



**FROM THE EXECUTIVE DIRECTOR**

Over the past few days, and for some time during the month of January, I have had the distinct pleasure of spending a considerable amount of time with our high school students. It seems as though we have spent countless hours together; reading Shakespeare, discussing Dickens, and wondering if this will be the day I break the SMARTBoard.

One thousand years ago, when I began as an English teacher, I actually used chalk to diagram a sentence. Students would really use colored pencils and rulers to determine the equation that strings itself together to form a sentence. We all read from books held together with tape, and wrote annotations and explications with pencils in black and white composition books. I have described these scenarios, with detail that would pain even Dickens, as students watch me stumble with a DVD that somehow fits into a player, next to the computer, connected to the speakers, where they may be a remote control, to find the place on the CD or DVD where the class had last left off, so students can hear and see text come to life...if I can ever figure it out.

Students in grade eleven may now report that I cannot figure it out. I am fairly hopeless. Invariably, some kind-hearted student, of which I can proudly say we have many, takes the remote from my hand and says, “Here, I think it works like this.” Of course, he or she knows exactly how the DVD player works - that student is just being kind. We here at SSCPS have many kind students. And remarkably in three steps, simple yet beyond me, we are all watching the fairy queen Titania, fall blindly in love with Nick Bottom. Amazingly, the SMARTBoard, once a nemesis, is transformed into the play *A Midsummer Night’s Dream*.

Clearly what is easy for some may be unfamiliar and difficult for others. I write this today thinking of our fourth grade students who will be taking the MCAS Long Composition for the first time on Tuesday, the Juniors who began to plan their path to college this month, and of the Seniors who are being launched into internships in the spring. My guess is that they are thinking thoughts similar to ones I have while holding a DVD – new territory can be frightening.

Fortunately, we have an outstanding faculty. Our Level II teachers have been working hard with students to be sure they are ready and prepared to show all they know next Tuesday. Our high school faculty is once again preparing our Juniors and Seniors to leave what is familiar and approach the unknown. It is a great time to be a student at SSCPS.

*Alicia Savage – [asavage@sscps.org](mailto:asavage@sscps.org)*

<b>Thursday</b>	<b>03/15</b>	<b>Grades Distributed K-6</b>	
<b>Thursday</b>	<b>03/15</b>	<b>Education Committee</b>	<b>3:45pm</b>
<b>Thursday</b>	<b>03/15</b>	<b>Development Committee</b>	<b>5:00pm</b>
<b>Thursday</b>	<b>03/15</b>	<b>Finance Committee</b>	<b>6:00pm</b>
<b>Thursday</b>	<b>03/15</b>	<b>Board of Trustees</b>	<b>7:00pm</b>
<b>Friday</b>	<b>03/16</b>	<b>Professional Development Day – No Classes</b>	
<b>Friday</b>	<b>03/16</b>	<b>Auction Committee Meeting at the Elms</b>	<b>9:00am</b>
<b>Tuesday</b>	<b>03/20</b>	<b>MCAS Long Composition – Grades 4, 7, and 10</b>	
<b>Wednesday</b>	<b>03/21</b>	<b>MCAS Grade 10 &amp; Level III ELA</b>	
<b>Wednesday</b>	<b>03/21</b>	<b>Level II Field Trip Boston</b>	
<b>Thursday</b>	<b>03/22</b>	<b>MCAS Grade 10, Level II, &amp; Level IV ELA</b>	

## ANNOUNCEMENTS

### **The 17<sup>th</sup> Annual Auction is fast approaching. Purchase your tickets today!**

Make sure to mark your calendars on Friday, March 30<sup>th</sup>. 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 \$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=a07e5Ingwpi3bc990855>

## WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?

The Level IV Repertory Project continues to work hard. Students are in the midst of preparing for their first show of the year. Students can be observed practicing their lines and rehearsing their blocking during project time. The title of the show is Through My Eyes, it is a series of monologues dealing with the ups and downs of teenage life. The show will debut on Friday, March 23 at 1:30 for Level IV and 3:30pm for parents and friends. We hope to see you there!

## ON THE LEVELS

### **SAYING OF THE WEEK:**

Level 1: "Get a taste of your own medicine."

Level 2: "Actions speak louder than words"

**Level II** students in Sarah's Pod have dropped off boxes for you to put in new, unsharpened pencils. We are collecting pencils for needy students in Mississippi. Thank you from all the students in Sarah's Pod

**Level II student**, Shannon Daly in Donovan's pod is collecting "slightly used" books for children, ages 2 to 14, whose parents are students at the Adult Learning Center in Brockton. Each year all the adult learners and their children are invited to come and choose books that they can take home and create an at home library. The Learning Center relies on donations from community members to make this give-away possible, a lot of the time this is the only way they receive books. The collection box is located outside of Donovan's Pod in level II, and any donations would be greatly appreciated!

## COMMUNITY SERVICE

Community Service takes on many different type of experiences from collecting can goods for your local food pantry, collecting money for a local charity, helping at an animal shelter. As students become older the type of volunteering can become more involved making it a much more meaningful experience.



### **Volunteering Abroad**

The other type of community service project would be to volunteer abroad. (This would be for high school students.) There are many organizations that offer this type of trip. They help to organize and guide students through a worthwhile and life changing experience. This can be done short term one week to a month or more. You'll work side by side with local community members in a variety of destinations doing a variety of projects. Whether you have an interest in working with people, the environment, or animals, there is a project waiting for you! The opportunities available to you as a volunteer abroad are endless, so there's no reason you should not be able to find your perfect program by researching the internet. You will find many types of organizations that offer this type of experience. The majority of organizations allow you to choose the duration of your program, so it doesn't matter if you're a student you'll be able to find the program that best fits your life schedule. As a volunteer abroad, you'll make new friends, lasting memories, and leave a lasting impact on your new community for years to come. Help improve the lives of those in need throughout the world, and experience a piece of that culture that you will forever appreciate.



### **Volunteering in America**

If you would prefer to volunteer in this country there are also various organizations that can assist you such as **Habitat for Humanity**, **Volunteers of America** and many others that can give you a similar experience.

Helping out others in this country that are in need can be such a worthwhile experience.

**Everyone** has a talent to give. Tapping into people's skills and knowledge creates a more meaningful experience for the volunteer and those he or she serves. It can be expertise in a certain field to the ability to make others feel assured, cared for and safe. No matter what the talent or gift a volunteer shares with others, it helps to sustain a culture of relationship-building among many groups, including youth, seniors, businesses and other charitable organizations.

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](mailto: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](mailto:nicholas_riley@projectbread.org)

### 21<sup>st</sup> 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&tlteam=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 17<sup>th</sup> 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.brainumorcommunity.org>

**COMMUNITY INTEREST**

**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](http://www.hollyhillfarm.org).

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT [WWW.SSCPS.ORG](http://WWW.SSCPS.ORG) EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103 OR EMAIL [PALGERA@SSCPS.ORG](mailto:PALGERA@SSCPS.ORG)**



# Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2012

South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES



### Family screen time

To get your youngster watching less TV, try cutting down on screen time for the whole family. Consider choosing a show or two to watch each day, and then leave the set off the rest of the time. *Idea:* When your show is over, use that as a signal to play outside or do something active inside.

### DID YOU KNOW?

Your child's stomach is roughly the size of two of his fists. That image can give him (and you) an idea of how much food it takes to fill him up. Help him control portion sizes by serving smaller meals and healthy snacks that will satisfy his hunger but curb overeating.

### Play "scoop ball"

For a fun game of catch, cut off the tops of a few empty plastic milk jugs (one for each player), and tape over the edges so they're not sharp. Then, use your "scoopers" to throw a small ball back and forth. How many times can you toss the ball without it landing on the ground?



### Just for fun

**Q:** Why did the tortilla chips start dancing?

**A:** Because they put on the salsa!



## Salad tips

Make salad that is fun to eat, and your youngster is likely to turn into a salad eater. The benefit? She'll eat more vegetables and get the fiber, vitamins, and minerals that she needs. Try these ideas.

### Make a "chopped" salad.

Put all your salad ingredients (lettuce, tomatoes, bell peppers, and broccoli, for instance) on a cutting board. Use a knife to chop everything into small pieces. Then, toss the salad in a bowl with a little low-fat dressing.

**Wrap it up.** Set out large lettuce leaves, and suggest that your child spoon salad on top of one. She can roll the lettuce up and use her hands to eat her "salad wrap."

**Shake and eat.** Somehow, shaking a salad makes it more fun to eat. Have your child put salad ingredients into a clean, small jar with a tight-fitting lid. Then, she can shake it and eat right out of the jar.



**Keep it crisp.** Crunchy lettuce and vegetables are more appealing than soggy ones. After rinsing the lettuce under running water, dry it in a salad spinner (or wrap it tightly in a towel to wring dry). *Idea:* Let your youngster rinse and spin the lettuce—this is a fun job for a child!

**Serve ingredients separately.** Instead of tossing ingredients together, create a "composed salad." On a pretty platter, line up separate rows of spinach leaves, avocado chunks, cucumber slices, and grape tomatoes, for example. Then, your youngster can serve herself. ●

## Support your child's sports

When your child participates in sports or other physical activities, let him know that you support him all the way. Use these suggestions.

### Offer to help

If you enjoy sports yourself, consider signing up to be a coach or an assistant coach. Or you could volunteer in other ways: be a team parent, organize the snack schedule, help with a fund-raising drive, or give rides to children who need them.

### Be enthusiastic

Stay for practices to see what your child is learning, and try to attend all games, meets, or matches. Encourage your youngster by praising him for the skills he's developing, and try not to focus on wins, losses, or mistakes. Finally, cheer for the whole team, not just your child. ●



## Let's read about food

Facing a food challenge with your youngster? Reading a storybook can be a wonderful way to open up a discussion and encourage your child to eat nutritious foods—just like the characters in the book. Here are stories that can help.



### Picky eaters

If your child balks at trying new foods, try approaching the problem in a playful way with the classic Dr. Seuss tale *Green Eggs and Ham*. When Sam I Am finally tries the green eggs and ham, he finds out he likes them. Or try *The Monster Who Ate My Peas* (Danny Schnitzlein), where a boy who hates peas makes a deal with a monster.

### Too much junk food

Let your child learn about the benefits of eating a balanced diet along with Gregory the goat. In *Gregory the Terrible Eater* (Mitchell Sharmat), the little goat refuses to eat proper goat foods like shoes and garbage—he prefers the fruits and vegetables that his parents consider junk food. Or read about a girl who will eat only cookies in *Cookie* by Lisa Woomer. 🍪

## Q & A Takeout menus

**Q:** I have three kids and work full-time, so we wind up grabbing carryout food more often than I would like. What are the healthiest choices?

**A:** You're not alone. Americans get almost half their meals from restaurants or carryout places. The good news is that you can make healthier choices.

Collect carryout menus, and find a time to go through them, circling the most nutritious items. Look for key words like *grilled*, *baked*, or *broiled*—and highlight those foods. Cross out less healthy ones, such as those tagged *fried*, *smothered in*, *au gratin*, or *creamy*. Then, file the menus in a folder or binder, and keep them handy for ordering.

You can also use this opportunity to teach your children about healthy choices. Showing them the words to look for and avoid will help them know how to order when they're out with friends or on their own—which will be sooner than you think! 🍷



## IN THE KITCHEN

### Sweet treats

Looking for a sweet ending to a meal that won't break the calorie bank? Try these creative ways to lighten up dessert time:

- Let family members dip strawberries, melon chunks, and banana pieces in fat-free chocolate pudding for a "chocolate fondue."
- Make "creamsicle" freezer pops by mixing 1½ cups orange juice, 1½ cups nonfat vanilla yogurt, and 1 tbsp. sugar. Freeze in cups or freezer-pop molds, about 6 hours.
- Have a berry sundae. Cover a small scoop of nonfat frozen yogurt with



fresh or thawed frozen berries, and shave dark chocolate on top.

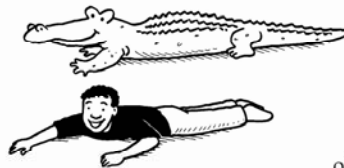
- Serve roasted honey pineapple. Heat ½ cup orange juice with ¼ cup honey in a small saucepan. Pour it over pineapple slices, and let stand for 30 minutes. Place slices on a baking sheet, and roast at 450° for 10 minutes. 🍍

## ACTIVITY CORNER

### Animal races

On your mark, get set, go! Challenge your family to races where they waddle like a duck, walk like a crab, or crawl like a crocodile—all in the name of fun exercise. Here's how.

**Duck.** Step your feet apart, bend your knees, and squat down. Hold onto your ankles with your hands. Then, mark off a circle in your room or outside, and race around the "lake."



**Crab.** Lie on your back, bend your knees with your feet flat on the ground, and put your palms down flat by your shoulders. Lift your body off the ground, and race (on hands and feet) along the "beach."

**Crocodile.** Lie on your stomach with your arms stretched out in front of you, and keep your feet together. To move, scoot forward with your hands and drag your feet behind you. Race across the "swamp" from one end of the room to the other. 🐊

## 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.

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# We need your help to make the Annual SSCPS Auction at The Elms of Hanover March 30, 2012 a success!

The auction will be accompanied by a selection of hot and cold passed hors d'oeuvres and dessert buffet.

The committee is trying to keep the cost down with donations of food and volunteers for staffing. This will result in more of the funds going directly to the school, which means our children benefit.

This function is run solely by parents, family members and friends of parents.

If you would like to help out or donate any of the following items please contact

Christina & Mark Harvey

Parents of Mathew grade 1 & Olivia grade 3

[Theharveys.4@gmail.com](mailto:Theharveys.4@gmail.com)

781-293-4424

## **Food Donation Needed**

1. Cold hors d'oeuvres for passing
  - a. 1 to 2 bites each
  - b. Minimum of 24 pieces
  - c. Dropped off in a disposable box or container. We will take care of putting them on serving trays for passing. We can assemble items right before service if needed.
2. Cold plated items to be put on tables
  - a. Items need to be on 12 inch disposable serving trays or in a baskets
  - b. Examples of items needed: Vegetables and dip, cheese and crackers, corn chips & dip. (What ever you can come up with that can sit out on the tables for 3 hours.)
3. Desserts that are also finger food sizes
  - a. Dropped of in a disposable box or container. We will be serving them on platters for the buffet.
  - b. We will take care of putting them on serving trays for the buffet

## **Food Staffing Needs**

We are looking for:

- People to assist food service during the event
- People to assist with clean up during and after the Auction
- People to help prepare, receive & set up the food any time on March 30, 2012 from 8:00 am until 5:00 pm at the Elms

## **Equipment Donation Needs for Food**

Coolers (the larger the better)



SOUTH SHORE CHARTER  
EDUCATIONAL FOUNDATION

**17<sup>TH</sup> 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: \_\_\_\_\_







**South Shore Charter**

*March 2012*

*Catered by Essence of Thyme*

**BREAKFAST**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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  <b>No School</b>  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!**