



FROM THE DEVELOPMENT OFFICE

It's a race to the finish! There are only hours left in the SSCPS February Annual Fund Challenge. Will you consider doing your part to help us reach our goal? An anonymous donor has challenged the SSCPS community to match their gift of \$5,000. All new and increased gifts received in these last few days of February will qualify. With your help, we can maintain and enhance current programs and reach our goal of 100% participation. Please donate now at www.sscps.org.

Why is "friending" SSCPS on Facebook so important? We are learning that many potential corporate funders are considering their partnerships with non-profit organizations based on competing Facebook fan base numbers. Please share our link and ask your friends to like us. It makes a difference!

Saturday	03/03	High School Drama Festival – Bourne	
Saturday	03/03	Debate – Shrewsbury	
Sunday	03/04	Basketball – Hingham Middle School	6:00pm
Monday	03/05	The Big Haircut meeting	8:30am
Tuesday	03/06	Parents Association meeting	7:00pm
Wednesday	03/07	Junior Parent Night	6:00pm

ANNOUNCEMENTS

The 17th Annual Auction is almost here and tickets are now available!

Make sure to mark your calendars on Friday, March 30th. This year the auction will be held at the Elms in Hanover. It is located off of Main Street (Hanover) or High Street (Norwell) and is less than 1 mile from our school. Tickets are \$25.00 per person if purchased by March 9th, after the 9th the cost is \$30.00 per person. Visit the SSCPS Auction page to purchase tickets, make donations, and to view items:

<http://events.constantcontact.com/register/event?llr=cof5p6eab&oeidk=a07e51ngwpj3bc990855>

Calling any and all persons who have a special skill, talent, or a service business. This year at the auction we are hoping that people will be able to bid on *service items*. Are you a great cook? Donate a breakfast, lunch, or dinner to be prepared at someone's house. Do you know how to knit, sew, golf, yoga or surf? Donate an hour or two of instruction. Do you do tax preparation? Donate a filing for someone. Are you a gardener? Donate your green thumb. Has your student done their community service? Have them donate a few hours of yard work or babysitting. Our community is full of talented people and it is a great way to further promote a business. Your time can bring resources to our wonderful school!



FEBRUARY 2012 COLLEGE ACCEPTANCES

Cunie Appolon
Curry College

Robert Eoi
LaSalle College

Taylor Gorman
University of Vermont

Vanessa Joseph
Pace University
Lesley University

Sean Kenneally
Lyndon State University
Flagler College

Austin Matthews
Berklee College of Music

Dan McHugh
University of Massachusetts-Boston

Matthew McKeown
Mass College of Pharmacy & Health

Daniel Morris
University of Maine-Farmington

Christina Santiago
Bridgewater State University

Jeffrey Sullivan
Bridgewater State University
College of St. Rose
University of Rhode Island
Columbia College

Alicia Tsang
Emmanuel College
Framingham State University
Mass College of Pharmacy & Health

ATHLETICS

Please come support the boys' and girls' basketball teams in their final game of the season! Join us this Sunday, March 4th at 6:00 p.m. at Hingham Middle School (1103 Main Street, Hingham) as the Jaguars face Foxboro Charter School.

PRINCIPAL'S REPORT

This afternoon and then for the next twelve hours we expect some snow. We have three more weeks of calendar winter, but spring warmth is in the sun as we get ever closer to the vernal equinox and this morning I went into my cold frame and harvested a small amount of greens. I have hidden the greens deep in the refrigerator lest my daughter Josie or wife Katy should think they came from the store and consume them without ceremony. So tonight I will get my wish and eat freshly harvested food from my garden every month of the year. May this be a tradition that I can keep for years.

One of SSCPS's proud traditions is the role that families play in educational decision. For students who are entering first, third and fifth grade, during the month of March I will be taking requests for class placement. While there are many factors we use to determine our pod groups of students, family requests are an important metric that we use when forming those groups. If you would like to make a request please contact me by e-mail. While often we cannot honor a class placement request we will try our best and I will contact you if other factors outweigh your request for a particular placement.

Ted Hirsch thirsch@sscps.org (781) 982-4202 ext. 108

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: "A dog is man's best friend."

Level 2: "Two wrongs don't make a right."

COMMUNITY SERVICE

As we are now more than half way through the school year it is important that students have either started their community service or are starting to think about what they would like to do. If you find it hard coming up with ideas, the Community Service Committee tries to help by researching community service opportunities. Check out this list on the school web site under community service. This is updated throughout the school year.

Students are also encouraged to come up with their own ideas. We would love to hear what you are doing. Please email Beth Toma at JToma85103@aol.com so we can share it with the school community.

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



Sign Painting - Saturday, March 17, 2012
9:30 am to 1pm
East Boston Social Center
68 Center Square, East Boston

For more information regarding this event contact :**Nicholas Riley** nicholas_riley@projectbread.org

21st Annual Walk to Benefit Hospice of the South Shore

Saturday, March 24, 7-10 am

South Shore Plaza, Braintree

SSCPS's Girl Scout Juniors will be walking in this years Walk for Hospice on March 24th, and would like to invite others from the SSCPS family to walk with them on Team SSCPS Cares: Please click on the link below to join Team SSCPS Cares and walk with us, pick up a sponsor sheet at the school, or please consider sponsoring the team if you are unable to attend.

Feel free to contact Anatoli Korosidis for any further information #781-308-3421.

<http://www.kintera.org/faf/search/searchTeamPart.asp?ievent=1005422&lis=0&kntae1005422=41249B45D2A6438A929C31EAF708D3B2&team=4991774&tteam=0>



MS Society Walks

April 1, 2012 in Boston
May 5, 2012 in Cohasset
May 12, 2012 in Natick

MS Society Bike Ride

June 23-24, 2012 – Boston to Provincetown.
Check website below for more details
<http://www.nationalmssociety.org>



Join the 2012 Walk for Hunger on **Sunday, May 6, 2011!** Register online beginning in February. Sign-up to receive an email when registration is available. Website: <http://www.projectbread.org> See email below regarding Walk for Hunger:

This is an email received recently from Nicholas Riley, Volunteer Campaign Associate for Project Bread-Walk for Hunger. I wanted to get in touch to let you know about a couple of our events coming up before the Walk for Hunger. The first opportunity is sign painting, which takes place Saturday March 17th at the East Boston Social Center from 9:30am-1pm. Sign painting is a fun event where volunteers create the nearly 400 signs that will line the entire route of the Walk for Hunger. The EBSC is located at 68 Central Square in East Boston. Later in April, we will also be hosting our annual snack bag packing to put together the 30,000 snack bags given out to walkers at Arsenal Park. We're still finalizing a specific date and time for the event, but I would be happy to let you know when that information becomes available. Thank you for your interest in this year's Walk for Hunger. I hope to see the South Shore Charter Public School's students at one of our events!

This would be a great opportunity for Community Service for students/families that may not be able to participate in the Walk for Hunger in May, but would like help be involved in the preliminary preparations for this popular and well attended event.

Breast Cancer Walk – Boston – May 19-20, 2012

Website: <http://www.avonwalk.org>



**National
Brain Tumor
Society**

Day of Event Information

Ride Day

Date: Sunday, May 20, 2012

Location: Reservoir Woods, Waltham, MA

Registration/Check In: 7 - 8 a.m.

Program and Activities: 8 a.m. - 12:30 p.m.

You do not have to ride to volunteer at this event. Volunteers are needed from helping set up, registration, greeters and food tent. Check web site below for more information. <http://www.braintumorcommunity.org>

COMMUNITY INTEREST

Holly Hill Farm is pleased to announce the 2012 **Consider This!** contest for students in grades K-12. The goal is to reward thoughtful reflection on an important garden related topic. A cash prize of \$25 will be awarded for each grade level. Students can express their thoughts through a piece of writing or art work. Submission deadline is March 1st. For complete contest information visit www.hollyhillfarm.org.

Come to Holly Hill Farm on Saturday March 3 from 10 am to noon to **Build a Birdhouse from Recycled Materials** with expert woodcrafter Malcolm White. Prepare a new home for birds to make their spring nests in your yard. This drop off program is for children ages 8-12, or younger with parents. Space is limited so please pre-register by calling 781-383-6565. Fee: \$15 for members of the *Friends of Holly Hill Farm*, \$20 for non-members. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions or more information, visit www.hollyhillfarm.org.

Holly Hill Farm, 236 Jerusalem Road, Cohasset, is pleased to announce a full lineup of **Summer 2012 Programs** for children ages 3 through college. In addition to our traditional farm programs, we're offering many new opportunities for children interested in exploring the diverse habitats of the 130 acres of woods, ponds, and salt marsh at Holly Hill Farm. There are also exciting new offerings for pre-teens and older youth who might be interested in a different sort of summer experience building things, cooking, growing food for Father Bill's, selling produce at the farmers market, or assisting with camp programs. More information and registration forms are available at www.hollyhillfarm.org.

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



SOUTH SHORE CHARTER
EDUCATIONAL FOUNDATION

17TH ANNUAL AUCTION
FRIDAY, MARCH 30, 2012
THE ELMS, HANOVER, MASSACHUSETTS

AUCTION TICKET PAYMENT FORM

Purchaser Information

Name/Contact: _____
Company: _____
Address: _____
City, State & Zip: _____
Phone: _____ E-Mail: _____ Web Address _____

Ticket Information

Includes appetizers, dessert buffet, entertainment, and auction

\$25.00 per person x _____ Tickets (\$30 pp if received after March 9, 2012)

My Group Includes:

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Method of Payment

PAYMENT: Total Amount: \$ _____

Check/Money Order enclosed payable to SSCEF Check No. _____

Bill my credit card Master Card Visa Security code: _____

Account #: _____ Exp. Date: _____ Signature: _____

Nutrition Nuggets™

Food and Fitness for a Healthy Child February 2012

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES



Make it personal

Encourage your child to eat nutritious foods by making them say her name! You might cut cheese slices in the shape of her initials, place on whole-wheat bread, and toast until the cheese melts slightly. Or spell out her name with bell pepper and celery sticks, and serve with hummus for dipping.



Protecting your teeth

In honor of Dental Health Month, help your youngster get in the habit of eating and drinking foods that are good for his teeth. For example, cheese, nuts, eggs, chicken, meat, and milk protect tooth enamel. And crunchy fruits and vegetables can prevent decay. The best drinks? Water and milk—instead of sugary drinks like soda.

DID YOU KNOW?

Herbs and spices are a healthy way to add flavor to food. Rather than reaching for the salt shaker, try adding cayenne pepper to eggs, rosemary to meats, or tarragon to vegetables. *Tip:* Let your child grow fresh herbs in pots and snip the plants to use while you're cooking.

Just for fun

Q: What are two things you can't have for lunch?

A: Breakfast and dinner.



A family exercise routine

The family that exercises together... gets healthy together! Make it easy—and fun—to work out by creating a home gym. Here's how.

1. Find a spot

Set aside a corner of your basement or family room as your exercise space. Have your children make a sign ("Our Gym"), and hang it there.



2. Gather equipment

Get a large playground ball, a small step stool, a jump rope, and a mat or towel. Together, make weights by filling water bottles with sand, water, or pennies.

3. Plan exercises

On index cards, help your youngsters name, describe, and illustrate exercises for each piece of equipment.

Around the world: Hold the ball with your arms straight down. Swing it in big circles in front of you, keeping your arms straight.

Step up: Step onto the step stool, and step down. Repeat quickly 10–15 times.

Jumping bean: Jump rope with both feet for 20 seconds, then one foot at a time for 20 seconds each.

Arch like a cat: On the mat, get on your hands and knees. Arch your back up, and hold. Let your stomach sink down, and hold. Repeat for 1 minute.

Squat down: Hold a weight in each hand and lower your body into a squatting position. Then, stand up. Do 5–10 times.

4. Do the circuit

Arrange the equipment in a circle, and put an exercise card by each item. *Idea:* Set a time to do the circuit regularly (say, every other day). ●

Stick with fat-free milk

Encourage your youngster to drink several glasses of milk a day—but keep it fat-free. Your child will get the calcium she needs but not the fat that she doesn't. Consider these strategies:

- Buy only skim milk, and have her use it on cereal as well as for drinking.
- For variety, try other types of fat-free milk, such as rice or vanilla soy.
- Remind your child to drink fat-free milk with her school lunch. Whether she buys lunch or takes her own, she can pick up milk in the cafeteria. ●



Stocking your pantry

Want your children to eat healthier meals and snacks? Keeping the right foods and ingredients on hand is half the battle. Try these suggestions:

- Consult friends, online sites, or cookbooks for ideas on what to stock. Then, make your own list on a computer or smartphone or in a notebook. *Hint:* Include plenty of healthy snacks like rice cakes, baked crackers, and whole-grain cereal bars.



- Try to keep the healthiest foods at your children's eye level in the pantry and refrigerator. If they see the unsalted sunflower seeds or applesauce cups first, they'll be more likely to eat those than the chips they can't reach on the top shelf.

- Rotate what you buy so your youngsters can try new foods. You can make different kinds of whole grains for dinner, for example, if you have brown rice, quinoa, and whole-wheat couscous in the pantry.

ACTIVITY CORNER

Active fun indoors

When winter weather keeps your youngsters inside, they can still be active. Suggest these ideas.

- **Act out nursery rhymes or songs.** Your children could pile up pillows and go up the "hill" and tumble down like Jack and Jill. Or they could be the monkey and the weasel chasing each other "around the mulberry bush."



- **Make a color path.** Have your kids make a trail with different-colored socks (or pieces of construction paper). Then, take turns saying a color, and everyone has to follow the path stepping only on that color. *Variation:* Step on any color except the one called out.

- **Bring the outdoors inside.** Let them shoot baskets by wadding up newspaper and making shots into buckets or trash cans. They could also gently bounce a tennis ball up and down on a racquet. Or they might kick soccer balls softly into a goal like a doorway or under a table.



Note: Explain that some foods have to be used by a certain date. Then, when you're putting away groceries, ask your children to help you put the newer items in the back and the ones with the oldest dates in the front so they get used first.

PARENT TO PARENT

Cooking with a friend

My daughter Grace loves to cook, so I wasn't surprised when she wanted to invite a friend over to cook together. We looked online for a fun—and healthy—recipe and came up with a great idea: ice cube-tray "sushi."

When her friend came over, they began by making the rice. (I suggested they use short-grain rice because it's sticky.) I let them measure and pour, and I handled the stove. While the rice cooked, they microwaved asparagus, green beans, and baby carrots to use for toppings. I also helped them make scrambled eggs.

After everything cooled, the girls sprayed an ice cube tray with nonstick cooking spray, put a topping in each section, and packed rice over it. They put the tray in the refrigerator for about five minutes, and then they popped out their sushi and ate. Grace's friend had so much fun that she has already invited my daughter over for a cooking playdate at her house!



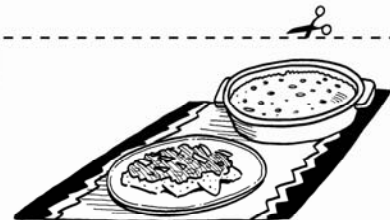
IN THE KITCHEN

Made by hand

Cooking and eating are extra fun when your child can use his hands. Make sure he washes his hands well, and try these recipes.

Peanut butter balls. Have your youngster mix 1 cup creamy peanut butter with ½ cup honey, 1 tsp. vanilla, and 1 cup crispy rice cereal. Then, let him roll them into small balls. Refrigerate for an hour.

Apple crumble. Slice 4 apples. Have him lay them in a baking dish and combine ½ cup flour, 1 cup rolled oats, ½ cup brown sugar, ½ tsp. salt, and



1 tsp. cinnamon. With his hands, he can work in ½ cup butter until the mixture is crumbly, then sprinkle it over the apples. Bake at 375° for 30 minutes.

Nachos. Let your child arrange baked tortilla chips on a microwave-safe plate. Then, have him add canned refried beans (fat-free) and shredded cheese on top. Microwave until the cheese melts.

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 • rfcustomer@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



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS

BASIC RIGHTS In Special Education

A Workshop for Parents and Professionals Hosted by the Rockland SEPAC and Rockland School Department

The Basic Rights workshop provides families with an introduction to their rights and responsibilities under:

- **Individuals with Disabilities Education Act (IDEA)**
- **Massachusetts Special Education Law and**
- **No Child Left Behind (NCLB)**

This workshop is designed to help parents learn to be effective partners with their child's school to decide their child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

- **Date:** **March 6, 2012**
- **Location:** **Memorial Park School, 1 Col. Brian Duffy Way
Rockland, MA 02370**
- **Time:** **7 pm to 9 pm**
- **Contact:** **PattiAnn Mayo --- Please feel free to email me at:
rocklandsepac2012@gmail.com**

The Federation for Children with Special Needs will conduct this workshop. Federation workshops are free and open to the public. Everyone is welcome to come.

Join us!

☺ Door Prizes will be given ☺

The Federation for Children with Special Needs, Schrafft Center, 529 Main Street, Suite 1102, Boston, MA 02129

The Federation for Children with Special Needs, supported in part by grant #H328M040001 from the U.S. Department of Education, Office of Special Education Programs and the Massachusetts Department of Education.

Please visit Rockland SEPAC website at www.rocklandsepac.com

Breakfast Order Form
Breakfast for the Month of March, 2012
Due to the office by 3:00 pm, *Tuesday, March 6, 2012

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 3/12 – 3/16 Monday Tuesday Wednesday Thursday Friday

Week of 3/19 – 3/23 Monday Tuesday Wednesday Thursday Friday

Week of 3/26 – 3/30 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.60
Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.



South Shore Charter

March 2012

Catered by Essence of Thyme

BREAKFAST

Monday		Tuesday		Wednesday		Thursday		Friday	
5	Apple Jacks Whales Juice Milk	6	Golden Grahams Lemon Grahams Juice Milk	7	Yogurt Blueberry Grahams Juice Milk	8	Frosted Mini Wheats Whales Juice Milk	9	Blueberry Bagel Juice Milk
12	Cheerios Apple Grahams Juice Milk	13	Whole Wheat Cinnamon Roll Juice Milk	14	2 oz Raisin bran Juice Milk	15	Whole Wheat Blueberry Muffin Juice Milk	16	NO SCHOOL Professional Day
19	Corn flakes Apple Grahams Juice Milk	20	Apple Jacks Whales Juice Milk	21	Yogurt Clodhoppers Juice Milk	22	Whole Grain Banana Muffin Juice Milk	23	Plain Bagel Juice Milk
26	Cheerios Whales Juice Milk	27	Corn muffin Juice Milk	28	Golden Grahams Lemon Grahams Juice Milk	29	Cinnamon Raisin Bagel Jelly Juice Milk	30	Yogurt Granola Bar Juice Milk

* 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!**



South Shore Charter
March 2012
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
5 BBQ Chicken Mashed potato Roll Peas Milk	6 No Lunch EARLY RELEASE	7 Stuffed Shells Baked apple slices California Medley Milk	8 Chicken Patty on a Bun Tater Tots Green Beans Milk	9 Pizza
12 Chicken Caesar Salad Wrap Carrots and celery Fruit Milk	13 Sweet and Sour Chicken Stir Fry Veggies Rice Fruit Milk	14 French Toast Sticks Hash Browns Baked sliced Apples Sausages Milk	15 Cod Sticks Potato wedges California Medley	16 No School Professional Dev. Day
19 Cheese Ravioli Peas Fruit Roll Milk	20 Chicken Pot Pie Mixed veggies Fruit Milk	21 Chix. Parmesan and Ziti Applesauce Green Beans Milk	22 Hot Dog on a Bun Potato Wedges Corn Milk	23 BGood
26 Macaroni and Cheese Carrots and celery Fruit Milk	27 Buffalo Chix Wrap Carrots Grapes Milk	28 Chicken Parmesan and Ziti Broccoli Apple Milk	29 Steak and Cheese Sub Fries Green Beans Milk	30 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!**