



## **FROM THE K-6 PRINCIPAL**

Happy New Year and welcome to 2014! One of the beauties of working in a school is the cyclical nature of the work: winter break and January come around once a year and are times when I can stop and reflect. In a school there are several times during the year that are like New Year's Day. I try to make an accounting of the past year and plan for the future at each of those occasions, such as the first day of school, the buying of seeds for my garden, the planning for the next school year. At each of those times I try to reflect on the past year and think about how I can grow better vegetables and organize the learning so it works better. Over the break I received a card with a picture of two children and a set of family rules. The rules go like this: *Dream bigger, always keep your word, love always, remember please and thank you, be happy, respect others, use kind words, be grateful and kind and loving, laugh often, you are always loved.* I like those family rules and they are not too far off from our school's rules.

This week has been very exciting – seeing all of the teachers and the students. One student came in on Monday and told me that he wanted to stay home but came to school anyway. I told him I was very pleased that he had come to school. On Tuesday I asked the same student how he felt about coming to school and he told me that he was glad. Most of the students and teachers I talked to were very glad to be back.

I have been visiting classes trying to relearn names. In a Kindergarten class I said a few names with slightly incorrect pronunciations. One of my errors was that I had thought Kosi was pronounced “KO-ZEE.” You see I have a daughter Josie and we say her name “JO-ZEE” and I had always heard Kosi the same way. But I was wrong, it is “KO-SEE.” We all see the world through our own lens and distortions but it is great when we can be shown our misperceptions, especially if it is done with tact. The Kindergarten children quickly corrected me on this and two other names and I practiced the correct way of saying them. I am so glad we are a school where a Kindergartener feels the power to correct a Principal. I think it might be part of the reason the boy was more excited about Tuesday than Monday. One thing I know is that our school is a place where children, teachers and support staff want to be. It is an overriding goal of our school. It is part of our mission statement to excel at life.

**It is and will be very cold this week.** Please make sure your children are properly dressed. At this time of year it is useful to discuss routines that get altered because of the weather. Please take the cold and winter weather into consideration in your morning and afternoon plans. With the cold weather the children are slower to get out of their warm car and it can take more time for the cars to move safely through the unloading zone. Please allow more time in your morning travels. We are grateful for your patience in the afternoon as well.

On-time arrival is so important for the teaching and learning that we do here at school and planning for weather helps us with our mission of fully educating our students. Speaking of weather, I just want to reiterate that whenever possible we continue to take children outside at recess. Fresh air and exercise are important to children's education and to their health. We do our best to get the students outside whenever the temperature is above 20 degrees Fahrenheit. While we might not reach twenty degrees often this week, we may, so please dress your children warmly.

Snow Rules for recess by Level:

- On Level I, snow boots, pants, gloves/mitten and hats are required to go outside on snowy days.
- On Levels II and III, snow boots and pants are required to go up on the hill in snowy weather and if children do not have this equipment they are restricted to the paved surface.

Please let me know if you need help securing these articles of clothing for your children, and thank you for your help in getting your children to us on time in the morning with proper winter clothes.

*Ted Hirsch – thirsch@sscps.org*

Thursday	01/09	School Council	3:45pm
Saturday	01/11	Debate Club – Newton South	
Saturday	01/11	Ski Club –Ragged Mountain	
Tuesday	01/14	FASFA Night	4:00-6:00pm
Thursday	01/16	Personnel Committee	4:00pm
Thursday	01/16	Enrollment Open House	5:00-7:00-pm
Thursday	01/16	2 <sup>nd</sup> Quarter Ends	
Friday	01/17	Professional Development Day – No classes for students	
Monday	01/20	Martin Luther King Day – No School	

## ANNOUNCEMENTS

### AFTER SCHOOL CHORUS TO BEGIN AGAIN! MONDAY, JANUARY 13th

The After School Chorus, under the direction of Jane Money, will begin again next Monday, January 13. Application is attached. This chorus is open to children in the 2nd through 6th grade. Even if you were not here in the fall term, please come and join. It is a wonderful opportunity for our students. Scholarships are available.

### 2014 YEARBOOK

The 2014 yearbook is now in progress and all the memories of the 2013-2014 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 student will want to look back, too. Buy them a little time - buy them a yearbook! To order online go to [www.coffeepond.com](http://www.coffeepond.com), to login use school password: bluejaguar.

## HEALTH OFFICE NEWS

The State mandated BMI screenings for grades 1, 4, 7, and 10 will be conducted over the next few months. This is a screening that calculates height, weight, age, and sex to arrive at the Body Mass Index percentage. This percentage will help determine if your child is in the healthy weight range. Parents will be notified by letter if their child is below or above their healthy weight range. Please contact Susan Dupras at extension 104 if you have concerns or prefer that your child **NOT** participate.

## PHYSICAL EDUCATION DEPARTMENT

Now that the cold weather is upon us, please remind your child that sneakers are required for a safe and productive Physical Education class.

Students will be given time to change into their sneakers in the gym if they prefer to wear boots to school. Thank you for helping to keep our classes safe and fun!

## COMMUNITY SERVICE OPPORTUNITIES

### Opportunity for High School Students

BOKS is a before school fitness program for students in level 1 and 2. Two or three high school students are needed to help out. Set up begins at 7:10AM. Please contact Iris Mahegan [valsdottir@gmail.com](mailto:valsdottir@gmail.com) or Janet Daley [jemsdaley@comcast.net](mailto:jemsdaley@comcast.net)

If you would like to share a community service event that is happening on the South Shore please email Sarah Collins, Community Service Chairperson, at [sazzifrazz78@yahoo.com](mailto:sazzifrazz78@yahoo.com).

### Upcoming Events

Name of Organization	Dates	Info
MS Climb to the Top: National MS Society fund raiser at Hancock Building in Boston	March 1, 2014	www.NationalMSSociety.org
Hanson Children's Museum at Hanover Mall teens or families needed	continuous volunteers needed as part of the play crew	www.Hansonchildrensmuseum.org
Birthday Wishes Hanover:: host a goody bag stuffing party to provide a party to homeless children	ongoing	www.birthdaywishes.org
Father Bills/MainSpring various volunteer opportunities in Quincy and Brockton	Continuous	www.helpfbms.org/get/volunteer.org
Warm Hands Warm Hearts: collect hats, gloves, socks, etc for Boston's homeless	ongoing	Friends of Boston Homeless 617 942-8671
Fidelis Hospice: Braintree knit lap blankets for hospice patients	ongoing	Fidelis Hospice 781 848-3678

### COMMUNITY INTEREST

#### **CHESS CLASSES at Storybrook Cove – 2053 Washington Street, Hanover, MA**

We need a minimum of 4 children to run this class. Call Storybook Cove 781-871-7801 or email [jbcove@bibeau.us](mailto:jbcove@bibeau.us) to register!

Winter 2014: Students ages 7 through 13, all levels

January 8 through February 12 – six Wednesdays 4:00-5:30pm

Tuition: \$36 for six weeks or \$6 per class

Teacher: Marc Turegon, established Chess player and professional teacher.

#### **CHESS CLUB - NO FEE - INFORMAL - FOR AGES 7 - 13**

Come play chess with others your age and skill level.

Sunday, January 12 – Beginners 12:30-1:30pm; Intermediates: 1:30-2:30pm

Please call 781-871-7801 or email [jbcove@bibeau.us](mailto:jbcove@bibeau.us) to let us know if you will be attending and we can arrange playing area and staff.

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



## **South Shore Charter Public School Chorus**



**Application for SSCPS students grades 2-6**

**Mondays 3:10pm-4:15pm  
starting January 13, 2014**

**Student Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, Zip Code** \_\_\_\_\_

**Parent / Guardian Name** \_\_\_\_\_

**Parent / Guardian Email Address** \_\_\_\_\_

**Main Telephone Number** \_\_\_\_\_

**Level / Teacher** \_\_\_\_\_

**Cost: \$25.00 per child or \$30.00 per family  
Please make checks payable to SSCPS**

Scholarships are available to those who qualify. Please contact Kristine Shipps at [kshipps@sscps.org](mailto:kshipps@sscps.org) for details.

**Session2 begins Monday, January 13, 2014 and continues every Monday until June 2, 2014.**

**The Chorus will perform at the SSCPS Spring Concert, Thursday, June 5th.**

**For more information contact:**

**Wardie Mannix at [hm Mannix@sscps.org](mailto:hm Mannix@sscps.org)**

**or**

**Cyndi Wormald at [cindavesam@yahoo.com](mailto:cindavesam@yahoo.com)**

# 1<sup>st</sup> Annual Mid-Winter Game Night!!!!

Get out of the cold and warm up with your SSCPS  
Family

**Who:** The entire SSCPS family – students & families, faculty & staff

**What:** Games – board games, card games, motion games – whatever you bring, it's up to you! (No electronics.)

**When:** Friday evening, January 31 from 6:00 – 8:00 (snow date of Friday Feb. 7)

**Where:** SSCPS Gym, 104 Longwater Drive, Norwell

**How:** DIY – you bring and lead the games that you would like to play. We will have tables and chairs set up throughout the gym.

**Why:** Because we are SSCPS!!

**Also...** **Pizza for sale.** Please potluck (bring) drinks, snacks, and desserts to share. The more, the better!

**Fine print:** This is not a drop-off event. Kids: Make sure your parents stay and join the fun! Also, tell your parents that kids cannot stay in the school unsupervised from 3:00 - 6:00. If you are not in a club or sport that afternoon, please be sure to get a ride home or to a friend's house and then come back for the fun!!

**Free event!!!!**

Brought to you by your friendly neighborhood PA.

Any questions, contact Alexis (with Maya (II) and Noah (I))  
alexis.b.g.levitt@gmail.com

# ANNUAL AUCTION

FEATURING "A TASTE OF THE SOUTH SHORE"

FRIDAY, MARCH 14, 2014



Your participation in the auction means so much for our school - it sends a message of support to our entire community and raises vital funds for our children. So, please save the date and book a sitter.

We hope you will join us at this wonderful event!

**There are many ways to support SSCPS with the Annual Auction**  
**Join us on Friday January 10<sup>th</sup> at 8:30am at SSCPS for an auction meeting**  
**And help make this a fun and successful event!**

**Some volunteering opportunities are:**

- Sponsors
- Donations
- Marketing
- Restaurants
- Administrative Help
- Classroom Project
- Parent to Parent Involvement
- & More!

Please Contact Denise Demaggio for more details

[ddemaggio@sscps.org](mailto:ddemaggio@sscps.org)

# Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2014

South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES

### Combine food groups

Snacks are healthiest if they include at least two food groups. Have your youngster draw a picture of the groups: protein, fruits, vegetables, grains, and dairy. Then, ask him to choose from two of them. For instance, he might have a pear (fruit) with cheese slices (dairy) or yogurt (dairy) with almonds (protein).



### Me, too!

You can encourage your child to exercise more by what you do than by what you say. That's because children of active parents tend to be active, too. When you take a walk or try a Zumba class, mention it. Let your youngster know how good exercise makes you feel, and ask what activity she did that day.

### DID YOU KNOW?

When children are rewarded with ice cream or candy for getting good grades or doing chores, they learn to associate sweets with achievement. Consider other ways of showing your youngsters you're proud of them. For example, offer kind words, spend extra time with them, or give them hugs.

### Just for fun

**Q:** Why was the centipede always late for soccer practice?

**A:** It took him too long to put on his shoes!



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## Eat your veggies (and more)

Can't get your child to eat her vegetables—or any other food that's good for her? Consider these strategies.

### End the power struggles

Trying to force your youngster to eat new foods or clean her plate will most likely make her dig her heels in deeper. Instead, give her some control over her eating. Have her help choose the menu and prepare the food. At the table, offer choices: "Would you like broccoli or carrots?"



### Do the unexpected

Throw your child off balance with a jolt of fun—she may surprise you and happily eat the healthy food. For example, serve cottage cheese in an ice cream cone. Decorate oatmeal with a "face" of raisins, banana slices, and blueberries. Let her eat with her fingers, or serve breakfast for dinner and dinner for breakfast. Mixing things up can be a powerful incentive for getting your youngster to try new foods!

### Don't offer substitutions

You don't have time to be a short-order cook, and you won't do your child any favors in the long run by making mac 'n' cheese for her every night. Tell her you expect her to try at least a bite of what you've made, and then don't focus on how much she eats or doesn't eat. Just try to relax and continue with your pleasant dinner conversation. She'll realize that what she eats is her responsibility. Remember, the goal is to get your youngster to eat a variety of foods long term—not just at one meal. ●

### Tips for picky eaters

Try these ideas for encouraging fussy eaters to be... well, less fussy.

1. Offer new foods at the beginning of a meal when your youngster is hungriest.
2. Notice which of his friends are good eaters, and invite them to stay for meals. Positive peer pressure can help!
3. Many kids prefer raw vegetables over cooked. Try these: snap or snow peas, cherry tomatoes, green or yellow beans, asparagus tips, cauliflower florets, celery sticks, bell pepper strips, and spinach or lettuce leaves.
4. Get blank address labels, and write, "I tried it!" on each one. When your youngster samples a new food, give him a sticker to wear. ●



USDA is an equal opportunity provider and employer.

## Protein: Make it lean

Most Americans get enough protein in their diets, but often it's not healthy, lean protein. Make sure your child eats mostly lean protein with these suggestions:

- Buy poultry, lean cuts of meat (flank steak, pork tenderloin, leg of lamb), and ground beef that is at least 90% lean. Also, meats marked "choice" or "select" tend to be leaner than "prime" cuts. *Idea:* Try veggie burgers instead of hamburgers.
- Serve fish or seafood at least twice a week. Grill, broil, or bake it rather than frying it.
- Build lean protein into breakfast with fat-free milk, hard-boiled eggs, or protein-enriched cereal.



### Rice and beans

Put lean protein in your child's diet with these easy-to-make bean burritos. Heat a 15.5-oz. can of black beans (drained, rinsed). Add 2 cups cooked brown rice and 1 cup diced tomato. Stir until warm. Divide the mixture onto 4 tortillas. Top with shredded low-fat cheddar cheese, and fold into burritos.

- At snack time, offer a small handful of unsalted nuts or sunflower seeds.
- Add tofu to stews, soups, and stir-fry.

*Note:* Children should have  $5\frac{1}{2}$  ounces of protein a day. One egg, 1 tbsp. peanut butter,  $\frac{1}{2}$  ounce nuts or seeds, and  $\frac{1}{4}$  cup beans each count as 1 ounce. ●

### ACTIVITY CORNER

#### Catch it if you can!

A game of catch is a fun way for your family to stay active. Here are a few creative twists.

**Sticky to it.** Cover a Wiffle ball with squares of Velcro (available at craft stores). Let each player wear a knit glove or mitten, and play a game of "sticky catch and throw."

**Sink a bucket.** Have one person hold a bucket while the other players toss tennis balls toward it. The bucket holder runs around trying to catch as many balls as possible.



**Score points.** Throw a ball up in the air, and call out a number between 1 and 10. Whoever catches it gets that many points. Play to 100. ●

### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
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www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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### PARENT TO PARENT

#### A fit house

Recently I looked around our apartment and realized it's no wonder our son wants to watch TV or play electronic games all the time—we're surrounded by screens! I decided that I needed to make some changes if I wanted him to get more exercise.

My neighbor Laurie gave me a good idea. She said her family uses the "basket system." Cell phones, tablets, laptops, and video games are put into a basket in the closet for most of the day. Active gear goes in a basket displayed in the family room.

I explained the new system to my son and got him involved in stocking the work-out basket. So far we've put in a jump rope, an indoor hopscotch mat, balls for juggling, and a Hacky Sack to kick around. Now we're working on powering down our screens and turning up the exercise. ●



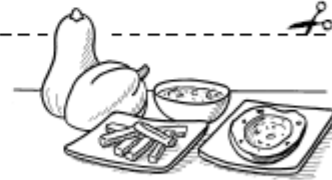
### IN THE KITCHEN

#### Simply squash

Embrace the season for winter squash with these kid-pleasing recipes.

**"Fries."** Cut a (peeled) butternut squash into fry-shaped slices. Lay them on a baking sheet that's coated with nonstick spray. Bake at 425° for 20 minutes, turn them over, and bake 15 minutes more, until crispy.

**Soup.** In a stockpot, saute 1 chopped onion in 2 tsp. olive oil. When soft, stir in  $\frac{1}{4}$  tsp. each of ground allspice and ginger. Add 4 cups butternut or acorn squash cubes and 4 cups low-sodium broth (chicken or vegetable). Simmer



until the squash is tender, about 15 minutes. Cool slightly, and puree in a blender until smooth.

**Baked.** Slice an acorn squash in half, and discard the seeds. Place the squash in a baking pan. Add 1 tsp. butter and 1 tsp. maple syrup to each half. Roast at 400° for 1 hour, until browned.

*Note:* Using frozen cubed squash saves time—and provides the same nutrients as fresh. ●





Dear Parent,

7NEWS wants you to know that you can be notified on your cell phone as soon as your child's school closes or delays classes because of a snow storm.

To take advantage of this convenient feature, go to [www.whdh.com](http://www.whdh.com) and click on "Closings Alerts." You will need to input your cell phone number, the name of your carrier and can then choose the schools you want to be updated about. You can easily add or remove schools from your profile at any time.

**Close**

Thanks for signing up for this service. Please note that you will need to activate the service by dialing the number provided on the screen. To activate the service, dial the number provided and click the "Continue" button. To view your only notification, you will need to add a notification code to your phone. Once your settings are updated, you will receive a notification code on the next screen.

NAME

MOBILE NUMBER

MOBILE CARRIER

You can view the full list here.

I wish to also have a notification sent to my email address.

**EMAIL (optional)**

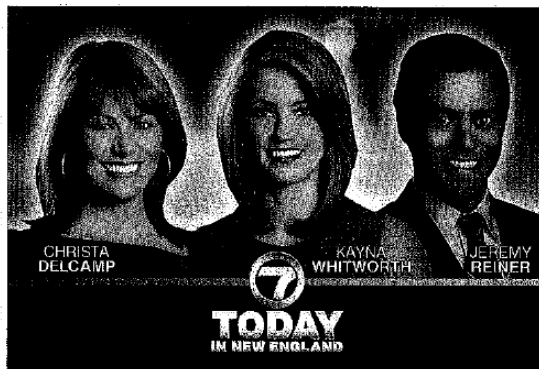
Check up to two email addresses you wish to receive notifications about closings and delays.

ORGANIZATION

If you have any questions, email us at [closings@whdh.com](mailto:closings@whdh.com) or call our toll-free number at 1-877-316-5990.

This winter start your day with 7NEWS. You can count on us for the latest information on closings, road conditions and Jeremy's up-to-the-minute forecast. We're on every weekday starting at 5 am. We hope you'll join us and we'll get through the winter weather together.

Thanks, Christa & Kayna



# 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 2013-2014**

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

**2013-2014 Free and Reduced Income Eligibility Guidelines:**

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

**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.

REDUCED PRICE MEALS				FREE MEALS		
Household Size	Annual Income	Monthly Income	Weekly Income	Annual Income	Monthly Income	Weekly Income
1	\$21,257	\$1,772	\$409	\$14,937	\$1,245	\$288
2	\$28,694	\$2,392	\$552	\$20,163	\$1,681	\$388
3	\$36,131	\$3,011	\$695	\$25,389	\$2,116	\$489
4	\$43,568	\$3,631	\$838	\$30,615	\$2,552	\$589
5	\$51,005	\$4,251	\$981	\$35,841	\$2,987	\$690
6	\$58,442	\$4,871	\$1,124	\$41,067	\$3,423	\$790
7	\$65,879	\$5,490	\$1,267	\$46,293	\$3,858	\$891
8	\$73,316	\$6,110	\$1,410	\$51,519	\$4,294	\$991
Each additional person:	\$7,437	\$620	\$144	\$5,226	\$436	\$101

**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

**Breakfast Order Form**  
**Breakfast for the Month of January, 2014**  
Due to the office by 3:00 pm, \***Tuesday**, January 14, 2014

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
1/20 – 1/24

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
1/27 – 1/31

Number of Breakfasts ordered \_\_\_\_\_ X      \$1.65

*Less credit due* \_\_\_\_\_

**Total Amount Enclosed** \$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.

**Lunch Order Form**  
**Lunch for the Month of January, 2014**  
Due to the office by 3:00 pm, \*Tuesday, January 14, 2014

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

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

Week of 1/20 – 1/24     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/27 – 1/31     Monday     Tuesday     Wednesday     Thursday     Friday

Number of Lunches ordered \_\_\_\_\_ X \$3.25

*Less credit due* \_\_\_\_\_


**Total Amount Enclosed** \$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.



**South Shore Charter School**  
**January, 2014**  
*Catered by Essence of Thyme*

**Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
12/30 <b>NO SCHOOL</b>	12/31 <b>NO SCHOOL</b>	1 <b>NO SCHOOL</b>	2 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	3 Plain Bagel w/Jelly Orange Juice Milk
6 3.6 oz. WW Chocolate Muffin Orange Juice Milk	7 3.6 oz. WW Apple Muffin Orange Juice Milk	8 2 oz. Frosted Flakes Apple Juice Milk	9 WG Cinnamon Roll Orange Juice Milk	10 WW Croissant w/Jelly Orange Juice Milk
13 3.6 oz. WW Apple Muffin Orange Juice Milk	14 3.6 oz. WW Blueberry Muffin Orange Juice Milk	15 2 oz. Frosted Flakes Apple Juice Milk	16 3.6 oz. WW Banana Muffin Orange Juice Milk	17 <b>NO SCHOOL</b>
20 	21 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	22 WW Croissant w/Jelly Orange Juice Milk	23 WG Cinnamon Roll Orange Juice Milk	24 3.6 oz. WW Chocolate Muffin Orange Juice Milk
27 3.6 oz. WW Apple Muffin Orange Juice Milk	28 3.6 oz. WW Blueberry Muffin Orange Juice Milk	29 Plain Bagel w/Jelly Orange Juice Milk	30 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	31 WG Cinnamon Roll Orange Juice Milk

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

Complies with NSLP Regulations


***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**  
**January, 2014**  
*Catered by Essence of Thyme*

**Lunch**

Monday	Tuesday	Wednesday	Thursday	Friday
12/30 <b>NO SCHOOL</b>	12/31 <b>NO SCHOOL</b>	1 <b>NO SCHOOL</b>	2 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail Milk	3 Cheese Pizza Green Beans Potato Wedges Peaches Milk
6 BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Apple Juice Milk	7 American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	8 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	9 Chicken Caesar Salad WW Wrap Cucumber Pears Milk	10 Beef & Bean WW Burrito Corn Banana Milk
13 Beef Hot Dog on WW Roll Baked Beans w/Ketchup Mandarin Oranges Milk	14 Sweet & Sour Chicken Brown Rice Carrots Orange Milk	15 Turkey Ranch WW Wrap Cucumber Fruit Cocktail Milk	16 Cheese Pizza Broccoli Corn Peaches Milk	17 <b>NO SCHOOL</b>
20 	21 Macaroni & Cheese Broccoli Peaches Milk	22 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail Milk	23 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Milk	24 Buffalo Chicken WW Wrap Chickpea Salad Pineapple Chunks Milk
27 Hamburger on WW Bun Baked Beans Ketchup Apple Milk	28 Ziti & Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	29 Chicken WW Quesadilla Green Beans Banana Milk	30 Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	31 Turkey & Gravy Potato Puffs Whole Wheat Roll Orange Milk

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


Complies with NSLP Regulations

**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**  
**January, 2014**  
*Catered by Essence of Thyme*

<b>Lunch</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
12/30	<b>NO SCHOOL</b>	12/31	<b>NO SCHOOL</b>	1	<b>NO SCHOOL</b>	
6	BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Pineapple Chunks Apple Juice Milk	7	American Chop Suey Green Beans Whole Wheat Roll Pineapple Chunks Orange Juice and Milk	8	Chicken Alfredo w/Ziti Broccoli Whole Wheat Roll Applesauce Milk	
13	Beef Hot Dog on WW Roll Baked Beans Ketchup Fruit Cocktail Milk	14	Sweet & Sour Chicken Brown Rice Carrots Orange Apple Juice and Milk	15	Turkey Ranch WW Wrap Cucumber Fruit Cocktail Banana Milk	
20		21	Macaroni & Cheese Broccoli Whole Wheat Roll Peaches Milk	22	Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail Milk	
27	Hamburger on WW Bun Baked Beans Ketchup Apple and Pears Milk	28	Ziti & Meatballs Broccoli Whole Wheat Roll Fruit Cocktail Orange Juice and Milk	29	Chicken WW Quesadilla Spanish Rice Green Beans Banana and Peaches Milk	
				30	Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	
					31	Turkey & Gravy Potato Puffs WG Cinnamon Roll Orange and Peaches Milk

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

Complies with NSLP Regulations

***ALL MENUS ARE SUBJECT TO CHANGE***

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