



"If ever there is tomorrow when we're not together... there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart... I'll always be with you."  
— A.A. Milne

### Remembering Karen Yelin

It is with great sadness that we share the news of Karen Yelin's passing. Karen came to the South Shore Charter Public School in 1998 after teaching in schools in New York, New Jersey, and Vermont. Our school community was fortunate enough to have Karen on our faculty for almost fifteen years. Karen retired from SSCPS and teaching in 2012. A mother of five children herself, Karen once wrote, "I like to think that the most meaningful part of my education was raising my own children and learning from the children I have taught. My excitement for learning is based on a belief that learning is a spiral progression in which I and my student see ourselves as both teachers and learners generating exciting new ideas to explore."

A Memorial Funeral Mass will be celebrated in Saint Joseph's Church, 550 Washington Street, Quincy on Saturday, April 11, 2015 at 10 o'clock. Relatives and friends are invited to attend. In lieu of flowers, donations in Karen's memory may be made to South Shore Charter Educational Foundation, Karen Alice Yelin Scholarship Fund, South Shore Charter Public School, 100 Longwater Circle, Norwell, MA 02061.

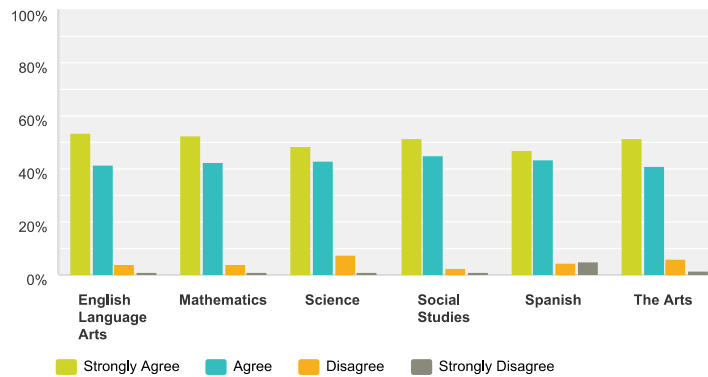
## FROM THE EXECUTIVE DIRECTOR

I would like to thank all families who completed this year’s Annual SSCPS Parent Satisfaction Survey. We were pleased with so many responses and with the amount of constructive feedback we received from families. As you know, every year data gleaned from this report is used to measure how we are doing as a school in meeting the goals and objectives set by the Accountability Plan. Last year, data gleaned from this report was used throughout our Charter Renewal process. In addition to the Annual Report, this year’s data will be combined with previous year’s data as SSCPS rewrites the Accountability Plan.

This year we were very happy to have 126 responses to our survey. Although we strive for one hundred percent participation, we will continue to seek multiple ways for parental input. Below please find some of the results from this year’s survey.

### Q4 SSCPS offers a rigorous academic program that prepares students well for future schooling.

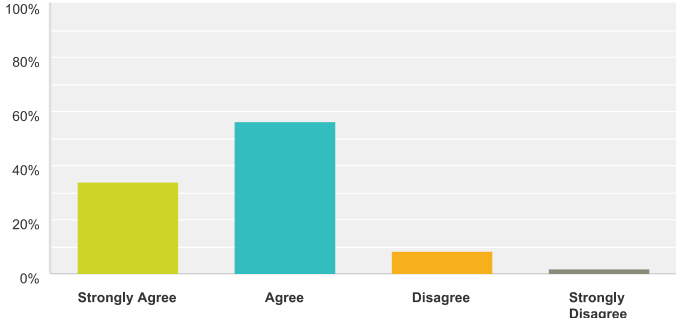
Answered: 121 Skipped: 5



	Strongly Agree	Agree	Disagree	Strongly Disagree	Total
English Language Arts	53.72% 65	41.32% 50	4.13% 5	0.83% 1	121
Mathematics	52.50% 63	42.50% 51	4.17% 5	0.83% 1	120
Science	48.74% 58	42.86% 51	7.56% 9	0.84% 1	119
Social Studies	51.67% 62	45.00% 54	2.50% 3	0.83% 1	120
Spanish	46.96% 54	43.48% 50	4.35% 5	5.22% 6	115
The Arts	51.26% 61	41.18% 49	5.88% 7	1.68% 2	119

**Q6 Technology is used effectively to improve instruction and help students learn.**

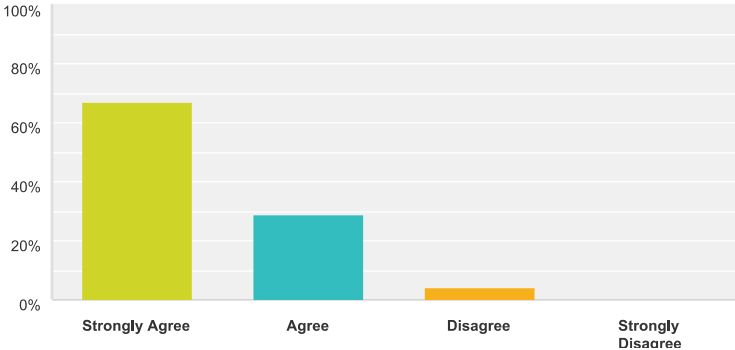
Answered: 121 Skipped: 5



Answer Choices	Responses	
Strongly Agree	33.88%	41
Agree	56.20%	68
Disagree	8.26%	10
Strongly Disagree	1.65%	2
<b>Total</b>		<b>121</b>

**Q10 SSCPS strives to nurture a respectful culture.**

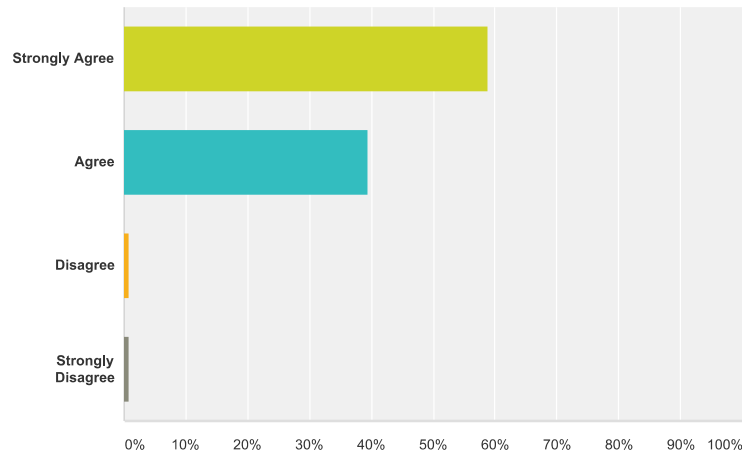
Answered: 115 Skipped: 11



Answer Choices	Responses	
Strongly Agree	66.96%	77
Agree	28.70%	33
Disagree	4.35%	5
Strongly Disagree	0.00%	0
<b>Total</b>		<b>115</b>

### Q13 SSCPS provides a safe environment in which students can learn.

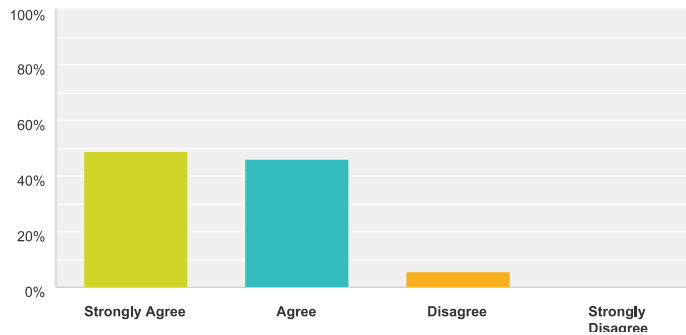
Answered: 114 Skipped: 12



Answer Choices	Responses	
Strongly Agree	58.77%	67
Agree	39.47%	45
Disagree	0.88%	1
Strongly Disagree	0.88%	1
<b>Total</b>		<b>114</b>

### Q22 SSCPS provides a strong democratic model that includes parents, faculty and students.

Answered: 109 Skipped: 17



Answer Choices	Responses	
Strongly Agree	48.62%	53
Agree	45.87%	50
Disagree	5.50%	6
Strongly Disagree	0.00%	0
<b>Total</b>		<b>109</b>

I encourage you to take the time to review all of the results from our survey. Results may be found by clicking on the link <https://www.surveymonkey.com/results/SM-LP7SBT89/>

Thank you for all of your participation and support.

Alicia Savage – [asavage@sscps.org](mailto:asavage@sscps.org)

Wednesday	04/08	Level II PARCC Math	
Thursday	04/09	National Honor Society to Holy Cross Worcester	
Thursday	04/09	Level III PARCC Math	
Thursday	04/09	School Council	3:30pm
Friday	04/10	Level II PARCC Math	
Friday	04/10	Junior Class to College Fair in Boston	
Monday	04/13	Sophomore Class to Newport	
Wednesday	04/15	National Honor Society hosting Blood Drive at the SSCPS Gym	1:00-6:00pm

## ANNOUNCEMENTS

### National Honor Society Hosting Blood Drive

NHS is hosting its fifth blood drive! Our Spring Blood Drive will be on Wednesday, April 15th from 1:00pm - 6:00pm in the gym space at 104 Longwater Drive. Walk-ins are welcome but appointments are appreciated; call 1-800-REDCROSS or go online to [redcrossblood.org](http://redcrossblood.org). If you're 16 or younger, you need to fill out a parental consent form which can be found in the nurse's office. When coming to donate, make sure to: drink lots of water beforehand, eat a full meal, and bring an ID. Rest time and snacks are provided after donation. Every pint donated saves three lives. We hope to see you there!

### 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. Personal ads for your senior should be sent to [cbodnar@sscps.org](mailto:cbodnar@sscps.org) in pdf or jpeg format. Design help is offered if needed. Rates are: Full pg. \$150, 1/2 pg. \$75 and 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!

**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)**

---

## SAVE THE DATE!

SSCPS is proud to partner with the American Heart Association to help kids with special hearts! Mark your calendars NOW for our upcoming **Jump Rope For Heart** and **Hoops For Heart** event taking place in PE classes the week of:

**APRIL 27-May 1**

Levels I-II Visit [www.heart.org/jump](http://www.heart.org/jump), Levels III Visit [www.heart.org/hoops](http://www.heart.org/hoops) and click on ‘*Students Sign Up*’ to get started today.

*The American Heart Association's Mission: To build healthier lives, free of cardiovascular diseases and stroke.*

**Dear Parent/Guardian,**

We are thrilled to support the American Heart Association! Our partnership helps to teach students and families how to take care of their hearts through the *Jump Rope for Heart* program. Through the program:

- **YOUR CHILD** learns about the importance of the heart with educational programs from the American Heart Association. Students will learn how the heart works, how exercise affects their heart and how to stay FIT FOR LIFE!
  - **YOUR CHILD** reaches out to friends and family. The safe online tool makes it easy for your child to set up a web page and send emails to support his or her fundraising efforts and to share life-saving information. Visit [www.heart.org/jump](http://www.heart.org/jump) to get started. Any offline donations can be collected in the envelope your child has been given.
  - **YOUR CHILD** feels good about making a difference in people’s lives! Funds raised support the Heart Association’s initiatives that *save lives in our community*. **Our school earns money for PE equipment so we can keep our kids MOVING and keep their hearts healthy!**
-



**Have you sold your 50/50 raffle tickets yet? We have sold just about 160 tickets and have 1340 remaining to sell before May 1st! Please sell your tickets! We have an envelope at the front desk to return all sold and unsold tickets**

**There are 60 spaces left for the Spring Fling so get your tickets before they sell out! Log on to [www.sscps.org](http://www.sscps.org) and register. Wahlburgers, East Bay Grille, Tosca, Top This Pizza restaurants will be at the event and we have great auction item!**

**Red Sox tickets, street sign naming, NH and Boston getaways, gymnastics, baseball camp, Launch, Cupcake Mojo, Riva, Johnny Cupcakes gear, Carolann's, Mary Kay, Holly Hill farm party, kayaking, Skyzone, F1 gift certificates to name a few!!**

**Support your school and don't miss out on one of the best nights of the year!**

# 20th Annual Spring Eling



We'll have raffle items, silent and live auction, and your support raises vital funds for our children!

**Cost:** \$30 admission includes complimentary adult beverage and dinner.



SOUTH SHORE CHARTER  
EDUCATIONAL FOUNDATION

**Friday, May 1 | 6 - 10PM**

Cushing Center  
673 Main Street  
Norwell, MA

**More Information:**

Contact Laurie Dannison  
for more details at  
[ldannison@sscps.org](mailto:ldannison@sscps.org)



# *You are invited to help a Family at the Carolina Hill Family Shelter in Marshfield Massachusetts...*

**You can help in two ways...**

- **The 1-Gallon Challenge, OR**
- **Feed the Families**

## **THE 1-GALLON CHALLENGE**

When new families go into the Carolina Hill Shelter with nothing to use, Stephanie likes to give them things to make them feel better and make them feel at home. What would you need if you were homeless?

I challenge you to get together as a family and fill a gallon size baggie with personal items for one homeless family that is new to the shelter.

### Ideas & Requests from Stephanie who works there:

**Deodorant, Toothbrushes, Razors, Toothpaste, Shampoo, Conditioner, Soap and...**

- ✓ Special things that Moms need like **feminine care**
- ✓ Special things that kids need like Tylenol, Motrin, **Wipes & Band-aids**
- ✓ Dad things like floss, nail clippers & shave cream

*One item that fits or many...we appreciate every little donation!*

## **FEED THE FAMILIES**

This Shelter also **COOKS THREE MEALS A DAY** for all of the families that live there. That's **17 whole families!** Imagine cooking breakfast for 17 families every day? They need **a lot** of food to feed everyone.

If your family lets you bring even *one* item to donate, we could all help cover a day of meals for the shelter.

Large Bottles or Cans of <b>Juice</b> . Lots of <b>Juice</b>	<b>Rice &amp; Pasta</b>	Canned <b>Fruits</b> , <b>Cranberry sauce</b> and <b>apple sauce</b>	Canned <b>Veggies</b>
<b>Broth</b> and <b>Pasta Sauce</b> (all kinds)	<b>Rice &amp; Pasta</b>	Dried or Canned <b>Beans</b>	<b>Oatmeal</b>
Boxed Dried <b>Potatoes</b> ,	<b>Pancake Mix and Syrup</b>	<b>PB &amp; Jelly</b>	<b>Crackers</b>
Canned <b>Tomatoes &amp; Ketchup</b>	<b>Canned Meats</b> (tuna, <b>Beef, Chicken</b> )	Spices & Mixes	<b>Dips, Gravy &amp; Sauces</b>
<i>Super Special Items that are expensive:</i>	<i>Diapers</i>	<i>Baby Wipes</i>	<i>Gift Cards</i>

Collection Boxes will be set up at SSCPS Level III (See Savannah Aylward) or Call Heidi Aylward @ (508)-685-3718 to arrange a before or after school donation of items. **Let's be awesome!**



# SOUTH SHORE CHARTER PUBLIC SCHOOL

*Inspiring every student to excel in academics, service, and life*

March 19, 2015

Hi Everyone,

Finally the mounds of snow are melting and Spring is here with us!

**Come, let us eat as we usher in Spring,  
at the Annual SSCPS International Food Night  
@the Gym Space | Thursday, April 16, 2015 | 6:00 – 8:00pm**

Prepare one of your family's favorite recipes, and then come sample what other families have prepared as we enjoy an evening of great conversations, meet new families, and catch up with the old ones. And when we are fully stuffed, we can shake a leg to some great music.

SSCPS is a diverse community. We include families that represent the spread of cultures from all the continents. We speak a variety of languages – **English, Haitian Creole, Mandarin, Spanish, Greek, Portuguese, Yoruba, Igbo, Cape Verdean, French, Albanian, Amharic, Nepali, Polish, Swahili** and many more. To celebrate all of the languages and cultural richness within our school, we look forward to gathering together to share food, conversation, and dance.

This year we would like to create a **SSCPS International Food Night Recipe Book**. We will be asking families to share your recipe and bring kitchens from around the world to SSCPS. **Please complete the attached recipe form and bring it along with you.**

We are also looking for volunteers to help out during the event, please let us know if you can help set up, during the event or clean up after the event.

**This is an evening that you do not want to miss!**

If you would like to attend, and we hope you will, please email Title I Parent Liaison **Wanjiru Nganga** on [wanjiru\\_nene@yahoo.com](mailto:wanjiru_nene@yahoo.com) or call teacher **Bev Bruce** on 781 982 4202 X336

# ANNUAL INTERNATIONAL FOOD NIGHT

Calling all SSCPS Families  
Let us usher in Spring with some flavor from your  
favorite family recipe!

Potluck dinner from Kitchens around the World!

Please share your recipe so that we can create an SSCPS  
International Food Night Recipe book.

Thursday April 16, 2015  
6.00pm - 8:00pm  
@ THE GYM SPACE

Please note we do not have a kitchen facility so all food should arrive ready to serve.  
SSCPS will provide plastic utensils, paper plates and paper cups.

Please let us know who will be coming, what dish your family will bring, name of the dish & from which part of  
the world it comes from so that we can prepare the appropriate labels.

RSVP to Beverly Bruce @ 781 982-4202 X336 or Wanjiru Nganga at [wanjiru\\_nene@yahoo.com](mailto:wanjiru_nene@yahoo.com)

NUT FREE RECIPES  
PLEASE



Have unwanted/unplayed instruments?

**LOOKING FOR USED VIOLINS, VIOLAS,  
CELLOS, AND BASSES**



Please donate to  
help school program!!!



Contact High School teacher Kevin Burokas  
Classroom 103  
Phone Extension: 301  
Email: [Kburokas@sscps.org](mailto:Kburokas@sscps.org)



**Bake Sale and Jewelry Sale  
on Levels II, III & IV!**

**April 13, 2015**



**All money raised will go to Project Bread as  
we support the Walk for Hunger.**





## School Bus Services

Putney Transportation will be providing open enrollment for school bus services from selected areas, to the South Shore Charter Public School. Rates start as low as \$100 a month until May 15<sup>th</sup>, and afterwards regular rates may apply. **Note: Limited seats are available.** Registration will close July 31<sup>st</sup> at 5p.m. Call us at 1(800) 531-1257 or email us at [services@putneytrans.com](mailto:services@putneytrans.com) for more info.



# Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2015

South Shore Charter Public School  
Susan Dupras, School Nurse

**BEST BITES**

## Flavorful add-ons

Use salsa and mustard to add pizzazz to sandwiches, burgers, salads, and baked potatoes—without the sugar or fat of ketchup, mayonnaise, sour cream, or salad dressing. You can spice things up with interesting salsas, such as mango, roasted chipotle, and olive-artichoke. Or try different mustard flavors like horseradish, cranberry, or walnut.

## Learning to ride a bike

Spring is a good time for taking off the training wheels. Try this method: Run alongside your child, gently holding her shoulder as she pedals and steers. Eventually, she'll feel more comfortable and steady, and you can begin to let go so she can balance on her own. Note: Be sure to tell her before letting go.



**DID YOU KNOW?**

If your youngster is thirsty, he's already a little bit dehydrated. The best way to stave off dehydration is to drink water throughout the day. Get him a refillable water bottle, and encourage him to keep it with him. He could take it to school and activities in a backpack and put it on his desk at homework time.

## Just for fun

**Q:** What do you call a meal that you eat on a high-speed train?

**A:** Fast food!



© 2015 Resources for Educators, a division of CCI Incorporated

## Around the dinner table

Family meals give you and your children an opportunity to share more than healthy food—you also get to share each other's lives. Build a tradition of eating together with strategies like these.

### Make it a priority

Set a goal for the number of family meals you'll have each week. You might start by deciding on three dinners, for instance, and gradually work up to five, six, or even seven. *Hint:* To make this work, be flexible with the time and place. For instance, have a picnic at the baseball or soccer field after your child's practice or game. Or adjust dinnertime based on activity and work schedules, making it at 5:30 one evening and 7:30 another.

### Work out a plan

Think about the best day to shop for groceries. Consider which nights require the quickest prep. Find pockets of time for chopping onions or making a casserole in advance. Then, write out a plan, and do



your best to follow it. Involve everyone in the planning—and the doing—to make things go more smoothly.

### Keep it simple

No one ever said nightly meals have to be gourmet events. Perhaps pick one night a week to have the same menu, such as Turkey Burger Tuesdays or Fajita Fridays. Keep ingredients on hand for a go-to meal like rice bowls or soup. Or work around a purchased item: Get a rotisserie chicken, for example, and steam green beans or bake potatoes in the microwave to go with it. ●

## Food poetry

Encourage your youngster to think about healthy eating by writing haiku poetry as a family.

Haiku, a traditional form of Japanese poetry, has three lines: 5 syllables, 7 syllables, 5 syllables. Each person could secretly pick a nutritious food and write a haiku about it. Read your poems aloud—and guess the foods described.



*Example:*

Sliced in a sandwich  
Made into guacamole  
Smooth and silky. Yum!  
(Answer: Avocado)

Then, try to serve the foods from the poems in the coming weeks. Your child might illustrate the poems and display each one when you eat the food. ●

USDA is an equal opportunity provider and employer.

## Plant it...eat it

When children have a hand in planting and harvesting food, they are much more likely to eat the healthy results. Try these tips:

- Give your child her own space for gardening, whether in pots, raised beds, or the ground.
- Help her research what to plant. She could read seed packets, consult library books and websites, or talk to folks at a garden center. She'll probably enjoy crops that grow quickly, such as lettuce, radishes, snap peas, tomatoes, carrots, potatoes, bok choy, and summer squash.



- Suggest that she think about a "specialty" garden. For instance, she might plant a garden with vegetables to top a pizza or design a garden plot that will turn into a rainbow as the vegetables grow.

- Let your youngster take the lead at every stage. She could pick out seeds,

plant them, and water and weed her garden. When it's time, have her harvest her crops and rinse them for eating right away or let her help cook with them. Eating the fruits and vegetables she has grown is sure to put a smile on her face (as well as healthy food in her tummy)! •

## PARENT TO PARENT Sports on a budget

My son, Colin, wanted to learn how to play tennis. Fortunately, we have public courts nearby, but we couldn't afford lessons or a racquet.

I thought about solutions and came up with some that worked well. First, I emailed neighbors to see if anyone had a child-sized racquet they weren't using. A neighbor down the street said she did, and she even lent me her old racquet so I could hit balls back and forth with Colin.

Then, I worked out a bartering deal with a coworker who happens to coach tennis. Each week I make a dinner for her family, and in exchange, she gives Colin a tennis lesson. It's really not a big deal for me—I just double whatever I'm making for my family—and Colin is thrilled to be learning how to hit a forehand and a backhand! •



## ACTIVITY CORNER

### Step right up!

Plan the "greatest show on earth" right in your backyard with these circus-themed activities.

**Merry-go-round.** Stretch out a round tablecloth, and ask family members or friends to grab an edge. While holding on, walk briskly, hop, or jog in a circle—the cloth will start to look like a carousel.

**High wire.** Lay down a strip of masking tape, or draw a line with sidewalk chalk. Or spray paint a 2" x 4" piece of lumber, and let it dry. Then, take turns walking the tightrope—maybe even juggling a few balls as you go.

**Tumbling act.** Decorate a hula hoop with crepe streamers. Make up tumbling routines that include doing forward rolls through the hoop.

*Idea:* Serve healthy circus snacks like air-popped popcorn or a "clown face"—a round pineapple or orange slice topped with shredded carrots for hair, blueberry eyes, a strawberry nose, and grapes for a mouth. •



## IN THE KITCHEN

### Feasting on frittatas

For an easy meal any time of day, whip up a frittata. Simply saute vegetables in an ovenproof skillet, add eggs and cheese, and bake. Here are two recipes.

#### Italian

Saute 1 diced onion over medium heat for 5 minutes. Add 8-oz. sliced mushrooms and 1 sliced zucchini, and cook until the vegetables are soft. In a bowl, whisk 8 eggs,  $\frac{1}{2}$  cup fat-free milk,  $\frac{1}{2}$  cup grated skim mozzarella cheese, 1 tsp. oregano, 1 tsp. basil, and salt and pepper to taste. Pour the egg mixture into the skillet with the vegetables and cook (without stirring) until the eggs begin

to set, about 3 minutes. Sprinkle with another  $\frac{1}{2}$  cup mozzarella, and put the skillet in a 400° oven. Bake until the eggs are set, about 15 minutes.

#### Corn and potato

In a bowl, beat 6 eggs with 1 cup shredded cheddar cheese. Then, in a skillet at medium heat, saute 1 diced potato, 2 sliced scallions, and  $\frac{1}{4}$  tsp. thyme. When the potatoes are brown, add 2 cups canned or frozen corn, and heat. Top with the egg mixture, and cook without stirring until the bottom is set, about 8–10 minutes. Place under a broiler for about 2 minutes, until the top is golden and set. •



**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 • [rfecustomer@wvulterskluwer.com](mailto:rfecustomer@wvulterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
ISSN 1935-4630



# Holly Hill Farm & Friends

4/6/2015 FOR IMMEDIATE RELEASE:

Contact Info:

*Friends of Holly Hill Farm*

Holly Hill Farm

236 Jerusalem Road , Cohasset, MA 02025

[www.hollyhillfarm.org](http://www.hollyhillfarm.org) 781-383-6565

Holly Hill Farm Media contact: [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

## UPCOMING EVENTS & ACTIVITIES

### **Farm Stand Farmers**

**Saturdays April 11, 18, 25 & May 2, 9 9:30 – 11:30 am**

**\$120 FHHF Members/\$185 Non-members**

Help encourage spring growth as we ready crops for harvest. Kids, ages 12- 15, will tend to planting, learn to harvest and assist in displaying produce at the Farm Stand in the Main Barn. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **The Backyard Farm and Garden Lecture**

**Saturday, April 11 9 am – 12:30 pm**

**Marshfield Senior Center**

**230 Webster Street, Marshfield**

Join Holly Hill Farm Educator, Janice McPhillips and other local experts for this program sponsored by Marshfield Agricultural Commission. Janice, our vermi-composting (worm composting) enthusiast will provide a hands-on presentation that includes instruction on building your own worm bin. For more information visit [www.TownofMarshfield.org/lecture2015.htm](http://www.TownofMarshfield.org/lecture2015.htm) or call 781-837-1433

### **Early Plant Sale**

**Saturday, April 25 10 am – 1 pm**

Get your garden started by planting early, cold hardy plants NOW! Kale, onion, spinach and other hardy seedlings will be available. Organic amendments will also be available for sale.

### **Farm-to-Table Annual Asparagus Dinner**

**Saturday, May 9**

Mark your calendar and join us for our annual Asparagus Dinner with Chef Maryann Saporito from Hola! in Marshfield.

Details to follow. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565) [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Holly Hill Farm Organic Plant Sale**

**Friday, May 15 4-7 pm FHHF Members-Only**

**Saturday & Sunday, May 16 & 17 10 am – 4 pm**

**Saturday & Sunday, May 23 & 24 10 am – 4 pm**

Our Annual Organic Plant Sale – an event not to be missed! Celebrate the arrival of warm weather by planting a garden this season! Organic vegetables, herbs and flowers available. Our farmers are on-hand to answer questions. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Wellness Retreat at the Farm**

**Saturday, May 30 8:30am – 4:00 pm**

Mark your calendars and plan to join Linda Storm and Darlene Bradlee for a day of Wellness. Highlights include a nature hike followed by freshly prepared smoothies, yoga workshop for spring detoxification, organic vegetarian lunch, afternoon meditation & restorative yoga and a hands on creative “Soul Map” art collage. Full day, morning half day or afternoon half day options. Holly Hill Farm. 236 Jerusalem Road, Cohasset. Questions and registration call [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Summer Programs at Holly Hill Farm: Dig, Grow, Harvest June 8 – August 28**

Come to Holly Hill Farm for a Summer Program! There is much to discover, taste and enjoy at Holly Hill and our farm teachers aim to create a memorable experience for all. With 12-weeks of programming designed for kids ages 3 – teens, options

abound. Visit our website for all of the details. Don't delay – many of our programs fill quickly. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Movies and Munchies at the Farm**

#### **Alternate Wednesdays beginning June 18 – August 6 pm**

Movies are free of charge and munchies are available for a fee.

Join us for our Summer Films & Food series! Held outdoors, thought provoking films will be shown on the back of the Tomato Barn. Munchies baked in our masonry oven will be available for a fee. Proceeds and donations will benefit the Masonry Oven Barn Fund Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Farm-to-Table Dinner**

#### **Saturday, June 20**

Mark your calendar and join us for our Farm-to-Table Dinner with Chef Sam Cabral Curtis from The Corner Stop Eatery in Hingham. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **2<sup>nd</sup> Annual Sustainable Garden Tour**

#### **Saturday, June 27 10 am – 3 pm**

Mark your calendars! Last year's Sustainable Garden Tour was so popular, we've made it an annual event. Local gardeners from around the South Shore will open their gardens to our guests. The Tour will focus on sustainable, naturally/organically maintained gardens. See up close how gardeners keep backyard chickens, care for beehives and utilize composting systems that feed their soil. Details are being worked out, so check our website for updates. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Masonry Oven-to-Table Dinner**

#### **Saturday, July 11**

We're putting our own twist on the Farm-to-Table Dinner! Join local Food Historian, Author (Cooking with Fire) and fire-builder Paula Marcoux for an evening of fun, food and conversation. Always entertaining and educational, Paula will prepare dinner in our wood-fired masonry oven. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **Farm Pantry: A Community Service Program for Teens ages 15 - 18**

#### **Ongoing opportunities through November**

#### **Free – Family Membership suggested**

This rewarding program for teens is fast becoming one of our most popular! Students explore organic growing methods as they help to sow, grow, harvest and deliver fresh produce for local food pantries in Cohasset and Hull, as well as, Father Bill's Place, a community shelter in Quincy. Early in the season, tasks help ensure the successful growth of crops. Later in the growing season the focus shifts to harvesting crops. Students are welcome to attend one, two or all twelve sessions! Participants will exit the program with documented hours of community service (a graduation requirement for some local students), a letter of recommendation and a sense of meaningful accomplishment in helping to make fresh, local produce available to clients at food pantries. Interested students are required to complete an application and write a letter of interest in order to participate. Forms are available on our website. Questions? Contact Education Director Jon Belber at [781-383-6565](tel:781-383-6565) or [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com) Holly Hill Farm. 236 Jerusalem Road, Cohasset. [www.hollyhillfarm.org](http://www.hollyhillfarm.org)

### **SCHOOL PARTNERSHIPS: THE WEEKLY HARVEST**

#### **Consider This! 2015 Essay and Illustration Contest: Soil is Food for Plants**

The 5<sup>th</sup> Annual Consider This! essay and illustration contest, is sponsored by the Friends of Holly Hill Farm and supported by the Frank H. White Scholarship Fund. The 2015 topic: Soil is for Plants. Students in grades K-12 were invited to participate. Winners will be announced Thursday, April 16, 4:00 pm at the Paul Pratt Library in Cohasset. Details are available at [www.hollyhillfarm.org](http://www.hollyhillfarm.org). Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565).



South Shore  
THERAPIES

## South Shore Therapies Presents A Three Part Proactive Parenting Series

Facilitated by: Lynne Reeves Griffin RN, MEd

Author of Negotiation Generation: Take Back Your Parental Authority Without Punishment

**May 12, 19, & 26, 2015**  
**Tuesday Evenings 7 -8:30 PM**

**South Shore Therapies**  
**163 Libbey Parkway**  
**Weymouth, MA 02189**

**\*\*Fee \$90.00 per person\*\***

For parents of children all ages with emphasis on those with special learning and/or health needs.

Lynne Reeves Griffin is a child development and behavior management expert whose Proactive Parenting programs are nationally recognized. In this three part series, she'll help you reclaim your position of authority with a practical approach to raising your children. Clear boundaries, like good fences, help children understand what behavior is and isn't acceptable. You'll reduce conflict with your children-and forge a stronger, more loving bond because of it.

This program will show you how to:

- Influence your children's behavior-without controlling it
- Predict and prevent challenging behavior
- Let go of time-outs, groundings, spankings, and other punishments
- Teach by example-showing and telling your children how you expect them to behave

With true stories from more than twenty years of parent counseling, Lynne will cover the typical struggles parents face in raising today's children-and tell you how to step out of the negotiation generation and step back into control.

**\*Pre-Registration Required\***

**LIMITED NUMBER OF PARTICIPANTS SO REGISTER EARLY**

**CALL TODAY 781-545-6585**



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

---

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).

---

**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

---

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.

---

- 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: \_\_\_\_\_

---

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**

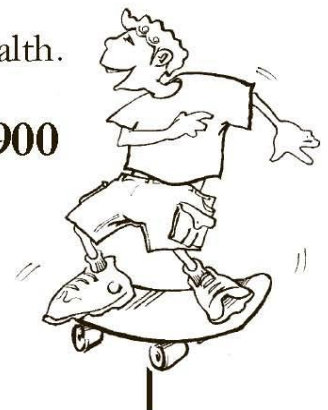
**MassHealth**



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"/>
		<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 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 April, 2015**  
Due to the office by 3:00 pm, \*Tuesday, April 14, 2015

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

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

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

Week of 4/20 – 4/24     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 4/27 – 5/1     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 April, 2015**  
Due to the office by 3:00 pm, \*Tuesday, April 14, 2015

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

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

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

Week of 4/20 – 4/24     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 4/27 – 5/1     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**  
**APRIL, 2015**

**BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
6 Cereal Fruit Juice Milk	7 WW Croissant w/Jelly Fruit Juice Milk	8 Cereal Fruit Juice Milk	9 3.6 oz. WW Muffin Fruit Juice Milk	10 Honey Wheat Bagel w/Jelly Fruit Juice Milk
13 Cereal Fruit Juice Milk	14 WG Cinnamon Roll Fruit Juice Milk	15 3.6 oz. WW Muffin Fruit Juice Milk	16 WW Croissant w/Jelly Fruit Juice Milk	17 3.6 oz. WW Muffin Fruit Juice Milk
20	<b>V A C A T I O N</b>			24
27 Cereal Fruit Juice Milk	28 3.6 oz. WW Muffin Fruit Juice Milk	29 Cereal Fruit Juice Milk	30 WW Cinnamon Roll Fruit Juice Milk	<i>May 1</i> WW Croissant w/Jelly 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!**



**South Shore Charter School K-8**  
**APRIL, 2015**

**LUNCH**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
6 Sweet & Sour Chicken Brown Rice Broccoli Orange Milk	7 Pancakes & Syrup Sausage Patty Potato Wedges Raisins Milk	8 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Milk	9 Meatballs on WW Sub Baked Beans Orange Milk	10 Cheese Pizza Green Beans Potato Wedges Banana Milk
13 Chicken & Salsa Brown Rice Southwestern Beans Apple Milk	14 Cheeseburger Mac Carrots Whole Wheat Roll Banana Milk	15 Turkey and Gravy Green Beans WG Cinnamon Roll Orange Milk	16 Chicken Parmesan Ziti Broccoli Peaches Milk	17 Chicken WW Quesadilla Peas Orange Milk
20	<b>V A</b>	<b>C A T</b>	<b>I O N</b>	24
27 Boneless Chicken Wings Potato Wedges w/Ketchup Whole Wheat Roll Apple Milk	28 Hamburger on WW Bun Ketchup Baked Beans Baked Apple Slices Milk	29 American Chop Suey Carrots Whole Wheat Roll Banana Milk	30 Cheese Pizza Green Beans Potato Wedges Orange Milk	<b>May 1</b> Sloppy Joe on WW Bun Broccoli Green Beans 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**  
**APRIL, 2015**

**LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
6 Sweet & Sour Chicken Brown Rice Broccoli Orange Apple Juice Milk	7 Pancakes & Syrup Sausage Patty Potato Wedges Raisins Milk	8 Mexican Chicken WW Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	9 Meatballs on WW Sub Baked Beans Orange Pineapple Chunks Milk	10 Cheese Pizza Green Beans Potato Wedges Banana Orange Juice Milk
13 Chicken & Salsa Brown Rice Southwestern Beans Apple Pineapple Chunks Milk	14 Cheeseburger Mac Carrots Whole Wheat Roll Banana Peaches Milk	15 Turkey and Gravy Green Beans WG Cinnamon Roll Orange Apple Juice Milk	16 Chicken Parmesan Ziti Broccoli Peaches Milk	17 Chicken WW Quesadilla Peas Orange Apple Juice Milk
20	21 <b>V A C A T I O N</b>	22	23	24
27 Boneless Chicken Wings Potato Wedges w/Ketchup Whole Wheat Roll Apple Pears Milk	28 Hamburger on WW Bun Ketchup Baked Beans Baked Apple Slices Milk	29 American Chop Suey Carrots Whole Wheat Roll Banana Peaches Milk	30 Cheese Pizza Green Beans Potato Wedges Orange Apple Juice Milk	<b>May 1</b> Sloppy Joe on WW Bun Broccoli Carrots Orange Pineapple Chunks 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!**