



FROM THE EXECUTIVE DIRECTOR

I would like to thank all families who completed this year's Annual SSCPS Parent Satisfaction Survey. We were pleased with so many responses and with the amount of constructive feedback we received from families. As you know, every year data gleaned from this report is used to measure how we are doing as a school in meeting the goals and objectives set by the Accountability Plan. In addition to the Annual Report, this year's data will be combined with previous year's data as SSCPS applies for Renewal of Public School Charter.

Many families that have been with us for over five years remember this process. The guidelines for charter school renewal were updated this year. However, most of what is outlined in the guidelines is not new. Those of you who were part of the process five years ago should be pleased to know that there have not been significant changes made to the guidelines or to the process. The Massachusetts Department of Elementary and Secondary Education has made significant efforts to streamline the evaluation process and make it as straightforward as it was when we renewed almost five years ago.

Those families who are unfamiliar with the process may wonder why charter schools have to receive renewal of their charter every five years. The reason is based upon charter school accountability. One of the essential differences between charter schools and district public schools is the idea that charter schools have been granted increased autonomy in order to be able to foster educational innovation. When the Massachusetts Education Reform Act was passed in 1993, it was the intent of the Commonwealth to use charter schools as a testing lab to foster an evolution in teaching and learning that was too slow in coming to traditional public school districts. Charter schools were tasked with fostering best practices and then disseminating these best practices to traditional public schools within a partnership. Twenty years later, this intent remains. However, dissemination has proven more difficult than originally anticipated in 1993, largely due to that fact that charter schools felt many of the same constraints as traditional public schools. In twenty years many charter schools and traditional public schools have grown closer and developed partnerships, each sharing the common value of wanting the best possible educational outcomes and of meeting the needs of all children.

Being granted greater autonomy from the state also means that charter schools have increased accountability. Every year the Annual Report includes data on how our school has measured up to the set goals. Increased accountability, holding the South Shore Charter Public School to a high standard, is essential to our growth as a charter school. Each year we have to prove that we are stronger than a traditional public school in a myriad of ways. The Renewal Guidelines ask us to provide the same evidence as the Annual Report, but over a longer period of time. We have to provide evidence that we have remained true to our charter; that we follow all state protocols for student recruitment and retention, and that our academic program continues to be a success resulting in significant student achievement for all learners. The South Shore Charter Public School has done this. Without question, the most important factor of who we are as a school is evident in our student performance. Since our last renewal, our students have continued to improve on both statewide accountability measures and college readiness.

The South Shore Charter Public School has experienced significant changes since our charter was renewed almost five years ago. The building itself has changed; we have a new roof, new tile and carpet flooring, and new classrooms. The campus has grown with the lease of a new gymnasium. Our student body has grown from 540 students to 565 and will be over 600 by the next charter renewal. Our waitlist has almost doubled. Our course offerings have increased at the high school. Throughout the building, technology has become more integrated into the classrooms and art, music and athletics have all expanded.

Yet amidst all of the growth and change, as a school community we have remained very much the same. The ideals of the South Shore Charter Public School have not changed. Inquiry-based learning, the methodology for Projects and Workshops, has remained strong and we have received national recognition for the outstanding work of students and faculty. Our students continue to be the talented individuals they have always been, not afraid to use their voice to speak up for what is important. Our faculty remains dedicated to student achievement and supporting each child who enters the classroom. And our parent community remains involved and generous with both time and resources. We are indeed fortunate to be at this place and time in the world of public education.

If you are interested in learning more about the renewal process, or would like to donate some time and talent to this effort, please do not hesitate to forward your name to me. The input from our families is always greatly appreciated.

Thank you for all you do every day.

Alicia Savage ~ asavage@sscps.org

Thursday	04/03	Professional Development Early Release	12:00pm
Sunday	04/06	Pathways Project (Outdoor Space Improvement) Meeting at the Hanover YMCA	6:00pm
Tuesday	04/08	3rd Quarter Ends – Grades K-11	
Thursday	04/10	School Council	3:30pm
Thursday	04/10	Title I and ELL International Food Night at the SSCPS Gym (104 Longwater Drive) All are invited. RSVP to Ddelaney@sscps.org	6:30-8:30pm
Thurs & Fri	04/10 & 04/11	Senior Debates	

ANNOUNCEMENTS

Save the Date! Blood Drive

The National Honor Society is hosting its second **Red Cross Blood Drive** to raise scholarship money through Bob's High School Heroes Program. The blood drive will be on **Tuesday, April 29 from 1:00-6:00 pm in the SSCPS Gym** (104 Longwater Circle).

Although drop-ins are allowed, those with appointments are given priority. To make an appointment, visit <http://www.redcross.org/blood> and "search by zip code" 02061. Go to the second page to find South Shore Charter Public School and select "schedule an appointment". Or call the Red Cross directly at 1-800-RED-CROSS.

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, to login use school password: bluejaguar.

Attention All Seniors: Senior portraits and senior pages are due April 1st. Make sure all are high resolution, jpg format. Any questions please contact cbodnar@sscps.org. Parents may submit a personalized page that will appear in the back of the book for their senior at these rates:

Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50.

PICK UP AND DISMISSAL ANNOUNCEMENT

We have received a series of complaints from our neighbors at 104 Longwater Drive regarding the number of unaccompanied students, as well as other children, walking through the gym area parking lot during dismissal in the afternoon and in the morning. Due to the compromises in safety this practice presents, the gym parking lot will be closed to pick up and drop off traffic. The spaces in the morning are now reserved for the BOKS Fitness program. In the afternoon, we are asking all families to pick up students by using the regular dismissal line at all times. Please remember that if you have to pick up your child early for dismissal please do so by 2:30.

FROM THE ATHLETIC DIRECTOR

Electronics Recycling Fundraiser – April 26

For years, rumors have swirled and murmurs have circled about the possibility of a baseball team at SSCPS, and now, steps are finally being taken! Athletic Director Joe Kay and a group of passionate students are forming a baseball and softball club that will possibly start meeting as soon as this year. However, they're going to need some help to do that. On Saturday, April 26th, from 10 AM to 3 PM in the back parking lot of SSCPS, the club will be hosting an electronic recycling fundraiser at the school to raise money for equipment for the new teams. Household electronics contain toxic chemicals, like lead and mercury and can be a threat to people and the environment if improperly discarded, so this fundraiser is a great way to responsibly get rid of broken, old, and unused electronics. The electronics will be taken by a qualified electronic disposal firm, and there is a nominal fee for this service. All proceeds will directly benefit the club. Take advantage of this opportunity to help out the planet and the school.

Items accepted include used personal electronics, like cell phones and MP3 players, household appliances, like microwaves and air conditioners, printers and scanners, television and computer monitors, and more. For questions regarding cost or additional items accepted, contact Joe Kay, Athletic Director jkay@sscps.org.

FROM THE PHYSICAL EDUCATION DEPARTMENT

SAVE THE DATE!

April 14-18

SSCPS is proud to partner with the American Heart Association to help kids with special hearts! Mark your calendars NOW for our upcoming **Jump Rope For Heart** and **Hoops For Heart** event taking place in PE during the week of April 14-18.



Levels I-II Visit www.heart.org/jump, Levels III Visit www.heart.org/hoops and click on 'Students Sign Up' to get started today.

The American Heart Association's Mission: To build healthier lives, free of cardiovascular diseases and stroke.

Dear Parent/Guardian,

We are thrilled to support the American Heart Association! Our partnership helps to teach students and families how to take care of their hearts through the *Jump Rope for Heart* program. Through the program:

- **YOUR CHILD** learns about the importance of the heart with educational programs from the American Heart Association. Students will learn how the heart works, how exercise affects their heart and how to stay FIT FOR LIFE!
- **YOUR CHILD** reaches out to friends and family. The safe online tool makes it easy for your child to set up a web page and send emails to support his or her fundraising efforts and to share life-saving information. Visit www.heart.org/jump to get started. Any offline donations can be collected in the envelope your child has been given.
- **YOUR CHILD** feels good about making a difference in people's lives! Funds raised support the Heart Association's initiatives that *save lives in our community*. **Our school earns money for PE equipment so we can keep our kids MOVING and keep their hearts healthy!**

YOUR CHILD could attend a Boston Celtics game! Star player and heart health advocate Jeff Green will be involved in promoting heart health awareness. The Celtics are donating 5 complimentary tickets to a 2014-15 regular season game at the TD Garden to schools that participate in Jump Rope For Heart.
 * Schools must raise a minimum of \$1,500 collectively to qualify.

COMMUNITY SERVICE OPPORTUNITIES

Upcoming Events

Name of Organization	Dates	Info
Hanson Children's Museum Hanover Mall	Earth Day Volunteer April 25 11-4pm	www.Hansonchildrensmuseum.org
Whitman Public Library Volunteer	Ongoing	781 447-7613
Birthday Wishes Hanover Host a goody bag stuffing party to provide a party to homeless children	Ongoing	www.birthdaywishes.org
Easton Children's Museum Volunteer	Continuous	www.childrensmuseumineaston.org
Quincy Animal Shelter Volunteer Dog Walker	Ongoing	www.quincyanimalshelter.org
Fidelis Hospice: Braintree Knit lap blankets for hospice patients	Ongoing	Fidelis Hospice 781 848-3678

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.

COMMUNITY INTEREST

Self-Defense and Boundary Setting, Mother/Daughter Workshop

Saturday, May 3, 2014 - 10:00 am to 1:00 pm at the SSCPS Gym, 104 Longwater Drive, Norwell
 For girls 8 and older with their mother or significant women in their life (aunt, teacher, mentor, etc.) This workshop is an introduction to basic self-defense and personal safety through verbal de-escalation, personal boundary setting, and escape skills. This workshop will help families communicate more effectively around issues related to personal safety and self-confidence. Girls' LEAP Self-Defense: Because every girl is WORTH IT.

To register, contact Cissy White, 617-962-0036. Cost: \$17 - \$25 fee per person for 3 hour workshop (up to 30 participants total: The more participants the lower the cost) Preregistration and prepayment required.

News from Holly Hill Farms

April 12 Growing Greens and Hardy Crops 10 am -12 pm \$12 members/\$15 non-members
 Come to learn about season extension and cool weather plants to gain a jump on your home garden. Hosted by Jon Belber of Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565. www.hollyhillfarm.org

April 12 Natural Egg Dyeing 10 am -12 pm \$12 members /\$15 non-members

Take in the colors of spring and let your creative instincts soar with natural dyes from the Farm. Hosted by Sally Rossi-Ormon of Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565. www.hollyhillfarm.org

April 25 Open Sesame Movie 10 am \$10 Patriot Cinemas at the Hingham Shipyard
The Friends of Holly Hill Farm is hosting the local screening of *Open Sesame: The Story of Seeds*. This feature documentary creates awareness, provokes conversation and empowers people to get out and plant seeds! We need your help! In order to secure the screening, we must have at least 41 people reserve tickets, online, in-advance. via [Open Sesame Movie Screening](#). Please help us to spread the word! Holly Hill Farm, 781-383-6565.

April 26 Backyard Chickens - 10 am-12 pm \$12 members/\$15 non members
Our happy hens welcome you to the Farm! Learn healthy ways to care for our feathered friends and find out if keeping chickens is for you! Hosted by Jean White and Cindy Prentice of Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565. www.hollyhillfarm.org

April 26 Early Plant Sale - 10 am -4
The frosty weather has slowed the progress of our seedlings, so we've delayed the Early Plant Sale. Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565. www.hollyhillfarm.org

April 26 Healthy Home Lawns and Gardens 10 am-12 pm Free
Get a jump start on creating a plan to have a more sustainable home garden and lawn. Hosted by Joe Cotter of Paradigm Landscape and Cindy Prentice of Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565. www.hollyhillfarm.org

May 11 Mark your calendar for Lynn Rizzotto's annual Nature's Sketchbook program for Grandparent/Grandchild pairs. Details to follow. 781-383-6565. www.hollyhillfarm.org

**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**

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2014

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Recipe exchange

Swapping recipes isn't just for grown-ups. Encourage your youngster to exchange healthy recipes with her friends. Maybe she'll give her best friend a recipe for vegetarian chili and get one back for spaghetti with turkey meatballs. Make the dish together, and then suggest another swap.



How many times?

Here's a fun way to get your child used to doing "reps"—or repetitions—of exercises: tell him to match his age. So a six-year-old could do six jumping jacks, and an eight-year-old might do eight jumping jacks. Have your youngster try two sets for each exercise (do 10 toe-touches, rest for 30 seconds, and do 10 more).

DID YOU KNOW? Eating fruits and vegetables that contain a lot of water can help your child stay hydrated. And some of these are likely to be ones your youngster already enjoys, such as watermelon, oranges, carrots, and cucumbers. Other produce with high water content includes grapefruit, zucchini, cantaloupe, peaches, pineapples, tomatoes, bell peppers, and cabbage.

Just for fun

Q: What do you take before a meal?

A: A seat!



Power foods

Remember how Popeye ate spinach to get strong? There was truth in that. Spinach is filled with iron—an important nutrient for strengthening the body. Here's how you can use spinach and other "power foods" to help your child grow up strong.

Dark, leafy greens

Spinach and its cousins—kale and chard—contain iron that can boost thinking. Other good plant sources of iron include black beans, kidney beans, lima beans, chickpeas, lentils, soybeans, pumpkin, and winter squash. **Tip:** Vitamin C helps the body absorb iron from plants. Toss papaya chunks or strawberry slices with fresh spinach or kale for a tasty salad.

Bananas

Though the old saying is "an apple a day keeps the doctor away," a banana a day isn't a bad idea either. Its potassium supports heart and muscle function—and can even prevent muscle cramps after exercising. **Tip:** Let your child make a "butterfly banana" by sticking on raisins for eyes, apple slices for antennas, and pretzel twists for wings.

Hop to it!

Your youngster can combine learning and physical activity with these hopscotch games.

Math. In each block, write an equation ($4 + 11$, $64 \div 8$). Have your child toss a pebble into the first box, hop to it, and solve the problem. If she gets it right, she throws the pebble into the next box and tries that one. When she solves them all, she could write math problems for you.

Vocabulary. Ask your youngster to write her vocabulary words, one per block. As she hops to each one, she gives the definition. On the way back, she uses each word in a sentence.

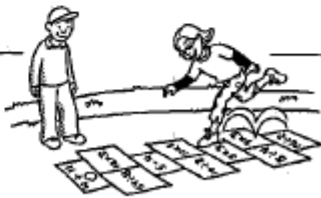


Oatmeal

Starting the day with oatmeal can increase your child's concentration in school. That's because oatmeal is a "slower-burning" carbohydrate, the opposite of sugary, "faster-burning" carb cereals. **Tip:** Stir blueberries into cooked oatmeal for a bonus power food—blueberries contain antioxidants that fight disease.

Salmon

Give your youngster's brain a boost with salmon and other foods high in omega-3 fatty acids. Avocados, chunk light tuna, sardines, flax seeds, walnuts, soybeans, and halibut also fall into this category. **Tip:** For an after-school snack, combine $\frac{1}{2}$ cup canned salmon with 1 tbsp. each olive oil and lemon juice. Serve with whole-grain crackers.



Ice cube magic

A simple ice cube tray is a handy tool for keeping healthy ingredients on hand. Try these ideas with your youngster:

- Encourage your child to drink more water by making pretty ice cubes. She could place a blackberry or raspberry into each section of a tray and cover with water. Freeze. Then, she can use the cubes to add flavor—and fun—to water or seltzer.
- Prepare smoothie ingredients. Puree ripe fruit in a blender. Put the puree into some sections of a tray, and spoon Greek yogurt into other sections. Your youngster can combine



the frozen cubes in a blender for smoothies.

Idea: For “green smoothies,” puree and freeze cooked collard greens.

● Pour low-sodium chicken, beef, or vegetable broth into a tray. When the cubes freeze, your child gets to pop them out and store in a freezer bag. Use when only a small amount of broth is needed, such as for stir-frying vegetables. ●

Q & A School snacks

Q: My child is supposed to bring a healthy snack to school every day, but she's bored with what I'm packing. Any suggestions?

A: Why not let her pack her own snack? That will help her take responsibility, plus she's more likely to eat something she put together herself.

Have her choose whole-grain cereal, dried fruits, and seeds from the bulk aisle. Then, she could make trail mix by measuring 1 tbsp. of each item into a container. Or help her air-pop popcorn and add seasonings like cinnamon, chili powder, or Old Bay.

Your youngster also might enjoy snacks she can assemble at school. For instance, suggest that she pack turkey slices to roll around breadsticks or graham crackers with low-fat cream cheese for spreading.

Note: Be sure to send perishable snacks (meat, dairy) in an insulated bag. ●

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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ACTIVITY CORNER

Young runners

For an exercise that is free, always available, and a natural for young children, you can't do better than running! Consider these tips for becoming runners together.

Build up stamina. Begin with short runs, maybe just a block. Then, run two blocks, and then three. Or start by combining walking and running. For example, run for 30 seconds, and walk for two minutes. Gradually, run more and walk less.

Vary paths. You might run in your neighborhood, on a nearby jogging path, or around a school track. Or try trails through a park—your child will enjoy a feeling of freedom from running through the woods.

Set goals. Working toward a goal can keep your youngster motivated. Look online or in the newspaper for a 1-mile fun run or a 5K race. Suggest that he keep a log to track his progress so that he's ready and confident on race day. ●



IN THE KITCHEN

DIY nut butter

Whether you like to be creative in the kitchen or need an alternative to peanut butter for an allergic child, do-it-yourself nut butters might be your answer. Follow these easy steps.

1. Place 16 oz. of nuts (peanuts, almonds, pecans, pistachios, cashews) in a food processor or blender.

2. Process several minutes, until finely ground. Add up to 1 tbsp. canola or coconut oil, a little at a

time, until creamy. For a chunky version, drop in up to 1 cup chopped nuts, and pulse to blend.

3. The beauty of making homemade nut butter is that you can flavor it however you like. For 2 tbsp. nut butter, choose mix-ins like 1 tsp. marshmallow creme and ¼ tsp. vanilla, or 1 tsp. cocoa and 1 tsp. honey.

Note: Store in the refrigerator for 6–8 weeks. If the oil separates, just stir. ●



2014 YEARBOOK

Inspired by You

It's That Time...

Dear Parent:

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 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.

2014 Hardcover Yearbook - 25.00

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



MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION

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 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"/>
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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 [your school, homeless liaison, migrant coordinator at phone #]

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

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)

Choose one ethnicity:	Choose one or more (regardless of ethnicity):		
<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: _____

Dual Eligibility: Foster child(ren) – Free _____ Non-foster child(ren) – Free _____ Reduced _____ Denied _____

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.

FEDERAL ELIGIBILITY INCOME CHART School Year 2013-2014

Household size	Yearly	Monthly	Weekly
1	\$21,257	\$1,772	\$409
2	\$28,694	\$2,392	\$552
3	\$36,131	\$3,011	\$695
4	\$43,568	\$3,631	\$838
5	\$51,005	\$4,251	\$981
6	\$58,442	\$4,871	\$1,124
7	\$65,879	\$5,490	\$1,267
8	\$73,316	\$6,110	\$1,410
Each additional person:	+7,437	+620	+144

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 last four digits of 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. “The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing 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 employer.

Breakfast Order Form
Breakfast for the Month of April, 2014
Due to the office by 3:00 pm, ***Tuesday**, April 1, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/7 – 4/11 Monday Tuesday Wednesday Thursday Friday

Week of 4/14 – 4/18 Monday Tuesday Wednesday Thursday Friday

Week of 4/21 – 4/25 Monday Tuesday Wednesday Thursday Friday

Week of 4/28 – 5/2 Monday Tuesday Wednesday Thursday Friday

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 April, 2014

Due to the office by 3:00 pm, ***Tuesday**, April 1, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/7 – 4/11 Monday Tuesday Wednesday Thursday Friday

Week of 4/14 – 4/18 Monday Tuesday Wednesday Thursday Friday

Week of 4/21 – 4/25 Monday Tuesday Wednesday Thursday Friday

Week of 4/28 – 5/2 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
APRIL, 2014
Catered by Essence of Thyme

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 3.6 oz. WW Blueberry Muffin Orange Juice Milk	1 2 oz. Frosted Flakes Apple Juice Milk	2 WG Cinnamon Roll Orange Juice Milk	3 WW Croissant w/Jelly Orange Juice Milk	4 Toasty O's WW Apple Cinnamon Waffles Orange Juice Milk
7 3.6 oz. WW Chocolate Muffin Orange Juice Milk	8 3.6 oz. WW Apple Muffin Orange Juice Milk	9 3.6 oz. WW Blueberry Muffin Orange Juice Milk	10 3.6 oz. WW Banana Muffin Orange Juice Milk	11 Plain Bagel w/Jelly Orange Juice Milk
14 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	15 WW Croissant w/Jelly Orange Juice Milk	16 3.6 oz. WW Chocolate Muffin Orange Juice Milk	17 3.6 oz. WW Apple Muffin Orange Juice Milk	18 WG Cinnamon Bun Orange Juice Milk
21 	V A C A T I O N			25 
28 2 oz. Frosted Flakes Apple Juice Milk	29 3.6 oz. WW Apple Muffin Orange Juice Milk	30 3.6 oz. WW Blueberry Muffin Orange Juice Milk	May 1 Plain Bagel w/Jelly Orange Juice Milk	2 Corn Flakes WW Blueberry Waffle Grahams 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!**

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)"



South Shore Charter School K-8
APRIL, 2014
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Pineapple Chunks Milk	1 American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	2 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	3 Chicken Caesar Salad WW Wrap Baby Carrots Pears Milk	4 Cheese Pizza Italian Beans Peaches Milk
7 Meatballs on WW Sub Green Beans Banana Milk	8 Macaroni & Cheese Broccoli Pears Milk	9 Chicken Tenders Potato Puffs Pineapple Chunks Whole Wheat Roll Milk	10 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Milk	11 Buffalo Chicken WW Wrap Chickpea Salad Grapes Milk
14 Beef Hot Dog on WW Roll w/Ketchup Baked Beans Apple Milk	15 Sweet & Sour Chicken Brown Rice Carrots Orange Milk	16 Cheese Pizza Corn Pears Milk	17 Chicken Parmesan w/Ziti Broccoli Peaches Milk	18 NO LUNCH Early Release
21 	22 V A	23 C A T	24 I O N	25 
28 Hamburger on WW Bun w/Ketchup Baked Beans Apple Milk	29 Ziti w/Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	30 Chicken WW Quesadilla Green Beans Banana Milk	May 1 Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	2 NO LUNCH Early Release

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

Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)"



South Shore Charter School 9-12
APRIL, 2014
Catered by Essence of Thyme

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Pineapple Chunks Milk	1 American Chop Suey Green Beans Pineapple Chunks Whole Wheat Roll Orange Juice Milk	2 Chicken Alfredo w/Ziti Broccoli Applesauce Whole Wheat Roll Milk	3 Chicken Caesar Salad WW Wrap Baby Carrots Pears Milk	4 Cheese Pizza Italian Beans Peaches Milk
7 Meatballs on WW Sub Green Beans and Baby Carrots Banana Peaches Milk	8 Macaroni & Cheese Broccoli Pears Whole Wheat Roll Milk	9 Chicken Tenders Potato Puffs w/Ketchup Pineapple Chunks Whole Wheat Roll Milk	10 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	11 Buffalo Chicken WW Wrap Chickpea Salad Grapes Apple Juice Milk
14 Beef Hot Dog on WW Roll w/Ketchup Baked Beans Fruit Cocktail Apple Milk	15 Sweet & Sour Chicken Brown Rice Carrots Orange Apple Juice Milk	16 Cheese Pizza Corn Potato Wedges Pears Milk	17 Chicken Parmesan w/Ziti Broccoli Peaches Whole Wheat Roll Milk	18 NO LUNCH Early Release
21 	22 V A	23 C A T	24 I O N	25 
28 Hamburger on WW Bun w/Ketchup Baked Beans Apple Apple Juice Milk	29 Ziti & Meatballs Broccoli Whole Wheat Roll Peaches Orange Juice Milk	30 Chicken WW Quesadillas Spanish Rice Green Beans Pears Banana Milk	May 1 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	2 NO LUNCH Early Release

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

Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)"