



FROM K-6 PRINCIPAL

Last Thursday was Thanksgiving and it is wonderful to have days set aside to give and accept appreciation towards and from each other. These days are opportunities to note the beauty of the natural world and to focus on family. I was fortunate to have all of my children home and the time to be with each one of them. Giving and receiving thanks are some of the most important ways to build and be a community.

Now that we are back at school I am grateful to have a job I love in a community of teachers, administrators, families and friends who have a common mission: inspiring every student to excel in academics, service, and life. Our mission is to prepare students with knowledge and skills to be able to serve others and find the purpose that allows them to be creators of culture and community.

I would like to list some of the many things I am thankful for here at SSCPS.

- Hardworking students
- Dedicated and thoughtful teachers
- Families who choose and believe in us
- Sufficient resources
- Volunteers who stretch the opportunities we can give our students
- Teachers who constantly seek ways to get better
- Students who stop me in the hall to show me their work
- A solid curriculum
- Support staff who make us better
- Folks who answer JFK's call and do it for the school
- A school nurse, adjustment counselor and psychiatrist who listen to us all with trained ears and make us safer, more comfortable and aware
- An assistant who always assists and gets things done
- A visit today from Mac
- And to our students for their joy, curiosity and desire to learn.

Here at school I see things that happen every day that make me say to myself, "That was just the right way to do..." whatever the teacher, or student was doing. I constantly hear the teachers and students do just the right thing. I see real team work every day.

To give you a concrete example of the quality of the work that goes on here and why I am so grateful to be here I would like to share with you the work of a second grade student. This student, for classwork right before Thanksgiving, wrote a letter inside a beautiful card. The card had a picture of a carrot and a sunflower, both products of her class's Garden Project. The letter was a letter of thanks to her mother. In this letter she is able to express so purely her thanks. I hope one day to be able to express thanks as openly and clearly as she does here in this letter.

Thank you mom for giving life to me. I am happy that you are my mom and I love you. Every time I sleep you are a pastor and you bless me and sometimes I am a pastor and I bless you. Bless me – bless you – bless my sister. We are always with each other.

I love you Mommy and you love me and my sister.

Monday-Friday	12/02-12/06	High School Spirit Week	
Friday	12/06	2nd Quarter Warnings Mailed	
Friday	12/06	High School Semi-Formal	7-10pm
Sunday	12/08	Holiday Tree Sales at South Shore Landscaping	11:00am-7:00pm
Tuesday	12/10	Basketball Mandatory Parent/Player Meeting	5:00pm
Wednesday	12/11	Gift Wrapping Fundraiser	1:00-4:00pm
Wednesday	12/11	Annual Winter Concert – Hingham High School See attached flyer for more information	6:00pm

ANNOUNCEMENTS

Calling all bakers, cooks and purchasers for our Annual Faculty/Staff Appreciation Luncheon

The luncheon will take place on Friday, December 13th. This is the half day. We will need main dishes, side dishes, salads, desserts, and drinks. You can drop off your item in the morning at drop-off or at dismissal/pickup. Because of storage space availability, we would prefer hot dishes to be dropped off at dismissal, although Crock-Pots can be dropped off **anytime**.

The luncheon hosts about 80 staff members, and they love and appreciate the assortment of food that is sent in by our families. They look forward to our luncheons every year! If you would like to donate, please contact me directly at krislarue@gmail.com.

Gift Wrapping Fund raiser

On Wednesday, December 11, National Honor Society students will be offering gift wrapping as a fundraiser to support victims of the tornadoes that swept through Illinois on November 17, 2013.

According to cbs.stlouis.com, "The National Weather Service says two dozen tornadoes hit the state on Nov. 17. More than 2,400 homes were damaged or destroyed. The tornado that hit the community of Washington stayed on the ground for more than 46 miles."

NHS students will be wrapping from 1:00-4:00 pm in high school classroom 102 at the cost of \$1.00 for small gifts, \$2.00 for each medium gift and \$3.00 for large gifts. All donations will go to The Salvation Army's November Tornado Relief in Peoria, IL.

SSCPS Apparel

Just in time for the holidays, South Shore Charter Public School is excited to announce that our school apparel is now available through our website. Simply go onto our website (www.sscps.org) and find the link under *News and Events*. All orders will be shipped directly to your home. Happy shopping!

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.

ART DEPARTMENT NEWS

Looking ahead to the season of gift giving? Be sure to keep your eyes open for the front lobby display cases and wall filled with art from the talented students and staff. A portion of all proceeds go to the Art Workshop. There will be a variety of cards, prints, fabric art, and paintings to choose from. You can purchase directly the front desk or call Marianne Buckley Curran at x 304.

ATHLETIC DEPARTMENT UPDATE

Preseason Basketball Parent Meeting

We are excited to start another basketball season at South Shore Charter Public School. SSCPS has established a concussion policy to address the serious injury of concussions in athletics. The policy outlines how the school will seek to prevent concussions and provide a safe return to activities after an injury. In order to effectively and consistently manage injuries, the school will abide by this policy to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care and necessary academic assistance, and are fully recovered prior to returning to athletic participation.

The Commonwealth of Massachusetts requires annual safety training on sports-related concussions for coaches, volunteers, school nurses, athletic directors, the parents or guardians of children who participate in athletics, and student athletes. For student athletes and their parents or guardians this training will be provided at the pre-season meeting, where written materials will also be available. Attendance will be taken at this meeting and the attendance roster will serve as verification of training. The meeting will be held on Tuesday, December 10th at 5pm in the High School Great Room at SSCPS. The meeting is mandatory, as a result the students of parents or guardians not in attendance will not be eligible to participate in athletics.

The pre-season meeting will also cover expectations and other requirements for the season. Schedules, athletic fees, transportation, and any other concerns or questions that can be addressed will be discussed. If you have any questions regarding the meeting, please contact Joe Kay. jkay@sscps.org

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

Level IV 'A Healthy You' Project

The 'A Healthy You' project is hosting its annual SSCPS Can Drive. There are collection boxes in each POD and students have been encouraged to participate and bring in canned and boxed goods. The winning POD in Levels I-III and the winning project in Level IV will receive a pizza party. The deadline to bring in food is Friday, December 13th. We will be delivering all of the collected items to the Marge Crispin Food Pantry in Braintree. Thank you to everyone who has been participating so far!

Level IV S³ Project

Recently the S³ Project has been in a pirate(y) mood. Each member researched a notorious pirate. They wrote an informative poem about their pirate and his/her life. All presented to the class and a few presented in costume to the level at Community Meeting...rrgh! Students continued to fine tune their knot tying skills. We had a visit from Retired US Navy, John Latimer (Samantha Wormald's Grandfather). He shared stories about travels and life aboard the aircraft carrier, the USS Wasp #18. With the whole school, we are supporting the "Healthy You" Can drive which wraps up on December 13th.

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
My Brother's Keeper wrap Christmas gifts	continuous	Stonehill College, Easton MA www.mybrotherskeeper.org
New England Wildlife Center-	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

Father Bills/MainSpring Quincy and Brockton	Continuous Various volunteer opportunities	www.helpfbms.org/get/volunteer
Soles 4 Souls	host a shoe drive for disadvantaged communities	www.soles4souls.org
Hanover Council on Aging	create a scrapbook of pictures from events held at the COA	Katie O'Brien 781 924-1913

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



Wednesday December 11th is our Winter Concert! *Please Come!*

This is a special event for all grades, Kindergarten through 12th, at 6:00 p.m. at the Hingham High School (directions below).

We know that many small children need to go to bed early, so we have the youngest groups sing first.

We ask that you stay as long as you can so all the singers have an audience. If you do need to leave early, we ask that you leave between sets.

Our music teacher requests the children wear clothes with no writing on them, appropriate for the event. Thank you!

Children are asked to sit with their parents during the concert except right before they go on stage, when they will sit in the front rows.

**We look forward to seeing you!
Enjoy the Show!**

Directions to Hingham High School from SSCPS:

After taking the left out of the parking lot of SSCPS, take a left at the stop sign onto Longwater Drive.

At the end of Longwater Drive, take a right. At the lights (Home Depot on your left) take a right onto Route 228/Main St.

Continue on Main St. past the onramp to Route 3 until you come to a set of lights. (Plaza Azteca on your left, Hannaford's/T.J. Maxx/Home Goods on your right.) Continue straight, remaining on Rte. 228, which is now Hingham St.

Follow Route 228/Hingham St. for approximately 3.8 miles. Road takes a right turn and becomes Main St. Continue a very short way on Main Street to fork, church in the middle of the fork. Take right fork onto Pleasant St. Continue a short ways to a 4-way intersection and take the right onto Union Street. Hingham High School is on the right after a few houses.

There is a large new parking lot on the right, after the school.

Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2013

South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Hole in one

For a healthy and kid-friendly breakfast, try this.

Let your child tear out a circle from a slice of whole-wheat bread. Then, heat a skillet with nonfat cooking spray, add the bread, and crack an egg in the hole. When the egg is almost set, flip the bread, and cook until the egg is done.



DID YOU KNOW?

Eating food directly out of a bag or box often leads to overeating. That's because it's hard to see how much you're really taking. Keep your youngster from developing this habit by having her put food in a bowl or on a plate, whether she's snacking or having a meal.

De-stress with exercise

The holidays can be stressful for children as well as adults. Since exercise is a proven stress reliever, help your youngster enjoy the season more by building in opportunities for physical activity. Make sure he has time each day to run around a playground, go sledding or skating, or visit an indoor "bounce house."

Just for fun

Q: What did one snowman say to the other?

A: "I smell carrot. Do you?"



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Holiday eating tips

Between parties, cookie swaps, and holiday meals, winter break is a challenge for healthy eating. Consider these strategies.

The traditions

Try to take the focus away from food for your holiday rituals. Instead of marathon cookie-making sessions, create cards or decorations together. Or take family walks to admire light displays. *Note:* You could still bake cookies, of course, but have your child deliver most of them to neighbors so he's not tempted to eat them all!

The buffet

Teach your youngster how to make good choices at a buffet. First, suggest that he survey the spread so he can plan what to take. Then, he might keep portions in check by taking just a spoonful of each item. Encourage him to make a balanced plate (meat, vegetables, fruits, grains). *Tip:* If you bring a dish, make it



a nutritious one, such as raw vegetables with a low-fat dip. Let your child help prepare the platter, and he'll be more likely to reach for it later.

The big meal

When you're hosting a meal, lighten things up. Remove the skin as you slice the turkey. To prepare gravy, pour the drippings into a gravy separator, and discard the fat. For stuffing, use less bread and more vegetables (onion, celery, mushrooms), and mix in fruit like raisins or diced apples. And make mashed potatoes with fat-free milk and parmesan cheese, rather than whole milk and butter. ●

Walk a line

Balance is an important part of sports—and everyday activity. Give your youngster a ball of yarn, and suggest fun balance-building activities like these:

- Let her unravel the yarn throughout your home. First, she could walk on it without stepping off. Next, have her straddle the yarn by walking with one foot on either side of it. Finally, she can walk with one foot on the yarn and the other off.
- Suggest that your child make two lines of yarn and pretend there's a river in between. To bridge the river, she has to move down the line sideways with her hands on one piece of yarn and her feet on the other.
- Take turns calling out different ways to go down the line. Family members might tiptoe, jump, or even do a cartwheel. If you step off the line, you're out. ●



USDA is an equal opportunity provider and employer.

Stopping at the convenience store

New research shows that a quarter of Americans shop at convenience stores as often, or even more often, as at grocery stores. When you make a quick stop, encourage your child to overlook the soda and hot dogs and move right to the healthy stuff. Here's how.

Counter. Show her the fresh fruit—it's often right by the cash register. She might be able to choose from bananas, apples, or oranges, for example. If there is no fresh fruit, look for freeze-dried fruit rather than regular dried fruit with added sugar.



Cases. The refrigerator cases have a few healthy gems. Your youngster could find hard-boiled eggs, light string cheese, low-fat yogurt, fresh fruit cups, or bags of ready-to-eat carrots. And point out the cold water and nonfat milk, too.

Shelves. Help her walk right by the shelves of chips, cookies, and candy. Instead, steer her toward whole-grain cereal, small bags of nuts, portion-controlled baked chips, and energy bars that are high in fiber and low in fat (be sure to read the nutrition labels). ●

ACTIVITY CORNER

Indoor play

This year, don't let winter weather get in the way of your youngster's physical activity. Enjoy family fun indoors with games like these.



Paddle ball. For each player, attach a ruler or paint stirrer as a handle to a paper plate. Then, use your paddles to bat a balloon back and forth.

Bubble-wrap jump. Have leftover bubble wrap from holiday packages? Lay out a piece for each person, and jump on it until all the bubbles pop.

Don't drop it! In this race for pairs, stand side by side and hold a ball between your hips. Race from one side of a room to the other without dropping the ball—the first pair to the finish line wins. If the ball falls, the pair has to go back to the starting line. ●

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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Q & A Encourage whole grains

Q: I've read that whole grains are important for my child's diet. But he doesn't like whole-wheat bread. What should I do?

A: Fortunately, there are many sources of whole grains. Try serving rice cakes layered with bananas and peanut butter or mini whole-wheat bagels with whipped cream cheese. When you buy pancake mix or frozen waffles, choose whole-grain varieties. And let your son pick out whole-grain cereals to try. In addition to having cereal for breakfast, he could sprinkle it on salads or in soup instead of croutons.

Also, you can build whole grains into meals you have away from home. Ask for brown rice in your sushi or whole-wheat crust for your pizza, for instance. When they're part of his favorite foods, your youngster may happily eat whole grains!

Note: Children ages 4–8 and girls ages 9–13 should have 5 ounces of grains a day, and boys ages 9–13 should have 6 ounces. At least half of those servings should be whole grains. ●

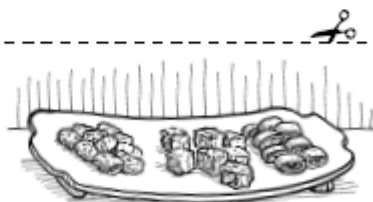


IN THE KITCHEN

Have a bite!

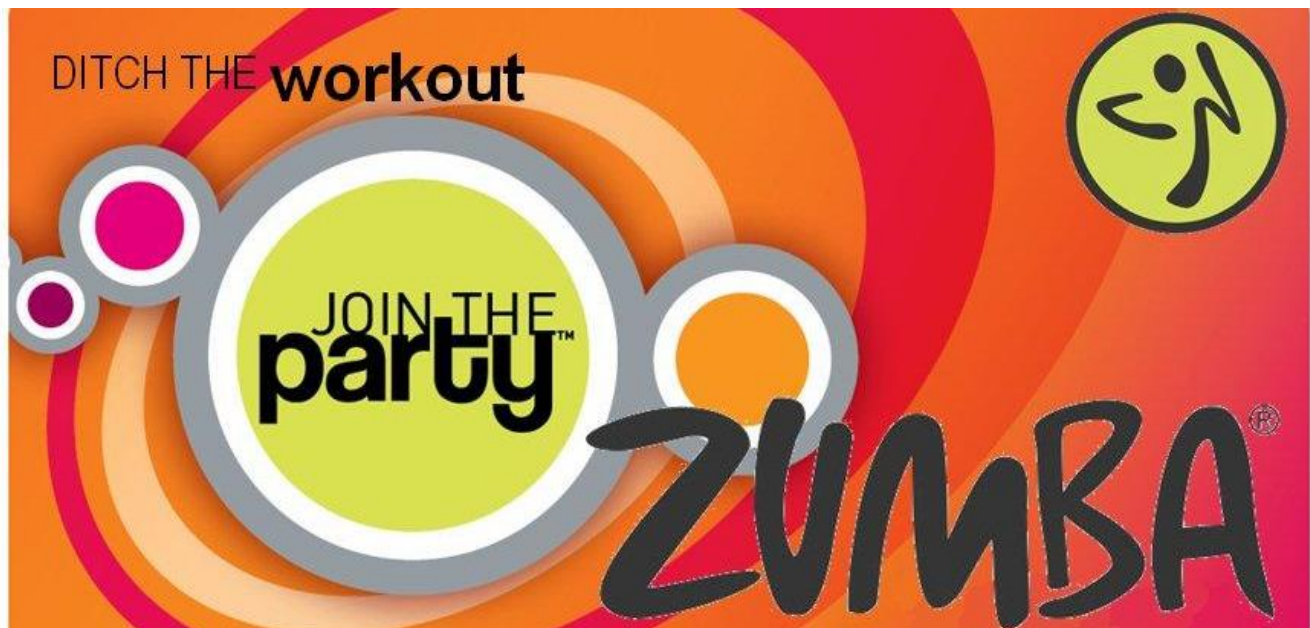
Good things come in small packages. With these bite-sized items, your youngster is sure to enjoy healthy eating:

- Slice skim mozzarella string cheese into bite-size pieces. Dredge each one in beaten egg and then dry whole-wheat bread crumbs. Place on a baking sheet (coated with cooking spray), and bake at 425° for 3 minutes. Serve with warm marinara sauce.
- Cut boneless chicken breasts into cubes, and cover each one with honey



mustard. Dip into crushed corn flakes. Put on a baking sheet, and bake at 425° for 10–15 minutes, until the chicken is no longer pink inside. Serve with barbecue sauce.

- Spread hummus on a soft tortilla. Add shredded carrot, diced tomatoes, sliced cucumbers, and black olive halves. Roll up tightly, and slice into bite-size pieces. ●



WE ARE HAVING A

ZUMBATHON

TO BENEFIT KERRY GRIFFIN AND HER FAMILY

DATE: SUNDAY, DECEMBER 15, 2013

PLACE: SSCPS GYM - 104 LONGWATER DRIVE

TIME: 10:00 AM – 11:30 AM

ADMISSION PRICE: \$10.00 SUGGESTED DONATION

***MOST APPROPRIATE FOR TEENAGERS UP THROUGH 100YRS.**

BRING THE FAMILY!

**SSCPS PARENT ASSOCIATION HOSTING
HOLIDAY TREE & BAKE SALE!**

Sunday December 8th from 11:00am - 7:00pm

171 VFW Drive, Rockland, MA

South Shore Landscaping Supply will donate to SSCPS
\$5.00 for each tree and 5% of all other items sold on
Sunday December 8th from 11:00am - 7:00pm.
Come and support our school. Buy yummy baked goods, a tree,
a wreath, a cord wood, or an outdoor fireplace.

We need many baked goods.

You can bring your baked goods to the event
or drop them off at SSCPS by 3PM Friday Dec 6th

To help, please contact Iris Mahegan valsdottir@gmail.com

Please spread the word to your family and friends.

Thank you!

ANNUAL AUCTION

FEATURING "A TASTE OF THE SOUTH SHORE"

FRIDAY, MARCH 14, 2014



This is our biggest fundraiser. It takes a lot of parental help and ideas.

We need your help to form a committee

Some volunteering opportunities are:

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

Please Contact Denise Demaggio for more details

ddemaggio@sscps.org

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 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"/>
		<input type="checkbox"/>	<input type="checkbox"/>
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		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

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 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) 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

December Order Form
Breakfast for the Month of December, 2013
Due to the office by 3:00 pm, *Tuesday, December 10, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 12/16 – 12/20

Week of [X] Monday [X] Tuesday [X] Wednesday [X] Thursday [X] Friday
 12/23 – 12/27

Number of Breakfasts ordered _____ X \$1.65

Less credit due _____

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [X] Friday
 12/16 – 12/20

Week of [X] Monday [X] Tuesday [X] Wednesday [X] Thursday [X] Friday
 12/23 – 12/27

Number of Lunches ordered _____ X \$3.25

Less credit due _____

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Breakfast Order Form

Breakfast for the Month of January, 2014

Due to the office by 3:00 pm, *Tuesday, December 17, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 12/30 – 1/4 Monday Tuesday Wednesday Thursday Friday

Week of 1/6 – 1/10 Monday Tuesday Wednesday Thursday Friday

Week of 1/13 – 1/17 Monday Tuesday Wednesday Thursday Friday

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

Week of 1/27 – 1/31 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 January, 2014

Due to the office by 3:00 pm, *Tuesday, December 17, 2013

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 12/30 – 1/3 Monday Tuesday Wednesday Thursday Friday

Week of 1/6 – 1/10 Monday Tuesday Wednesday Thursday Friday

Week of 1/13 – 1/17 Monday Tuesday Wednesday Thursday Friday

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

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

Number of Lunches ordered _____ X \$3.25

Less credit due

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.



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

Breakfast

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

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

Complies with NSLP Regulations


ALL MENUS ARE SUBJECT TO CHANGE

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



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

Lunch

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

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


Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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



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

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

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

Complies with NSLP Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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