



Thursday	04/04	Professional Development Early Release	12:00pm
Friday	04/05	Annual SSCEF Auction at the Elms	6:00-10:00pm
Tuesday	04/09	Grades 2, 3, and 4 BSO	
Tuesday	04/09	Senior Debates	
Tuesday	04/09	Literacy Night for families in Level I and Level II	6:00-7:00pm
Wednesday	04/10	Senior Debates	
Wednesday	04/10	3 rd Quarter Ends	
Weds-Fri	04/10-12	Senior Final Exams	
Thursday	04/11	Charter School State House Day	

PRINCIPAL'S REPORT

Last week in her report Alicia Savage wrote about the Charter School Association's State House Day on April 11th. She wrote, "Please consider joining us on April 11. Your voice is essential. By enrolling your children with us, you have made a clear and deliberate choice. This is your day to express the reasons for your choice to legislators."

Alicia is so right! We need you to speak up for the importance of charter schools here in Massachusetts. Only yesterday the leaders of the Massachusetts House and Senate stated their opposition to Governor Patrick's plans for an increase in funding for education. It looks like we are now in a situation where all segments of the educational community will be going to the legislature to ask for their fair share of non-growing pool of money. We need to make sure that our voices are heard.

Charter Schools in Massachusetts really do more with less. Only last month the Stanford University Center for Research on Educational Outcomes issued a report and the first sentence of the press release reads:

"A new report released today by Stanford University's Center for Research on Education Outcomes (CREDO) found that the typical student in a Massachusetts charter school gains more learning in a year than his or her district school peer, amounting to about one and a half more months of learning per year in reading and two and a half more months of learning per year in math."

For the full press release please go to

http://credo.stanford.edu/documents/Mass2013PressReleaseFINAL2_000.pdf

Some legislators may have read the press release or the report and know the facts but many will not and April 11th is our opportunity to speak up and tell them our truths about our great school.

In the past two weeks we have had visitors from the Taunton and the Revere Public Schools. Ed Moscovitch of the Bay State Reading Institute brought them to see us. A few years ago The Bay State Reading Institute came to visit us to see the Core Knowledge Language Arts in Level I and Ed remembered

what he saw. Ed and his team of experts thought that what our teachers were doing was something special and would be of help to some of his best schools so he brought them to see us.

What the Bay State Reading Institute is doing is also special. They were one of only forty-nine educational organizations nationwide that got significant innovation funding from federal government that came out of the stimulus bill. The stated goal for funding this program, called Invest in Innovations, was to bring to scale best educational practices. Ed and his team won this award by working with schools in Massachusetts to improving reading and they have and are doing excellent work. But they thought they could learn how to do even better from us. On March 13th the Assistant Superintendent, the Curriculum Director of Science Engineering and Math, the Curriculum Director of Humanities and the Title I Director from Revere came to visit us. They saw our students' work and met with teachers. They loved both, especially our teachers. On March 25th the Superintendent and the Assistant Superintendent of Taunton came to see us. They saw our classes and met with our students. They were impressed with both, especially the students. Word is getting out about us and the work our teachers are doing with your students.

Another vote of confidence in our school came yesterday from the ACT. ACT is an organization that is similar to the College Board and they make assessments that determine college readiness. They do their own research and promote what they believe will improve American education. Their February report was about the importance of elementary schools and why educational outcomes are so difficult to change in middle school and high school. In the report the ACT gives states and schools advice as to what a good elementary program should be so that **all** students will be college ready. What I read sounded like a description of our school:

“... many steps to improve academic learning and behaviors take time to bear fruit and may not immediately result in higher test scores. For example, implementing an excellent kindergarten and first grade reading, mathematics, science, social studies, or fine arts program will not immediately affect test results in the older grades. Neither will field trips to science and art museums, nature areas, and historical sites—all of which develop knowledge of the world. Accountability incentives should be modified to recognize efforts that increase student learning over the longer run and promote learning in grades and subject areas not covered on state tests.”

I couldn't agree more and to prove it we are taking the second, third and fourth grades to the Boston Symphony on Tuesday.

Follow this link if you would like to read the entire article.

<http://www.act.org/research/policymakers/pdf/ImportanceofEarlyLearning.pdf>

Ted Hirsch K – 6 Principal thirsch@sccps.org

ANNOUNCEMENTS

Literacy Night!

To all families of Level I and Level II students, please join us for our semi-annual Literacy Night!

Tuesday, April 9, from 6 to 7 p.m. Pajamas and slippers are appropriate dress.

If you would like to volunteer as a reader, please contact Ted Hirsch at 781-982-4202, ext. 108

2013 Yearbook The 2013 yearbook is now in progress and all the memories of the 2012-2013 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your kids will want to look back, too. Buy them a little time — buy them a yearbook! Just download the attached form and bring to the school or mail it in, it's that simple!

You can also order online at : www.jostensyearbooks.com

Attention Proud Parents: You can sponsor a page for your senior in this year's book. We will also include advertisements from local businesses. Pricing for pages and ads are as follows:

1/8 of a page \$ 25, 1/4 page \$50, 1/2 page \$85, Full page \$150. Contact: cbodnar@sccps.org

DEVELOPMENT OFFICE

SSCEF 18th Annual Auction and "Taste of the South Shore" this Friday. Register on-line today or at the door on Friday. Tickets: \$25.00 until 4/3/2013 or \$30.00 at the door. Don't miss the discount! Today is the last day for on-line bidding and discount on-line registration. Please see attached flier for more details.

SSCPS SPIRIT WEAR SALES EXTENDED: All orders are due on Thursday, April 11th. Order forms attached and available at the front desk. All Spirit Wear is displayed in the front lobby. Just look up!

FROM THE ATHLETIC DIRECTOR

Track Season is Coming!

On Wednesday, April 10th, there will be a meeting for all students in grades 6-12 interested in Track. The meeting will be in Joe Kay's room (202) afterschool. Practices will begin the week after April break.

FROM THE HEALTH OFFICE

Please read the latest study on the amazing and extremely positive mental health benefits eating dinner together as a family can produce.

Family Meals Nourish Teens' Mental Health: Study

http://www.nlm.nih.gov/medlineplus/news/fullstory_135246.html

PHYSICAL EDUCATION UPDATE

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 8-12

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



PARENTS ASSOCIATION

It is that time of year....

The SSCPS Parents Association will hold elections for the 2013-2014 school year with new officials taking office in June. If you are interested in shaping the future of your child's school, getting involved in projects and events throughout the school, helping to engage other parents... PLEASE run for a position!

We need **YOU** in order to run an effective, fun, informative and engaged organization!

GET INVOLVED!

Nominations are due April 15th. Here is the link for the nomination form (job descriptions are first, followed by a few questions on the second page)... [SSCPS PA nomination form](#)

COMMUNITY SERVICE UPDATE

Community Service is always encouraging families to let us know what their students are doing for community service and also other events that are going on in their communities. Recently families have been contacting us giving us additional information on upcoming events which are listed below. Please Email Beth Toma at JToma85103@aol.com for any other events that are coming up in the near future.

Name of Organization	Dates	Website
Calles Miracle Run	Sunday, April 7th	Callesmiraclerun.com
Marathon Strides against Multiple Sclerosis	April 20 th Hopkinton to Boston	MS.org
Arthritis Walk	May 5 th Natick and Plymouth	Arthritis.org
Walk for Hunger	Sunday May 5-Boston Common	Projectbread.org
Avon Walk for Breast Cancer	May 18-19 th Boston	Avonwalk.org
Brain Tumor Ride Brain Tumor Society	May 18 th Waltham	Braintumor.org
Boston Takes Steps for Crohns & Colitis Disease	June 1, 2013 Boston Common , Boston	online.cdfa.org
PAN Challenge for Kids	June 9, 2013 Hingham Wompatuck State Park	www.kids.pmc.org/hingham.aspx
Bike Rides for Multiple Sclerosis	June 29 th - Boston May 4 th - Martha's Vineyard	Nationalmssociety.org
PAN Challenge for Adults	August 3 & 4	http://www.pmc.org/ride/routes

Please check the web sites for further information on these upcoming events.

Stacey Ann Leroy Foundation

The Stacey Ann Leroy Foundation is looking for 10-15 volunteers to participate in a Community Service Event on **Sunday May 5th at Crossroads for Kids camp in Hingham**. They will be cleaning and readying the camp for Spring sessions. Please contact Heidi Alyward: Summer_Skies@msn.com or Patty O'Brien 508-472-7613 if you are interested in volunteering for this event. (<http://www.staceyannleroyfoundation.org/>).

Walk for Hunger Pre-Walk Events Walk for Hunger has the following events to help or this walk : Events March 21 Kick Off Breakfast, March 21 Team Building Workshop, April 21 Snack Bag Packing Event (must be 14 yrs old to participate in this event). Check Project Bread web site at walk@projectbread.org

Blanket & Towel Drive for "The Service Dog Project" Madison McGuinness and Amelia Dalton are running a Blanket & Towel Drive for "The Service Dog Project". It is a farm in Ipswich, MA where they train Great Danes to be Service Dogs <http://www.servicedogproject.org/> We visited the farm a few weeks ago and it is a wonderful organization that could use our help. There is a box in the school lobby to collect blankets, towels and sheets you no longer need. You can check out the farm at the following website: <http://explore.org/#!/live-cams/player/great-dane-service-puppies-indoor-puppy-room>.

COMMUNITY INTEREST

After a long winter, it's time to register for some serious summer fun at Holly Hill Farm. **Summer Camp Registration Day** is this Saturday, April 6 from 10 am to noon. Get your kids outside in the fresh air, away from the TV and other electronics growing vegetables, exploring the habitats of the farm's 130 acres of woods, cooking fresh farm-grown food, creating a play, making compost, and building lasting projects. For older teens there is a community service program to grow produce for the food pantry, and an opportunity for teens to teach younger campers. Summer camps begin on June 10th and continue through August 16. Complete information is available at www.hollyhillfarm.org. Also on our website is information about upcoming spring programs including April vacation program, after school "Farm Animal Club," "Hardy Holly Hillers," early spring plant sale and more.

**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**

Spring must almost be here because it time to get ready for...

The 11th Annual BIG HAIRCUT is on June 3, 2013

To benefit **Locks for Love** <http://www.locksoflove.org> which is an organization that makes wigs for children, who lose hair due to disease. Minimum hair needed for BIG HAIRCUT - 12 inches.

All are welcome!

All you need for the event: is a pair of scissors, a permission slip if under 18, and a Cutter (someone you want to give the honor of cutting your hair during the event).

Participants receive credit for half their Community Service requirements.

Volunteers of all sorts wanted: hairdressers, setup and tear down, artists, hair-braiders, promoters, musicians. Cancer survivors who would like to speak... you name it!

Be there for the big countdown, a SSCPS tradition, and a great time!

Questions ? see Claudia: ext 334, Rm 10 in the high school,
cdarrow@sscps.org



SSCPS 2012-2013 CALENDAR—Revised

AUGUST 2012							SEPTEMBER 2012							OCTOBER 2012									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	Faculty--8 (9 new) Students--4	Faculty--19 Students--19	Faculty--22 Students--21
			1	2	3	4							1		1	2	3	4	5	6	8/20 New Teacher	9/3 Labor Day	10/5 Prof Dev Day
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	8/20 & 8/21--HS Summer Institute	9/12 PD Early Release	10/8 Columbus Day
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	8/21-23-Prof Dev Days	9/27 PD Early Release	10/17 PSAT & PD Early Release
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27			
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31						
NOVEMBER 2012							DECEMBER 2012							JANUARY 2013									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	Faculty--19 Students--19	Faculty--15 Students--15	Faculty--20 Students--19
				1	2	3							1	30	31	1	2	3	4	5	11/6 PD Early Release	12/4 PD Early Release	1/3 Classes Resume
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	11/12 Veteran's Day Observed	12/21 Early Release Vacation Begins	1/8 Prof Dev Day
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11/21 Early Release		1/21 MLK Day
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	11/22-23 Thanksgiving		
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31					
FEBRUARY 2013							MARCH 2013							APRIL 2013									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	Faculty--15 Students--15	Faculty--21 Students--20	Faculty--17 Students--17
					1	2							1	31	1	2	3	4	5	6	2/6 PD Early Release	3/13 Prof Dev Day	4/4 PD Early Release
3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	2/18 Winter Break	3/29 Early Release	4/15 Spring Break
10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20			
17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27			
24	25	26	27	28			24	25	26	27	28	29	30	28	29	30							
MAY 2013							JUNE 2013							SOUTH SHORE CHARTER PUBLIC SCHOOL Revised 2012-2013 CALENDAR									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	Faculty Days 192	Student Days 180	Weather Days 5	1st & Last Day of School	Vacation/Holiday	Professional Development Days	Prof. Dev. Early Release	Early Release Days	Faculty Days	
				1	2	3	4						1								6/19 Early Release	6/20 Last Day of classes Early Release	6/21 -Faculty Day
5	6	7	8	9	10	11	2	3	4	5	6	7	8										
12	13	14	15	16	17	18	9	10	11	12	13	14	15										
19	20	21	22	23	24	25	16	17	18	19	20	21	22										
26	27	28	29	30	31		23	24	25	26	27	28	29										

Announcing
SSCEF 18th Annual Auction
Featuring
Taste of the South Shore

Please join us at the SSCEF 18th Annual Auction. Enjoy a fabulous food experience at *A Taste of the South Shore*. Sample delectable culinary treats from Tosca of Hingham, Bella's of Rockland, Mr. Dooley's of Cohasset, and Margaritas of Weymouth, along with tastings from additional professional chefs and SSCPS parents. All proceeds from the event support the educational experience of all students at South Shore Charter Public School. *Must be 21 or over to attend.

Friday, April 5, 2013

6 - 10 pm

The Elms

American Elm Avenue

Hanover, Massachusetts

Tickets: \$25.00 in advance; \$30.00 at the door

Contact Denise Demaggio for more information at ddemaggio@sscps.org

2013 YEARBOOK

Inspired by You

It's That Time...

Dear Parent:

The 2013 yearbook is now in progress and all the memories of the 2012-2013 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. It captures that feeling and brings those times back again and again. Someday your kids will want to look back, too. Buy them a little time — buy them a yearbook!

So please fill out the order form below, calculate and attach your payment, and bring or mail to the main office today!

Student name _____

Home Phone (in case there are any questions on order) _____

Homeroom _____ Grade _____

Order Options : Check the box next to the option of your choice and mail payment with

completed form to the address listed below. Books will be distributed in June.

2013 Hardcover Yearbook - 25.00

2013 Softcover Yearbook - 20.00 (limited quantity)

Total Amount Enclosed (cash or check): _____

Please make checks payable to: South Shore Charter Public School

Send completed form and payment to: SSCPS 2013 Yearbook
South Shore Charter Public School
100 Longwater Circle
Norwell, MA. 02061

SPIRIT WEAR ORDER FORM

Show your Jaguar spirit by purchasing Spirit Wear

All proceeds raised from the SSCPS Spirit Wear will support SSCPS Athletics



All apparel is gray with blue logo, with exception of back pack (blue w/white logo)

**RETURN ORDER FORM TO THE FRONT DESK: ATTN: DEVELOPMENT OFFICE
ORDERS MUST BE RECEIVED NO LATER THAN**

Friday, April 5, 2013

PRODUCT	SIZE CircleOne	Qty	PRICE	TOTAL
Kids T-Shirts	XS-S-M-L-XL		\$10.00	
Kids Hoodies	XS-S-M-L-XL		\$20.00	
Kids Long Sleeve	XS-S-M-L-XL		\$12.00	
Adult T-Shirts *2XL,3XL add additional \$2.00 *4XL, 5XL, add additional \$3.00	XS-S-M-L-XL-2XL-3XL		\$10.00 *2XL,3XL add additional \$2.00 *4XL, 5XL, add additional \$3.00	
Adult Hoodies *2XL,3XL add additional \$5.00	XS-S-M-L-XL-2XL-3XL		\$25.00 *2XL,3XL add additional \$5.00	
Adult Long Sleeve *2XL,3XL add additional \$2.00	XS-S-M-L-XL-2XL-3XL		\$15.00 *2XL,3XL add additional \$2.00	
Kids Sweatpants	XS-S-M-L-XL (Girl or Boy)		\$20.00	
Adult Sweatpants	S-M-L-XL -2XL		\$20.00 *2XL add additional \$3.00	
Back Sacks			\$10.00	
	Total QTY=		Total=	
CASH OR CHECKS ONLY: Make checks payable to SSCEF Money is due at time of order is placed.				

Student Name: _____

Contact Name: _____

Phone Number: _____

NAME OUR STREET SIGN!

How would you like to see your name or child's name on our new street sign at SSCPS?



Purchase a \$5.00 raffle ticket for a chance to win your name on the sign for a year!

After one year you will be given the sign to keep!

Drawing will be held at the 18th Annual SSCPS Auction on April 5th, 2013!

Detach above and return this portion with payment to:
SSCPS - 100 Longwater Circle - Norwell, MA 02061 - Attn: Denise Demaggio

NAME OUR STREET SIGN!
South Shore Charter Public School

Name: _____ \$5.00 per raffle ticket

Child and/or Family name as it will appear on the sign:

Drawing will be held at the 18th Annual SSCPS Auction on April 5, 2013.

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 torn pizza?

A: With tomato paste!



© 2012 Pearson Education, a division of Cengage Learning

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.

Now: 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.



This institution is an equal opportunity provider.

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

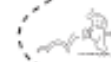
Roll the dice

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, remember the die with higher numbers (15–20). ●



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. ●

OUR PURPOSE
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
Resources for Education,
a division of C21 Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-638-6280 • directors@resourcesforeducation.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 1535-4630

© 2012 Resources for Education, a division of C21 Incorporated

Breakfast Order Form
Breakfast for the Month of April, 2013
Due to the office by 3:00 pm, ***Tuesday**, April 9, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/15 – 4/19 Monday Tuesday Wednesday Thursday Friday

Week of 4/22 – 4/26 Monday Tuesday Wednesday Thursday Friday

Week of 4/29 – 5/3 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.

\$ _____

Lunch Order Form

Lunch for the Month of April, 2013

Due to the office by 3:00 pm, ***Tuesday**, April 9, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/15 – 4/19 Monday Tuesday Wednesday Thursday Friday

Week of 4/22 – 4/26 Monday Tuesday Wednesday Thursday Friday

Week of 4/29 – 5/3 Monday Tuesday Wednesday Thursday Friday

Number of Lunches ordered _____ X \$3.00

Less credit due _____

Total Amount Enclosed \$_____

Cash or Checks may be made out to SSCPS.





SOUTH SHORE CHARTER SCHOOL

April, 2013

Catered by Essence of Thyme

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 3.6 oz. WW Apple Muffin Orange Juice Milk	2 Raisin Bran Apple Cinnamon Waffles Orange Juice Milk	3 Corn Flakes Graham Crackers Orange Juice Milk	4 3.6 oz. WW Apple Muffin Orange Juice Milk	5 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk
8 Rice Krispies Graham Crackers Orange Juice Milk	9 Toasty O's Apple Cinnamon Waffles Orange Juice Milk	10 3.6 oz. WW Apple Muffin Orange Juice Milk	11 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	12 WG Cinnamon Roll Apple cinnamon Waffles Orange Juice Milk
15 	16 V A C	17 A T I	18 O N	19 
22 Corn Flakes Graham Crackers Orange Juice Milk	23 Yogurt Lemon Dinosaur Grahams Orange Juice Milk	24 3.6 oz. WW Banana Muffin Orange Juice Milk	25 WG Cinnamon Roll Apple cinnamon Waffles Orange Juice Milk	26 3.6 oz. WW Blueberry Muffin Orange Juice Milk
29 Raisin Bran Apple Cinnamon Waffles Orange Juice Milk	30 Corn Flakes Graham Crackers Orange Juice Milk	May 1 3.6 oz. WW Apple Muffin Orange Juice Milk	2 3.6 oz. WW Chocolate Chip Muffin Orange Juice Milk	3 Toasty O's Apple Cinnamon Waffles Orange Juice Milk

* All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid



ALL MENUS ARE SUBJECT TO CHANGE

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



SOUTH SHORE CHARTER SCHOOL K-8
April, 2013
Catered by Essence of Thyme

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	2 Meatballs on a WW Sub Sweet Potato Banana Milk	3 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	4 Early Release NO LUNCH	5 Low-Fat Cheese Pizza w/Veggies Italian Magic Beans Apple Milk
8 Ziti & Meatballs Corn Grapes Milk	9 Macaroni & Cheese Broccoli Peaches Milk	10 Jamaican Beef Patty Southwestern Beans Green Beans Tangerine Milk	11 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Milk	12 Chicken WW Quesadilla Green Beans Banana Milk
15 	16 V A C	17 A T I	18 O N	19 
22 Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Milk	23 BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Tangerine Milk	24 Buffalo Chicken WW Wrap Chickpea Salad Peaches Milk	25 American Chop Suey Broccoli Orange Honey Wheat Dinner Roll Milk	26 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk
29 Cheesy Chicken Broccoli Bake Corn Grapes Milk	30 Pancakes Sausage Pattie Sweet Potato Baked Apple Slices Milk	May 1 Chicken Parmesan w/Ziti Green Beans Banana Milk	2 Buffalo Chicken on WW Wrap Chickpea Salad Peaches Milk	3 Early Release NO LUNCH

* All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid

ALL MENUS ARE SUBJECT TO CHANGE

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



SOUTH SHORE CHARTER SCHOOL 9-12

April, 2013

Catered by Essence of Thyme

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Honey Wheat Dinner Roll Milk	2 Meatballs on a WW Sub Sweet Potato Banana Apple Juice Milk	3 Chicken Alfredo w/Ziti Broccoli Honey Wheat Dinner Roll Applesauce Milk	4 Early Release NO LUNCH	5 Low-Fat Cheese Pizza Italian Magic Beans Fruit Cocktail Apple Milk
8 Ziti & Meatballs Corn Grapes Milk	9 Macaroni & Cheese Broccoli Peaches Whole Wheat Roll Milk	10 Jamaican Beef Patty Southwestern Beans Green Beans Tangerine Apple Juice and Milk	11 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Apple Juice Milk	12 Chicken on a WW Quesadilla Green Beans Spanish Rice Banana and Apple Milk
15 	16 V A C	17 A T I	18 O N	19 
22 Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Raisins Milk	23 BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Tangerine Pineapple Chunks Milk	24 Buffalo Chicken WW Wrap Chickpea Salad Peaches Orange Juice Milk	25 American Chop Suey Green Beans Orange Raisins Milk	26 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk
29 Cheesy Chicken Broccoli Bake Corn Grapes Milk	30 Pancakes w/Syrup Sausage Pattie Sweet Potato Baked Sliced Apples Milk	May 1 Chicken Parmesan w/Ziti Broccoli Banana Orange Juice Milk	2 Buffalo Chicken on WW Wrap Chickpea Salad Peaches Raisins Milk	3 Early Release NO LUNCH

* All Meals include 8 ounce Milk. Choice of 1%, Skim or Lactaid

ALL MENUS ARE SUBJECT TO CHANGE

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