



FROM THE EXECUTIVE DIRECTOR

Here we are in September, the school year well underway, with all the excitement and newness of the year still well upon us. Each September brings with it an adjustment to changes made over the summer. A new roof, a new floor, some new classrooms, a new high school space, we all know how much can change over the course of two months.

As our school continues to grow and change it is important to recognize what has remained constant. The morning events that have been occurring in our gym this fall serve as an example. Three mornings a week over sixty students transform the gym by participating in the BOKS Fitness Program. On Monday morning I witnessed the energy and excitement firsthand, children in the gym before school began, engaged in rigorous exercise and team building. In the gym leading the teams were their teachers – eight parent volunteers.

The BOKS Program addresses a very real need children face at this school and in our nation. The seemingly endless research on pediatric health and wellness leads to some solid conclusions all pointing in the same direction. Our children need more time devoted to movement and exercise, more time devoted to social interaction, and less time sitting, particularly with electronic devices.

Clearly, our parent volunteers are familiar with this research. Over the summer four parents, Julie Burke, Justina Pettinelli, Jessica Lussier, and Janet Daley, applied for a BOKS grant and were very successful in obtaining the funds needed to put this program in place. In addition to funding, these four parents have been joined by four more of our parents. All volunteer their time to teach this program before the day’s classes start.

On Monday morning I witnessed students running and jumping, not clicking and staring. Over sixty children were speaking to one another with voices, not opposable thumbs. Kids were laughing and cheering, not punctuating feelings with “LOL” or an emoticon. Best of all, the program has grown from what it was last spring, now filling a need for up to seventy students.

The results of early morning exercise are far reaching; improved health, increased fitness, and a stronger ability to concentrate and remained focused throughout the day. Our student population may now experience these benefits directly. All because four parents recognized a critical issue and sought to make a difference. The gym itself is new; but what is important has remained the same.

Alicia Savage – asavage@sscps.org

Thursday	09/19	Senior Class Retreat – Camp Burgess	
Thursday	09/19	Board of Trustees Development Committee Finance Committee	7:30pm 5:30pm 6:15pm
Saturday	09/21	SSCPS Family Back to School Picnic	3:00-5:00pm
Tuesday	09/24	SSCEF Meeting	8:00am
Tuesday	09/24	Professional Development Early Release	12:00pm

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

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.

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
Marshfield Council on Aging	continuous; assist homebound seniors with food shopping	Donna Weinberg coadmoxie@comcast.net
Soles 4 Souls	host a shoe drive for disadvantaged communities	www.soles4souls.org
Step Out Walk to Stop Diabetes	10/19/13	www.stepout.diabtes.org
Hanover Council on Aging	create a scrapbook of pictures from events held at the COA	Katie O'Brien 781 924-1913

COMMUNITY INTEREST

Tuesday September 24th is *Friends of Holly Hill Farm* night at CHIPOTLE in Hingham. Eat dinner at the restaurant in the Derby Street Shoppes in Hingham between 4 and 8 pm and 50% of the proceeds will be donated to the *Friends* to support farm and school garden education programs. Please visit our website to

get a copy of the coupon to present when paying for your meal. Thanks for your support! For more information about the *Friends of Holly Hill Farm*, visit www.hollyhillfarm.org.

The 6th annual "**Discover the Woods**" 5k Trail race and 1 mile fun run / walk is on Sunday, October 6th, 2013 at Holly Hill Farm in Cohasset. The 5k race begins at 9 am and the 1 mile fun run will be at 10 am. The course is rolling hills through 130 acres of woods that surround the farm's 3 acres of organically grown vegetables, flowers, and herbs, past open meadows, grassy field edges, a brook, and a pond. Registration is \$25 for adults, \$15 for children ages 12 and under. Signup online at www.hollyhillfarm.org. The races benefit the Frank H. White Scholarship Fund that makes school field trips and summer camp experiences possible for those in need of financial assistance. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset.

**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**



SSCPS Chorus

led by Jane Money from
The Boston City Singers



When: Every Monday, beginning
September 30th, at 3:10pm
Where: SSCPS music room.
Who?: 2nd-6th grade students
Cost: \$25 per child or \$30 per family.
Scholarships available



Applications available at the Front Desk.

Contact:

Cyndi Wormald at cindavesam@yahoo.com

or

Wardie at hmannix@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.



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 19, 2013

Wompatuck State Park
Hingham, Ma

SSCPS FAMILY REGISTRATION

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

Individual Names	Runner/Walker	Gender M/F Age Group (-10) (11-14) (15-19) (20-29) (30-39) (40-49) (50-59) (60+)	Shirt Size *2 Shirts included, \$7.00 each additional *Guaranteed to those who register by September 25th.*
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

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

Friday, October 18, 2013 2:30—6:30
 Marathon Sports
 134 Washington Street, Norwell, MA

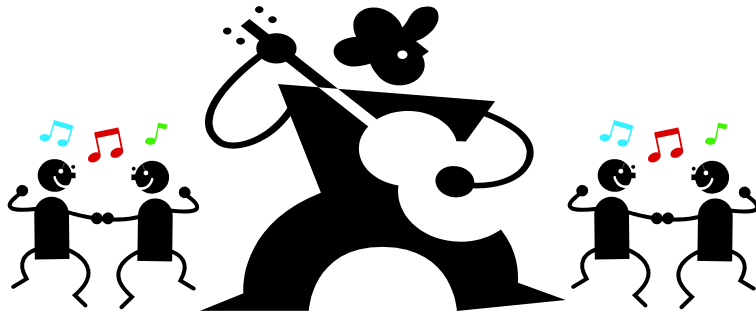
Race Schedule:

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

SSCPS Family Registration
 \$40.00 / family – up to 2 runners
 unlimited walkers
 Please add \$3.50 per additional runner

SSCPS Student Registration
 \$15.00 / individual student

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



SSCPS BACK TO SCHOOL PICNIC

SATURDAY, SEPTEMBER 21, 2013

3P.M.-5P.M.

BRING YOUR FAMILY

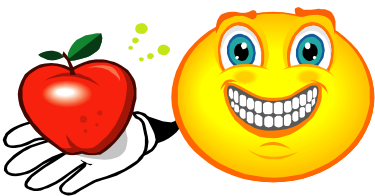


BRING YOUR FRIENDS

BRING YOUR PICNIC



(Pizza will be available for purchase)



BRING A PEANUT FREE SNACK TO SHARE

If you have any questions, please contact Kerry Griffin @ rockgriff@verizon.net



Presents the Alvin Hollis Speakers Series 2013-2014

Healthy Lifestyles: Focus on Family

- Oct. 23, 2013
9-11 AM
"Connection: The Other Vitamin "C" at Linden Ponds, Derby Clubhouse, Auditorium
Dr. Edward Hallowell, author of numerous books
- Nov. 5, 2013
9:30-11 AM
"Involved Parents=Better Students: Strategies for Parents of Elementary Age Students" ML Nichols, author of *"The Parent Backpack"*
- Dec. 4, 2013
7-8:30 PM
"To Connect or Not To Connect? Living and Thriving in the Digital World"
at Inly School, 46 Watch Hill Rd, Scituate . Speaker: William Powers;
author of "Hamlet's Blackberry: Building a Good Life in the Digital Age."
- Dec. 9, 2013
3:30-5:30 PM
School Climate (or possibly another topic)
Speaker: TBD
- Jan. 27, 2014
3:30pm-5:30pm
"Typical or Troubled"
Speaker: Barbara J. Green, Ph.D., YHC Medical Director
- March 25, 2014
7-8:30 PM
"Ready, Set, Go! Bridging between the Nest and Next" at 55 YMCA: Laura's Art Pavilion; Hanover. Speaker: Stephen Wallace, Dir., The Center for Adolescent Research and Education, Susquehanna University
- April 2, 2014
9:30-11 AM
Food: "The Fuel to Feed Body and Soul" (Need to confirm final title)
Speaker: TBD
- April 29, 2013
3:30-5:30 PM
"Exercise to Enhance Physical Health and Emotional Well-Being "
Karen Peterson, Sr. Director Health & Wellbeing at the South Shore YMCA, Quincy; and Valerie Sullivan, Town of Weymouth; Community Health Program Coordinator

All events are FREE and subject to change

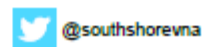
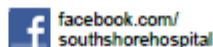
Reservations **REQUIRED** for more information contact karin_farrell@sshosp.org

Unless otherwise noted, programs will be at:

South Shore Hospital's Home Care Division, 30 Reservoir Park Dr., Rockland, MA 02370



Connect with us:





Suggested Fall 2013 Reading List
A Community Benefit Program of South Shore Hospital

Topics of interest for anyone raising, educating, mentoring, coaching or related to a child between the ages of 5-21!



Highlighted Books: Author Speaking Locally

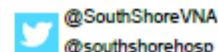
1. *“Connect: 12 Vital Ties that Open Your Heart, Lengthen Your Life and Deepen Your Soul,”* and *“Crazy Busy: Overstretched, Overbooked and About to Snap! Strategies for Handling Your Fast Paced Life,”* by **Dr. Edward Hallowell** <http://www.drhallowell.com/>
Speaking locally 9am, **Oct. 23, 2013** at Linden Ponds, Hingham, make your required reservations by contacting karin_farrell@sshosp.org.
2. *“The Parent Backpack for Kindergarten through Grade 5: How to Support Your Child’s Learning, End Homework Meltdowns, and Build Parent Teacher Connections”* by **ML Nichols**, published by 10 Speed Press, 2013. <http://www.theparentbackpack.com/>
Speaking at 9:30am, **Nov. 5, 2014** at South Shore VNA, Rockland.
3. *“Hamlet’s Blackberry: Building a Good Life in the Digital Age,”* by **William Powers**, published by Harper Perennial, 2011. <http://www.williampowers.com/>
Speaking at 7pm, **Dec. 4, 2013** at Inly School, Scituate.
4. *“InsideOut Coaching: How Sports Can Transform Lives,”* by Joe Ehrmann. <http://www.coachforamerica.com>
Speaking at 7pm, **Oct. 23, 2013**, Inly School, Scituate; tickets available beginning 9/23, cost is \$20/pp (www.inlyschool.org speakers series) this event is co-sponsored with the South Shore Y.

Suggested Books

5. *“The Secrets of Happy Families”* by Bruce Feiler, published by Harper Collins, 2013. <http://brucefeiler.com/>
6. *“Salt, Sugar, Fat: How the Food Giants Hooked Us,”* by Michael Moss, published by Random House, 2013. <http://michaelmossbooks.com/>
7. *“Dinner with the Smiley’s: One Military Family, One Year of Heroes and Lessons for a Lifetime,”* by Sarah Smiley, published by Hyperion, 2013. www.sarahsmiley.com
8. *“A Handful of Quiet Happiness in Four Pebbles,”* by Thich Nhat Hanh and Wietske Vriezen, published by Plum Blossom Books, 2012.

Speakers listed in orange font are part of
The Alvin Hollis Speaker’s Series

Celebrating the 20th Anniversary Year of Youth Health Connection.





2013-2014 Academic Year



Focus Topic:

Healthy Lifestyle: Focus on Family

Thought provoking speakers, strategies and ideas to help the whole family be happy and healthy!



Special Speaker Series Sponsored by Alvin Hollis

Youth Health Connection

Medical Director:

Barbara J. Green, Ph.D.
781-749-9227 x3
Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, R.N., B.S., M.B.A.
781-624-7415
kimberly_noble@sshosp.org

Administrative Secretary:

Karin Farrell, B.S.
781-624-7849
karin_farrell@sshosp.org

Website:

<http://www.southshorehospital.org/yhc>

Want more information?

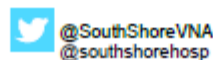
Contact us to learn about upcoming **educational opportunities** for parents and school personnel

Connect with us weekly on information on this topic and other health & wellness topics for youth, families and schools by requesting to receive our **weekly electronic newsletter**.

Visit [facebook.com/southshorehospital](https://www.facebook.com/southshorehospital) and click on the "YHC" tab to **stay up-to-date** with Youth Health Connection. **Start today—you deserve it!**



Connect with us:



PACER's National Bullying Prevention Center™
presents

Make it orange. Make it end.



UNITE
← →
AGAINST
BULLYING!



Show your true colors!
Unite together and support
students being bullied
everywhere. Show them
that they are not alone – that
someone cares by wearing
orange on October 9.

Together we can lead the
movement against bullying!



Learn more at:
pacer.org/bullying

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© 2013, PACER Center | 8161 Normandale Blvd. | Minneapolis, MN 55437
952.838.9000 | bullying411@pacer.org | [facebook.com/pacertab](https://www.facebook.com/pacertab)

Breakfast Order Form
Breakfast for the Month of September/October, 2013
Due to the office by 3:00 pm, *Tuesday, September 24, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

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

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

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.

Lunch Order Form
Lunch for the Month of October, 2013
Due to the office by 3:00 pm, *Tuesday, October 1, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
10/7 – 10/11

Week of Monday Tuesday Wednesday Thursday Friday
10/14 – 10/18

Week of Monday Tuesday Wednesday Thursday Friday
10/21 – 10/26

Week of Monday Tuesday Wednesday Thursday Friday
10/28 – 11/1

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.

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Student Name _____

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Week of Monday Tuesday Wednesday Thursday Friday
10/7 – 10/11

Week of Monday Tuesday Wednesday Thursday Friday
10/14 – 10/18

Week of Monday Tuesday Wednesday Thursday Friday
10/21 – 10/26

Week of Monday Tuesday Wednesday Thursday Friday
10/28 – 11/1

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
October, 2013

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
7 3.6 oz. WW Blueberry Muffin Orange Juice Milk	8 WG Cinnamon Roll Orange Juice Milk	9 Plain Bagel w/Jelly Orange Juice Milk	10 3.6 oz. WW Chocolate Muffin Orange Juice Milk	11 NO SCHOOL Professional Dev. Day
14 COLUMBUS DAY	15 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 WG Cinnamon Roll Orange Juice Milk
21 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk	22 3.6 oz. WW Chocolate Muffin Orange Juice Milk	23 3.6 oz. WW Apple Muffin Orange Juice Milk	24 WG Cinnamon Roll Orange Juice Milk	25 2 oz. Frosted Flakes Orange Juice Milk
28 3.6 oz. WW Apple Muffin Orange Juice Milk	29 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	30 Toasty O's WW Apple Cinnamon Waffle Grahams Orange Juice Milk	31 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk	Nov. 1 3.6 oz. WW Chocolate Chip 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 - Grades K-8
October, 2013

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
7 BBQ Chicken on a WW Bun Sweet Potato Fries w/Ketchup Apple Juice Milk	8 American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	9 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	10 Chicken Caesar Salad WW Wrap Cucumber Pears Milk	11 NO SCHOOL Professional Dev. Day
14 COLUMBUS DAY	15 Beef Hot Dog on a WW Roll Baked Beans Ketchup Fruit Cocktail Milk	16 EARLY RELEASE	17 Turkey Ranch WW Wrap Cucumber Mandarin Oranges Milk	18 Cheese Pizza Broccoli Corn Peaches Milk
21 Hamburger on a WW Bun Baked Beans Ketchup Apple Milk	22 Ziti w/Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	24 Chicken WW Quesadilla Green Beans Banana Milk	25 Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	26 Turkey & Gravy Potato Puffs Whole Wheat Roll Orange Milk
28 Macaroni & Cheese Broccoli Mandarin Oranges Milk	29 Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	30 Mexican Chicken WW Wrap Sweet Potato Fries Ketchup Apple Milk	31 Buffalo Chicken WW Wrap Chickpea Salad Pineapple Chunks Milk	Nov. 1 Cheese Pizza Green Beans Potato Wedges Fruit Milk

*All Meals include 8 ounce Milk - Choice of 1% or Skim

ALL MENUS ARE SUBJECT TO CHANGE

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



South Shore Charter School - Grades 9-12
October, 2013

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
7 BBQ Chicken on a WW Bun Sweet Potato Fries w/Ketchup Apple Juice Fruit Cocktail Milk	8 American Chop Suey Green Beans Whole Wheat Roll Pineapple Chunks Orange Juice and Milk	9 Chicken Alfredo w/Ziti Broccoli Whole Wheat Roll Applesauce Milk	10 Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	11 NO SCHOOL Professional Dev. Day
14 COLUMBUS DAY	15 Beef Hot Dog on a WW Roll Baked Beans Ketchup Fruit Cocktail Milk	16 EARLY RELEASE	17 Turkey Ranch WW Wrap Cucumber Mandarin Oranges Banana Milk	18 Cheese Pizza Broccoli Corn Peaches Milk
21 Hamburger on a WW Bun Baked Beans Ketchup Apple and Pears Milk	22 Ziti w/Meatballs Broccoli Whole Wheat Roll Fruit Cocktail Orange Juice and Milk	24 Chicken WW Quesadilla Spanish Rice Green Beans Banana and Peaches Milk	25 Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	26 Turkey & Gravy Potato Puffs WG Cinnamon Roll Orange and Peaches Milk
28 Macaroni & Cheese Broccoli Mandarin Oranges Whole Wheat Roll Milk	29 Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Whole Wheat Roll Milk	30 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	31 Buffalo Chicken WW Wrap Chickpea Salad Pineapple Chunks Milk	Nov. 1 Cheese Pizza Green Beans Potato Wedges Fruit Milk

*All Meals include 8 ounce Milk - Choice of 1% or Skim

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