



## **FROM THE EXECUTIVE DIRECTOR**

Happy New Year! I hope this Update finds you well rested and refreshed after spending time with your loved ones. We here at South Shore Charter Public School are happy to be back, and we are looking forward to the Open House next Wednesday as well as some exciting new developments as the new year progresses.

For the first Update of 2015, I would like to provide you with a status update on where we are regarding our Charter Renewal. In November we completed the site visit component of the renewal protocol. Three team members from the educational consulting group SchoolWorks spent two days at our school following review of our application, strategic plan and other institutional documents. Faculty and staff prepared for this visit by preparing for the teaching and learning that occurs in and out of the classrooms every day. During the visit, members of the SchoolWorks team observed classroom instruction, reviewed lesson plans, explored our curricula, studied data, and conducted focus groups, with many members of our school community participating in the process. I would like to extend my gratitude and thanks to all of our parents who took time out from their busy schedules to participate in the parent focus group.

Without question, the site visit is the most exciting component of the renewal protocol. It provides the visiting team with the opportunity to come to our school and learn more about our school's mission and educational programming. These two days serve not as a mere snapshot to create a data point, but instead provide the visiting team with a more holistic assessment of who we are as a school community and an educational institution. As a K-12 school, it is our opportunity to put forth what makes the South Shore Charter Public School a school of high student achievement and successful life outcomes.

The site visit also provides us with an opportunity to see where we as a school need to improve. An outside perspective and a critical lens are essential to our growth and development as an educational institution. Although we are no longer the school we once were almost twenty years ago, it is essential to retain what we value and what we know works for children. It remains important to recognize the history of the school, our ongoing work in inquiry-based learning, our focus on children and their development, and why it is important to hold fast to our tenets as we launch from our past into an exciting future.

The next step within the Charter Renewal process now rests with the Massachusetts Department of Education. The Department is drafting a *Summary of Review*, which will be used to rate the school and determine our renewal status. This information is reviewed by Mitchell Chester, the Commissioner of Elementary and Secondary Education, who will then draft a memorandum to the Board of Elementary and Secondary education. Within this memo will be a recommendation to either renew the school, or renew the school with conditions. We should be made aware of the contents of the memo in February.

We will continue to keep you informed as the Charter Renewal process progresses. Should you have any questions, please do not hesitate to contact me directly.

*Alicia Savage – asavage@sscps.org*

Thursday	01/08	High School Theater Workshop to Bridgewater	
Friday	01/09	Level II Field Trip to NE Aquarium	
Saturday	01/10	Parents Association Meeting	8:00am
Saturday	01/10	Ski Club	6:30am
Saturday	01/10	High School Debate Club to Newton South	
Wednesday	01/14	Enrollment Open House	5:00-7:00pm
Upcoming Event!	Thursday, January 15	Talent Show – More information is included below	

## ANNOUNCEMENTS

### 2015 Yearbook

The 2015 yearbook is now in progress and all the memories of the 2014-2015 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](http://www.coffeepond.com), to login use school password: bluejaguar. Parents may submit a personalized page that will appear in the back of the book for their senior at these rates: Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50.

### Bottle and Can Drive - Fundraising for the Italy Trip

Starting this Friday and continuing on every Friday, students will be hosting a *Bottle and Can Drive* to raise funds for their trip to Italy. They will be accepting bottles and cans to return for deposit. If you would like to contribute, please drop BAGGED items at the loading dock on Friday mornings during drop off.

### Bake Sale!!! on Level III

Enjoy a special treat on Fridays! The students going to Italy are holding a BAKE SALE on Fridays to raise funds for their trip. Come and get a yummy treat!

## FROM THE HEALTH OFFICE

### WINTER WEATHER

Please remember to have your child dressed appropriately for the winter weather as most levels do go outside during the day (unless it is 20 degrees or below). Students who do not have the necessary clothing (hats, gloves, and winter jackets) will not be permitted to go outside at recess, lunch, or OCB. Lower level students may also need snow pants.

## WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?

The Level IV Literary Magazine Project, and high school student, Lauren Walsh recently teamed up to complete a community service event before the holiday season came to a close. The event titled, Toys for Tots, has a mission to collect new, unwrapped toys during October, November, and December each year, and distribute those toys as holiday gifts to less fortunate children in the community in which the campaign is conducted. The students here at SSCPS received special thanks from two members of the Marine Corp for collecting 75 toys. Last year, this school only received 25, meaning that 50 more toys were donated this year, compared to the previous one. The members of the Literary Magazine project would like to thank all those who donated toys. Our school really helped to brighten up some young faces during the holiday season. Thanks Again!!

## High School Technology Workshop



The Outreach Team is asking for computer donations. As part of the Technology workshop, we are refurbishing them and donating them to homeless shelters and other charitable organizations that help people.

We accept:

- Computer / PCs
- LCD Monitors (No CRT monitors allowed)
- Mice
- Keyboards
- Cords

Donations may be dropped off to Office 14.

## ATHLETICS

Basketball season is set to start this week. The High School varsity teams will be playing at Foxborough Regional Charter School to open up the season on Wednesday. The girls start at 4:00 with the boys following at 5:15. Both varsity teams played four preseason games. Each team did very well, as the boys finished with two wins and girls with one. The teams improved throughout the preseason and look to improve from last season. The middle school boys team also opens up their season this week on Friday against Edward Brooke Charter in Roslindale.

Both varsity teams can be followed on Maxpreps.com where stats and standings of the Massachusetts Charter School Athletic Organization. Links to Maxpreps.com can be found on the school website under athletics. Also on the website, schedules of all the basketball teams can be found. Home games are played on Sundays at Hingham Middle School. Come out and support the Jaguars!

Upcoming Basketball Games

1/7 HS Varsity @ Foxborough Regional - Girls 4:00 Boys 5:15

1/9 MS Boys @ Edward Brooke Roslindale- 4:30

1/11 MS Boys @ KIPP Boston -11:00

1/11 HS Varsity Basketball vs. Edward Kennedy-Girls 5:30 Boys 6:45

1/12 MS Boys @ Boston Prep. – 6:15

## COMMUNITY SERVICE OPPORTUNITY

### Gently Used and New Children's Book Collection

Level IV student, Shannon Daly, is collecting "slightly used" books for children, ages 2 to 14, whose parents are students at the Adult Learning Center in Brockton. Each year, all of the adult learners and their children are invited to come and choose books that they can take home so they can create an at home library. The Learning Center relies on donations from community members to make this give-away possible. A lot of the time this is the only way they receive books. The collection box is located in the front lobby and any donations would be greatly appreciated! For larger donations please contact Barbara at [barbara6910@msn.com](mailto:barbara6910@msn.com)

**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)**

**\*\*\*CALLING ALL K-12 Students\*\*\***

**Acts are *NEEDED!***

for our

**SSCPS K-12**

**TALENT SHOW!**

To be held on Thursday,

**January 15, 2015**

**at 6:30 pm**

**Sign up NOW to participate!**

Registration forms are at the front desk or attached here

DUE: by January 9th

# Registration for the Talent Show

*All proceeds to benefit the Europe Trip*

**Thursday, January 15th at 6:30 p.m.**

**SSCPS PE Space**

ALL STUDENTS PERFORMING IN THE SHOW MUST ARRIVE BY 5:45 P.M. ON THE  
DAY OF THE EVENT

### Mandatory Rehearsal:

Wednesday, January 14th - 3:15 p.m.-4:15 p.m. - in the PE Space

(Rehearsal will end promptly at 4:15 p.m.)

**Name of Student(s) in the Act:**

\_\_\_\_\_

**Level of Student(s):** \_\_\_\_\_

**Name of Act:** \_\_\_\_\_

**Description of**

**Act:** \_\_\_\_\_

Due to time constraints, all acts must be 3 minutes or under. Once the # of acts on each level is full, any remaining acts will be put on a waiting list.

**Parent or Guardian's**

**Signature:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Please return this form no later than **Friday, January 9th** to Claire Overlee (room 207), Jenn (room 211), or at the Front Desk in the envelope marked "Talent Show".

# Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2015



**BEST BITES**

## Green bean "fries"

Make green beans your child's new favorite food with this clever idea. Toss 1 lb. fresh green beans (washed, trimmed) with 1 tbsp. olive oil,  $\frac{1}{2}$  tsp. salt, and  $\frac{1}{4}$  tsp. pepper. Place the beans on a baking sheet (lined with parchment paper or coated with nonfat cooking spray). Bake at 375° for 10–15 minutes, until crispy.

## Creative substitutions

You're cooking with your youngster and suddenly realize you're missing an ingredient. Try saying, "Oh, we're out of oregano. What could we use instead?" Then, brainstorm substitutions, and, if possible, use one of his ideas. He'll learn that it's okay to improvise in the kitchen and that the food can turn out just as good—or even better!

**DID YOU KNOW?**

Children with disabilities are more likely to be overweight or obese than other kids. If your youngster has a disability, talk to her PE teacher, doctor, or physical therapist about ways she can be active. You might also look into programs like Special Olympics, wheelchair tennis, or adaptive basketball and baseball.



## Just for fun

**Q:** What do snowmen eat for breakfast?

**A:** Snowflakes!



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South Shore Charter Public School  
Susan Dupras, School Nurse

## Savor your food

Taking time to enjoy your food is not only pleasurable, it also keeps you from eating too much. Encourage your child to be more "mindful" of how she eats with these strategies.

### Eat s-l-o-w-l-y

Suggest that your youngster put down her fork after each bite. She should chew her food completely and maybe take a drink of water, too. Then, she can pick up her fork for her next bite. In the meantime, enjoy friendly and light conversation together.

### Talk about it

Focusing on the food can help your child enjoy it more. Trade opinions on color, texture, shape, smell, or taste. Or go around the table and have each person name an adjective to describe a dish. For example, your youngster might call the spaghetti "slippery," while you label the tomato sauce "chunky," and your toddler says it's "red." **Tip:** Eliminating



distractions (phones, video games, television) will help everyone concentrate on the meal, too.

### Rate your hunger

To avoid overeating, your youngster needs to understand when she's really hungry and when she's full. Ask her to think about a scale of 1 to 10, with 1 being super-hungry and 10 being super-full. Before eating, she can rate her hunger (say, a 2), and as she eats, she should stop and rate again. When she gets to 8 (comfortably full), she could put down her fork for good. ●

## Chores: Stepping up

Talk about a win-win: If you get your youngster involved in active household chores, he'll learn responsibility and get exercise. Here are 10 kid-friendly chores to consider.

1. Clean out the hall closet.  
Organize hats in one bin and gloves and mittens in another.
2. Carry the hamper to the laundry room. Sort whites and colors into separate piles.
3. Set the table. Clear the table. Load the dishwasher.
4. Bring in the mail.



5. Vacuum the carpet. Use a hand-held vacuum for tight spots or for pet hair on sofas.

6. Dust tables and shelves.

7. Shovel snow.

8. Collect trash from trash cans around the house.

9. Take trash cans and recycling bins to and from the curb.

10. Sweep the porch steps. ●

USDA is an equal opportunity provider and employer.

## Eat in or out?

Eating at restaurants can be fun and delicious—but eating at home is likely to be more nutritious (as well as delicious). When deciding, think about these factors.

**Cost.** You'll spend less in the long run by buying food at the supermarket and cooking at home. Plus, you could make enough for leftovers to stretch into the next day. Not to mention, you don't need to leave a tip!



**Control.** Restaurants tend to supersize portions and to use lots of oil, butter, and salt. At home, you can control both serving sizes and ingredients. For instance, you might leave out the salt or use whole-wheat rather than white hamburger buns. Also, you could serve each person's plate so they don't take huge portions.

**Nutrients.** When you eat at fast-food places and even some restaurants, you're less likely to have fruits and vegetables.

Cooking at home means you can serve healthy side dishes. Then there's the dessert factor: It's harder for your child to resist temptation if he sees ice cream or chocolate cake on the menu. Eat at home, and offer melon or a baked apple for dessert instead. ●

## ACTIVITY CORNER

### Homemade fitness fun

If kids design their own fitness equipment, they'll want to use it. Suggest that your youngster try ideas like these.

#### ● Parachute.

Let her use markers to decorate an old sheet. Then, she could roll up



socks into balls. Spread out the sheet, position family members around the edges, lift the sheet, and bounce the "balls" up and down. Can you keep all the balls on the sheet?

● **Weights.** Have your youngster layer dried beans and rice in decorative patterns in empty water bottles. Or she might fill the bottles with water and add food coloring to make her favorite color. Seal tightly, and use for bicep curls.

● **Target game.** Ask your youngster to stuff empty cereal boxes or milk jugs with newspaper. Set them up like bowling pins, and take turns rolling a ball toward them. Score points for each "pin" knocked down. ●

## 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,  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfe.cust@wvnet.net  
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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## O&A The lowdown on sugar

**Q:** I'm confused about sugar. I know that cookies have sugar and that fruit also has sugar—are they both bad for my child?

**A:** Good question! You are right: Both fruit and cookies do contain sugar. But there's a big difference between eating fruit with naturally occurring sugar and sweets with added sugar.

Fruit is filled with vitamins, minerals, fiber, and water—in addition to fructose (a type of sugar)—making it a healthy part of your youngster's daily diet. On the other hand, items like cookies, cake, candy, and soda have the sugar but not the nutrients.

Teach your child to be on the lookout for added sugar by reading food labels together. Explain that he should go easy on foods with these words in their ingredient lists: glucose, corn sweetener, corn syrup, high fructose corn syrup, dextrose, malt syrup, and lactose. Also, the higher they are in the ingredient list, the more sugar in the food. ●



## IN THE KITCHEN

### A package deal

Cooking in foil is a fun and easy way to make healthy meals. Let your child help you fill and fold the packets—and, of course, help eat the results.

Here's how: Layer ingredients on a rectangle of foil, fold it up, and bake. The packets can be prepared and refrigerated up to a day ahead.

The cooking method keeps the food moist by baking the ingredients in their own juices, so you don't have to add butter or other extra fat.



● In each packet, put a 6-oz. fish fillet (salmon, flounder, or cod work well). Top with potato and carrot chunks, and sprinkle on fresh or dried herbs like thyme, parsley, or chives. Place on a baking sheet, and bake at 400° for 15–20 minutes, until cooked through.

● Place 1 boneless, skinless chicken breast on the foil. Add 1 tsp. Dijon mustard, 1 tsp. olive oil, 1 sliced carrot, 1 sliced zucchini, and ½ tsp. oregano. Bake at 350° for about 30 minutes, until chicken is no longer pink. ●



Dear Parent/Guardian:

Children need healthy meals to learn. **South Shore Charter Public School** offers healthy meals every school day. Breakfast costs **\$1.75**; lunch costs **\$3.25**. Your children may qualify for free meals or for reduced price meals. Reduced price is **\$0.30** for breakfast and **\$0.40** for lunch.

1. *Do I need to fill out an application for each child?* No. **Complete only one Free and Reduced Price School Meals Application for all students in your household.** We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: **Charlene Evans, Food Services Coordinator, 781-982-4202.**
2. *Who can get free meals?* All children in households receiving benefits from MA SNAP, MA TAFDC or the Food Distribution Program on Indian Reservations, can get free meals regardless of your income. Also, your children can get free meals if your household's gross income is within the free limits on the Federal Income Eligibility Guidelines.



If you have received a NOTICE OF DIRECT CERTIFICATION for free meals, do not complete the application. But do let the school know if any children in your household are not listed on the Notice of Direct Certification letter you received.

3. CAN FOSTER CHILDREN GET FREE MEALS? Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free meals.
4. *Can homeless, runaway, and migrant children get free meals?* Yes, children who meet the definition of homeless, runaway, or migrant are eligible for free meals. If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail **Angie Pepin, 7-12 Principal, 781-982-4202 or [aepin@sscps.org](mailto:aepin@sscps.org).**
5. WHO CAN GET REDUCED PRICE MEALS? Your children can get low cost meals if your household income is within the reduced price limits on the Federal Eligibility Income Chart, shown on this application.
6. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MEALS? No, but please read the letter you got carefully and follow the instructions. Call the school at **781-982-4202** if you have questions.
7. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE? Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.
8. I GET WIC. CAN MY CHILD(REN) GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
9. *Will the information I give be checked?* Yes and we may also ask you to send written proof.
10. *If I don't qualify now, may I apply later?* Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.



11. *What if I disagree with the school's decision about my application?* You should talk to school officials. You also may ask for a hearing by calling or writing to: **Alicia Savage at 781-982-4202 or email [asavage@sscps.org](mailto:asavage@sscps.org) or by mail to 100 Longwater Circle, Norwell, MA 02061.**
12. *May I apply if someone in my household is not a U.S. citizen?* Yes. You or your child(ren) do not have to be U.S. citizens to qualify for free or reduced price meals.
13. *Who should I include as members of my household?* You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them.
14. *What if my income is not always the same?* List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
15. *We are in the military. do we include our housing allowance as income?* If you get an off-base housing allowance, it must be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.
16. *My spouse is deployed to a combat zone. is her combat pay counted as income?* No, if the combat pay is received in addition to her basic pay because of her deployment and it wasn't received before she was deployed, combat pay is not counted as income. Contact your school for more information.
17. *My family needs more help. Are there other programs we might apply for?* To find out how to apply for MA SNAP or other assistance benefits, contact your local assistance office or call the MA SNAP Hotline **1-866-950-3663**

If you have other questions or need help, call **781-982-4202x106**  
Si necesita ayuda, por favor llame al teléfono: **781-982-4202x106**  
Si vous voudriez d'aide, contactez nous au numero: **781-982-4202x106**

Sincerely,  
**Kristine Bingham**  
**Director of Finance**

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

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

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity employer.

# SHARING INFORMATION WITH MEDICAID/SCHIP

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Dear Parent/Guardian:

If your children get free or reduced price school meals, they may also be able to get free or low-cost health insurance through Medicaid or the State Children's Health Insurance Program (SCHIP). Children with health insurance are more likely to get regular health care and are less likely to miss school because of sickness.

Because health insurance is so important to children's well-being, *the law allows us to tell Medicaid and SCHIP that your children are eligible for free or reduced price meals, **unless you tell us not to.*** Medicaid and SCHIP only use the information to identify children who may be eligible for their programs. Program officials may contact you to offer to enroll your children. Filling out the Free and Reduced Price School Meals Application does not automatically enroll your children in health insurance.

If you do not want us to share your information with Medicaid or SCHIP, fill out the form below and send in (Sending in this form will not change whether your children get free or reduced price meals).

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**No! I DO NOT** want information from my Free and Reduced Price School Meals Application shared with Medicaid or the State Children's Health Insurance Program.

If you checked no, fill out the form below to ensure that your information is NOT shared for the child(ren) listed below:

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_

For more information, you may call **Kristine Bingham** at 781-982-4202x106 or e-mail at [kbingham@sscps.org](mailto:kbingham@sscps.org)

Return this form to: **SSCPS, 100 Longwater Circle, Norwell, MA 02061.**

# SHARING INFORMATION WITH OTHER PROGRAMS

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Dear Parent/Guardian:

To save you time and effort, the information you gave on your Free and Reduced Price School Meals Application may be shared with other programs for which your children may qualify. For the following programs, we must have your permission to share your information. Sending in this form will not change whether your children get free or reduced price meals.

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- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Title I Program**.
- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **SSYMCA Afterschool Childcare Program**.
- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **SSCPS Athletic & Enrichment Programs**.

If you checked yes to any or all of the boxes above, fill out the form below to ensure that your information is shared for the child(ren) listed below. **Your information will be shared only with the programs you checked.**

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Child's Name \_\_\_\_\_ School: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_

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For more information, you may call **Kristine Bingham** at **781-982-4202x106** or e-mail [kbingham@sscps.org](mailto:kbingham@sscps.org)

Return this form to: **Kristine Bingham** at **SSCPS, 100 Longwater Circle, Norwell, MA 02061.**



If your child is eligible for free or reduced school meals, your child may also be eligible for **free or low cost health insurance** through MassHealth.

**To learn more call: 1-800-841-2900**

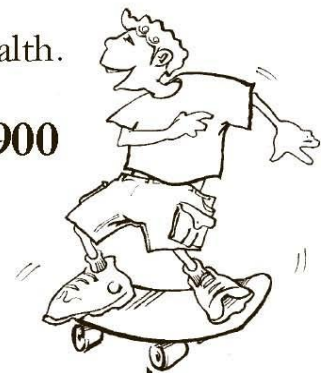
**MassHealth**



Si su niño es eligible para almuerzo gratis o reducido, su niño pueda ser eligible para **seguro de salud gratis o de bajo costo** por medio de MassHealth.

**Para saber mas, llame al: 1-800-841-2900**

*covering  
kids*





# MASSACHUSETTS FREE AND REDUCED PRICE SCHOOL MEALS HOUSEHOLD APPLICATION

SCHOOL YEAR 2014-2015

If you have received a NOTICE OF DIRECT CERTIFICATION from the school district for free meals, **do not** complete this application. But **do** let the school know if any children in the household are not listed on the **Notice of Direct Certification** letter you received.

**PART 1. ALL HOUSEHOLD MEMBERS** List all household members including children seeking school meals, siblings and both parents of children living in home. Also, include other relatives and friends living in home if you live as a single economic unit. (See instructions- Q.13)

NAME OF ALL HOUSEHOLD MEMBERS (First, Middle Initial, Last)	NAME OF SCHOOL CHILD ATTENDS	CHECK IF A FOSTER CHILD (LEGAL RESPONSIBILITY OF WELFARE AGENCY OR COURT) * IF ALL CHILDREN LISTED BELOW ARE FOSTER CHILDREN, SKIP TO PART 5.	CHECK IF NO INCOME
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
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		<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 **Angie Pepin, 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"/>	\$
	\$	<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"/>	\$
	\$	<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"/>	\$
	\$	<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"/>	\$
	\$	<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"/>	\$
	\$	<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"/>	\$

**PART 5. SIGNATURE AND LAST FOUR DIGITS OF SOCIAL SECURITY NUMBER (ADULT MUST SIGN)**

A parent or caretaker adult must sign the application (see Use of Information Statement on the back of this page). I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get Federal funds based on the information that I give. I understand that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted. An adult household member must sign the application. If Part 4 is completed, the adult signing the form also must list the last 4 digits of his or her Social Security Number or mark the "Check here if you do not have a Social Security Number" box. See Use of Information Statement on the back of this page.

Sign here: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

Last four digits of Social Security Number \*\*\* - \* \* - \_ \_ \_ \_  Check here if you do not have a Social Security Number

**PART 6. CHILDREN'S ETHNIC AND RACIAL IDENTITIES (OPTIONAL)**

<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**

**Only annualize income if there are multiple pay frequencies**

Total Income: \_\_\_\_\_ Per:  Week,  Every 2 Weeks,  Twice A Month,  Month,  Year Household size: \_\_\_\_\_

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

Categorical Eligibility: \_\_\_\_\_ Date Withdrawn: \_\_\_\_\_ Eligibility: Free \_\_\_\_\_ Reduced \_\_\_\_\_ Denied \_\_\_\_\_ Reason: \_\_\_\_\_

Check if this is an **error prone application** – utilize for verification standard sample size – see eligibility manual for instructions.

Determining Official's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Confirming Official's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Verifying Official's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

Household size	Yearly	Monthly	Weekly
1	\$21,590	\$1,800	\$416
2	\$29,101	\$2,426	\$560
3	\$36,612	\$3,051	\$705
4	\$44,123	\$3,677	\$849
5	\$51,634	\$4,303	\$993
6	\$59,145	\$4,929	\$1,138
7	\$66,656	\$5,555	\$1,282
8	\$74,167	\$6,181	\$1,427
Each additional person:	+7,511	+626	+145

**Use of Information Statement: This explains how we will use the information you give us.**

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

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

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

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity employer.

# Breakfast Order Form

## Breakfast for the Month of January, 2015

Due to the office by 3:00 pm, \***Tuesday**, December 16, 2014

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

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

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

Week of 1/5 – 1/9     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/12 – 1/16     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/19 – 1/23     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/26 – 1/30     Monday     Tuesday     Wednesday     Thursday     Friday

Number of Breakfasts ordered \_\_\_\_\_ X \$1.75

*Less credit due*

**Total Amount Enclosed**

\_\_\_\_\_

Cash or Checks may be made out to SSCPS.

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

# Lunch Order Form

## Lunch for the Month of January, 2015

Due to the office by 3:00 pm, \***Tuesday**, December 16, 2014

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

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

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

Week of 1/5 – 1/9     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/12 – 1/16     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/19 – 1/23     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 1/26 – 1/30     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, 2015**  
**Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cereal Fruit Juice Milk	6 3.6 oz. WW Muffin Fruit Juice Milk	7 WW Cinnamon Roll Fruit Juice Milk	8 Cereal Fruit Juice Milk	9 3.6 oz. WW Muffin Fruit Juice Milk
12 Cereal Fruit Juice Milk	13 WW Croissant & Jelly Fruit Juice Milk	14 Cereal Fruit Juice Milk	15 3.6 oz. WW Muffin Fruit Juice Milk	<b>NO SCHOOL</b>
19 	20 WW Cinnamon Roll Fruit Juice Milk	21 3.6 oz. WW Muffin Fruit Juice Milk	22 WW Croissant & Jelly Fruit Juice Milk	23 3.6 oz. WW Muffin Fruit Juice Milk
26 Cereal Fruit Orange Juice Milk	27 3.6 oz. WW Muffin Fruit Juice Milk	28 Cereal Fruit Juice Milk	29 WW Cinnamon Roll Fruit Juice Milk	30 3.6 oz. WW Muffin Fruit 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!**



*Essence of Thyme and Cravings*

**South Shore Charter School K-8**

**JANUARY, 2015**

**LUNCH**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
5 Beef Hot Dog on WW Roll Baked Beans Ketchup Apple Milk	6 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Fruit Milk	7 Sloppy Joe on WW Bun Broccoli Banana Milk	8 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Mandarin Oranges Milk	9 Chicken Salad Caesar WW Wrap Cucumber Pears Milk
12 Sweet & Sour Chicken Brown Rice Broccoli Orange Milk	13 Pancakes w/Syrup Sausage Patty Potato Wedges Raisins Milk	14 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Green Beans Apple Milk	15 Meatballs on WW Sub Baked Beans Orange Milk	16 <b>NO SCHOOL</b>
19 	20 Chicken Patty on WW Bun Ketchup Broccoli Green Beans Apple Milk	21 Hamburger on WW Bun Baked Beans Ketchup Baked Apple Slices Milk	22 American Chop Suey Carrots Whole Wheat Roll Banana Milk	23 Chicken Quesadilla Peas Orange Milk
26 Chicken & Salsa Brown Rice Broccoli Apple Milk	27 Cheeseburger Mac Carrots Whole Wheat Roll Banana Milk	28 Turkey & Gravy Corn Whole Wheat Roll Orange Milk	29 Chicken Parmesan w/Ziti Broccoli Peaches Milk	30 Cheese Pizza Green Beans Potato Wedges Banana 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!**



*Essence of Thyme and Cravings*

**South Shore Charter School 9-12**

**JANUARY, 2015**

**LUNCH**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
5 Beef Hot Dog on WW Roll Baked Beans Ketchup Apple Peaches Milk	6 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Fresh Fruit Raisins Milk	7 Sloppy Joe on WW Bun Broccoli Banana Pineapple Chunks Milk	8 Herbed Baked Chicken Sweet Potato Fries Whole Wheat Roll Pears Apple Juice Milk	9 Chicken Salad Caesar WW Wrap Cucumber Mandarin Oranges Apple Juice Milk
12 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	13 Pancakes w/Syrup Sausage Patty Potato Wedges Raisins Milk	14 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Green Beans Apple Orange Juice Milk	15 Meatballs on WW Sub Baked Beans Orange Pineapple Chunks Milk	16 <b>NO SCHOOL</b>
19 	20 Chicken Patty on WW Bun Ketchup Broccoli Green Beans Apple Orange Juice Milk	21 Hamburger on WW Bun Baked Beans Ketchup Baked Apple Slices Milk	22 American Chop Suey Carrots Whole Wheat Roll Banana Pears Milk	23 Chicken Quesadilla Peas & Carrots Orange Apple Juice Milk
26 Chicken & Salsa Brown Rice Broccoli Apple Pineapple Chunks Milk	27 Cheeseburger Mac Carrots Whole Wheat Roll Banana Peaches Milk	28 Turkey & Gravy Corn WG Cinnamon Roll Orange Apple Juice Milk	29 Chicken Parmesan w/Ziti Broccoli Peaches Milk	30 Cheese Pizza Green Beans Potato Wedges Banana 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!**