



After School Enrichment Program 2nd Session Description and Registration Forms attached!

Thursday	01/05	Auction Committee	8:30am
Friday	01/06	SEPAC	8:30am
Saturday	01/07	Ski Club	6:30am
Saturday	01/07	Debate Newton South	
Monday	01/09	Facilities Committee	6:00pm
Thursday	01/12	Enrollment Open House	5:00-7:00pm
Thursday	01/12	2 nd Quarter Ends for grades 7-12	
Friday	01/13	Professional Development Day – No classes	
Saturday	01/14	Ski Club	6:30am

From the Health Office

Nutrition Nuggets is a new monthly addition to our Update promoting healthy habits at home. Please let me know if you find the information useful sdupras@sscps.org.

3rd grade health screenings (vision, hearing, height, and weight) will take place this month. Please call the Health Office if you do not want your child to participate. Parents will be notified of results only if your child *does not pass* the screenings.

Athletics

SSCPS High School Basketball Season Tips Off on January 6th

Come support the South Shore Charter Public School's basketball teams as the high school season tips off on January 6th. The boys and girls team have been working hard for the last month preparing for their first game against Community Charter. All the players are eager and excited to begin their season. The games will be played at MIT in Cambridge with the girls' game tipping off at 7:30 and the boys' game at 8:45. There will also be games on Sunday the 8th at Hingham Middle School against Prospect Hill Academy with the girls starting at 6:00 and the boys playing after at 7:15. Come support the players of SSCPS! If you can not attend the games, there will be chances to support the SSCPS basketball program through fundraising activities and donation opportunities beginning in the next couple of weeks.

PRINCIPAL'S REPORT

Welcome back from the break and Happy New Year! I hope that the entire SSCPS community was able to take some time to rest from the bustle of the fall and to celebrate the many accomplishments of 2011. Before leaving for the break I had the great pleasure of attending the 2011 Fashion Walk put on by the High School Art Workshop. While this much anticipated event is impressive every year, this year's Fashion Walk demonstrated an even higher level of talent and effort on the part of both students and staff. Not only were the designs and models incredible, but the production value of the event was particularly terrific. Marianne Buckley-Curran's extraordinary gifts as both a teacher and an organizer were evident. With music provided by the Music Workshop, Lora De Salvo's work as a runway coach, Kathy Campbell's

humor as the master of ceremonies, our parent volunteers, our charismatic models, and of course the high quality of student work, the Fashion Walk was a wonderful way for the high school to end 2011. Thank you to everyone who made it possible.

During the holidays students at all levels can get caught up in the excitement of the season and the approaching break. Unfortunately this can lead to less time being spent on homework and studying. The end of the quarter is quickly approaching and with it closes the window for turning in late assignments and bringing up grades. Students in grades 7-12 should take advantage of this final opportunity to discuss with their teachers any work that they may still need to complete. Grades for students in grades 7-12 close on Thursday, January 12th, and mid-year exams begin on Wednesday, January 18th. While there is still some time for missing assignments to be turned in and for students to make improvements, the deadline is quickly approaching. It's time to fulfill those New Year's resolutions to get better grades. Keep in mind that midyear exams account for 10% of a student's final grade, a significant portion. Study materials will be provided for students in the next week to help students prepare for these important exams.

I'm looking forward to a happy and successful 2012 for SSCPS. Feel free to contact me with any feedback or ideas.
-Angie Pepin apepin@sscps.org 781-982-4202 x102

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: "Look before you leap."

Level 2: "Seeing is believing."

COMMUNITY SERVICE

Our students benefit from volunteering by becoming compassionate for others and raise their awareness of important social issues. Starting children at an early age when they can work with their parents or families as a group. This helps build their self esteem. Some of these opportunities might be visiting the elderly at a nursing home, helping to organize a food drive, collecting books for their local hospital's pediatric unit.

So many parents work and it is sometimes difficult for them to fit in community service activities for the families. By selecting a one time project that is not too time consuming to do. Such as contact your local animal shelter and seeing what supplies they may need, picking up litter at your local park.

As students become older there is a wealth of volunteer opportunities available to them. They could spend a summer working with Habitat for Humanity which helps building homes for low income families in our local area or in other areas in this country. There are also mission trips where groups of students will travel internationally to impoverished countries helping to make a difference. Students will come back from these trips feeling very good about themselves and about their lives.

Community Servings (This is for high school students only)

Welcomes student volunteers from Greater Boston and around the country. They all make a real difference in the lives of our 750 sick and hungry clients. Local high school and college students lend a hand throughout the year by participating in one-time service projects or by **adopting a shift**-- committing to helping in our kitchen on a weekly, bi-weekly, monthly or quarterly basis.

Every student who walks through our doors is greeted by a friendly and fun staff and treated with dignity and respect. To learn more about volunteering as a student group, please contact Malissa Harmon, Volunteer Management Coordinator, at mharmon@servings.org or (617) 522-7777, ext. 227.

Habitat for Humanity Greater Boston, Inc

Mission Statement

Habitat for Humanity Greater Boston, Inc. is a Massachusetts charitable nonprofit organization dedicated to building simple low-cost homes by forming partnerships with low-income families in need of decent and affordable housing. We believe homeownership is a vital step to help families break the cycle of poverty and contributes to pride in families and communities. Habitat for Humanity Greater Boston is an independent affiliate of Habitat for Humanity International, and dedicated to ending poverty housing

throughout the world as a matter of justice, mercy, compassion and humility. If interested in volunteering check out their web site at http://www.habitatboston.org/about_us.html for more information.

There is now a list of organizations on the school web site under Community Service that you can use as a resource to find volunteer opportunities. This list will be updated through the year.

If you know of an event that is coming up in the near future please email Beth Toma at JToma85103@aol.com.

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

Annual Fund Update!

Give to the Annual Fund!

Participation Rate Challenge 2012!

Help us get to 100% parent participation!

Your tax deductible donation to the SSCEF Annual Fund is very important for allowing our school to provide the best education for our children!

We ask that you give as much as you can!

BUT we challenge everyone to participate - your one dollar donation helps increase the participation rate!

The participation rate is used when applying for grant money as a measure of how committed families are to the school- a high participation rate attracts corporations and foundations to support our school.

Last year our parent participation was 36%. This year we are aiming to at least double that rate...

Overall Parent Participation Rate (January 2012) **18.3%**

Annual Fund Participation by Grade

Grade	Participation Rate
3rd grade	33%
9th grade	29%
1st grade	27%
2nd grade	27%
5th grade	25%
Kindergarten	23%
6th grade	19%
8th grade	13%
4th grade	11%
12th grade	10%
10th grade	9%
11th grade	6%
7th grade	4%

Annual Fund Participation: Key Stakeholder Groups

Group	Participation Rate
PA Officials	47%
Trustees	14%
Foundation	12%

And, thank you for all you do!

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2012

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Fast-food alternatives

Brainstorm a list of quick meals you could make rather than stopping for fast food. For example, make scrambled eggs or tuna fish salad (with light mayonnaise). Or stir-fry frozen shrimp and a bag of frozen vegetables in a hot skillet. By focusing on items you keep on hand, you can serve a healthier meal that is still fast.

Vigorous activity

Getting some "vigorous" physical activity every day is good for your youngster's heart and overall health. Help her understand what vigorous activity is. After she is active (runs around outside, walks home from school, plays hockey), have her do a quick check of her body. Is she sweating? Is her heart beating fast? If the answer is yes, then she has done vigorous activity.

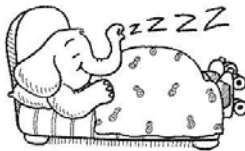
DID YOU KNOW?

Children (and adults) need to wear sunscreen in the winter, too. Even though the air is chillier, sunlight can still be strong enough to damage skin. Get your child in the habit of putting sunscreen on his face, neck, and any other exposed areas before heading out to play this winter.

Just for fun

Q: Why did the elephant put on skates before he went to bed?

A: Because he wanted to get rolling in the morning!



Fabulous fruit

Looking for a nutritious food that is ready to eat, is easily available, and comes in lots of varieties? Try fruit! Consider these ways to encourage your child to have at least 2–3 servings every day.

A color a day. Pick a color for each day of the week, and challenge family members to eat a fruit that matches (plums, grapes, or blackberries on purple day, for instance). At night, report to each other on the fruit you ate. *Idea:* Ramp up the fun by asking everyone to wear clothes that match the color, too.

Ad campaign. Suggest that your youngster design a magazine or billboard ad to persuade children to eat more fruit. She could write a catchy slogan on a poster board, add advertising copy, and illustrate it. Or she could create a script for a radio ad and record herself reading it in



an "announcer's voice." Coming up with reasons to eat fruit will get her thinking about why she should have more fruit.

Wheel of food. Have your child think about different ways to enjoy fruit by making a "wheel" for each of her favorites. She could draw the fruit (an apple) in the center of a sheet of paper and make 4–6 lines from it (like spokes on a wheel). At the end of each line, have her illustrate a way to eat the fruit (sliced apples with caramel dip, applesauce, apple-cinnamon muffin). 🍎

Fruity ideas

These yummy "recipes" will have your youngster asking for more fruit in no time:

- Make banana ice cream—out of nothing but bananas! Cut bananas into little pieces, place on a plate, and freeze for about two hours. Mix in a blender until the pieces turn into ice cream.
- Create a fruity smiley face in your child's oatmeal. You could use a tangerine wedge for the mouth, a raisin for the nose, and kiwi slices for eyes.
- Freeze clusters of grapes or cut-up pieces of mangoes or peaches to eat right out of the freezer. Or thread fruit (melon chunks, strawberries) onto skewers for frozen kebabs.
- Using a blender or an electric mixer, combine low-fat cream cheese and sliced strawberries until smooth. Serve as a dip for other fruits. 🍓



Money-saving tips

Serving healthier food to your family and saving money can go hand in hand. Here's how:

- Plan ahead. Sketch out your week's menus, and make a shopping list. You'll cut down on impulse buying. *Tip:* Avoid shopping when you or your children are hungry.
- Buy produce that's in season. For example, you'll spend less for cauliflower in the winter or zucchini in the summer. Also, buying items produced locally can save on shipping costs.



- Consider less expensive sources of protein. Eggs, beans, and tofu may cost less than meat, chicken, or fish. *Idea:* Make a vegetarian meal once or twice a week for regular savings.
- Get large containers of plain nonfat yogurt. To serve, stir in fresh berries, cut-up fruit, or a little honey. You'll save on sugar as well as cost, compared to buying yogurt with fruit, flavoring, granola, or candy added.

- Buy in bulk. For instance, get family packs of pork chops and freeze in meal-size portions, or get grains (brown rice, barley) in bulk and store in airtight containers.
- Avoid packaged cookies, bakery items, snack foods, processed foods, and frozen treats. They're not only high in fat and low in nutrients, they're also pricey. ●

Q & A

Count calories?

Q: My son and daughter are both overweight. Should we teach them to count their calories?

A: While it's a good idea for children to understand how calories work, it's best if they don't focus on counting them. Instead, try to help them eat a healthy, balanced diet and get enough exercise.

Teach them to eat vegetables, lean protein, fruit, and whole grains, and to stay away from "empty calories" (junk food and soda with no nutritional benefit). Also, encourage them to take small servings, and have them stop and consider whether they're full before taking more.



You can explain that calories measure how much energy we get from eating a certain food. Our bodies need calories for energy, but if we take in more than we use, we can gain too much weight. To burn calories, make sure your youngsters have lots of opportunities to be active rather than sitting in front of a TV, computer, or video game. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

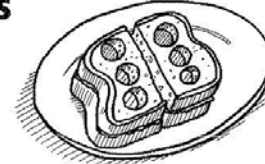
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

IN THE KITCHEN

Sandwich creations

Begin the new year with interesting new ideas for sandwiches. Here are four to start with:

1. Update your child's PB&J by pairing almond butter with dried cranberries and sliced almonds. Or try cashew butter with apricot preserves.
2. Make a fruit-and-veggie sandwich with crunchy sliced apples, cut-up cooked asparagus, shredded carrots, and pepper jack cheese. *Idea:* Make it open faced (one piece of bread only), and broil until the cheese melts.
3. Spread reduced-fat veggie cream cheese on a slice of bread. Top with



cucumber slices. Roll up tightly, and cut into pieces "sushi style."

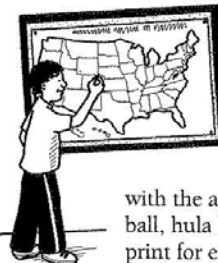
4. Create a "stoplight sandwich." Spread hummus on one piece of bread. Then, lay tomato slices across the top third, yellow bell peppers in the middle, and spinach leaves on the bottom. Finally, poke three holes down each side of another slice of bread and lay it on top. You'll have two traffic lights! ●

ACTIVITY CORNER

An hour a day...

Trying to fit more physical activity into your child's life? Help him get the recommended 60 minutes a day by making a game of keeping track.

- Each day, have him draw a picture of a place where he might play (a playground, a football field). For every 10 minutes of physical activity he does that day, he can add a sticker. Challenge him to have six stickers by bedtime.
- Post a map (world, U.S., or state) on a wall in your kitchen or hallway. Then,



let your child pick a destination and put a pushpin in his start and finish points. Each time he exercises for 20 minutes, he can move the pin an inch closer to his destination. When he "arrives," he can pick a new place to travel to.

- Have your youngster draw footprints in a path from one end of a poster board to another. Each footprint could represent an hour of play. Let him color in, date, and label the footprint with the activities he did that day (kickball, hula hoop). Can he color in a footprint for each day? ●

SSCPS AFTER SCHOOL ENRICHMENT PROGRAM

Our 2nd session of our After School Enrichment Program runs Monday through Thursday beginning Monday, January 9th ending Thursday, March 15th. The SSCPS Music Program runs 17 weeks starting January 9, 2012. The program starts at dismissal and ends at 5:00pm. The Mad Science Program runs 8 weeks starting January 18th and ends March 21st. All programs are held at SSCPS.

Homework Club is for students in Grades 2-8 that want to get a head start on their homework or get extra help from our High School Students. Homework Club begins after dismissal to 5:00 pm Monday-Thursday. Cost \$80.00 for all 4 days for 8 weeks or \$40.00 for one day per week for 8 weeks. SSCPS Registration Form attached. [Please make checks payable to SSCPS.](#)

Newspaper-This class is for students in Level II-IV that teaches students all facets of creating a newspaper. Monday's from 4:00 pm.-5:00 pm. Instructor Donovan Fauvelle. The cost of this class is \$40.00. SSCPS Registration Form attached. [Please make checks payable to SSCPS.](#)

Creative Math-This creative math class is for students in Level II-III that includes kinetics and games to help build math skills, confidence and problem solving abilities. Tuesdays from 3:00 pm.-4:00 pm. Instructor Tanya Maniscalco. The cost of this class is \$40.00. SSCPS Registration Form attached. [Please make checks payable to SSCPS.](#)

Mad Science® of Greater Boston (III), "Mad Science: Freaky Physics, Forces and Flight"

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, students in **grades 2-3 & 4-6** will have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll join Bernoulli and Newton as we take an exciting look at the science behind aerodynamics and the properties of air ... *under pressure*; eliminate the mystery in *chemistry*; take a tour on the electron freeway in the world of circuit electricity...*current events*; and experience some awesome *forces* ... gravity ... inertia ... centripetal force...for ourselves. We'll also learn about water waves and the environment; explore the scientific secrets behind some famous *magic* tricks; investigate the fundamental principles of *flight*; and discover the strengths of triangles, cylinders and arches and how these shapes make *structures* for sturdy homes and skyscrapers. Starting Wednesday's January 18th through March 21st. Class for students in grades 2-3 starts at 3:05 pm – and ends at 4:05 pm and students in grades 4-6 class begins at 4:15 pm and ends at 5:15 pm. Instructors from Mad Science of Greater Boston. The cost of this 8 week one hour class is \$110.00. Registration Form attached. [Please make checks payable to SSCPS.](#)

Knitting-This class is for students in Level II-HS (parents also welcome) that want to learn how to knit, learn to follow a pattern, and create your own knitted designs. Thursday's from 4:00 pm – 5:00 pm. Instructor Mac Haran. The cost of this class is \$40.00. SSCPS Registration Form attached. [Please make checks payable to SSCPS.](#)

Nature Program-This class is for students in Grades 2-6 and is designed to increase the opportunities to enjoy the natural setting surrounding our school, reaping the physical and emotional benefits that nature offers. The students will go outside each week, rain or shine, so please have your child dress accordingly. Some of the topics of interest they will explore are outdoor games, native birds, identifying trees, gardening, mapping, and more. Also, each week the student will be asked to sketch/write about their discoveries. Thursday's from 4:00 pm - 5:00 pm. Instructor June Fontaine. The cost of this class is \$40.00. SSCPS Registration Form is attached. [Please make checks payable to SSCPS.](#)

SSCPS Music Program- Please see attached information about our **NEW** SSCPS music program/lessons. SSCPS proudly offers individual lessons for the following instruments: Drums, guitar, flute, piano, violin, and string ensemble. This 17-week program starts the week of January 9th and end the week of May 18th. Enrollment forms are to be completed separately for each type of lesson. Cost per lesson is \$30.00 or \$510.00 for 17 lessons. String ensemble class costs \$310 for a 17-week session. [Please make checks payable to SSCPS.](#)

Yoga Classes for students in Grades 3-6 and Grades 7-12. Classes will be held on Wednesdays. Instructor Marianne Buckley Curran. Cost for this class if \$40.00. SSCPS Registration Form is attached. [Please make checks payable to SSCPS](#)

For questions about the SSCPS after school offerings, please call **Charlene Evans**, After School Enrichment Coordinator x156. For questions about the after school music offerings, please call **Geoff Roman** at x318.

SSCPS AFTER SCHOOL ENRICHMENT PROGRAM REGISTRATION FORM

Students Name: _____ Grade & Pod _____
 Teacher _____

Please circle the following SSCPS activities that you are electing to register your child in:

Monday	Tuesday	Wednesday	Thursday
Homework Club	Homework Club	Homework Club	Homework Club
Newspaper	Creative Math	Mad Science Gr.2-3	Knitting
Music Lessons		Mad Science Gr.4-6	Nature Program Gr 2-6
		Yoga Gr. 3-6 or Gr. 7-12	Music Lessons

Activity	Cost	Class/Day	Total Amount Due
Creative Math	\$40.00	Tuesday	
Homework Club	\$80.00/all	Monday -Thurs.	\$
Homework Club	\$40.00/Day		\$
Knitting	\$40.00	Thursday	
Newspaper	\$40.00	Monday	\$
Mad Science Gr.1-3	\$110.00	Wednesday	\$
Mad Science Gr.4-6	\$110.00	Wednesday	
Nature Program	\$40.00	Thursday	
Yoga	\$40.00	Wednesday	
Total Amount Due			\$
Music Lessons	varies	varies	Separate enrollment form

I give my child permission to participate in the SSCPS Enrichment Program. Please make all checks payable to SSCPS. I will make arrangements to have my child picked up when the enrichment program ends. SSCPS reserves the right to transport any student not picked up by 5:30 pm, or any student left waiting for longer than half an hour following a school based event, to the local police department for supervision.

The following individuals will pick up my child from the program:

 Name Name

 Parent Signature Printed Parent Name Date

SSCPS AFTERSCHOOL MUSIC PROGRAM

Dear Students and Parents,

There has been a great deal of interest expressed by members of the SSCPS community in regards to additional, intensive music training for students. Therefore, I am happy to inform you that classes and lessons will be held here at SSCPS as extracurricular offerings. We will offer students the opportunity to study violin, guitar, piano, drums, and flute, in private lessons. And we will offer a group lesson, a "beginning orchestra," for the violin, viola, and cello. Students beginning in kindergarten may participate in private lessons, while those in the 3rd grade and up can participate in the group lesson.

I am fortunate to be able to teach with students and a colleague!

The documents that follow offer information and pricing for lessons, classes and instrument rentals. **Lessons and classes will be held here at SSCPS afterschool on Mondays and Thursdays for seventeen (17) weeks starting on January 9th 2012 through May 18, 2012.**

If you would like your child to participate, please review the registration forms and complete them. I ask that you get them to me no later than January 3rd either by dropping them off at the front desk or the music room. Over the holiday break I will work on a schedule for all lessons and get it out to you ASAP.

Note that if your child does not have a lesson immediately after school and you are not able to pick him/her up and return to school, you will need to arrange for participation in our afterschool enrichment programs. The YMCA afterschool program is also available.

Thank you for showing your interest in the SSCPS afterschool music program.

Regards,
Geoff Roman

KEY CONTACTS

Geoff Roman
Instructor/Admin.
groman@sscps.org
(781)982-4202 x318

Heather Dans
Parent Association, Chair of Arts Music
Committee
heatherdans@yahoo.com
(781) 534-5698

Lauren Duggan and Joe Saravo
Music and Arts instrument Rental
lduggan@musicarts.com
(800) 535-0106
jsaravo@musicarts.com
(339) 440-1418

Derek Louis
Drum Instructor
d.bomb.wholley@gmail.com
(617) 842-2091

Kaitlin Walsh Cianelli
Flute Instructor
kwalsh@sscps.org
(781) 710-3871

Austin Matthews
Piano/Keyboard Instructor
austindmatthews@gmail.com
(781) 910-9413

Individual Lessons Registration Form - DRUMS

✚ Name: _____

✚ Date of Birth: _____ ✚ Grade: _____

✚ Address: _____

City: _____ Zip: _____

✚ Phone (H): _____ (W): _____

✚ E-mail Address: _____

✚ Instrument and length of lesson: _____ (30 min)

✚ Preferred Teacher (if known): _____

✚ Class Tuition(s): \$ 30.00 per class

✚ Total: \$ 30.00

In case of emergency, name of person who may be called:

✚ Name: _____

✚ Phone (H): _____ (W): _____

✚ Return to: Derek Louis
100 Longwater Circle
Norwell, MA 02061
Tel. (781)982-4202

*Tuition for this program covers seventeen (17) weeks of lessons. Tuition must be given at the beginning of the month for the entire month. Please make check payable to SSCPS. **Deadline for registration is JANUARY 3rd, 2012. Classes to begin January 9th.***

Individual Lessons Registration Form - FLUTE

Name: _____

Date of Birth: _____ Grade: _____

Address: _____

City: _____ Zip: _____

Phone (H): _____ (W): _____

E-mail Address: _____

Instrument and length of lesson: _____ (30 min)

Preferred Teacher (if known): _____

Class Tuition(s): \$ 30.00 per class

Total: \$ 30.00

In case of emergency, name of person who may be called:

Name: _____

Phone (H): _____ (W): _____

Return to: Kaitlyn Cianelli
100 Longwater Circle
Norwell, MA 02061
Tel. (781)982-4202

*Tuition for this program covers seventeen (17) weeks of lessons. Tuition must be given at the beginning of the month for the entire month. Please make check payable to SSCPS. **Deadline for registration is JANUARY 3rd, 2012. Classes to begin January 9th.***

Individual Lessons Registration Form - GUITAR

+ Name: _____

+ Date of Birth: _____ + Grade: _____

+ Address: _____

City: _____ Zip: _____

+ Phone (H): _____ (W): _____

+ E-mail Address: _____

+ Instrument and length of lesson: _____ (30 min)

+ Preferred Teacher (if known): _____

+ Class Tuition(s): \$ 30.00 per class

+ Total: \$ 30.00

In case of emergency, name of person who may be called:

+ Name: _____

+ Phone (H): _____ (W): _____

+ Return to: Geoff Roman
100 Longwater Circle
Norwell, MA 02061
Tel. (781)982-4202

*Tuition for this program covers seventeen (17) weeks of lessons. Tuition must be given at the beginning of the month for the entire month. Please make check payable to SSCPS. **Deadline for registration is JANUARY 3rd, 2012. Classes to begin January 9th.***

Individual Lessons Registration Form – PIANO

✚ Name: _____

✚ Date of Birth: _____ ✚ Grade: _____

✚ Address: _____

City: _____ Zip: _____

✚ Phone (H): _____ (W): _____

✚ E-mail Address: _____

✚ Instrument and length of lesson: _____ (30 min)

✚ Preferred Teacher (if known): _____

✚ Class Tuition(s): \$ 30.00 per class

✚ Total: \$ 30.00

In case of emergency, name of person who may be called:

✚ Name: _____

✚ Phone (H): _____ (W): _____

✚ Return to: Austin Matthews
100 Longwater Circle
Norwell, MA 02061
Tel. (781)982-4202

Tuition for this program covers seventeen (17) weeks of lessons. Tuition must be given at the beginning of the month for the entire month. Please make check payable to SSCPS. Deadline for registration is JANUARY 3rd, 2012. Classes to begin January 9th.

String Ensemble Registration Form

✚ Name: _____

✚ Date of Birth: _____ ✚ Grade: _____

✚ Address: _____

City: _____ Zip: _____

✚ Phone (H): _____ (W): _____

✚ E-mail Address: _____

✚ Instrument and length of lesson: _____ (45 min)

✚ Preferred Teacher (if known): _____

✚ Class Tuition(s): \$ 310.00

✚ Total: \$ 310.00

In case of emergency, name of person who may be called:

✚ Name: _____

✚ Phone (H): _____ (W): _____

✚ Return to: Geoff Roman
100 Longwater Circle
Norwell, MA 02061
Tel. (781) 982-4202

Tuition for this program covers seventeen (17) weeks of ensemble lessons.

Tuition must accompany this form. Please make check payable to SSCPS.

Deadline for registration is JANUARY 3rd, 2012. Classes to begin January 9th.

Individual Lessons Registration Form - Violin

+ Name: _____

+ Date of Birth: _____ + Grade: _____

+ Address: _____

City: _____ Zip: _____

+ Phone (H): _____ (W): _____

+ E-mail Address: _____

+ Instrument and length of lesson: _____ (30 min)

+ Preferred Teacher (if known): _____

+ Class Tuition(s): \$ 30.00 per class

+ Total: \$ 30.00

In case of emergency, name of person who may be called:

+ Name: _____

+ Phone (H): _____ (W): _____

+ Return to: Geoff Roman
100 Longwater Circle
Norwell, MA 02061
Tel. (781)982-4202

*Tuition for this program covers seventeen (17) weeks of lessons. Tuition must be given at the beginning of the month for the entire month. Please make check payable to SSCPS. **Deadline for registration is JANUARY 3rd, 2012. Classes to begin January 9th.***



lduggan@musicarts.com

Lessees will need the following in order to rent:

- ★ Credit/Debit Card Info is needed for initial payment/security
- ★ Our agreement is an offer to extend credit; a Driver's License and/or Social Security number are required for the contract.
- ★ EZ Pay monthly billing available at no additional charge
- ★ Checks should be made out to Music & Arts

South Shore Public Charter

STRING INSTRUMENT INTRODUCTORY OFFER
 Finest Brands - Music Educator Approved Instruments

Total Rental for the First Month

Group A	Violin/ Viola	\$29.35
Group B	Cello	\$45.17
Group C	String Bass	\$117.23

* includes Sales Tax & LDW (Liability Damage Waiver)

After the Introductory Period, the lessee will be billed monthly as follows:

	RENTAL	LDW	TAX	TOTAL
Group A	\$21.99	\$5.99	\$1.37	\$29.35
Group B	\$34.99	\$7.99	\$2.19	\$45.17
Group C	\$59.99	\$10.99	\$3.75	\$74.73

Additional Items For Lessons
prices include sales tax

	Price	Sales Tax	Total
Folding Music Stand	\$15.95	\$1.00	\$16.95
Cello Slip Stop	\$5.95	\$0.37	\$6.32
Violin/ Viola Shoulder Rest	\$4.95	\$0.31	\$5.26

Amount Due For Initial Rental

	Rental	Stand	SlipStop	Rest	TOTAL
Violin/Viola	\$29.35	\$16.95		\$5.26	\$51.56
Cello	\$45.17	\$16.95	\$6.32		\$68.44
String Bass	\$117.23	\$16.95	\$6.32		\$140.50

Can't be at the meeting?
 Rent online at - www.musicarts.com

WHY RENT FROM MUSIC & ARTS

More Options. More Instruments.
More Support.

If you change your mind about the rental instrument you picked and that's perfectly okay, your parents can exchange the instrument for a different one, or return it, just check with your music teacher first.

All of our instruments are educator approved, which means any instrument you rent from us will be perfect for your school's level or schedule.

Surviving instruments have bumps and bumps might lead to expensive repairs. But when you rent your instrument from Music & Arts, your parents can get about our Damage Waiver (DW), to help protect your instrument. We know you're going to be really careful with your rental instrument, but accidents can happen. So don't worry, because our instrument plan means your parents won't have to pay for it if an accident does happen. There's a way your parents can pay it all back, which will save them money. Now that's a win-win situation.

If you want to keep your rental instrument, there is a way your parents can pay it all back, which will save them money. Now that's a win-win situation.

Tell your parents that you can
Rent Online 24/7 from home.

For a store near you, visit MusicArts.com

WELCOME! JOINING THE ORCHESTRA

MUSIC & ARTS

END YOUR VOICE
INSTRUMENTS • LESSONS • REPAIRS
MUSICARTS.COM

WHICH INSTRUMENT IS PERFECT FOR YOU?



VIOLIN

The violin is the soprano voice (highest pitch) in the string family. It is held under the chin, resting on the shoulder. It is used in classical music, but some performers have started playing it in modern, pop music, too.



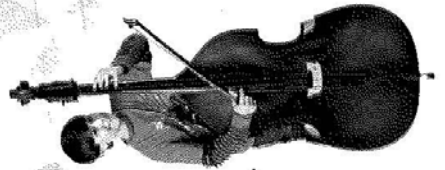
CELLO

The cello is the tenor voice (low pitch) in the string family. It comes in different sizes, and is held between the player's knees. It produces a tone that is the closest to the human voice. It is used as a solo instrument, and as a member of an orchestra's string section.



VIOLA

The viola is a bowed string instrument. It looks a lot like the violin, but the viola's rich tones are lower and deeper than the violin's. Viola players can be part of string quintets (ensemble of five string instrument players), string orchestras, and symphony orchestras.



STRING BASS

The string bass is the largest and lowest-pitched bowed string instrument. It is an important part of symphony orchestra's string sections because it plays low notes the other instruments can't. It's also used in blues and rock and roll, rockabilly, country music, bluegrass and jazz.

WHY IS MUSIC IMPORTANT FOR ME?

We thought you'd never ask.

- Student musicians get higher SAT scores. And as you know, SAT scores help get you into college which helps you get good jobs, etc., etc. That's pretty important, yes?
- Playing music has been linked to making the brain grow. Sounds a little gross, but it's actually good. It means you can hold more information than the average-brain-sized student.
- If you play an instrument, you might get better Math, Science and Language grades. And, say it with us, "better grades are good."
- Music will always be a part of your life. Sure, if you don't practice regularly, you might get a bit rusty, but you'll always be able to play.
- You'll make great friends, maybe even best friends, being in the Orchestra.

HOW DO MY PARENTS AND I CHOOSE A QUALITY INSTRUMENT?

- Ask the store if they provide repair services. Not that we think you'll break your instrument, but instruments require periodic adjustments and such. Also, ask them if replacement parts are easy to find.
- Make sure they offer a return policy. This is very important.
- Have your Orchestra Director play the instrument. If it can't be tuned, you'll want to be able to return it and get all of your money back. Believe us, your parents will appreciate that.



The music never stops at MusicArts.com

Breakfast Order Form
Breakfast for the Month of January, 2012
Due to the office by 3:00 pm, *Tuesday, January 10, 2012

Student Name _____

Pod Teacher/Advisor _____ Grade _____

Please **CHECK** off the day breakfast will be ordered.

Week of 1/17 – 1/21 Monday Tuesday Wednesday Thursday Friday

Week of 1/24 – 1/28 Monday Tuesday Wednesday Thursday Friday

Week of 1/31 – 2/4 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.50

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.



South Shore Charter School
January, 2012
Catered by Essence of Thyme

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Frosted Mini-Wheats Whales Juice Milk	4 Cheerios Apple Grahams Juice Milk	5 Raisin Bran Juice Milk	6 Cinnamon Raisin Bagel Jelly Juice Milk
9 Golden Grahams Lemon Grahams Juice Milk	10 Frosted Mini-Wheats Whales Juice Milk	11 Raisin Bran Juice Milk	12 Cheerios Apple Grahams Juice Milk	13 NO SCHOOL Professional Dev. Day
16 	17 Whole Wheat Blueberry Muffin Juice Milk	18 Plain Bagel Juice Milk	19 Corn Muffin Juice Milk	20 Honey Wheat Bagel Jelly Juice Milk
23 Whole Wheat Cinnamon Roll Juice Milk	24 Frosted Mini-Wheats Juice Milk	25 Cheerios Cinn. Grahams Juice Milk	26 Yogurt Blueberry Grahams Juice Milk	27 Corn Flakes Apple Grahams Juice Milk
30 Corn Muffin Juice Milk	31 Plain Bagel Jelly Juice Milk	2/1 Frosted Mini-Wheats Whales Juice Milk	2/2 Yogurt Blueberry Grahams Juice Milk	2/3 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
January 2012
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Ziti and Meatballs Baked Apple Slices Broccoli Milk	4 Turkey and Gravy Mashed potato Carrots Roll Milk	5 French Toast Sticks Hash Browns Baked sliced Apples Sausages Milk	6 BGood
9 Sweet and Sour Chicken Stir Fry Veggies Rice Fruit Milk	10 Stuffed Shells Baked apple slices California Medley Milk	11 Steak and Cheese Sub Fries Green Beans Milk	12 Chicken parm sub Tater tots Green Beans Milk	13 No School Professional Dev. Day
16 No School Martin Luther King Day	17 Cheese Tortellini Green Beans Roll Apple Milk	18 Chicken Nuggets Potato wedges Peas Roll Milk	19 Chicken Caesar Salad Wrap Carrots and celery Fruit Milk	20 Pizza
23 Meatball Sub French Fries Peas Milk	24 Jamaican Beef patty Mashed potato Carrots Milk	25 Herbed Baked Chicken Stuffing Carrots Scalloped Potato Milk	26 American Chop Suey Peas Apple Roll Milk	27 BGood
30 Chicken Patty on a Bun Tater Tots Green Beans Milk	31 Italian Hot Pocket Mixed Vegetable Fruit Milk	2/1 Chicken Quesadilla Carrots Fruit Milk	2/2 Turkey and Gravy Mashed potato Carrots Roll Milk	2/3 Pizza

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

***Before placing your order, please inform the school if you have a food allergy!**