



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

This week we have been meeting with families about Title I. Title I is the largest Federal educational program. Because it is a federal program there are many structures put in place to help assure that the money is well spent. At times those requirements and regulations seem a bother but some of the requirements are downright excellent ideas. One requirement is that the school needs to provide opportunities for families to get involved in their children's education and we have several events throughout the year for family engagement through Title I. Two of the events are coming up soon and both are open to all families in the school.

- Thursday October 24, 6:00 – 7:00 is Literacy Night for students K-4 and their families.
- Wednesday November 13 is Math Night, an evening when our wonderful math teachers K – 6 explain in detail how we teach math.

Literacy Night is very simple: kids and their families come in at 6:00 p.m. and they hear adults read aloud wonderful stories. Many of the kids and a few of the adults wear pajamas. The purpose of the night is to encourage family togetherness through reading. There is a wonderful coziness that comes after a long day when an adult reads to a child and through Literacy Night we hope to encourage reading because reading is so important to success in school and life. Books are where the *words* are and *words* are the most important way the *world* is compressed into our minds. General knowledge has been shown to be an important path to understanding and when we understand, there is much less confusion and much more joy. At SSCPS we believe that all of our kids from Kindergarten to twelfth grade should be respected for the complexity of what they are able to learn. One new feature of this year's Literacy Night is that one of our fabulous twelfth graders will read a story in Haitian Creole. Please come and join in on the fun; it will be over by 7:00!

Three years ago, in large part because of the requirements of the Federal government's Title I program and fifth and sixth graders' feelings about being pulled out of Project for reading and math tutoring, we began FIT (Focused Instructional Time) on Levels II and III. We wanted to make sure that students got the academic support they needed and were not pulled from something that they loved. What began as an experiment is now a common practice K – 12 at SSCPS. FIT has also let us fulfill one of our Founders' dreams, having small classes taught by experts in a field. We have many volunteers who come in on a weekly basis to teach a FIT class. There are native Spanish speakers having Spanish conversation groups, skilled sewers teaching sewing, architects teaching building. In Level II alone there are seven additional FIT sessions all taught by parents. The best news about all of this is that FIT is one of the happiest times of the day for many kids' days. Angie tells me that the high school students like it too. Thanks to all of the volunteers, no matter what they do, who enable us to reach more of our students more of the time. It is nice that each year we come closer to being the school we want to be and each year we can do more because of the thousands of hours volunteers put into making our school the place we want it to be.

Hope to see many of you next Thursday for Literacy Night. I will be wearing pajamas and if the Red Sox keep winning maybe even my very first beard!

Ted Hirsch – [thirsch@sscps.org](mailto:thirsch@sscps.org)

Thursday	10/17	Title I Parent Information	5:00pm
Saturday	10/19	Harvest Run Road Race Wompatuck State Park Hingham	11:00am start
Tuesday	10/22	SEPAC Workshop	7:00pm
Thursday	10/24	10 <sup>th</sup> Grade Field Trip to Salem	
Thursday	10/24	K-4 Literacy Night	6:00-7:00pm
Thursday	10/24	Board of Trustees Development Committee Finance Committee	7:30pm 5:00pm 5:45pm

## ANNOUNCEMENTS

**\*IMPORTANT\*** We are asking all families to complete the free and reduced meal benefit application for the 2013-2014 academic year. We are asking for 100% family participation in completing this application. SSCPS participates in the National School Meal Reimbursement Program and receives federal and state aide based on compiled data from all applications. This data not only allows us to seek reimbursement for a portion of the costs of all eligible free and reduced meals, but it also factors into the amount of federal and state grant awards we are entitled to each academic year. Your cooperation is greatly appreciated. If you need assistance in completing this form, please contact Kristine Shipps at 781-982-4202x106.

## ATHLETIC DEPARTMENT UPDATE

### Upcoming Dates

10/17 Girl's Volleyball vs. Foxborough 7:30 at Hanover YMCA  
 10/17 Middle School Soccer vs. Calvary Chapel 4:00 at Hanover YMCA  
 10/18 HS Soccer vs. Prospect Hill 3:00 Girls 4:15 Boys at Hanover YMCA  
 10/21 HS Soccer vs. Salem Academy 3:30 Girls 4:45 Boys

## COMMUNITY SERVICE OPPORTUNITIES

**CLOTHING/BABY ITEM DRIVE FOR "ROOM TO GROW"** – Ryan and Devin Benjamin are running a clothing/baby item drive for Room to Grow. Room to Grow is a non-profit organization dedicated to enriching the lives of babies born into poverty throughout their critical first three years of development. They are looking for donations of new and gently used baby items in truly excellent condition, appropriate for newborns to age 3, including clothing to size 5T, shoes, toys, books and blankets. Please see the attached flyer for a more complete list of items, including items of urgent need. **There is a box in the school lobby to drop off donated items.** If you have larger items that you would like to donate, please contact Kerry Benjamin at 781-982-0866 to schedule a pick up. Thank you in advance for your help!

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
New England Wildlife Help Carve pumpkins for Night of a Thousand Faces	October 22, 23 & 24	781 682-4878
My Brother's Keeper various volunteer opportunities year round	continuous	Stonehill College, Easton MA <a href="http://www.mybrotherskeeper.org">www.mybrotherskeeper.org</a>


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.diabetes.org
Hanover Council on Aging	create a scrapbook of pictures from events held at the COA	Katie O'Brien 781 924-1913

## COMMUNITY INTEREST

Holly Hill Farm is having a Farm to Table Dinner and Silent Auction on Saturday October 19 at 5:30 in the cozy heated greenhouse at the farm. Guest chef Maryann Saporito of Hola Restaurant in Marshfield will use the farm's certified organic produce throughout the meal to create a delicious fall feast that will be paired with organic wines. This will be the 5<sup>th</sup> farm to table collaboration with chef Maryann and diners at past events have described the evenings as "magical" and "perfect." Maryann's cooking embodies the philosophy of fresh farm food, prepared simply and served from the heart. Combine food with *Friends of Holly Hill Farm* and the meal becomes an intimate evening of locavore dining at its best. The evening will include a tempting array of silent auction items as well. Cost is \$100 per person. Please call [781-383-6565](tel:781-383-6565) or email [fhhf@verizon.net](mailto:fhhf@verizon.net) to reserve a spot. Proceeds from the evening benefit the *Friends of Holly Hill Farm*, the non-profit education center that uses the farm as its outdoor classroom and teaches in 26 school gardens in 8 South Shore towns.

Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. For directions and more information, visit [www.hollyhillfarm.org](http://www.hollyhillfarm.org).

**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)**

	<p><b>Race Schedule:</b>  <b>9:00 - 10:45:</b>  Registration and t-shirt pick-up  <b>11:00:</b>  The Harvest Run begins!  * Refreshments provided after the race*</p>	<p><b>Harvest Run</b>  5K ROAD RACE - FITNESS WALK  Saturday, October 19, 2013  Wompatuck State Park  Hingham, Ma</p>
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**We are in need of many volunteers at the Harvest Run. There are different time slots available for different tasks. Please contact Denise Demaggio to volunteer [ddemaggio@sscps.org](mailto:ddemaggio@sscps.org) or 617-653-8246.**

For individual registration visit:  
<http://www.lightboxreg.com/harvest-run-road-race>  
Family discount is available for SSCPS students, staff, and their immediate families.

**Pre-register by October 16th for the SSCPS family and staff discount. SSCPS family registration form available in the weekly update or at the front desk.**

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



# The Flu:

## A Guide for Parents

### Flu information

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are

nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with flu will not have a fever.

#### How long can a sick person spread the flu?

People with the flu may infect others from 1 day before getting sick to 5-7 days after. Children and people with weakened immune systems can shed virus for longer, and might still be contagious past 7 days, especially if they still have symptoms.

#### Can my child go to school, daycare or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or to caregivers.

#### When can my child go back to school after having the flu?

Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

### Protect your child

#### How can I protect my child against flu?

The first and most important thing to do is to get flu vaccine for your child, yourself, and everyone else in your household **every year**. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.



## About flu vaccine

### What kinds of flu vaccine are there?

There are two kinds of flu vaccine:

- Inactivated (killed) flu vaccine, the “flu shot,” is given by injection with a needle.
- Live, attenuated (weakened) flu vaccine is sprayed into the nostrils.

The kind of vaccine your child will get depends on their age and health. Your child may be eligible to receive either kind of flu vaccine.

Every time your child receives vaccine, your healthcare provider will ask questions which will help determine whether the child should receive vaccine that day, and what kind of vaccine your child should get.

### Are there any risks from flu vaccine?

Vaccine reactions, if they occur, are usually mild and can include soreness, redness and swelling where the shot is given, or runny nose after getting the nasal spray. Some people have experienced fever, body aches, headache and fatigue. These reactions usually begin soon after the vaccine is given, and last 1-2 days.

A vaccine, like any medicine, could possibly cause more serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm is extremely small. Life threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.

More detailed information about flu vaccine is available at [www.immunize.org/vis](http://www.immunize.org/vis). At this site you will find Vaccine Information Statements about inactivated and live influenza vaccines (the shot and the nasal spray) designed to educate and inform in many languages.

### Is influenza vaccine effective?

Yes. While no vaccine is 100% effective, influenza vaccine is the best protection against getting the flu.

Influenza vaccine tends to be most effective in people who are younger and healthy. It takes about two weeks after vaccination to protect against flu, so vaccination does not protect immediately. Also, flu viruses are always changing, so the vaccine needs to be updated every year, before flu season starts. When the vaccine isn't a good match with flu viruses that are circulating, it offers less protection.

**People who get flu vaccine are much less likely to get the flu than those who don't get vaccine, and if vaccinated people get sick with the flu their illness is not as severe.**

## Other steps to take

### What else can I do to protect my child?

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after use.
- Stay away from people who are sick.
- Wash hands often with soap and water.
- Use an alcohol-based hand rub if soap and water are not available.
- Contact your healthcare provider if your child gets sick, especially if the child is very young (under 5) or has long-term health conditions.
- Seek emergency care if your child has trouble breathing, fast breathing, turns bluish or gray, has severe or persistent vomiting, has trouble waking up, or doesn't interact normally.

### Much more information is available at:

- [www.mass.gov/flu](http://www.mass.gov/flu)
- [www.cdc.gov/flu](http://www.cdc.gov/flu), and
- [www.immunize.org](http://www.immunize.org)
- Or call 617-983-6800 or your local board of health.



## Do you have infant & toddler items to donate?

Your donation can directly transform the life of a baby born into poverty.



Room to Grow is a non-profit organization dedicated to enriching the lives of babies born into poverty throughout their critical first three years of development.



Room to Grow's program provides parents with one-on-one parenting support and essential baby items to ensure their child's healthy and secure start in life.

Donate. Volunteer. Contribute.

Room to Grow  
142 Berkeley Street  
Boston, MA 02116  
617.859.4545

[www.roomtogrow.org](http://www.roomtogrow.org)

### Room to Grow accepts donations of new and gently used baby items in truly excellent condition, appropriate for newborns to age three.

Clothing to size 5T, Shoes, Toys, Books, Blankets, Sheets, Towels, Washcloths, Bibs, Strollers, High Chairs, Booster Chairs, Bassinets, Baby Carriers, Bouncy Seats, Swings, Play Mats, Exersaucers, Bathtubs, Potties, Feeding Supplies, Baby Proofing Items, Baby Monitors, Diaper Bags, CDs, Photo Albums, Baby Room Accessories

\* Urgent need for pants, long sleeve shirts and sweaters, size 24m-3T, parenting books, Spanish board books, exersaucers and strollers

The following items are accepted new only:

Bottles, Cups, Nipples, Teethers, Baby Shampoo & Lotion, Diaper Cream, Baby Care Items, Breast Pumps & Accessories, Toothbrushes

Sorry, we cannot accept: (for reasons of safety, hygiene, or appropriateness) Cribs, Baby Furniture, Car Seats, Car Seat Carriers, Diapers, Diaper Pails, Formula Baby Food, Stuffed Animals, Walkers, Bath Seats, Crib Bumpers, Maternity Clothing, Pregnancy Books, Sleep Positioners

Please, nothing stained, teethered on, worn in appearance, missing parts or in any way unsafe for young children.

# 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"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
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		<input type="checkbox"/>	<input type="checkbox"/>
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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)
(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) 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





# 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 October 2nd*
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:**

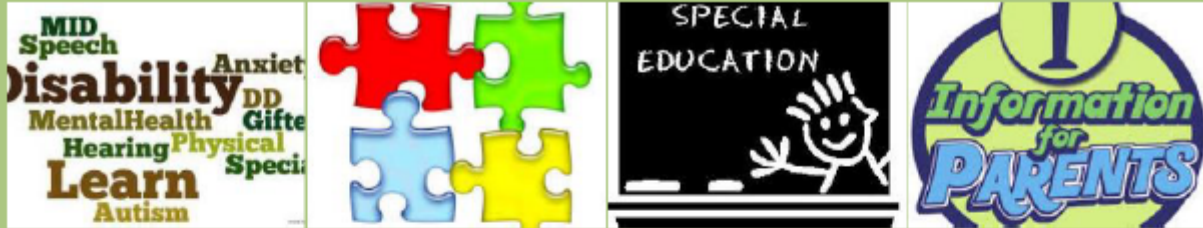
9:00 - 10:45: Registration and t-shirt pick-up  
 11:00: The Harvest Run begins!  
 \* Refreshments provided after the race\*

**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**  
*\*Please make checks payable to SSCEF*

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

# SSCPS SEPAC Fall Newsletter



## SEPAC Fall/Winter Workshops

(All Workshops begin at 7:00pm and are held at SSCPS)

### 10/22/13 - Basic Rights

This workshop, presented by the Learning Services Director, Matthew Tondorf, provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB). It is designed to help parents learn how to be effective partners with their child's school to decide the child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

### 11/19/13 - Introduction to Social Thinking

This workshop will be presented by the Speech and Language Pathologist, Jessica Zutaut and the Level 1 Learning Services Teacher, Michelle Gallagher.

### 12/17/13 - Social Thinking / Zones of Regulation

This workshop will be presented by the Occupational Therapist, Carol Wise.

**Meetings and Workshops are free and open to all!**

## One Weekend in October

by Kim Noble RN, MBA; YHC Program Coordinator

This past weekend I reaped the benefit of an established family tradition. My young adult children returned home to join their parents and extended family members in attending the Fryeburg Fair in Maine!

While every family member once again had a great time at the fair this year, I paused and reflected on what a gift it was that both of my children took the time out of their weekends to participate in this annual tradition.

It brought into perspective the "parental chore" of past visits to the fair, the times that we bundled up from snowflakes, drizzle and rain. Donned rubber boots to wander the fairgrounds in the mud. And also the years that we "dressed wrong" and shed various layers of

clothing as the temperature rose throughout the day. This is now all part of our family story; and yes the stories are told by all members throughout the years. Why is this all important? It is an example of the importance of connection in family life. For twenty-eight years, on a Saturday in October our family has visited the fair. This year we all realized what an important point of re-connection this event is for our family. In addition to all the major annual holidays, birthdays and anniversaries this annual fall event is something that connects us all. What connects your family? Why is it important? Find out at the presentation by Dr. Hallowell on Oct. 23<sup>rd</sup>.



**Join us!**

October 23, 2013  
 9-11 AM

Linden Ponds, Hingham, MA  
**"Connection: The Other Vitamin C"**

Speaker: Dr. Edward Hallowell

To register email:

[Karin\\_farell@sshosp.org](mailto:Karin_farell@sshosp.org)

October 10, 2013  
 Volume 10, Issue 2

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### Youth Health Connections: Upcoming Meetings and Events

**Save the Dates for the YHC Alvin Hollis Speaker Series:**

Oct. 23, 2013 from 9-11 AM  
 Dr. Edward Hallowell will speak on "Connection: The Other Vitamin C."

South Shore FACTS

Regional Meeting will be held on Oct. 22, 2013 from 2:30-4 PM at Hingham Town Hall, 3<sup>rd</sup> Floor East Hearing Room. Join us to learn more about Youth Substance Abuse Prevention work on the South Shore.

Nov. 5, 2013 from 9-10:30 AM; at the SSVNA Office, 30 Reservoir Park Drive, Rockland, featuring ML Nichols author of "The Parent Backpack: How to Support Your Child's Learning, End Homework Meltdowns and Build Parent-Teacher Connections."

**Tip for Better Living:**

"The difference between try and triumph is a little umph."

**Anonymous**



# SSCPS PA Grant Request

# 2013

Requests must be returned by Tuesday, October 22, 2013

Date:

Total Amount Requested\*:

Date Required:

Description of request (be specific!):

## Supplier Information

Company Name:

Address:

Telephone Number:

Fax Number

Website:

People who will benefit if request is granted:

## Submitted by

Name:

Title:

Email Address:

Telephone Number:

\*Amount requested must include any and all taxes, labor, set-up charges, delivery fees, etc. Do the research and make sure the amount requested is **completely accurate** and/or get realistic quotations from the proposed vendor. Requests with incomplete information cannot be considered. Attach any supporting documentation necessary to help the Task Force make an informed decision.

Please return form to PA Treasurer, Kerry Griffin, no later than Tuesday, 10/22/13. There will be an envelope at the front desk, or email me [rockgriff@verizon.net](mailto:rockgriff@verizon.net), or call 781-733-2073.



**Breakfast Order Form**  
**Breakfast for the Month of October, 2013**  
Due to the office by 3:00 pm, \*Tuesday, October 22, 2013

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

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

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

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

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**

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.*

# Breakfast Order Form

## Breakfast for the Month of November, 2013

Due to the office by 3:00 pm, \***Tuesday**, October 29, 2013

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

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

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

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
11/4 – 11/8

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
11/11 – 11/15

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
11/18 – 11/22

Week of       Monday       Tuesday       Wednesday       Thursday       Friday  
11/25 – 11/29

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

*Less credit due*

**Total Amount Enclosed**

\_\_\_\_\_

Cash or Checks may be made out to SSCPS.


\$ \_\_\_\_\_





**South Shore Charter School**  
**NOVEMBER, 2013**

**Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
4 3.6 oz. WW Blueberry Muffin Orange Juice Milk	5 WG Cinnamon Roll Orange Juice Milk	6 Plain Bagel w/Jelly Orange Juice Milk	7 3.6 oz. WW Chocolate Muffin Orange Juice Milk	8 WW Croissant w/Jelly Apple Milk
11 <b>VETERAN'S DAY</b>	12 2 oz. Frosted Flakes Apple Juice Milk	13 3.6 oz. WW Banana Muffin Orange Juice Milk	14 3.6 oz. WW Chocolate Muffin Orange Juice Milk	15 WG Cinnamon Roll Orange Juice Milk
18 Cinnamon Raisin Bagel w/Jelly Orange Juice Milk	19 3.6 oz. WW Chocolate Muffin Orange Juice Milk	20 WW Croissant w/Jelly Orange Juice Milk	21 3.6 oz. WW Apple Muffin Orange Juice Milk	22 WG Cinnamon Roll Orange Juice Milk
25 2 oz. Frosted Flakes Orange Juice Milk	26 3.6 oz. WW Apple Muffin Orange Juice Milk	27 Corn Flakes WW Blueberry Waffle Grahams Orange Juice Milk	28 	29 <b>NO SCHOOL</b> <b>Thanksgiving</b> <b>Break</b>

\* 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**  
**November, 2013**

<b>LUNCH</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>			
4	BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Apple Juice Milk	5	American Chop Suey Green Beans Whole Wheat Roll Orange Juice Milk	6	Chicken Alfredo w/Ziti Broccoli Applesauce Milk	7	Chicken Caesar Salad WW Wrap Cucumber Pears Milk	8	Beef & Bean WW Burrito Corn Banana Milk
11	<b>VETERAN'S DAY</b>	12	Meatballs on WW Sub Sweet Potato Banana Milk	13	Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	14	Jamaican Beef Patty Southwestern Beans Corn Tangerines Milk	15	Cheese Pizza Green Beans Potato Wedges Peaches Milk
18	Hamburger on WW Bun Baked Beans Ketchup Apple Milk	19	Ziti w/Meatballs Broccoli Whole Wheat Roll Orange Juice Milk	20	Chicken WW Quesadilla Green Beans Banana Milk	21	Pancakes Sausage Patty Sweet Potato Baked Apple Slices Milk	22	Turkey & Gravy Potato Puffs Whole Wheat Roll Orange Milk
25	Macaroni & Cheese Broccoli Mandarin Oranges Milk	26	Chicken Tenders Potato Puffs Peaches Whole Wheat Roll Milk	27	<b>EARLY RELEASE</b>	28		29	<b>NO SCHOOL Thanksgiving Break</b>

\*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**  
**November, 2013**

<b>LUNCH</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>			
4	BBQ Chicken on WW Bun Sweet Potato Fries w/Ketchup Apple Juice Pineapple Chunks Milk	5	American Chop Suey Green Beans Peaches Whole Wheat Roll Orange Juice and Milk	6	Chicken Alfredo w/Ziti Broccoli Whole Wheat Roll Applesauce Milk	7	Chicken Caesar Salad WW Wrap Cucumber Pears Orange Juice Milk	8	Beef & Bean WW Burrito Corn Banana Orange Juice Milk
11	<b>VETERAN'S DAY</b>	12	Meatballs on WW Sub Sweet Potato Banana Apple Juice Milk	13	Chicken Tenders Potato Puffs w/Ketchup Fruit Cocktail Whole Wheat Roll Milk	14	Jamaican Beef Patty Southwestern Beans and Corn Tangerines Orange Juice Milk	15	Cheese Pizza Green Beans Potato Wedges Peaches Milk
18	Hamburger on WW Bun Baked Beans Ketchup Apple and Pears Milk	19	Ziti w/Meatballs Broccoli Whole Wheat Roll Pineapple Orange Juice and Milk	20	Chicken WW Quesadilla Spanish Rice Green Beans Banana and Peaches Milk	21	Pancakes w/Syrup Sausage Patty Sweet Potato Baked Apple Slices Milk	22	Turkey & Gravy Potato Puffs WG Cinnamon Roll Orange and Peaches Milk
25	Macaroni & Cheese Broccoli Mandarin Oranges Honey Wheat Dinner Roll Milk	26	Chicken Tenders Potato Puffs w/Ketchup Peaches Honey Wheat Dinner Roll Milk	27	<b>EARLY RELEASE</b>	28		29	<b>NO SCHOOL Thanksgiving Break</b>

\*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!**