



Thursday	10/04	Read for the Record – Bright Horizons	
Friday	10/05	Professional Development Day – no classes for students	
Friday	10/05	In Control Driving	8:30am
Monday	10/08	Columbus Day – no school	
Wednesday	10/10	Art Workshop Field Trip Boston	
Wednesday	10/10	SEPAC Workshop – Basic Rights	6:30pm
Thursday	10/11	School Council	3:45pm
Saturday	10/13	Harvest Road Race – Wompatuck State Park	Register today!

Save the Date! Tuesday, November 6th Grandparents & Friends Day

PRINCIPAL’S REPORT

CONGRATULATIONS to the ten students from South Shore Charter Public School who were awarded John and Abigail Adams scholarships!

- | | |
|--|--|
| <p>Ellis Gilbert
 Griffin Howard
 Zachary Johnston
 Liam MacCormack
 Colin MacDougall</p> | <p>Kayla Murray
 Charles (CJ) Palmer
 Adam Thermitus
 Heather Vignali
 Ka’Liahia Williams</p> |
|--|--|

The scholarship provides a tuition waiver for up to eight semesters of undergraduate coursework at a Massachusetts state college or university. High school seniors become eligible for the scholarship when they score at the Advanced and Proficient levels on grade 10 MCAS tests in English Language Arts and Mathematics. A student must earn a score of Advanced on the ELA or Mathematics test and a score of Proficient or higher on the second test. Students must also have combined scores from the MCAS ELA and Mathematics tests that place them in the top 25% of students in the graduating class at SSCPS or in their sending district. Over 32 percent of our Senior class earned these scholarships!



In other Senior news, Mary Carter, Joe Kay, and I joined our Senior class on an overnight Senior Retreat at Camp Burgess in Sandwich two weeks ago. This was the third year of a trip that has become an annual tradition. The schedule for the two days combined organized team-building activities with a ropes course, open recreation, and water sports. We ended our evening on Thursday with a flashlight-less night hike and a campfire complete with s’mores.

During the structured portion of the trip, Seniors participated in a series of team activities designed to encourage leadership

skills and cooperation. On the low ropes course students were given a variety of challenges to overcome that required them to work together to come up with a plan and effectively execute it. For example, groups of students were asked to move students between three platforms using only a rope and a plank while half the students were not allowed to speak. All of the challenges, which often involved spills, mistakes, and needing to stop to reevaluate, were incredibly entertaining to watch. We repeatedly saw students encourage one another, help each other up, and stop to listen.

What really struck us was the way that our students persevered in the face of challenges and supported one another. Everyone was willing to try and with help from one another everyone succeeded. Teamwork extended beyond the organized activities. Students worked together to clean up after meals, build the campfire, and organize groups for kayaking and canoeing. It was extremely rewarding as an educator to see our students bring together their interpersonal skills, problem-solving techniques, and leadership abilities in their pursuit of a goal and enjoy it. The performance of our students provided me with further evidence that SSCPS gives students an education that goes far beyond academics. This was reinforced by the praise given to our students from the staff who assured me that they certainly do not compliment every group.



The retreat provided our Seniors time to come together as a class and to strengthen their bonds as they enter their final year at SSCPS. After completing the activities students were able to articulate what they could bring back to the community. Our hope is that they will use the skills they honed at the retreat to help them lead not only their High School peers, but the school as a whole. Luckily, our students have had many years of training to allow them to take on this role; throughout the building activities like Town Meeting, Community Meeting, Advisory, and Open Circle, as well as initiatives that teachers take in their individual classrooms, all help bring our students together. While academics come first in our mission statement, our Seniors are also reminders of student success in service and in life.

Angie Pepin 781-982-4202 x102 apepin@sscps.org

MEAL BENEFIT APPLICATIONS ARE DUE NOW!

Please take a moment to complete the Meal Benefit Application for your family if you have not already done so! See attached. The School is participating in the National School Meal Reimbursement Program. Information gathered from our approved applications helps us receive reimbursement for our lunch and breakfast program and entitles us to more federal and state grant opportunities. This allows us to receive additional funding that can be used to enhance our existing programs. If you have any questions, or need assistance in completing the form, please call Kristine Shippis at 781-982-4202x106. Please note that the information gathered from the application is kept confidential.

ANNOUNCEMENTS

2012 Yearbooks!

We have a very limited supply of last year's Yearbooks available, at a very reduced price! You can get a hardcover (only 2 left) for only \$15 and a soft cover (only 13 left) for only \$10! These won't last long, so if you'd like one, please see Dee or call her at extension 159.

Congratulations to Sixth Grade Student, Molly Kirves! Molly won second place in Trimatholon for sixth graders in the state of Massachusetts.

SSCPS Afterschool Music - Private music lessons are beginning at SSCPS for the following instruments: Guitar, Bass, Drums, Piano, Violin, Viola, Cello, Flute and Voice Please contact Music Teacher Geoff Roman for further information if you are interested in participating.

-Thank You -Geoff Roman groman@sscps.org (781) 982-4202 x318

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

Be sure to stop and look at the Level I Project Bulletin Board to see the beautiful photos and student writing highlighting the work done by Velma Begley and her students in their "Milkweed Project". There are photos of students tagging the butterflies before their release in order to collect data on their migration to Mexico as well as photos of the actual release. This amazing work done by first and second graders demonstrates how projects at SSCPS aid in helping students meet the goals of our mission statement, "Inspiring every student to excel in academics, service, and life ". It is not to be missed! The bulletin board is located outside of Cassandra's kindergarten classroom.

ATHLETICS

Thursday 10/4 Cross Country Meet, Sheepfold Reservation, Medford 4pm
Saturday 10/6 Boys Soccer vs. Match at Southfield, South Weymouth, 10am
Middle School Soccer vs. Kipp Academy, South Weymouth, 11:30am
Girls Soccer at Community Charter, Danehy Field, Cambridge, 10am

PARENTS ASSOCIATION

LAST CHANCE TO SUBMIT YOUR AD FOR THE SSCPS DIRECORY DEADLINE THURSDAY, 10/ 04
Advertisement space is available in the SSCPS directory. Ad prices are as follows... \$25 business card size, \$50 half page, \$100 full page, \$150 inside back cover, (back cover is sold) The directory is half page side (4.25 x 5.5) and all ads are printed in black and white. Send your information to Lisa Harvey-Mone (molimu@gmail.com) or you may drop your information with payment (made out to SSCPS) at the front desk. We need your information in electronic form as a word, publisher, or .pdf document. You may also mail your advertisement and/or payment to the school SSCPS 100 Longwater Circle Norwell MA 02061 Attention: Pam Alger. If you have any questions, please contact me by email or at 617-763-1533.
Lisa Harvey-Mone

COMMUNITY SERVICE UPDATE



You will notice that the way we are now communicating community service events through the weekly school update has changed. Below is an abbreviated list of current events coming up.

For more details go the www.sscps.org web site go to community service page and you will find a link for **Community Service Opportunities as of Sept.26 2012**. This will give you further detailed information regarding each event posted below. Also on the same page is a link to our Community Service Table which lists organizations to further explore for other community service opportunities.

We would love to hear about what community service events that are happening in your community or events that you may know about in other areas on the South Shore. Please email Beth Toma at JToma85103@aol.com

Upcoming Community Service Events

Organization	Date	Place
Walk for Kaya through Jordan Hospital	Saturday, October 13	Jordan Hospital, Plymouth
Big Brother Big Sister – Halloween Event (ages 14-18)	Saturday, October 13	Holbrook
Breast Cancer Society- Walk	Sunday, October 14	DCR Hatch Shell, Boston

Help Me Help Animals...

One Can = One Meal! Fourth grader, Savannah Aylward, Krista's pod, has decided to help the animals of the Kingston Animal Shelter. She is collecting cat and dog food, treats, toys and paper towels. A collection box has been set up in the Level II great room. Savannah will collect items for the month of October. Please consider sending a donation to support her community service project.

DEVELOPMENT UPDATE

SSCPS has been approved for a Gleason Grant from the Bright Horizons Foundation for Children, a program of Bright Horizons Family Solutions. Through the Gleason Grants, Bright Horizons Foundation for Children strives to increase the company's impact on the community by providing grants to the causes that matter to their employees. In honor of Bethany Whitemyer, Bright Horizons Director, for her volunteer work, the Foundation has made a grant to SSCPS. We thank Bright Horizons Family Solutions for their support and Bethany's commitment to our school.



We now have nearly 10 families who have come forward to support the Foot the Floor Special Campaign. We welcome support for the gym floor at any level and plaque dedications start at \$100. Get creative! Maybe you are an alum and would like an inscription in honor of your class year...or maybe there was a special teacher you and others would like to get together to honor. Please contact Joanna McCarthy, Director of Development for further details at jmccarthy@sscps.org/781.982.4202 x109.

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

SAVE THE DATE

Harvest Run

Road Race – Fitness Walk

Saturday, October 13, 2012

Wompatuck State Park, Hingham, MA

5K (3.1 miles)

Race Schedule

9:00 – 10:45: Registration and number pick-up

11:00: The Harvest Run begins!

*Refreshments will be provided after the race

SSCPS Families and Staff Discount

SSCPS families and Staff discount only available prior to Race Day at SSCPS

SSCPS Student Registration - \$10.00

SSCPS Family Registration - \$ 35.00

Registration

Available online at [SSCPS.org](http://WWW.SSCPS.ORG) or

<http://www.racewire.com/events.php?id=405>

Pre-Registration - \$20.00

*Postmarked by 9/22/12 Registration - \$25.00

*From 9/23/12 – Race day



Important Information for Parents about Protecting Your Kids from Mosquito-Borne Illness

Information for Residents of Communities at MODERATE RISK for XXX

The Department of Public Health is urging residents who live in areas of elevated risk to take personal protective measures to protect themselves against mosquito bites.

- Children are at greater risk from Eastern Equine Encephalitis (EEE) than from West Nile virus (WNV).
- Risk for mosquito-borne illness will continue until the first hard frost in your area. Hard frosts occur when temperatures fall below 28 degrees for several hours.
- Use mosquito repellent any time you are outdoors, such as waiting for the bus, walking to school or during outdoor sports practices. Even being out a short time can be long enough to get a mosquito bite. Make sure to follow directions on the label. DEET products should *not* be used on infants under two months of age and should be used only in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.
- Be aware of mosquitoes around you. If mosquitoes are biting you, reapply repellent, or think about going inside.
- Be aware of peak mosquito hours. The hours from dusk to dawn are peak biting times for many species of mosquitoes. Take extra care to use repellent and protective clothing during evening and early morning.
- Use mosquito netting on baby carriages or playpens when your baby is outdoors.
- When weather permits, wear long-sleeves, long pants and socks when outdoors.
- Make sure screens are repaired and are tightly attached to doors and windows.
- Remove standing water from places like ditches, gutters, old tires, wheel barrows, and wading pools. Mosquitoes can begin to grow in any puddle or standing water that lasts for more than four days, so don't let water collect around your home.
- Avoid camping overnight near freshwater swamps to reduce your risk of exposure to mosquitoes that carry the EEE virus. If you do go camping, use a tent with mosquito netting and use appropriate repellents

For additional information on EEE and WNV:
Massachusetts Department of Public Health (MDPH)
Division of Epidemiology and Immunization
(617) 983-6800 or toll-free at (888) 658-2850
www.mass.gov/dph/wnv

For information on mosquito control in your city or town:
Massachusetts Department of Agricultural Resources
State Reclamation and Mosquito Control Board
(617) 626-1777
www.mass.gov/agr/mosquito/index.htm.
Or call your local Board of Health.

Student's Name: _____
 Pod/Advisor: _____

Dear SSCPS Family:

As the start of the school year begins, we are putting together the annual Harvest Run Road Race. Last year we doubled the number of participants to 394 runners and walkers and raised \$12,000 which supported SSCPS physical education programs and facilities. The funds raised helped to make a new gym space and great programs possible. With your support, we can further enhance the gym facilities for our children this year. All proceeds raised from this year's Harvest Run Road Race will be used to enhance the physical education program with the new gym floor as the priority.

The Harvest Run Road Race will again be a 5K distance (3.1 miles). It will be held on Saturday, October 13, 2012, at Wompatuck State Park in Hingham. We are strongly encouraging **BOTH** runners and walkers to sign up for this race. It is not only a great way to spend time outside in a beautiful setting, but it is also a great opportunity to spend time with your family and to meet or interact with the SSCPS community.

We are excited about the sponsorship aspect to the race. Last year we launched the sponsorship option, and it helped to raise both money and awareness for SSCPS. In addition to the race entry fee, you will have the ability to obtain "outside" sponsors to donate money to SSCPS. Physical activity is extremely important to a child's development; and this race will allow your child to benefit from the physical activity of the race itself, as well as enhancing the physical education he/she receives at SSCPS on an ongoing basis. All sponsorship dollars received will **DIRECTLY** benefit each and every child.

It is important to note that you **DO NOT** need to participate in the race itself in order to obtain sponsors. Each child is encouraged to obtain sponsors, even if they are not running/walking.

Along with the numerous physical education benefits your child will receive, there are two more incentives for obtaining sponsorship. The first is community service. Your child will receive community service credit for obtaining sponsors. The second incentive is that there will be three pizza parties awarded for the highest sponsorships and greatest number of Harvest Run participants (runners/walkers).

- One pizza party will be awarded to the class from Levels I and II with the highest sponsorship
- One pizza party will be awarded to the class from Levels III and IV with the highest sponsorship
- One pizza party will be awarded to the high school advisory with the highest sponsorship

Thank you so much for taking the time to read through this letter. We appreciate your help in making this the best Harvest Run yet!

Sincerely,

Denise Demaggio and Annette Golden
 Harvest Run Event Coordinators

STEPS FOR THE RUNNER/WALKER WITH SPONSORSHIP	STEPS FOR SPONSORSHIP ONLY (NON-RUNNER/WALKER)
1. Register for the Harvest Run – registration form attached. SSCPS family and student registration is only available through SSCPS until 9:00am October 12.	1. Email, call or mail friends and family for sponsorship. Use the attached Harvest Run Sponsor Mailer.
2. Email, call or mail friends and family for sponsorship. Use the attached Harvest Run Sponsor Mailer.	2. Track your sponsors on the attached Harvest Run Sponsor Sheet. Bring the completed sheet with donations to school on Monday, October 15 th . Envelopes will be in each Pod/Advisor's room.
3. Track your sponsors on the attached Harvest Run Sponsor Sheet. Bring the completed sheet with donations to school on Monday, October 15 th . Envelopes will be in each Pod/Advisor's room.	



Harvest Run

5K ROAD RACE—FITNESS WALK

When you support the South Shore Charter Public School, you support:

- An innovative K - 12 charter school that has been nationally recognized as *America's Greenest School*
- Project-based learning initiatives resulting in awards and grants for excellence in math, science, and technology
- A college preparatory curriculum and outstanding faculty, resulting in 32% of seniors qualifying for the John and Abigail Adams Scholarship and 100% of all graduating seniors being accepted into a college or university

We are a public school, tuition-free, and we educate students from over 27 towns on the South Shore. We believe in children; we believe in excellence; we believe in the future. Run to support the South Shore Charter Public School or sponsor a runner today!

From: _____ Advisor/pod teacher: _____

Dear _____,

Please sponsor me in the South Shore Charter Public School's 4th Annual Harvest Run Road Race/Fitness Walk. All funds raised will be used to enhance the physical education facilities at the South Shore Charter Public School. Our goal this year is \$20,000.00. With your help, I know we will be successful.

Thank you in advance for your support!

_____ *Student Signature*

**Please staple your check here and return it to the school, or fill in your credit card information below; or if you prefer, you may make a donation online at www.sscps.org. Thank you for your pledge.*

Your donation is tax deductible.

Sponsor reply form: Yes, I will sponsor you for:

\$100
 \$80
 \$60
 \$40
 \$20
 Other _____

Credit card number: _____
 Expiration date: _____
 Card type: _____

Your donation is tax deductible. Please make your check payable to: SSCEF (South Shore Charter Educational Foundation)

Your gift may also be eligible for a MATCHING GIFT. Please check with your employer's Human Resources Office for a matching gift program.

_____ *Sponsor Signature*

_____ *Date*

Please check here if you would not like to receive future mailings from the school or foundation.

Office use: Entry date _____ Amount: _____ Check # _____



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 13, 2012

Wompatuck State Park
Hingham, Ma

SSCPS FAMILY REGISTRATION

Family Name: _____
 Address: _____
 City: _____
 State: _____
 Zip Code: _____ E-Mail _____
 Phone Number: _____

Individual Names	Runner/Walker	Gender M/F Age Group (-10) (11-14) (15-19) (20-29) (30-39) (40-49) (50-59) (60+)	Shirt Size *2 Shirts included, \$6.00 each additional *Guaranteed to those who register by September 25th.*
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

Pre-Race Number and T-Shirt Pick-Up:

Marathon Sports Norwell, MA
 Friday, October 12, 2012
 2:00pm — 6:00pm

Race Schedule:

9:00 - 10:45: Registration and t-shirt pick-up
11:00: The Harvest Run begins!
 * Refreshments provided after the race*

SSCPS Family Registration
\$35.00 / family

SSCPS Student Registration
\$10.00 / individual student

Cash or Check payable to SSCEF

All funds raised will be used to enhance the physical education facilities at the South Shore Charter Public School.

MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION

PLEASE COMPLETE FORM EVEN IF YOU DO NOT THINK YOU ARE ELIGIBLE FOR BENEFITS



SCHOOL YEAR 2012 – 2013

If you have received a NOTICE OF DIRECT CERTIFICATION from the school district for free meals, **do not** complete this application. But **do** let the school know if any children in the household are not listed on the **Notice of Direct Certification** letter you received.

Part 1. all household members List all household members including children seeking school meals, siblings and both parents of children living in home. Also, include other relatives and friends living in home if you live as a single economic unit. (See instructions- Q.13)

NAME OF ALL HOUSEHOLD MEMBERS (First, Middle Initial, Last)	NAME OF SCHOOL CHILD ATTENDS	CHECK IF A FOSTER CHILD (LEGAL RESPONSIBILITY OF WELFARE AGENCY OR COURT) * IF ALL CHILDREN LISTED BELOW ARE FOSTER CHILDREN, SKIP TO PART 5.	CHECK IF NO INCOME
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

PART 2. BENEFITS- MA SNAP or MA TAFdc

If **any** member of your household receives **MA SNAP** or **MA TAFDC** benefits, provide the Agency Identification Number* located on the Department of Transitional Assistance (DTA) benefit letter. Skip to part 5 and sign this form if you have provided an Agency Id Number.

AGENCY ID: _____ * Do not provide EBT card number.

Part 3. Homeless, Migrant, Runaway

If any child you are applying for is homeless, a runaway, or migrant, check the appropriate box and call -SSCPS, Angie Pepin, Homeless Liason, 781-982-4202x102.

Homeless Runaway migrant

Part 4. Total Household Gross income (before deductions). List all income on the same line as the person who receives it. Check the box for how often it is received. Record each income only once. Do not include money received from MA SNAP or MA TAFDC.

1. NAME (LIST ONLY HOUSEHOLD MEMBERS WITH INCOME)	2. Gross income and how often it was received															
	Earnings from work before deductions.	Weekly	Every 2 Weeks	Twice Monthly	Monthly	Welfare, child support, alimony	Weekly	Every 2 Weeks	Twice Monthly	Monthly	Pensions, retirement, Social Security, SSI, VA benefits	Weekly	Every 2 Weeks	Twice Monthly	Monthly	All other income (you must indicate how much and how often)
(Example) Jane Smith	\$200	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$150	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0
	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
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	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$

Part 5. Signature and last four digits of Social Security Number (Adult must sign) on back

A parent or caretaker adult must sign the application (see Use of Information Statement on the back of this page). I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get Federal funds based on the information that I give. I understand that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted. An adult household member must sign the application. If Part 4 is completed, the adult signing the form also must list the last 4 digits of his or her Social Security Number or mark the "Check here if you do not have a Social Security Number" box. See Use of Information Statement on the back of this page.

Sign here: _____ Print Name: _____ Date: _____
 Address: _____ City: _____ State: _____ Zip Code: _____
 Phone Number: _____ Cell Phone Number: _____
 Last four digits of Social Security Number * * * - * * * - _ _ _ _ Check here if you do not have a Social Security Number

Part 6. Children's ethnic and racial identities (optional)

<i>Choose one ethnicity:</i>	<i>Choose one or more (regardless of ethnicity):</i>		
<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Asian	<input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Black or African American
<input type="checkbox"/> Not Hispanic/Latino	<input type="checkbox"/> White	<input type="checkbox"/> Native Hawaiian or other Pacific Islander	

Do NOT fill out this part. This is for school use only.

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24, Monthly x 12

Total Income: _____ Per: Week, Every 2 Weeks, Twice A Month, Month, Year Household size: _____

Categorical Eligibility: _____ Date Withdrawn: _____ Eligibility: Free _____ Reduced _____ Denied _____ Reason: _____

Determining Official's Signature: _____ Date: _____

Confirming Official's Signature: _____ Date: _____

Verifying Official's Signature: _____ Date: _____

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

Household size	Yearly	Monthly	Weekly
1	\$20,665	\$1,723	\$398
2	\$27,991	\$2,333	\$539
3	\$35,317	\$2,944	\$680
4	\$42,643	\$3,554	\$821
5	\$49,969	\$4,165	\$961
6	\$57,295	\$4,775	\$1,102
7	\$64,621	\$5,386	\$1,243
8	\$71,947	\$5,996	\$1,384
Each additional person:	\$7,326	\$611	\$141

Use of Information Statement: This explains how we will use the information you give us.

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer

South Shore Charter Public School

October 2012

Catered by Essence of Thyme



BREAKFAST All Grades

Monday	Tuesday	Wednesday	Thursday	Friday
1 Krispy Rice Graham Crackers Orange Juice Milk	2 Yogurt WW Lemon Dinosaur Grahams Orange Juice Milk	3 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	4 Raisin Bran WW Apple Cinnamon Waffle Grahams Orange Juice Milk	31 NO SCHOOL
8 Columbus Day	9 Toasty O's WW Apple Cinnamon Waffle Grahams Orange Juice Milk	10 Breakfast Sandwich Orange Juice Milk	11 Yogurt WW Apple Cinnamon Waffle Grahams Orange Juice Milk	12 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk
15 3.6 oz. Whole Wheat Banana Muffin Orange Juice Milk	16 Yogurt WW Lemon Dinosaur Grahams Orange Juice Milk	17 Cinnamon Raisin Bagel Orange Juice Milk	18 Raisin Bran WW Apple Cinnamon Waffle Grahams Orange Juice Milk	19 Plain Bagel w/Jelly Orange Juice Milk
22 Whole Grain Cinnamon Roll Orange Juice Milk	23 3.6 oz. Whole Wheat Apple Muffin Orange Juice Milk	24 Honey Wheat Bagel w/Jelly Fruit Cocktail Milk	25 Breakfast Sandwich Orange Juice Milk	26 3.6 oz. Whole Wheat Blueberry Muffin Orange Juice Milk
29 Corn Flakes WW Apple Cinnamon Waffle Grahams Orange Juice and Milk	30 Honey Wheat Bagel w/Jelly Orange Juice Milk	31 Frosted Mini Wheats WW Lemon Dinosaur Grahams Orange Juice Milk	1 3.6 oz. Whole Wheat Banana Muffin Orange Juice Milk	2 Krispy Rice Graham Crackers Orange Juice Milk

* All Meals include choice of 1% or Skim Milk.

Complies with NSLP Regulations

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

South Shore Charter Public School
October, 2012
 Catered by Essence of Thyme



LUNCH Grades K-8

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancakes w/Syrup Sausage Pattie Roasted Sweet Potato Baked Apple Slices Milk	2 Chicken Parmesan over Ziti Broccoli Banana Honey Wheat Dinner Roll Milk	3 Buffalo Chicken on a WW Wrap Chickpea Salad Peaches WW Lemon Dinosaur Grahams Milk	4 Chicken Stir Fry Chinese Noodles Mixed Vegetables Grapes Milk	5 NO SCHOOL
8 Columbus Day	9 BBQ Chicken on a WW Bun Potato Puffs w/Ketchup Baked Apple Slices Milk	10 Beef & Bean on a WW Burrito Brown Rice Cauliflower Pineapple Chunks Milk	11 Chicken Quesadilla Spanish Rice Squash Plums Milk	12 American Chop Suey Green Beans WW Roll Apple Milk
15 Macaroni & Cheese Broccoli Peaches Milk	16 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Apple Slices Milk	17 Early Release	18 Asian Salad w/Crunchy Noodles Cucumber Pineapple Chunks Milk	19 Mexican WW Chicken Wrap Brown Rice Southwestern Beans Tangerine Milk
22 Chicken Ziti Alfredo Broccoli WW Roll Applesauce Milk	23 Turkey & Gravy Sweet Potato Peaches WW Roll Milk	24 Chicken Caesar Salad on WW Wrap Tomatoes Cucumbers Pears Milk	25 Cheese Pizza w/Veggies Italian Beans Apple Milk	26 Ziti & Meatballs Corn Grapes WW Lemon Dinosaur Grahams Milk
29 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Honey Wheat Dinner Roll Milk	30 Meatball on a WW Sub Sweet Potato Tangerine Milk	31 Cheese Ravioli Green Beans Apple WW Roll Milk	1 Chicken Parmesan over Ziti Broccoli Banana Honey Wheat Dinner Roll Milk	2 Buffalo Chicken on a WW Wrap Chickpea Salad Peaches WW Lemon Dinosaur Grahams Milk

All Meals come with a choice of 1% or Skim Milk.

All Meals comply with the National School Lunch Program

Before placing your order, please inform the school of any food allergy you may have!

South Shore Charter Public School

October, 2012

Catered by Essence of Thyme



LUNCH Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancakes w/Syrup Sausage Pattie Roasted Sweet Potato Applesauce & Raisins Milk	2 Chicken Parmesan over Ziti Broccoli Banana Honey Wheat Dinner Roll Orange Juice & Milk	3 Buffalo Chicken on a WW Wrap Chickpea Salad Peaches WW Lemon Dinosaur Grahams Milk	4 Chicken Stir Fry Chinese Noodles Mixed Vegetables Grapes WW Lemon Dinosaur Grahams Milk	5 NO SCHOOL
8 Columbus Day	9 BBQ Chicken on a WW Bun Potato Puffs w/Ketchup Baked Apple Slices Milk	10 Beef & Bean on a WW Burrito Brown Rice Cauliflower Pineapple Chunks Milk	11 Chicken Quesadilla Spanish Rice Winter Squash Plums & Raisins Milk	12 American Chop Suey Green Beans WW Roll Apple & Peaches Milk
15 Macaroni & Cheese & Ham Broccoli WW Roll Peaches Milk	16 Hamburger on a WW Bun Sweet Potato Fries w/Ketchup Baked Apple Slices & Pears Pretzels Milk	17 Early Release	18 Asian Salad w/Crunchy Noodles Baby Carrots WW Roll Pineapple Chunks Milk	19 Mexican WW Chicken Wrap Brown Rice Southwestern Beans Tangerine Orange Juice & Milk
22 Chicken Ziti Alfredo Broccoli WW Roll Applesauce & Orange WW Blueberry Waffle Grahams Milk	23 Turkey & Gravy Sweet Potato Fries Carrots Peaches WW Roll Milk	24 Chicken Caesar Salad on WW Wrap Tomatoes Baby Carrots Pears Milk	25 Cheese Pizza w/Veggies Italian Magic Beans Fruit Cocktail Apple Milk	26 Ziti & Meatballs Corn Grapes WW Lemon Dinosaur Grahams Milk
29 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Honey Wheat Dinner Roll Milk	30 Meatball on a WW Sub Sweet Potato Carrots Peaches Milk	31 Cheese Ravioli Green Beans Apple Raisins Milk	1 Chicken Parmesan over Ziti Broccoli Banana Honey Wheat Dinner Roll Orange Juice & Milk	2 Buffalo Chicken on a WW Wrap Chickpea Salad Peaches WW Lemon Dinosaur Grahams Milk

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