



FROM THE PRINCIPALS

We have had a fabulous first two weeks of school at South Shore Charter Public School. The transition back to school was particularly exciting in our high school where students and teachers returned to a completely remodeled space. The new space is not only beautiful, but it is able to serve the needs of our expanded high school student body and larger faculty. We are all excited for a happy and productive school year.

This year in my work with the faculty I will be focusing on effective effort. We are working to give students the message that they not only need to work hard, but they need to work smart. Well-targeted effort that yields positive results helps students to see that diligence pays off and that they can improve at tasks that they might not believe that they are good at. Research studies on student effort show that when children have a growth mindset and believe that talents and intelligence can be developed through effort they work harder, deal more effectively with frustration, and are more successful in school than their peers who believe that intelligence and talent are fixed. It is our job as educators and parents to show students that they are powerful agents in their own learning.

There are six major components to effective effort; time, focus, strategies, resourcefulness, use of feedback, and commitment. When students complete work at home, parents can support the work that teachers are doing in these important areas.

- 1) **Time:** This component is perhaps the most obvious. While putting in time is certainly not enough for students to accomplish difficult academic tasks, putting in enough time is essential. Parents can help by blocking off time for their children to do work and helping them understand that meeting high standards may require hours of work.
- 2) **Focus:** The time that students spend working should be used efficiently and with minimal distractions. In our media-rich culture reducing distractions is incredibly difficult, even for adults. Limiting cell phone and internet access during homework time can help as students learn to self-regulate. While children may think that they can multitask, the research says that they cannot.
- 3) **Resourcefulness:** Students need to know how to ask for help and how to use the resources available to them. Encouraging your child to ask you for help when appropriate, directing them to seek out the relevant teacher when they need more support, and reminding them to seek out reference books or online sources can help foster this trait at home.
- 4) **Strategies:** Students need to know what strategies to apply to the appropriate tasks. Teachers explicitly teach students strategies to deal with academic tasks. These include reading comprehension strategies, use of graphic organizers, techniques for summarization, and mnemonic devices. Asking your child about these strategies and reminding him or her to use them when they are stuck can help them use their time efficiently.
- 5) **Use of Feedback:** Successful students carefully listen to and read the feedback that teachers provide them with. Encourage your child to use teacher feedback to help them improve future performance.
- 6) **Commitment:** To accomplish difficult academic tasks students need to have the will to do so. Setting achievable goals can help with this. Short term goals, for the number of math problems completed successfully before dinner for instance, are most appropriate for younger children. Older children can set goals for the course of a school year.

I look forward to working hard and working smart this year as I apply the traits of effective effort to my endeavors with your children. I hope to take advantage of the opportunity The Update provides me to give our families a glimpse into life at our school. Please feel free to contact me with any questions, suggestions, or concerns.

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

| | | | |
|-----------|------|--|-------------|
| Wednesday | 9/11 | Fall Athletics Parent Meeting | 5:00pm |
| Wednesday | 9/11 | Level IV and High School Parent Back to School Night | 6:00-7:30pm |
| Wednesday | 9/11 | Senior Parent Meeting | 7:30pm |
| Thursday | 9/12 | Board of Trustees Executive Committee Meeting | 8:00am |
| Thursday | 9/12 | School Council | 3:30pm |
| Monday | 9/16 | Level II and Level III Parent Back to School Night | 6:00-7:30pm |
| Wednesday | 9/18 | School Picture Day – check backpacks for order form | |
| Saturday | 9/21 | Back to School Picnic | 3:00-5:00pm |

ATHLETIC DEPARTMENT

2013 Jaguar Soccer Season Kicks Off!

The Boys soccer team has got out a solid start for the 2013 season. In a battle the boys were defeated by the defending champions Boston Collegiate 2-1 on Monday. The highlight of the game was the cross field pass from freshman Elvis Tavares to junior Ian Wright for a goal. The team played hard throughout the contest, but came up short. Yesterday, the boys bounced back with a victory against Salem Academy with a score of 3-0. Freshman goalie impressed in the net with his first shutout of his high school career. The offensive attack was led by senior Michel Joseph (2 goals) and Paul Sullivan (1 goal).

The Girls soccer team also started their 2013 season this past Monday and Tuesday. They experienced two tough losses from strong Boston Collegiate and Salem teams but netted their first goal of the season yesterday from sophomore Christine Nwafor when she broke through Salem's defense on a breakaway. The Jaguars are ready to get back on the field and face MATCH in their first home game next Wednesday.

Come out and support the Jaguars on September 18 at the Hanover YMCA. Girls start at 3:30 and Boys 4:45.

Reminder: Mandatory Parent Meeting tonight at 5pm for the Cross Country, Middle School Soccer, and Girls Volleyball teams.

PARENTS ASSOCIATION

WE NEED YOU TO VOLUNTEER FOR SCHOOL COUNCIL...

School Council: Consisting of six parents, six teachers, three students, and the Principals, the Council provides advice to the Principals on budget, policy, curriculum, school evaluation, schedules, and discipline matters, while also keeping the Board of Trustees informed of developments in the School. The committee also offers feedback on guidance on educational matters. It studies the performance of the SSCPS students and guides the school administration on educational planning and assessment. It is important for the group to hear the input and values from families of a variety of ages. School Council meets on the second Thursday of the month at 3:45pm unless otherwise noted.

Note: The school no longer has Education Committee- the focus of ED Comm has been subsumed by the School Council.

Volunteer Survey

See all the opportunities for volunteering available at our school and suggest new ones too!
Complete the survey online at <https://www.surveymonkey.com/s/SSCPSvolunteer-survey>

COMMUNITY SERVICE OPPORTUNITIES

Hopefully over the summer many students were able to get a head start on their community service requirements. As the Community Service Chairperson I will be researching events coming up through the

school year and communicating this information through the school weekly update. If you would like to share a community service event that is happening on the South Shore please email Sarah Collins at sazzifrazz78@yahoo.com.

Upcoming Events

| Name of Organization | Dates | Info |
|--|---|--|
| Junior Naturalist Volunteer Program-South Shore Natural Science Center | 9/7/13, 10/5/13, 11/2/2013, 12/7/13 | Ages 6-13 accompanied by adult www.wouthshorenaturalsciencecenter.org |
| My Brother's Keeper various volunteer opportunities year round | continuous | Stonehill College, Easton MA www.mybrotherskeeper.org |
| New England Wildlife Center-hands on work caring for animals | continuous and/or special events | Weymouth, MA www.wildlife-education-center.com |
| Cardinal Cushing Centers | ongoing volunteer opportunities working with individuals with special needs | Hanover, MA www.cushingcenters.com/support/volunteer |
| Boston Marathon Jimmy Fund Walk | 9/8/13 | www.Jimmyfund.org |
| Soles 4 Souls | host a shoe drive for disadvantaged communities | www.soles4souls.org |
| Step Out Walk to Stop Diabetes | 10/19/13 | www.stepout.diabetes.org |

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



Harvest Run

5K ROAD RACE - FITNESS WALK
Saturday, October 19, 2013

Wompatuck State Park
Hingham, Ma

Race Schedule:

9:00 - 10:45: Registration and t-shirt pick-up

11:00: The Harvest Run begins!

* Refreshments provided after the race*

For individual registration visit:

<http://www.lightboxreg.com/harvest-run-road-race?func=&sid=5226cd17b9d7c.1378274583.2907449304&mobile=0>

Family discount is available for SSCPS students, staff, and their immediate families. Forms will be sent home in the coming weeks.

Would you like your company logo on this year's Harvest Run event t-shirt? Sponsorship Options are still available!

For more information, contact

Denise Demaggio at ddemaggio@sscps.org or 617-653-8246

All funds raised will be used to develop outdoor spaces for health and recreation at the South Shore Charter Public School.

Nutrition Nuggets™

Food and Fitness for a Healthy Child

September 2013



South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Choose cafeteria meals

Changes in school meal requirements have made cafeteria food healthier than ever. And September is the perfect time for your youngsters to get used to eating school lunches. Get them excited by reading the menus together and talking about what they will select. *Note:* Look for an application in their backpacks for free and reduced-price meals.

Time to play

Make it a point to go to places where your children can run around, such as fields, parks, or school playgrounds. Bring along balls, bats, jump ropes, or anything else that your youngsters enjoy. *Idea:* Add to the fun by letting them bring a friend along or arrange to meet a friend there.



DID YOU KNOW?

An apple and a can of soda may have the same number of calories. But the apple will give your child nutrients, including minerals and fiber, that contribute to a healthy diet—while the soda offers only empty calories. Talking about this will help your youngster understand that all calories aren't equal.

Just for fun

Q: What is a frog's favorite game?

A: Leapfrog!



The family that eats together...

When families have meals together at least three times a week, their children are less likely to be overweight. Kids also tend to do better in school and to stay away from drugs when they have regular family meals. Consider these ideas for your household:



- Each Sunday, look at your calendar for the week, and write in dinner times. They might change based on each day's activities, and that's okay. *Idea:* If dinner isn't possible, try having breakfast or lunch together that day.
- Get everyone involved. Ask one youngster to find a recipe and another one to choose a green or an orange vegetable (asparagus, sweet potato). Rotate jobs like setting the table and making a salad.
- Do you have picky eaters? Let your children be the taste testers. You'll make

them feel like "insiders"—and pique their interest in dinner—by giving them samples ahead of time.

- At dinner, have fun conversations that teach about cooking. Let everyone guess how much brown rice you used ($\frac{1}{2}$ cup, perhaps) or how many cans of tomatoes went into the spaghetti sauce. Or ask family members to describe the menus they would create at their own restaurants.
- Use mealtime to catch up on what happened in each other's days. Keep conversations light and pleasant—this isn't the time for criticisms or fighting. *Note:* Turn off the TV and put away cell phones so you can focus on, and enjoy, each other! ●

Healthier breakfast cereal

Your child's first meal of the day can be a healthy one with these tips for cereal lovers.

Read labels. Go shopping together, and give your youngster words and numbers to look for on cereal packages. He could use a magnifying glass to "spy" a whole grain like oats or whole wheat listed as the first ingredient. Or have him find boxes with 10 grams or less of sugar and 5 grams or more of fiber.

Top with fruit, milk. Increase the nutrients by encouraging him to try different fruits on his cereal. He might like peaches, blueberries, or dried cranberries, for instance. Then, let him pour in fat-free milk. ●



One small step

Have you been trying to get your kids to eat better and exercise more? One mistake many people make is expecting too much at once. Instead, aim for gradual progress with one change at a time. Here's how.

Explain your goal

You might say, "I want all of us to be healthy and have strong bodies so we can play hard and do well in school and at work." Tell your family that this is something you can all accomplish together.



Ask for input

Let each person contribute three ideas. For instance, your youngster might suggest eating more fruit or playing together outside after dinner. You could recommend drinking more water or taking hikes on weekends. *Tip:* Have your child record all the ideas.

Decide on a plan

Vote for your favorite—that will be the first change you attempt. Together, come up with a few steps for achieving it. *Example:* If your goal is "Eat more vegetables," you can list "Have vegetables for after-school snacks" or "Taste vegetables at dinner every night." Give yourselves a month to adopt the new habit. Then, vote on your next healthy change! ●

Q & A

"But I don't want to play sports"

Q: My daughter has no interest in playing sports. How can I make sure she gets enough exercise?

A: Sports are great, but they're not the only way for a child to get physical activity. Your daughter probably loves to have your attention—try spending time doing active things with her. Perhaps walk your dog or have hula hoop contests. Or take a class together, such as karate or rock climbing.



There's also a chance that your youngster just hasn't found the right activity yet. What does she like to do? If she loves sledding in the winter, she might try skating, running, or another activity where she can move fast. If she likes music, she could join a dance team. Let her experiment with different options, and she will probably find one she enjoys. ●

OUR PURPOSE

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

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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

Fun with friends

When your child invites friends over, encourage them to forget the computer and video games and go outside to play instead. With games like these, they'll have a great time as they get healthy exercise.



Bubble pop. One person runs around blowing bubbles with a wand, and the other players have to chase after them and pop the bubbles. Have each person count the number popped—the winner blows the bubbles for the next round.

Ball in the air. Give each player a ball. Keep your ball in the air by bouncing it off your knee, and see who can go the longest without dropping the ball.

Stepping stones. Lay out paper plates into a stepping-stone path on the grass (place some close together and others farther apart). Take turns walking and jumping the course. If you miss a step and touch the ground, start over. ●

IN THE KITCHEN

Microwave it

For healthy—and fast—cooking, your microwave can be your best friend.

Eggs

Scramble eggs without butter! Whisk eggs with fat-free milk in a microwave-safe bowl. Cook for 1 minute. Stir, and continue cooking, 30 seconds at a time, until the eggs are set. *Tip:* Add vegetables or low-fat shredded cheddar cheese before cooking.

Vegetables

Trim fresh vegetables, rinse under running water, and place in a microwave-safe dish. Cover, and cook until tender (start with 2 minutes, test for



doneness, and continue in 1-minute increments). For frozen vegetables, follow the directions on the package.

Popcorn

Making your own popcorn is a great way to boost the healthy fiber in your child's diet. Just put 3 tbsp. popcorn kernels in a brown lunch bag, fold down the top, and microwave for 2½ to 3 minutes (until there are more than 2 seconds between pops). *Idea:* Sprinkle on grated Parmesan cheese. ●

Breakfast Order Form
Breakfast for the Month of September/October, 2013
*Due to the office by 3:00 pm, *Tuesday, September 17, 2013*

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
9/23 – 9/27

Week of Monday Tuesday Wednesday Thursday Friday
9/30 – 10/4

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 September/October, 2013
Due to the office by 3:00 pm, *Tuesday, September 17, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
9/23 – 9/27

Week of Monday Tuesday Wednesday Thursday Friday
9/30 – 10/4

Number of Meals ordered _____ X \$3.25

Less credit due

Total Amount Enclosed

 \$ _____

Cash or Checks may be made out to SSCPS.

Choice of 1% milk, skim milk or orange juice is included with the purchase of a meal or can be purchased separately for 30 cents.

Please note: If your child has forgotten lunch, a cheese sandwich will be provided at the cost of \$2.25. A note from the office will go home that afternoon for reimbursement.



South Shore Charter School August/September, 2013

Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Aug. 26 | 27 WG Cinnamon Roll Orange Juice Milk | 28 3.6 oz. WW Apple Muffin Orange Juice Milk | 29 Frosted Mini Wheats WW Lemon Dinosaur Grahams Orange Juice Milk | 30 WW Croissant w/Jelly Apple Milk |
| Sept. 2 LABOR DAY | 3 3.6 oz. WW Apple Muffin Orange Juice Milk | 4 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk | 5 Toasty O's WW Apple Cinnamon Waffle Grahams Orange Juice and Milk | 6 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk |
| 9 3.6 oz. Blueberry Muffin Orange Juice Milk | 10 WG Cinnamon Roll Orange Juice Milk | 11 Plain Bagel Orange Juice Milk | 12 3.6 oz. WW Chocolate Muffin Orange Juice Milk | 13 WW Croissant w/Jelly Apple Milk |
| 16 2 oz. Frosted Flakes Apple Juice Milk | 17 3.6 oz. WW Banana Muffin Orange Juice Milk | 18 3.6 oz. WW Chocolate Muffin Orange Juice Milk | 19 WG Cinnamon Roll Orange Juice Milk | 20 3.6 oz. WW Apple Muffin Orange Juice Milk |
| 23 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk | 24 3.6 oz. WW Chocolate Muffin Orange Juice Milk | 25 WW Croissant w/Jelly Orange Juice Milk | 26 3.6 oz. WW Apple Muffin Orange Juice Milk | 27 WG Cinnamon Roll Orange Juice Milk |
| 30 2 oz. Frosted Flakes Orange Juice Milk | Oct. 1 WG Cinnamon Roll Orange Juice Milk | 2 3.6 oz. WW Apple Muffin Orange Juice Milk | 3 Frosted Mini Wheats WW Lemon Dinosaur Grahams Orange Juice Milk | 4 3.6 oz. WW Apple Muffin 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 August/September, 2013

Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| Aug. 26 | 27 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Plums Milk | 28 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk | 29 Turkey Ranch WW Wrap Cucumber Fruit Cocktail Milk | EARLY RELEASE |
| Sept. 2 LABOR DAY | 3 BBQ Chicken on a WW Bun Sweet Potato Fries w/Ketchup Apple Juice Milk | 4 Jamaican Beef Patty Southwestern Beans Corn Tangerine and Milk | 5 Chicken Alfredo w/Ziti Broccoli Applesauce Milk | 6 Chicken Caesar Salad WW Wrap Cucumber Pears Milk |
| 9 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail Milk | EARLY RELEASE | 11 Buffalo Chicken WW Wrap Chickpea Salad Peaches Milk | 12 American Chop Suey Broccoli Whole Wheat Roll Orange Juice Milk | 13 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Banana Milk |
| 16 Beef Hot Dog on a WW Roll w/Ketchup Baked Beans Fruit Cocktail and Milk | 17 Chicken Parmesan Over Ziti Carrots Apple Milk | 18 Chicken Stir Fry Brown Rice Chinese Style Vegetables Orange Milk | 19 Beef & Bean WW Burrito Corn Banana Milk | 20 Cheese Pizza Broccoli Corn Peaches Milk |
| 23 Hamburger on a WW Bun w/Ketchup Baked Beans Apple and Milk | EARLY RELEASE | 25 WW Chicken Quesadilla Green Beans Banana Milk | 26 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk | 27 Turkey and Gravy Potato Puffs Whole Wheat Roll Orange Milk |
| 30 Macaroni & Cheese Broccoli Whole Wheat Roll Peaches and Milk | Oct. 1 Meatballs on a WW Sub Sweet Potato Banana Milk | 2 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail Milk | 3 Jamaican Beef Patty Southwestern Beans and Corn Fruit Milk | 4 Cheese Pizza Green Beans Potato Wedges Fruit 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 August/September, 2013

Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| Aug. 26 | 27 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail and Plums Milk | 28 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk | 29 Turkey Ranch WW Wrap Cucumber Fruit Cocktail Banana Milk | 30 EARLY RELEASE |
| Sept. 2 LABOR DAY | 3 BBQ Chicken on a WW Bun Sweet Potato Fries w/Ketchup Pineapple Chunks Apple Juice and Milk | 4 Jamaican Beef Patty Southwestern Beans and Corn Tangerine Orange Juice and Milk | 5 Chicken Alfredo w/Ziti Broccoli Whole Wheat Roll Applesauce and Milk | 6 Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice and Milk |
| 9 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Cocktail Milk | 10 EARLY RELEASE | 11 Buffalo Chicken WW Wrap Chickpea Salad Peaches Milk | 12 American Chop Suey Broccoli Whole Wheat Roll Pineapple Chunks Orange Juice and Milk | 13 Sweet & Sour Chicken Brown Rice Chinese Style Vegetables Mandarin Oranges Banana and Milk |
| 16 Beef Hot Dog on a WW Roll w/Ketchup Baked Beans Fruit Cocktail and Milk | 17 Chicken Parmesan Over Ziti Carrots Apple Orange Juice Milk | 18 Chicken Stir Fry Brown Rice Chinese Style Vegetables Orange Apple Juice and Milk | 19 Beef & Bean WW Burrito Corn Banana Orange Juice Milk | 20 Cheese Pizza Broccoli Corn Peaches Milk |
| 23 Hamburger on a WW Bun w/Ketchup Baked Beans Apple and Milk | 24 EARLY RELEASE | 25 WW Chicken Quesadilla Spanish Rice Green Beans Peaches and Banana Milk | 26 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk | 27 Turkey and Gravy Potato Puffs WG Cinnamon Roll Orange and Peaches Milk |
| 30 Macaroni & Cheese Broccoli Whole Wheat Roll Peaches and Milk | Oct. 1 Meatballs on a WW Sub Sweet Potato Banana Apple Juice Milk | 2 Chicken Tenders Potato Puffs w/Ketchup Whole Wheat Roll Fruit Milk | 3 Jamaican Beef Patty Southwestern Beans and Corn Fruit Juice Milk | 4 Cheese Pizza Green Beans Potato Wedges Fruit Milk |

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

Complies with NSLP Regulations

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