



Wednesday	05/01	Finance Committee	4:00pm
Thursday	05/02	Level III Field Trip Boston Theatre	
Friday	05/03	Kindergarten Screenings	9:00am
Friday	05/03	Golf Tournament Committee meeting	8:30am
Friday	05/03	Professional Development Early Release	12:00pm
Friday	05/03	Parent Association Teacher Appreciation Luncheon	12:00pm
Tuesday	05/07	MCAS Science Grades 5 and 8	
Tuesday	05/07	Parents Association	7:00pm
Wednesday	05/08	AP Calculus Exam	8am-12pm
Wednesday	05/08	New High School Mandatory meeting	6:00pm

ANNOUNCEMENTS

Calling all bakers, cooks and purchasers for our Annual Teacher Appreciation Luncheon.

The luncheon will take place on Friday, May 3rd. This is the half day. We will need main dishes, side dishes, salads, desserts, drinks and paper goods. You can drop off your item in the morning at drop-off or at dismissal/pickup. The luncheon hosts about 80 staff members, and they love and appreciate the assortment of food that is sent in by our families. They look forward to our luncheons every year!

If you would like to donate, please contact me directly at jpettinelli123@hotmail.com. Thank you for your generous donations!

Justina Pettinelli, Parent of Christian Pettinelli (Level I)-and-Susan Mallon, Parent of Natalie Mallon (Level IV)

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, ¼ page \$50, ½ page \$85, Full page \$150. Contact: cbodnar@sccps.org

Jump Rope/Hope for Heart Huge Success! Thank you to all those who participated in Jump Rope/Hoops for Heart! SSCPS raised more this year than we ever have. Levels I, II and III came together to raised \$3,540.01 for the American Heart Association. To learn more about how our efforts are making an impact, please visit http://static.heart.org/ahaanywhere/sites/volunteer_ecard_2013/

FROM THE PRINCIPALS

Since the senseless acts on April 15th in Boston, I and everyone I have talked to have been touched by the conscious choices that folks have made to show that love and kindness are the best response to evil. There is a famous quote of Martin Luther King Jr. that is on a poster that hangs outside of my office. The quote fits perfectly in the post-Boston Marathon bombing situation and Governor Patrick used a bit of it in the speech he gave at the Cathedral of the Holy Cross on Thursday April 18th. Dr. King said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Here at school teachers have reached out to be the light that drives out darkness and I quote below from an e-mail that Judy Pritchard, one of our Kindergarten teachers, wrote on April 16th.

Hello All, For any of you who may check their email during vacation...Melissa and I are going to attempt to collect 1000 Acts of Kindness as a response to Monday's tragedy. (We will not be addressing the circumstances with our little ones, but will tie it in to their community service experiences.) We are asking that anyone (faculty, families, or students) who is interested write down any act of kindness they may do, or have done, since Monday on a paper heart and bring it to my classroom (305). Wouldn't it be meaningful if this awful act was buried by acts of kindness??? Thank you! Judy

On Monday the 29th I asked Judy how the 1000 Acts of Kindness was going and below is her reply and also responses from Donovan Fauvelle, a Level III teacher and Melissa Freitas, our other Kindergarten teacher as they too have become very involved in collecting the 1000 Acts of Kindness.

Hi Ted. After the tragedy (and knowing both that Danielle [Hughes, Judy's assistant teacher] had been standing in between the two blasts, and that some of my K's were in Boston to watch the runners) I wanted to find a way to show them that the love present in the world far outweighs the hatred. I needed a way to do this that would not mention the tragedy specifically and yet might respond to any angst the kids might have after watching their parents grieve. The idea of 1000 Acts of Kindness was born, but then Melissa and Donovan ran with it. Through friends, parents, and social media, we all reached out to colleagues in other cities, states, and countries. The response has been unbelievable. You should have been in my classroom this afternoon when we opened the 2 packages and, literally, hundreds of hearts tumbled onto the floor! I don't think I've ever seen a happier, more excited bunch of children. They have been using their free-choice time to cut out additional hearts every day to send off to people who may be able to use them. The project has been bringing great joy to our kids! Judy

Hi Ted, I believe Judy really summed it up nicely. Now that I am working in the Middle School the kids are more aware of the world and the evil that sometimes can go with it. We had some open and honest discussions after Sandy Hook and my students in Cyber Citizens started talking about how to focus more on the good in the world. One particular student said to me, "I wish they would cover nice stories in the news more instead of always bad."

When I saw Judy's email about wanting to start the 1000 Acts of Kindness I knew that this was something my project would love to get involved in. Just the act of cutting the hearts out seemed to bring the group together and it was nice to see them having real discussions about trying to see good in the world.

Right now, I am in contact with three other middle schools in Massachusetts that are willing to participate with us. This has not only been a great across-Level project, but a wonderful way to get other schools involved. Donovan

Hi Ted, I agree with everything that Judy and Donovan said. With the Kindergartners we have not discussed Sandy Hook or the bombing - we have tied this in to their community service requirement and talked about how doing nice things for others makes us feel good.

My class has been really excited about this. We have received hearts from an elementary school in Quincy and a high school in Oklahoma. Their favorite heart received so far is from my aunt who is in her 70's. Her act of kindness is "I shared my candy." My 5 and 6 year olds can relate to this and how it would make someone feel good. Melissa

There are ripples of good coming from many places and may those ripples help folks heal and may those paper hearts bury much evil with kindness.

Other acts of kindness not written on paper hearts are also going on here at school. I would like to thank Joe Kay's Helping Hands Project for repairing and improving many things for many folks. I would like to express a special appreciation for Max Goldenberg, Lucas Whitemyer, and Aidan Wright from Helping Hands and Dave and Clay MacDonald for the new and repaired garden beds in the back and to Amy Vandenberg. Amy wrote and won the grant from Whole Foods Foundation that paid for the materials. It's spring and to prove it the first Kindergarten screening for next year's Kindergartners is on Friday; many Seniors are out on their internships and graduation is only about a month away.

Ted Hirsch – thirsch@sscps.org

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

Field of Flags The Level IV S³ Project is planning to create a Field of Flags in front of the school to honor those who have served or are currently serving in the Armed Forces. The flags will be on display from Memorial Day to Flag Day. The flags cost \$5 per flag and the proceeds will benefit the Home Base Program (www.homebaseprogram.org). The program is dedicated to improving the lives for veterans who deployed in support of the conflicts in Iraq and Afghanistan and live with deployment- or combat-related stress and/or traumatic brain injury. The flags can be ordered with the order form attached to this update or before school on May 1 to May 24 in the lobby.

FROM THE MASSACHUSETTS CHARTER SCHOOL ASSOCIATION

Dear South Shore Charter Public School Families,

As of 9:00 a.m. this morning, Massachusetts charter school parents, trustees, staff and friends have sent over **3,000 emails to their State Legislators** in preparation for the May 7th Education Committee hearing on raising the charter school cap!

We are more than halfway to our goal of 5,000 emails with 6 days still to go until the hearing. If you've already sent your email, thank you!!!

If you haven't, would you take 2 minutes to send one? [clicking here](#) will allow you to personalize the message and have it sent automatically to your state Representative and Senator. You don't need to address it or sign it, the website will do it for you!

There are over 50,000 children on charter school wait lists for next fall. Perhaps one of them is your friend's son or daughter. Or a cousin. Or your own children.

Please help us. Send an email TODAY to your state legislators by [clicking here](#).

Thank you!
Marc Kenen

Massachusetts Charter Public School Association

PARENTS ASSOCIATION

Greetings everyone!

It is amazing that we are almost at the end of another school year! And so, it is time to vote for new PA Officials... We have had a great year and are already planning for the next one!

You can help us by doing a couple of things...

1. Vote for new PA officials by following the link below or filling out a paper ballot at the front desk or in the update; (please vote by May 17th)

[PA Election Ballot](#)

2. Keep your ideas and suggestions flowing... (send them to me molimu@gmail.com)
3. Attend the next PA meeting (Tuesday May 7th at 7pm)
4. Give to the **Annual Fund**, especially if you haven't yet...

Thanks for everything!
Lisa, for the SSCPS PA

COMMUNITY SERVICE UPDATE

This coming weekend there are several events that would be excellent ways for students to participate in for their community service requirements. One of the big ones is in Boston which is “The Walk for Hunger” on Sunday. I contacted Project Bread recently asking if there would be extra security on due to the event that happened this month. This was their response “*We are working with officials to make sure everything is as safe as ever and will definitely let everyone know if there are any changes to maintain the safety of everyone involved.*” Hopefully the event that recently happened will not affect the participation for wonderful event.

Name of Organization	Dates	Website
Arthritis Walk	May 5 th Natick and Plymouth	Arthritis.org
Walk for Hunger	Sunday May 5-Boston Common	Projectbread.org
Cross Roads for Kids (camp clean up)	Sunday, May 5 in Hingham	Staceyannleroyfoundation.org
Avon Walk for Breast Cancer	May 18-19 th Boston	Avonwalk.org
13 th Annual New England Chapter Cure Spinal Muscular Atrophy Rock & Roll	May 18 th – DCR Wompatuck State Park – Hingham – 10 am	Fsma.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.ccfa.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/>).

Blanket & Towel Drive for "The Service Dog Project" Madison McGuiness 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

Holly Hill Farm is having the first farm to table dinner of 2013 on Saturday May 11 from 6-9 pm. This special event “**Spring Asparagus & More!**” will offer guests a chance to visit the field where asparagus grows, discover its unique growing habits, learn tips for growing asparagus at home, and then enjoy a delicious dinner that incorporates our local organic spring salad greens, leeks, asparagus and more in various mouthwatering recipes. Visiting chef Robin King from Restaurant Oro in Scituate will create a menu that includes locally sourced fish and meat and wines paired with each course. This fundraising dinner supports the *Friends of Holly Hill Farm*, the non-profit education center based at Holly Hill Farm,

and will ensure the continuation of valuable educational programs at our historic family farm and in school gardens around the South Shore. Join us for this special event as we celebrate spring and welcome another season of local organic food and sustainable agriculture. Seating is limited so please purchase tickets either by visiting our website, www.hollyhillfarm.org or by contacting Jon Belber at jbelberhollyhill@hotmail.com or 781-383-6565. Cost is \$75 for members of the *Friends of Holly Hill Farm*, \$85 for non-members. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions and more information, visit www.hollyhillfarm.org.

Keeping a Naturalist Sketchbook with Artist Lynn Rizzotto - *The Friends of Holly Hill Farm* is offering an inspirational one-time drawing experience on Sunday, May 12, from 10 to 11:30 a.m. for several 'teams' of one grandparent and one grandchild. Local artist, and lifelong keeper of a sketchbook, Lynn Rizzotto will guide a hands-on drawing and observational session at the Farm. This is a unique opportunity for each grandparent/grandchild team to learn new ways to study and record nature. Proven ideas for locations to sketch, recommended art materials, and resource materials will be discussed. Lynn, who is the director of the Children's Creativity Workshops, will share her own sketches, drawings and paintings that have been influenced by documenting nature in gardens, farms, forests and marketplaces, in New England and during her travels. Enrollment is limited to 10 teams. The fee for each grandparent/grandchild team to take part in this enriching experience is \$20 for Members of *Friends of Holly Hill Farm*; \$30 for Non-members. Grandchildren ages 6 to 10 years are welcome. All art materials are included. All fees will be donated to help support the *Friends of Holly Hill Farm*. Payment is due at time of pre-registration, and is required by April 30, 2013. Please call the *Friends* office at 781-383-6565, or email jbelberhollyhill@hotmail.com to register.

"Raised Beds: design, build, plant, harvest at Holly Hill Farm in Cohasset," Saturday, May 4th from 10 to 12 noon. Come learn the benefits and joys of creating, building and planting a productive, organic raised growing bed. We will go over plans, design ideas seedlings, sowing seed schedules and how to gain the most production from the growing season. Each participant will take away some early seedlings and plants, along with lots of ideas. Cost \$12 FHHF members/\$15 non-members.

Two great afterschool programs at Holly Hill Farm are happening now at Holly Hill Farm: **"Hardy Holly Hillers"** will be on Tuesdays from 4-5 pm. Come outside and join us for after school jaunts around Holly Hill Farm. Recent studies suggest that today's children suffer from "Nature Deficit Disorder," a term coined by Richard Louv, author of "Last Child in the Woods." This afterschool program will give children the interaction with the natural world they need, allowing them to expend pent up energy and become familiar with the diverse ecosystems of the farm and notice all the beauty of spring. **"After School Animal Club"** will be on Thursdays from 4-5 pm. Celebrate the return to spring as the animals in the barnyard regain their sprightly step, shed their winter coats and eagerly enjoy new company. Weekly chores include feeding the animals, collecting the chickens' eggs and tucking all the animals into their shelters for the night. Join the club and make friends with the farms' animals. For more information, visit www.hollyhillfarm.org.

The much awaited **Holly Hill Farm Plant Sale** is coming up May 18, 19, 25, & 26 from 10 am - 4 pm each day. There will be organic plant starts for the home garden, with reliable favorites and some new varieties for your home vegetable gardens. Organic soil amendments from Vermont Compost will be available for purchase as well as organic fertilizers and pest controls. The farm stand will be open with produce and eggs for sale. Members of the *Friends of Holly Hill Farm* (the non-profit education center based at the farm) have a special opportunity to shop on Friday May 17 from 4 to 6 pm, ahead of the general public. Become a new member that afternoon and see what all the excitement is about! In addition to early admission to the famous plant sale, *Friends of Holly Hill Farm* members receive other benefits including discounts on all programs and workshops at the farm, free admission to the Members' Annual Spring & Fall Events, Spreading Roots (our quarterly newsletter), a copy of our Annual Report, and the knowledge that your membership supports an organization dedicated to using an organic farm to teach the value of sustainable agriculture, preservation of historic buildings, woodlands and open spaces.

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 HAIR CUT - 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

TOUCH A TRUCK



Sunday, May 19, 2013
10:00am – 1:00pm
Abington Town Hall and Library
500 Gliniewicz Way Abington, MA

We are in need of vehicles, food, activities and volunteers. Please contact Iris Mahegan, Janet Daley or Denise Demaggio if you are interested or want to help with organizing this fun family event.

valsdotir@gmail.com
jemsdaley@comcast.net
ddemaggio@sscps.org



FIELD OF FLAGS ORDER FORM – 2013

NAME _____ EMAIL _____

NUMBER OF FLAGS ORDERED (12" x 18" Flag) _____

AMOUNT PAID (\$5 per flag) _____ PAYMENT METHOD cash ____ check ____

You may dedicate your flag to an individual, group, or to all that have served:

DEDICATED TO: _____

CURRENTLY SERVING: yes no BRANCH OF SERVICE _____

All donations will be given to the Home Base Program. The Home Base Program is a partnership between the Red Sox Foundation and Massachusetts General Hospital. The program is dedicated to improving the lives of veterans who deployed in support of the conflicts in Iraq and Afghanistan and live with deployment- or combat-related stress and/or traumatic brain injury. Additional information can be found at www.homebaseprogram.org

These flags will be on display from May 24th until June 17th in front of SSCPS sign on Longwater Circle.

Sponsored by the S³ Project – Level IV



SOUTH SHORE CHARTER EDUCATIONAL FOUNDATION FIFTH ANNUAL GOLF TOURNAMENT

Golfers, please plan to join us for a wonderful day of golf at this exquisite private course with picturesque views of the fountain pond and rolling hills, surrounded by the beautiful conservation lands of Kingston, Massachusetts. Indian Pond is listed in Golf Digest, as ranking, "Best in State." Don't miss this opportunity to golf at one of Massachusetts' best courses while supporting SSCEF. *Admission is \$150.00 per person and \$550.00 per foursome. Order your tickets by May 17, 2013 to be entered in the early bird raffle.*

For all you non-golfers and golfers alike, we are having the Chip For Children- 50/50 Chip contest. You do not need to be present to participate. This year all proceeds from the Chip for Children contest will be donated to *The Matthew Freitas Support Fund.*

**Friday, June 7, 2013
9:00am Shotgun Start
Indian Pond Country Club
Kingston, Massachusetts**

We are still accepting donations, ad space and sponsorships.

All proceeds go towards enhancing the SSCPS educational experience for every student.

For more information contact Denise Demaggio 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

Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2013

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Camp lunches

If your youngster goes to summer camp, take a look at the lunch menu. These programs



may not have the same nutritional standards that you can rely on from the school cafeteria. Consider packing healthy lunches for him instead, but ask if they will be refrigerated. If not, be careful to avoid mayonnaise, meats, and dairy foods.

Run for charity

Encourage your family to exercise together by signing up for a charity run or walk. Check local newspaper or online listings for upcoming events. **Idea:** Let your child help choose one for a cause that affects a relative or friend, such as cancer or autism. Then, mark it on your calendar, and figure out a training plan (walking or running a certain distance each day).

DID YOU KNOW?

If your youngster doesn't get enough sleep, her body won't produce as much leptin, a hormone that helps her to feel full. Then she's likely to wake up hungrier and eat more. While it's tempting to let kids stay up later in the summer, try not to make it too late—perhaps add 15 or 30 minutes to her school-night schedule.

Just for fun

Q: What are the most delicious books?

A: Cookbooks!



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Have an active summer

Being active over the summer can help your children stay healthy and return to school ready to learn. Use these suggestions to keep them happy and moving all summer long.

Just play. Try to build in time for playing outdoors each day. Let your kids run through the sprinkler on a hot day. Have them dig in the dirt and play games like tag or capture the flag. Or set up an outdoor obstacle course with upside-down buckets, inner tubes, and cardboard boxes. **Tip:** Hold a daily contest—a long jump one day, limbo the next, and a 50-yard dash another time.

Take outings. Walk or bike to a playground or field, and bring along balls, bats, or jump ropes. On weekends, try to plan on at least one active family event. You might hike in a state park,



go canoeing, ice skate at an indoor rink, or tour a museum or historical site.

Limit screen time. It can be all too easy for kids to plop down in front of a TV, computer, or video game on a lazy summer day. Restricting screen time to 1–2 hours can give your children a chance to be active the rest of the day. **Idea:** Even while using a screen, include active play with "jumping jack breaks" during commercials or a run around the block when someone reaches a new level in a game.

Food flags

Here's a fun way to get in a geography lesson as your youngster creates and eats healthy dishes: let her make edible flags!

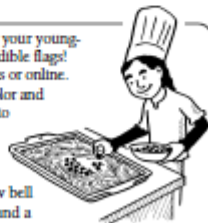
First, help her find pictures of flags in library books or online. Then, brainstorm ideas for foods to represent each color and shape. **Idea:** Go to a grocery store or farmers' market to look for items. That will help her learn about new fruits and vegetables and inspire her to try them!

Here are two to get her started:

Brazil: A rectangular bed of spinach with yellow bell pepper slices arranged in a diamond in the center and a circle of blueberries on top.

China: A rectangle of halved strawberries (red side up) with a large slice of star fruit in the top left corner and four smaller star fruit slices in a semicircle beside it.

How many food flags can your child design?



This institution is an equal opportunity provider.

Take me out to the ball game

Heading to a stadium, an amusement park, or a fair this summer? Along with fun, these places can pack a lot of calories! Try to keep things healthier with these strategies:

- Order "regular" sizes. If your child has a hot dog, make it a normal one with mustard, not a "jumbo" with all the fixings.
- Choose grilled items rather than fried goodies. You might find a grilled beef kebab, fish sandwich, or turkey burger, for example.
- Forget the hand-squeezed lemonade—it's filled with sugar. Ask for a lemon wedge to squeeze into refreshing cold water instead.



- Have corn on the cob or a baked potato rather than french fries. Tip: Skip the heavy toppings and put salsa (from the nacho bar) on the potato.
- Look for all-fruit smoothies or fresh fruit salads.
- Get a chicken wrap rather than chicken tenders, which are typically breaded and served with high-calorie dipping sauce.

● As long as your child isn't allergic, consider a bag of peanuts. It takes time to crack open each shell, so they last longer, and peanuts are high in protein, fiber, and vitamins.

Tip: Eat something filling and healthy before leaving home so your youngster isn't starving when you get there. ●



ACTIVITY CORNER Old-fashioned games

Your youngster will enjoy hearing about games her relatives played in the "olden days." Share some stories, and then try versions like these.

Hoop and stick

Mark a course, maybe up and down a driveway or sidewalk. Then, have each person use a stick to roll a hula hoop from one end to the other. The first one to the finish line wins.



Tug of war

Form two teams that are roughly equal in weight, such as a child on each side or a parent on one side and two kids on the other. Each team holds on to opposite ends of a sturdy rope (pulled tight). Put a line of pillows in the middle, and let the teams begin tugging. The first side to fall into the pillows loses. ●

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 CCH Incorporated
128 N. Royal Avenue • Brentwood, VA 22130
540-433-6330 • rlfrazier@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 1575-4630

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Q & A Diets for children?

Q: Our son is overweight. Should we put him on a diet?

A: The place to start is with your pediatrician. Ask if your child's weight is a problem or if he is likely to outgrow it as he gets taller. Unless he is very overweight, the best approach often is a combination of daily physical activity and a balanced diet with lots of nutrients and not too many sweets.

Try to have your child keep to a regular meal and snack schedule. Also, eating meals together helps—you can control the food choices by what you serve. Keep fresh fruits and vegetables on hand, and avoid obvious culprits like fast food, chips, candy, and soda.

Finally, focus on the person that your child is—not his shape. It's important at this age that he develop a healthy relationship with food and with his own body. ●



IN THE KITCHEN Salad in a jar

When it's too hot for heavy meals, salads are often the answer for adults. Help make them a favorite with your child, too, with this clever idea.

In a clean jar, layer salad ingredients, starting with dressing on the bottom. Refrigerate, and then shake when you're ready to eat. This is a fun activity to do with your youngster—he can pick out his favorite ingredients and do the layering himself. Idea: Challenge him to put one food that he doesn't usually eat into each jar.

Try combinations like these:

- Low-fat ranch dressing
- Chopped red bell pepper
- Grape tomatoes
- Hard-boiled egg
- Spinach leaves

- Low-fat French dressing
- Shredded carrots
- Raisins
- Sunflower seeds
- Shredded romaine lettuce

- Low-fat vinaigrette
- Walnuts
- Grapes
- Feta cheese
- Red-leaf lettuce

- Low-fat Italian dressing
- Cooked shrimp (cooled)
- Cooked green beans
- Cooked potatoes (cut into chunks)
- Bibb lettuce ●



Breakfast Order Form
Breakfast for the Month of May, 2013
Due to the office by 3:00 pm, *Tuesday, May 7, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 5/13 – 5/17 Monday Tuesday Wednesday Thursday Friday

Week of 5/20 – 5/24 Monday Tuesday Wednesday Thursday Friday

Week of 5/27 – 5/31 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 May, 2013
Due to the office by 3:00 pm, *Tuesday, May 7, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 5/13 – 5/17 Monday Tuesday Wednesday Thursday Friday

Week of 5/20 – 5/24 Monday Tuesday Wednesday Thursday Friday

Week of 5/27 – 5/31 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
MAY, 2013
Catered by Essence of Thyme

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
6 3.6 oz. WW Apple Muffin Orange Juice Milk	7 Raisin Bran Apple Cinnamon Waffles Orange Juice Milk	8 Corn Flakes Graham Crackers Orange Juice Milk	9 3.6 oz. WW Apple Muffin Orange Juice Milk	10 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk
13 Corn Flakes Graham Crackers Orange Juice Milk	14 Yogurt Lemon Dinosaur Grahams Orange Juice Milk	15 3.6 oz. WW Banana Muffin Orange Juice Milk	16 WG Cinnamon Roll Apple Cinnamon Waffles Orange Juice Milk	17 3.6 oz. WW Blueberry Muffin Orange Juice Milk
20 Raisin Bran Apple Cinnamon Waffles Orange Juice Milk	21 Corn Flakes Graham Crackers Orange Juice Milk	22 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	23 Rice Krispies Graham Crackers Orange Juice Milk	24 Toasty O's Apple Cinnamon Waffles Orange Juice Milk
27 MEMORIAL DAY	28 WG Cinnamon Roll Apple Cinnamon Waffles Orange Juice Milk	29 3.6 oz. WW Apple Muffin Orange Juice Milk	30 3.6 oz. WW Blueberry Muffin Orange Juice Milk	31 3.6 oz. WW Chocolate Chip Muffin 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
MAY, 2013
Catered by Essence of Thyme

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
6 Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	7 Meatballs on a WW Sub Sweet Potato Banana Milk	8 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	9 Chicken Caesar Salad WW Wrap Cucumber Pears Milk	10 Low-Fat Cheese Pizza w/Veggies Italian Magic Beans Apple Milk
13 Ziti & Meatballs Corn Grapes Milk	14 Macaroni & Cheese Broccoli Peaches Milk	15 Jamaican Beef Patty Southwestern Beans Corn Tangerine Milk	16 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Milk	17 Chicken WW Quesadilla Green Beans Banana Milk
20 Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Milk	21 BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Tangerine Milk	22 Buffalo Chicken on WW Wrap Chickpea Salad Peaches Milk	23 American Chop Suey Broccoli Orange Honey Wheat Dinner Roll Milk	24 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk
27 MEMORIAL DAY	28 Cheesy Chicken Broccoli Bake Corn Apple Milk	29 Pancakes Sausage Pattie Sweet Potato Baked Apple Slices Milk	30 Turkey Ranch Wrap Cucumber Fruit Cocktail Milk	31 Beef Hot Dog on WW Roll Potato Puffs w/Ketchup Banana Milk

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

ALL MENUS ARE SUBJECT TO CHANGE

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SOUTH SHORE CHARTER SCHOOL 9-12
MAY, 2013
Catered by Essence of Thyme

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
6 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Honey Wheat Dinner Roll Milk	7 Meatballs on a WW Sub Sweet Potato Banana Apple Juice Milk	8 Chicken Alfredo w/Ziti Broccoli Honey Wheat Dinner Roll Applesauce Milk	9 Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	10 Cheese Pizza w/Veggies Italian Beans Pineapple Apple and Milk
13 Ziti & Meatballs Corn Grapes Milk	14 Macaroni & Cheese Broccoli Peaches Honey Wheat Dinner Roll Milk	15 Jamaican Beef Patty Southwestern Beans Green Beans Orange Apple Juice and Milk	16 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Sliced Apples Apple Juice and Milk	17 Chicken WW Quesadilla Spanish Rice Green Beans Banana Peaches and Milk
20 Mexican Chicken WW Wrap Potato Puffs w/Ketchup Apple Orange Juice and Milk	21 BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Orange and Pineapple Chunks Milk	22 Buffalo Chicken on WW Wrap Chickpea Salad Peaches Orange Juice Milk	23 American Chop Suey Broccoli Orange Honey Wheat Dinner Roll Apple Juice and Milk	24 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Grapes Milk
27 MEMORIAL DAY	28 Cheesy Chicken Broccoli Bake Corn Orange Peaches Milk	29 Pancakes Sausage Pattie Sweet Potato Baked Apple Slices Milk	30 Turkey Ranch WW Wrap Cucumber Fruit Cocktail Banana Milk	31 Beef Hot Dog on WW Roll Potato Puffs w/Ketchup Raisins Orange Juice and Milk

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

ALL MENUS ARE SUBJECT TO CHANGE

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