS.

Lunch Order Form Lunch for the Month of October, 2010 Due to the office by 3:00 pm, *Tuesday, Sept. 28, 2010

Student Name			
Pod Teacher/Advisor		Grade	
Please	CHECK off the day lunch will t	be ordered.	
Week of [] Monday [] 10/4 - 10/8	Tuesday [] Wednesday	[] Thursday	[] Friday #
Week of [X] Monday [] 10/11 – 10/15 No School			[] Friday #
Week of [] Monday [] 10/18–10/22	Tuesday [] Wednesday	[] Thursday	[] Friday #
Week of [] Monday [] 10/25 – 10/29	Tuesday [] Wednesday	[] Thursday	[] Friday #
Number of Meals ordered Number of Slices of Pizza ordered		X \$3.50 X \$1.75	
		Δ Ψ1./3	
Less credit due	•		-
Total Amount Enclosed		\$	-
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.