



FROM THE EXECUTIVE DIRECTOR

Great things are done by a series of small things brought together.
~Vincent Van Gogh

Last Friday evening the South Shore Charter Public School community was treated to a showcase of student artwork and talent that reminds us all of the importance of creativity and ingenuity. Students in Workshops, Projects, and Pods created many beautiful auction items donated to raise funds for our school. The 17th Annual Auction clearly demonstrated how exciting it is to be part of the teaching and learning that happens at our school every day. From Ted on his head to the fiercely competitive bead necklace fifty-fifty contest, the annual auction is an experience replicated nowhere else.

Of course, none of this would have been possible without our families. The continuous support we receive from our parent community is essential. Thank you to all our amazing and wonderful parent volunteers who worked day and night for weeks:

Lisa Aiello	Lisa Harvey-Mone	Mary Oxner
Leslie and Paul Alden	Maureen Hebert	Lisa Perachi
Dannette Carter	Brian Hennebury	Justina Pettinelli
Mickey Ciambriello	Irina Kitaeva	Deb Rogers
Karen Currie	Priscilla Kelly	Theona Royer
Kim and Tim Dalton	Norma Laurent	Nancy Schaefer-Flynn
Beth Flanagan	Candy and David Lee	Beth Toma
Melissa Freitas	Maura Longueil	Iris Valsdotti
Anne and Jean Jacques Gabanelle	Jessica and Alan Lussier	Elizabeth Vanderveen
Kerry Griffin	Hope Malnati	Cyndi Wormald
Christina and Mark Harvey	Alex Mann	And student Polina Shpilker
Virginia Harvey	Yeemay Miller	

We are extremely grateful to Christina and Mark Harvey of Johnson and Wales; who donated weeks of their time and effort catering the event. The evening fare received rave reviews! Thank you to Denise Demaggio and Joanna McCarthy for countless hours of hard work. Thank you to the entire Dalton family for their skill and expertise that provided a beautiful and creative tree in addition to fabulous interior decorating. Thank you to Maura Longueil owner of Abby Knoll Photography for capturing the evening on film. Thank you to all of our supportive corporate sponsors and item donors.

Much appreciation goes out to all in our amazing Art and Music Departments. Austin Matthews was phenomenal on the piano. Marianne Buckley-Curran and our students in the Art Workshop worked tirelessly to create beautiful pieces for the evening. Thank you to Kathryn Hahn, who teaches the Computer Graphics Workshop and spent many late nights poring over student work with a MacBook, student designer Adam Thermitus, and students in the Workshop who created a terrific auction catalogue and brochure.

Thank you goes out to all students and faculty who gave copious amounts time and effort to bring our school together in support of our exceptional model of education. It was a wonderful evening that would not have been possible without your participation and belief in our school.

Friday	04/06	Auction Committee Wrap Up Meeting	8:30am
Friday	04/06	SEPAC	8:30am
Friday	04/06	Day of the Arts	
Friday	04/06	Professional Development Early Release	12:00pm
Monday	04/09	The Big Hair Curt meeting	8:30am
Tuesday	04/10	Level III Field Trip to Lowell	
Tues and Weds	04/10 & 04/11	Senior Debates	
Wednesday	04/11	3 rd Quarter Ends – Grades 7-12	

FROM THE ATHLETIC DIRECTOR

SAVE THE DATE

SSCPS is proud to partner with the American Heart Association to help kids with special hearts! Mark your calendars NOW for our upcoming **Jump Rope For Heart** and **Hoops For Heart** event taking place in PE classes the week of:

April 23-27th

Levels I-II Visit www.heart.org/jump,

Levels III-IV Visit www.heart.org/hoops

and click on '**Students Sign Up**' to get started today.

The American Heart Association's Mission:

To build healthier lives, free of cardiovascular diseases and stroke.



**IT TAKES HEART
TO BE A HERO!**

SSCPS Track Team - There will be a spring track meeting on Tuesday April 10th for any 7-12th graders interested in running for SSCPS this spring. The meeting will be held in room 202 on Level IV starting at 3:15pm and ending by 3:30pm.

FROM THE HEALTH OFFICE

Tick Season: Due to the warm weather the ticks are out early. Please remember to check your children every day for ticks. We will be keeping all children out of the wooded areas during the school day. If a tick is found and removed on your child at school, you will be notified. Please contact me with any questions or concerns.

Sunscreen: Please remember to apply sunscreen to your child before school as most children will be spending time outdoors during the warm weather.

Lice: There have been four recent cases of lice in the school. Please remember to have your child's hair pulled up and back. If your child develops symptoms, itchy scalp, please check for nits / lice or send to the health office for screening. Also please report all cases to the school nurse, this will help alleviate the spread by checking classmates.

Thank you, Susan Dupras – sdupras@sscps.org

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: "Got up on the wrong side of the bed."

Level 2: "That's the last straw"



THE **10th Annual BIG HAIRCUT** will be held **Monday**

June 4th All welcome - under the big top - Donate hair to **Locks for Love**,

<http://www.locksoflove.org>, An organization that makes wigs for children who lose their hair from medical hair loss. Minimum hair needed for BIG HAIRCUT - 10 inches. However, you may join us with any amount of hair that can be tied in an elastic.

Come Sign up! All are welcome - family and friends can come and watch or join the event. All you need for either event is a pair of scissors, a Cutter (some trustworthy friend to cut your hair during the event), And a permission slip if you are under 16. **Questions?** - Claudia at extension **334** in the high school or email krislarue@gmail.com Be there for the big countdown, a SSCPS tradition and a great time!

COMMUNITY SERVICE



Boston Cares is another organization that provides volunteer experience to individuals and groups of all ages. They provide a wide range of programs that make it easy to fit this type of experience into your easy for you to volunteer no matter how busy your schedule is. Each month this organization manages more than



200 direct service volunteer projects that make an impact on the community. To become a member and have full access to our online system and calendar of more than 200 projects, Boston Cares requires that individuals attend a New Volunteer Orientation. Orientations take place several times each month at various locations. Each hour long session provides valuable information about Boston Cares and our programs. Some benefits of membership include:

- The ability to search, find and sign up for projects on our website;
- Email confirmations and reminders with project details like descriptions, directions and contact information;
- A member profile that you can view your volunteer history, set your preferences, and modify your contact information; and
- Much more!

[Find upcoming New Volunteer Orientations...](#)



Snack Bag Packing Event
Saturday, April 21, 2012
12:30pm-3:30 pm
www.projectbread.org



Sunday, May 6, 2012
www.projectbread.org

MS Society Walks and MS Society Bike Ride

Check website below for more details

<http://www.nationalmssociety.org>



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

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

Day of Event Information Ride Day

Date: Sunday, May 20, 2012

Location: Reservoir Woods, Waltham, MA



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.

b.good at the Derby Street Shoppes in Hingham is teaming up with the *Friends of Holly Hill Farm* on Wednesday April 4th to support farm and school garden education. b.good has generously offered to donate 50% of the proceeds of any burger or sandwich sold on that day to the *Friends of Holly Hill Farm*, the non-profit education center based at Holly Hill Farm, 236 Jerusalem Road, Cohasset. Eating at b.good that day just might help your kids learn to love fresh picked veggies!

**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**



We serve creative cuisine. And worthy causes.

*Present this certificate to your server and your cause will receive
15% of your total purchase* every Tuesday during April.*

Name of Organization:

South Shore Charter Public School Parent Association

Valid:

April 3rd, 10th, 17th, & 24th

**Excludes Alcohol, Tax and Gratuity*



111 Pond Street Main • Norwell • 781-616-6160

Learn To Sail Program



Learn To Sail with us in our beautiful Hull Bay while having fun and enjoying our friendly Hull Yacht Club. Our Learn To Sail program is perfect for the novice and first time sailor. It gives children the opportunity to try sailing before committing to our full summer, Jr. Sailing program.

• Sponsored and offered at Hull Yacht Club, 5 Fitzpatrick Way, Hull MA

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- Sponsored and offered at Hull Yacht Club, 5 Fitzpatrick Way, Hull MA**
- Highly qualified instructors: US Sailing Level 1 Certified, CPR Certified, over 15 years combined teaching experience.
- Sail in the popular **Optimist boat** (supplied and included in price)
- Offered to children, ages 8-13yrs.
- Yacht club membership is not required.
- Choose from one of three, 2-week sessions (10 days total)
- Monday-Friday, 8:30-11:30am
- Only 10 Children Per Session
- \$350.00 per session - or - \$325.00 if you register by April 15th

For complete schedule, information and registration please go to HULLYC.ORG and click on Sailing At HYC, Junior Race, Learn To Sail.

Any questions, please email us at HULLYACHTCLUBJRSAIL@GMAIL.COM



HAND DIPPED PRETZELS SALE



**HELP THE LEVEL III STUDENTS RAISE THE FUNDS
NEEDED TO PURCHASE A CAMERA FOR THEIR
SMARTBOARD.**

Pretzels will be on sale Wednesday April 11th though Friday April 13th at the school. We are taking pre-orders, so ask your friends, family or co-workers.

Cash or check (made out to SSCPS) must be with your order by April 11th

Orders can be left at the front desk or dropped off to Claire in level 3.

Please specify Chocolate and/or Vanilla Choc= Chocolate Van= Vanilla



.50



\$1.50



\$3.00



\$5.00

Size	Vanilla	Chocolate	Total
\$.50	# _____	# _____	# _____
\$1.50	# _____	# _____	# _____
\$3.00	# _____	# _____	# _____
\$5.00	# _____	# _____	# _____

Total Enclosed \$ _____

Name _____ Child's Pod _____

Thank you for your support

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2012

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Clean hands

Encourage your child to keep germs from spreading by washing her hands before eating or preparing food. She should wet her hands, spend 15–20 seconds lathering with soap, and rinse off. Help her gauge the time by having her say the alphabet or sing “Happy Birthday” twice as she washes.



Be a “star”

Here’s a fun exercise for the whole family. Lie on your back with arms and legs stretched out to make a star shape. Lift your left leg, raise your head and shoulders off the ground, and reach to touch your left foot with your right hand. Alternate sides. *Idea:* See who can do the most “star touches” in a minute.

Use up food

Consider designating one night a week as “leftovers night.” Let your youngsters help out by heating up food from previous meals in the microwave (with your supervision) and arranging the food attractively on dishes. They’ll see that you try not to waste food—and you’ll get a night off from cooking.

Just for fun

Q: How do you fix a tom pizza?

A: With tomato paste!



Step up to whole grains

What do popcorn, oatmeal, and wild rice have in common? They are all whole grains. And nutritionists recommend that children have at least three servings of whole grains a day. Here are ways to put these healthy foods into your youngster’s daily routine.

Make it gradual

Get your child used to whole grains by working them in gradually. For instance, make both white and brown rice and mix them together, or prepare regular and whole-grain pasta and toss them in a bowl with sauce. As he becomes used to the taste, build up to three-quarters whole grains, and then eventually to all whole grains.

“Hide” them here

Try adding whole grains to foods your youngster regularly eats. You can stir oats into ground beef or ground turkey when you’re fixing hamburgers, meatballs, or meatloaf. Or add barley or bulgur wheat to soups and casseroles.

Water break

Switching from soda and fruit juice to water is one of the biggest changes you can make to cut sugar from your child’s diet. Consider these strategies:

- Serve water—and water only—with dinner every night. You could put it in a pretty pitcher with ice cubes, and let your youngster be in charge of pouring.
- Make different “flavored” water each day. Fill a pitcher with water, and add fresh fruit or vegetables. *Examples:* cucumber or orange slices, strawberries, raspberries.
- Kids who like soda may have an easier time drinking water with “bubbles.” Get sparkling water (no sugar added) in your child’s favorite flavor, such as cherry or lemon-lime.

Tip: If your youngster complains that she doesn’t like water, pick a time you know she is thirsty and ask her to drink three sips. Once she has a little, she just might keep going. ●



Find new favorites

When you’re food shopping with your child, help him look for whole-grain versions of foods he already likes. He might prefer whole-wheat bread marked “soft”—the texture will be closer to the white bread he is used to. Or let him pick out whole-grain varieties of cereals and crackers. If he helps choose the foods, he’s more likely to eat them.

Note: Teach your youngster to check nutrition labels—if a food has 3 grams or more of fiber, it is a good source of whole grains. ●



Spring forward!

As the days grow longer and warmer, let your children take advantage of the season to enjoy active time outside. Try these ideas.

Hunt for signs of spring. Together, make a list of things you can find in spring (buds on trees, daffodils, birds' nests). Take the list with you for a walk through a nature trail or around your neighborhood. The first person to spot each item marks her initials by it. Who can find the most signs of spring?



Play in the rain. Don't let rainy days keep you inside! Take a walk under an umbrella and listen to the pitter-patter of raindrops. Or have your youngsters put on rain boots or old sneakers and jump in and over puddles.

Go to parks. Visit playgrounds after school, after dinner, or on weekends. Try to get to different ones (parks, schools, neighborhoods) that feature various kinds of climbing equipment, play structures, or balance beams. **Tip:** Take along balls to bounce on blacktops, Frisbees to throw in grassy areas, or bikes to ride along paths. If the playground is close enough, you can bike there and back. ●

ACTIVITY CORNER

Roll the dice

This exercise game is as much fun to make as it is to play.

First, have your youngster make a pair of "activity dice." She'll need two large Styrofoam blocks (available at craft stores) or square wooden blocks. Have her cut construction paper to fit each of her "dice" (12 squares total).

Next, ask her to think of six actions (forward rolls, jumping jacks, running to a tree and back). She should write each one on a paper square. On the other six papers, have her write numbers (1–6). She can tape the activities to one die and the numbers to the other.



To play, take turns rolling the dice. Players do the action shown on one die for the number of times shown on the other die (on a roll of "hop on one foot" and "6," you hop 6 times). For a new game, let your child come up with new activities. **Tip:** To increase the activity, renumber the die with higher numbers (15–20). ●

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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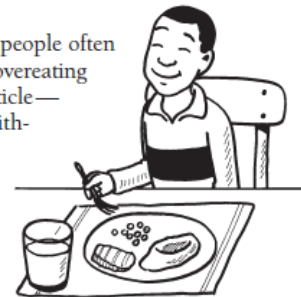
PARENT TO PARENT

"Mindful" eating

I recently read an article that said people often eat "mindlessly," which can lead to overeating and gaining weight. I recognized my son in this article—he eats so fast that I feel like he inhales his food without even knowing what he has eaten!

I asked my aunt, who works in a school cafeteria, for advice. She suggested that we make it a habit at mealtime to slow down and talk about what we're eating. She said I should discuss the ingredients I used and ask everyone to describe what they taste. A good trick is to close your eyes while chewing so you can concentrate on the textures and flavors.

My aunt also said to make sure we don't eat with the television on, as then we're focusing on the show rather than on the food. I'm hoping that eating "mindfully" will slow my son down—and help him realize when he's full so that he doesn't overeat. ●



IN THE KITCHEN

Taco nights

For an easy meal that combines protein and vegetables, consider tacos. Try fillings like these, and spoon them into corn, whole-wheat, or multigrain tortillas.

Fish. Mix together 1 can salmon (drained), 1 can black beans (rinsed, drained), 1 cup salsa, ½ avocado (diced), and a handful of grape tomatoes (cut in half).



Beef. Brown lean ground beef in a skillet, and drain. Mix in low-sodium taco seasoning and salsa to taste. Serve with shredded lettuce, diced tomatoes, and shredded low-fat cheddar cheese.

Roasted vegetables. Spread vegetable pieces (cauliflower, zucchini, bell pepper) on a cookie sheet. Drizzle lightly with olive oil, and bake at 350° until soft, 20–30 minutes. Add feta cheese and a spoonful of guacamole. ●

WEBB'S GYM INC. K-2 SWIMMING LESSONS

Swimming lessons will be offered again through Webb's Gym, Inc. Transportation to Webb's is the responsibility of a parent or guardian for each lesson. SSCPS will not be transporting nor supervising your child at lessons. Webb's is located at 130 Washington Street, Norwell. Parents can wait in the family wait area during lessons. Lessons will be offered for 8 weeks on **Tuesday** afternoons starting on April 3rd and will run on the following dates: **4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29**. There is a minimum of 16 students for each session in order to run the program. Students are to be ready to swim at 3:15pm and 3:45pm. Also, students enrolled in the swim program must be picked up at school at dismissal time. SSCPS cannot supervise your child until the second session begins. Students are to be picked up at Webb's by a parent/guardian at 3:45pm and 4:15pm promptly.

Each 8 week session is **\$55.00 payable to South Shore Charter Public School**. Please call 781-982-4202 x106 to lock in your space. Then complete this form with payment and return to SSCPS, Business Office attn: Enrichment Swim Program.

- Session I – Beginners Grades K-2 starts promptly at 3:15pm end 3:45pm
- Session II - Beginners Grades K-2 starts promptly at 3:45pm ends 4:15pm

Child's Name _____ Date: _____

Address: _____ Town: _____

Phone: _____ Child's Age: _____ Parent Name _____

In consideration of the visit to and/or the class participation and/or the visit to the health club Webb's Gym, Inc. (dba Webb's Pro Fitness) and Instructor: Alex Canning and those people acting on the club's behalf are released from all claims of any nature whatsoever for injuries and consequential damages which may be sustained by the name child arising out of participation in such activity at Webb's Gym, Inc. (dba Webb's Pro Fitness). Webb's Gym, Inc. (dba Webb's Pro Fitness) will not be responsible for accident nor property left in lockers, cubbies, elsewhere in building or parking lot. I will not sue Webb's Gym, Inc. (dba Webb's Pro Fitness) or any staff/beneficiaries/owners acting on the club's behalf. I sign below as representative/parent/guardian of child named above.

Parent/Guardian Signature

Date

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

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/9 – 4/13 Monday Tuesday Wednesday Thursday Friday

Week of 4/16 – 4/20 Monday Tuesday Wednesday Thursday Friday

Week of 4/23 – 4/27 Monday Tuesday Wednesday Thursday Friday

Week of 4/30 – 5/4 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 School
April, 2012
Catered by Essence of Thyme

Breakfast


Monday	Tuesday	Wednesday	Thursday	Friday
2 Golden Grahams Juice Milk	3 Blueberry Muffin Juice Milk	4 Plain Bagel Juice Milk	5 Cheerios w/whole wheat graham crackers Juice Milk	6 Honey Wheat Bagel Juice Milk
9 Raisin Bran Juice Milk	10 Yogurt w/granola bar Juice Milk	11 Cinnamon Raisin Bagel Juice Milk	12 Frosted Mini Wheats Juice Milk	13 Cheerios w/whole wheat graham crackers Juice Milk
16 S P R	17 I N G	18 	19 B R E	20 A K
23 Corn Flakes w/whole grain cinn.crackers Juice Milk	24 Bagel w/jelly Juice Milk	25 French Toast Sticks Juice Toast	26 Fruit Yogurt Parfait Milk	27 Corn Muffin Juice Milk
30 Honey Wheat Bagel Juice Milk	5/1 Yogurt w/granola bar Juice Milk	5/2 Whole Wheat Cinnamon Bun Juice Milk	5/3 Cheerios w/whole wheat graham crackers Juice Milk	5/4 Frosted Mini Wheats Crackers Juice Milk

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



South Shore Charter
April, 2012
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Pot Pie Mixed veggies Fruit Milk	3 Ziti and Meatballs Broccoli Applesauce Milk	4 French Toast Sticks Hash Browns Baked sliced Apples Sausages Milk	5 Herbed Baked Chicken Stuffing Carrots Scalloped Potato Milk	6 No Lunch Early Release
9 Beef and Bean Burrito Corn Fruit Milk	10 American Chop Suey Peas Apple Roll Milk	11 Chicken Quesadilla Carrots Fruit Milk	12 Cheese Tortellini Green Beans Roll Apple Milk	13 BGood
16 S P R	17 I N G	18 	19 B R E	20 A K
23 Hamburger on Bun Corn French Fries Milk	24 Stuffed Shells Baked apple slices California Medley Milk	25 Chicken Caesar Salad Wrap Carrots and celery Fruit Milk	26 Cod Sticks Potato wedges California Medley	27 Pizza
30 BBQ Chicken Mashed potato Roll Peas Milk	5/1 Macaroni and Cheese Carrots and celery Fruit Milk	5/2 Chicken Patty on a Bun Tater Tots Green Beans Milk	5/3 No Lunch Early Release	5/4 BGood

* 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!**