



FROM THE K-6 PRINCIPAL

We have had five full days of school and by the time most of you read this we will be finished with or winding down day six. Now, it is unwise to claim with certainty anything about an entire school year based on five or six days of school but all signals point to a good year. The more time I have spent as an elementary school principal the more I have noticed the learning that goes on during the summer. This year as the children came back to school I have been amazed by the new knowledge and new composure that the children possess. Over the last few days, the confidence and the feeling of being at home I have seen from children while they have been here at school are remarkable. I can see and feel from the students' collective maturation the results of the wonderful work and play families and children have done over the summer. It is clear that educating students is something we do not do alone but do collectively with families. My hope is that in the next ten months we accomplish as much as you have in the last two months.

Teaching and working in a school is a passionate occupation. Just as in training for athletics you can over train on the physical aspects of sport, you can overwork on the daily demands of being a teacher. Those demands on teachers during the school year often do not allow the teacher the thinking space to reconfigure their work. Just as you can injure yourself if you never stop to recoup and rest in athletics, we need the summer to reflect and to become better. Summer is the rest that is essential in the cycle of the life of a school. A good summer is like a good night's sleep; it makes the day or the year to come all that much more promising.

Part of our good work here at SSCPS this summer is the twelve new teachers we hired. Half of the twelve are filling new positions and the other half are replacing teachers who left. Some of the new folks are veterans with over fifteen years of experience. Some are in their first full time teaching position, and there are many in between. In short it is a wonderful mix and I can feel the energy these new folks bring to the school. One reason it is good to have a few new teachers is that when they come we need to explain to them what and who we are at SSCPS; this makes us more aware of who we are and makes us better.

Analogous to the new teachers joining our community are the new families joining our community. Like the new teachers, a significant proportion of them were able to come because the High School is getting a bit larger. This year we have fifty-seven new families. While many of them share churches and friendships and some even family relations with last year's SSCPS families, we should all try our best to welcome them. Like the new teachers, they too bring us new energy. When saying hello and reaching out to these new folks please welcome them and explain to them who and what we are at SSCPS. This also makes us more aware of who we are and makes us better.

Last night at the Parent Association Meeting there were about forty adults and a quarter of them were new families. There are also some upcoming events scheduled to help us all enter the school year with the confidence of our children. At each of them there will be sections on volunteer training. I hope to see you at either the Back to School Nights or the Back to School Picnic.

I am excited by the year ahead and I look forward to working with you and the teachers to make this a place that inspires all students to excel in academics, service and life. To me, the key is to excel in life and the best way I have found to do that is together. Please reach out to me if you see ways we could be better and I thank you for sending us your children.

Ted Hirsch – thirsch@sseps.org

Thursday	09/04	Level III Nantasket Beach	
Monday	09/08	Volunteer Training Level I Parent Back to School Night Volunteer Training	5:45-6:00pm 6:00-7:30pm 7:00-7:15pm
Tuesday	09/09	Professional Development Early Release	12:00pm
Wednesday	09/10	Fall Athletics Meeting	5:00pm
Wednesday	09/10	Level IV and High School Parent Back to School Night	6:00-7:30pm
Wednesday	09/10	Senior Parent Night	7:30pm
Thursday	09/11	School Council	3:30pm
Saturday	09/13	PA Back to School Picnic Volunteer Training	3:00-5:00pm 3:30-3:45pm
Monday	09/15	Volunteer Training Level II and Level III Parent Back to School Night Volunteer Training	5:45-6:00pm 6:00-7:30pm 7:00-7:15pm

DISMISSAL PICK UP AND AFTERSCHOOL PROCEDURES

Pickup Procedures - from the 2014-2015 Student Handbook

All of us share a common interest at dismissal time of getting all of the students safely, calmly, happily and efficiently into their correct vehicles. Our first goal is safety; second a calm and efficient system where we all can feel like we have been treated by one another in a fair manner.

When we follow these procedures we are modeling teamwork and cooperation, two of our school's founding principles. Following these procedures will help us maintain neighborly relations with the other tenants of Longwater Circle and help with the long range outcome of the school.

- The campus is closed to pick up traffic before 2:45pm. We will ask you to return if you arrive before because we do not have space on campus and this can cause difficulties with fire lanes
- Only pick up students at the front or the back doors, other pick up points put students' safety and our community relations at risk. You may find that planning to arrive between 3:10pm and 3:20pm works better for your family
- There is no cell phone use on campus once active pick-up begins
- Do not pick up on Longwater Circle as this area is restricted to bus pick up
- Follow the lines and arrows painted on the pavement to assist with traffic flow
- Never drive faster than five miles per hour on campus
- All drivers are to stay in their cars and staff members will help your child get into the car
- If your student or any student in your carpool is not present when you come to pick-up that student, a staff member will ask you to pull into a designated waiting area to keep the line moving
- All K – 8 students not picked up by 3:25pm will be directed to a supervised area, parents/guardians picking up students late must park and come to the front desk to sign out their child(ren)

- Please note that students in the supervised area will have no access to electronics including cell phones
- All high school students not picked up by 3:25pm will be directed to the Computer Lab
- For an emergency, when an appointment requires an exact 3:00pm dismissal, we ask that you pick up your student at or before 2:30pm
- Any person who does not cooperate with these procedures will be asked to meet with the Principals
- Follow the direction of staff at all times and cooperate with other drivers
- SSCPS reserves the right to contact the local police and/or transport any student not picked up by 5:00pm, or any student left waiting for longer than half an hour following a school based event

Afterschool Procedures

- At 3:25 all K-8 students who have not been picked up and are not involved in an afterschool activity or working under the supervision of a teacher must report to the Late Room (room 301).
- In the Late Room:
 - All electronic devices are collected and held by the supervising adult until the child is picked up
 - Students are silent
 - Food is not permitted
 - Books selected by Level Coordinators are available
- When parents arrive they must park their cars, come into the building, and sign in at the front desk. Parents must then walk down to room 301 where they will sign out their child(ren).
- High School students who are not involved in an afterschool activity or working under the supervision of a teacher must report to the computer lab at 3:25
- The school building closes at 5pm. There are no adults in the building after 5pm.

WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT WWW.SSCPS.ORG EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103 OR EMAIL PALGERA@SSCPS.ORG



We serve creative cuisine and worthy causes.

Present this certificate to your server and your cause will receive
15% of your total purchase* every Tuesday during September 2014
Valid for Dine in or Take out

Name of Organization:

South Shore Charter Public School

Valid:
September 2nd, 9th, 16th, 23rd & 30th 2014

*Excludes Alcohol, Tax and Gratuity



111 Pond Street Main • Norwell • 781-616-6160



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 18, 2014

Wompatuck State Park
Hingham, MA

Would you like your company logo on this year's Harvest Run event t-shirt? Sponsorship options are still available!

For more information visit www.sscps.org or contact
Denise Demaggio at ddemaggio@sscps.org or #617-653-8246

Race Schedule:

9:00 - 10:45: Registration and t-shirt pick-up

11:00: The Harvest Run begins!

Refreshments provided after the race

Individual registration opening soon

Family discount is available for SSCPS students, staff, and their immediate families. Sign up at the back to school picnic !

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



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 18, 2014

Wompatuck State Park
Hingham, MA

SSCPS FAMILY REGISTRATION

Family Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone#: _____

E-Mail: _____

For office use only
Cash/Check # \$ Date Received

Waiver Must Be Read and Understood:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release South Shore Charter Educational Foundation, South Shore Charter Public School and the town of Hingham, MA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Individual Names	Runner/Walker Up to 2 runners, unlimited walkers *\$3.50 each additional runner	Age on Race Day Gender M/F	Shirt Size *2 shirts included, \$7.00 each additional *Guaranteed to those who register by September 24th*
1.			
2.			
3.			
4.			
5.			

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

Friday, October 17, 2014 2:00—6:30
Marathon Sports
134 Washington Street, Norwell, MA

Race Schedule:

9:00 - 10:45: Registration and t-shirt pick-up

11:00: The Harvest Run begins!

Refreshments provided after the race

SSCPS Family Registration \$40/family

Fee includes:
2 t-shirts (\$7.00 per additional t-shirt)
2 runners (\$3.50 per additional runner)
unlimited walkers

SSCPS Student Registration
\$15.00/individual student/faculty

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

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2014



BEST BITES

Veggie "pizza boats"

Put more vegetables into your youngster's diet by turning them into "pizza boats."

Slice a zucchini or yellow squash in half lengthwise, and microwave until tender (2–4 minutes). Then, top each half with tomato sauce, shredded skim mozzarella cheese, and sliced mushrooms. Microwave or broil until the cheese melts.



Kick it

Help your child get a "kick" out of exercising with this core-strengthening activity: Lie on your backs (heads and shoulders off the ground), and take turns calling out kicks to do. For "scissors," move your legs up and down while crisscrossing them back and forth. For "flutter," lift both legs, and then alternate raising and lowering them.

Cut portions down to size

Do your children eat larger portions of meat than they should? Try this chef's trick. Cut meat or chicken into 3-oz. servings (the size of a deck of cards), and thinly slice. Then, fan the slices on each person's plate. The smaller amount will fill the plate—and your youngsters will think their food looks "prettier!"

Just for fun

Q: What animal makes the most of its food?

A: A giraffe— it goes a long way!



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South Shore Charter Public School
Susan Dupras, School Nurse

Healthy learners

There are no two ways about it: When children have healthy habits, they go to school more ready to learn. Use these ideas to help your youngster thrive in the classroom.

Eat breakfast

Breakfast-eaters score higher on tests and have better grades, behavior, and attendance. Make breakfast a daily habit by building it into your child's schedule. *Tip:* Consider having her eat breakfast at school. That way, the meal can be part of a relaxed routine at school rather than a morning rush for you.

Stay active

Did you know that after just 20 minutes of exercise, brain activity improves? Encourage your youngster to run, jump, and move around after school—her body and brain will stay more active! In fact, see if her focus for homework improves after a game of hide-and-seek or a jump-rope session. *Idea:* Help her keep track of



times that she is active. Ask how many 20-minute periods she tallies each day.

Get enough sleep

If your child is tired, she won't be able to pay attention, absorb information, or learn as much. Try making it fun to go to bed on time with nightly rituals like reading to each other or playing a quiet game. *Note:* Set a bedtime that gives her 9–11 hours of sleep. If she wakes up around the same time each morning without needing an alarm, she's getting the right amount of shut-eye. ●

Joining a team

As the new school year starts, you might be wondering if your child is ready for a team sport. These questions can help you decide.

● **Behavior.** Does your youngster follow directions? Will he share and take turns nicely? When he plays games, does he manage losing well? If the answers are yes, he may be ready.

● **Interests.** Has your child told you he wants to play on a team? If you bring it up, does he seem enthusiastic? Let his interest level be your guide. After all, he's the one who has to commit to attending practices and games.

Remember, children develop at different rates and have different interests. If you wait until he's ready, he's more likely to enjoy team sports and get the physical activity that goes along with them. ●



USDA is an equal opportunity provider and employer.

Got (enough) milk?

It's a fact that most kids don't get enough calcium. And what's the single best source of calcium for a child? Milk! In addition, milk provides vitamin D and protein—other important nutrients for your youngster.

Try these strategies for getting your child to drink 2–3 cups of fat-free milk a day:

- Make milk or water the only choices at meals.
- Serve milk ice-cold.



Note: If your youngster has milk allergies or is lactose intolerant, get calcium-fortified almond, soy, rice, or lactose-free milk. ●

- Put milk in fun glasses or mugs. Use striped, colorful, or bendable straws. *Idea:* Give your youngster a straw to drink up the milk left in his cereal bowl.
- Let him see you drinking milk yourself.
- Use milk in foods that your child eats, such as oatmeal or tomato soup.

Q&A The cafeteria experience

Q: I'd like my son to buy school lunch each day, but he doesn't want to. How can I persuade him?



A: You could start by telling him about fun parts like going through the cafeteria line with his friends and picking out his own meals. He might also get to punch in his PIN number or scan a meal card, depending on his school's payment system. Plus, you can mention that he'll get to know the nice people who work in the cafeteria—and they'll get to know him, too.

Then, get your son interested in the food by reading the next day's menu together each evening. He could highlight his choices with his favorite color. Finally, when he gets home, ask positive questions like, "What was the best part of your lunch?" or "What kind of fruit did you eat?" ●

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 • rfeclient@wollenskiwz.com
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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ACTIVITY CORNER

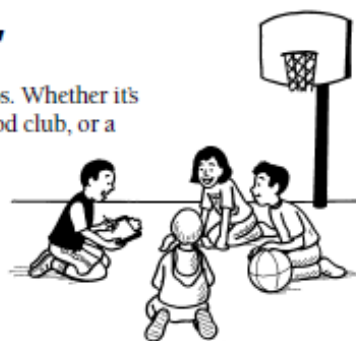
Start a "Fit Club"

Children love to be in clubs. Whether it's a cousins club, a neighborhood club, or a pony-lovers club, groups give kids a comforting sense of belonging. To help your youngster stay active, why not encourage her to start a fitness club? Here's how.

1. Invite friends to join. She might ask the kids on your street or the other third-graders on her bus, for instance.

2. Hold an organizational meeting. Help the youngsters figure out where they'll meet and how often. They could alternate houses or go to a local park, based on when parents can supervise. Suggest that they name their club, too ("The Elmwood Street Exercisers").

3. Draw up a list of activities. The only rule? They have to be *active* activities! *Examples:* Basketball, backyard games, dancing, climbing on playground equipment. Then, let them get started—and get moving! ●



IN THE KITCHEN

Boost your smoothies

Combine all kinds of healthy goodness—fruit, vegetables, yogurt, milk—into one glass of deliciousness with these smoothie recipes. (*Note:* Smoothies work best with frozen fruit. You could freeze fresh fruit or buy frozen fruit.)

Berry good

1 cup blueberries, 1 cup cherries, $\frac{1}{2}$ cup strawberries, 1 cup 100% grape or apple juice, and 2 tbsp. nonfat vanilla Greek yogurt

Banana split

1 banana, 2 cups strawberries, 1 cup fat-free milk, and $\frac{3}{4}$ cup nonfat plain Greek yogurt



Green pineapple

2 cups spinach leaves, $1\frac{1}{2}$ cups almond milk, $\frac{1}{2}$ cup coconut water, 3 cups pineapple chunks, and 2 tbsp. unsweetened coconut flakes

Add to the fun *and* the nutrition with these pointers:

- Let your child make the smoothie herself. She can put the ingredients into a blender, hold down the top with one hand, and push "on" with the other. Have her blend until the ingredients are combined.
- Mix 1 tsp. flaxseeds, wheat germ, or protein powder into any smoothie. ●

Holly Hill Farm & Friends

9/2/2014 FOR IMMEDIATE RELEASE:

Contact Info:

Friends of Holly Hill Farm

Holly Hill Farm

236 Jerusalem Road, Cohasset, MA 02025

www.hollyhillfarm.org 781-383-6565

FHHF contact: ibelberhollyhill@hotmail.com

September 6 Cooking on the Farm with Julia: All Things Kale 10 AM

\$12 members / \$15 non-members

Join long-time Farm friend, featured writer for *edible* South Shore & South Coast Magazine, and soon-to-be nutritional counselor, Julia Powers for this popular new program. Learn how easy it is to pull together seasonal fare from ingredients available at the Farm Stand. Julia combines her nutritional knowledge with her love of cooking to provide participants with a demonstration, teaching session and discussion. Classes held in the Tomato Barn. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

September 7 Celebrate Grandparent's Day at Holly Hill Farm: *Nature's Sketchbook* with Lynn Rizzotto

10 AM – 11:30 AM \$20 (per pair) FHHF members / \$30 non-members

Lynn Rizzotto's *Nature's Sketchbook* program for grandparent/grandchild pairs is an inspirational one-time drawing experience for grandparent/grandchild teams. Local artist, lifelong sketchbook keeper and Director of the wildly popular Children's Creativity Workshops in Hingham, Lynn will guide a hands-on drawing and observational session at the Farm. To create a memorable experience, we've limited enrollment - so reserve soon. Haven't met Lynn? You can learn more at <http://www.childrenscreativity.com/> Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

September 14 Members' Harvest Picnic 1 PM

Our annual treat to members of Friends of Holly Hill Farm! Join us for hay rides, tomato tasting, farm tours, and music. We'll even be serving snacks cooked in the new outdoor oven! The Picnic is free to members. Not yet a member? Join today and take part in the fun! RSVPs are encouraged. Please call 781-383-6565 or email ibelberhollyhill@hotmail.com Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

September 16 Chipotle Fundraiser 5 PM – 8 PM

Make dinner a selfless act by supporting Friends of Holly Hill Farm at Chipotle. Visit the Chipotle at Derby Street Shoppes on Tuesday, September 16 from 5 PM to 8 PM and bring or show the flyer on your smartphone (flyer available at www.hollyhillfarm.org) or tell the cashier and 50% of the proceeds will go to the Friends of Holly Hill Farm. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

October 3, October 6 & 7 Photos on the Farm

Book your session today! Local photographer Annemarie DeSmet of Mimi& Co. Photography will be offering limited edition sessions at Holly Hill Farm. Fabulous for holiday gifts – these charming photos of your preschoolers and little ones will be treasured for generations. Contact Annemarie@mimiandcophoto.com 425-829-2094 for reservations and details. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

October 4 7th Annual Discover the Woods Run 10 AM

Registration: \$35 – free t-shirt for the first 100 entrants

Our annual Discover the Woods Run is now part of the South Shore Trail Series. The course winds through 130

acres of woods that surround the Farm's 3 acres of organically grown vegetables, flowers, and herbs, past open meadows, grassy field edges, a brook, and a pond. Trail conditions are a combination of grass, woodland paths, wooden bridges and mud! Register at <http://www.southshoretrailseries.org/>. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Holly Hill Farm Happenings

Do you know of a school, PTO, organization, blogger, writer, newsletter coordinator or media outlet that would be interested in keeping updated on the happenings at Holly Hill Farm? With the start of the new academic year, we are updating our contact list and don't want to leave anyone out. Holly Hill Happenings is sent weekly via email and is designed for easy sharing. Organizations utilizing specific services like PeachJar can be accommodated. Contact friendsofhollyhillfarm@gmail.com.



Nonverbal Learning Disability: Characteristics and Treatment

Presented by:
Ellen Keefe, MS, CCC-SLP
Sheryl Man, MS, OTR/L

Wednesday, September 17th, 2014
7-8:30 p.m. Weymouth Location 1st Floor
\$25

When

Wednesday September 17, 2014
from 7:00 PM to 8:30 PM EDT
7-8:30 pm
[Add to Calendar](#)

Where

South Shore Therapies
163 Libbey Industrial Parkway
First Floor
Weymouth, Ma 02189

[Driving Directions](#)



Some of the characteristics of Nonverbal Learning Disability are:

- Difficulty understanding body language/facial expression
- Inability to grasp the "Big Picture"
- Concrete Literal Thinking
- Decreased coordination and organization
- Difficulty writing and drawing
- Problems with math and reading
- Poor self esteem

Join Ellen Keefe, MS, CCC-SLP and Sheryl Man MS, OTR/L for a discussion that will provide you with an understanding of the physical, language and social characteristics of NVLD. In addition, you will learn great strategies to help you boost your child's social and higher level language skills.

[Register Now!](#)



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 apepin@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 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 , 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.

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! IDO 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

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

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

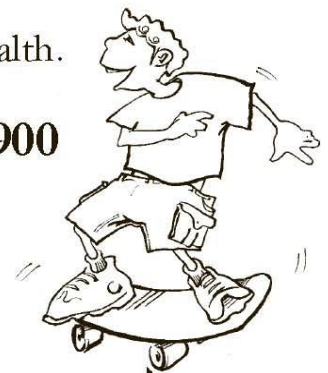
MassHealth



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)
<i>(Example) Jane Smith</i>	\$200	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$150	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$0
\$		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
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\$		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
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\$		<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.

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.

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

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.

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 August/September, 2014

Due to the office by 3:00 pm, ***Tuesday**, September 9, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 9/15 – 9/19 Monday Tuesday Wednesday Thursday Friday

Week of 9/22 – 9/26 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 August/September, 2014
Due to the office by 3:00 pm, ***Tuesday**, September 9, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 9/15 – 9/19 Monday Tuesday Wednesday Thursday Friday

Week of 9/22 – 9/26 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$3.25

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
AUGUST / SEPTEMBER, 2014

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 25	26 3.6 oz. WW Muffin Fruit Juice Milk	27 WG Cinnamon Bun Fruit Juice Milk	28 3.6 oz. WW Muffin Fruit Juice Milk	29 Honey Wheat Bagel w/ Jelly Fruit Juice Milk
Sept. 1 LABOR DAY	2 Cereal WW Grahams Fruit Juice Milk	3 2 oz. Cereal Fruit Juice Milk	4 WG Cinnamon Bun Fruit Juice Milk	5 2 oz. Cereal Fruit Juice Milk
8 Cereal WW Grahams Fruit Juice Milk	9 Honey Wheat Bagel w/ Jelly Fruit Juice Milk	10 3.6 oz. WW Muffin Fruit Juice Milk	11 Cereal WW Grahams Fruit Juice Milk	12 WW Croissant w/ Jelly Fruit Juice Milk
15 3.6 oz. WW Muffin Fruit Juice Milk	16 2 oz. Cereal Fruit Juice Milk	17 WW Cinnamon Bun Fruit Juice Milk	18 3.6 oz. WW Muffin Fruit Juice Milk	19 3.6 oz. WW Muffin Fruit Juice Milk
22 Cereal WW Grahams Fruit Juice Milk	23 WW Croissant & Jelly Fruit Juice Milk	24 3.6 oz. WW Muffin Fruit Juice Milk	25 Honey Wheat Bagel & Jelly Fruit Juice Milk	26 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!**



SOUTH SHORE CHARTER SCHOOL K-8
AUGUST / SEPTEMBER, 2014

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 25	26 Meatballs on WW Sub Green Beans Banana Milk	27 Macaroni & Cheese Broccoli Pears Milk	28 Mexican Chicken WW Wrap Sweet Potato Fries w/ Ketchup Apple Milk	29 Early Release No Lunch
Sept. 1 LABOR DAY	2 Chicken WW Quesadilla Green Beans Spanish Rice Orange Milk	3 Beef & Bean WW Burrito Corn Banana Milk	4 Chicken Parmesan Ziti Broccoli Peaches Milk	5 Chicken Caesar Salad WW Wrap Cucumbers Fruit Milk
8 Chicken Tenders w/ Ketchup Green Beans Peaches Whole Wheat Roll Milk	9 Early Release No Lunch	10 BBQ Chicken on WW Roll Potato Wedges w/ Ketchup Fresh Fruit Milk	11 Sloppy Jo on WW Bun Broccoli Banana Milk	12 Herbed Baked Chicken Carrots Raisins Whole Wheat Roll Milk
15 Hamburger on WW Bun w/ Ketchup Baked Beans Baked Apple Slices Milk	16 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	17 American Chop Suey Carrots Banana Whole Wheat Roll Milk	18 Turkey & Gravy Corn Apple Whole Wheat Roll Milk	19 Crunchy Chicken Salad WW Wrap Cucumber Orange Milk
22 WG Mozzarella Sticks w/ Marinara Sauce Green Beans Baked Sliced Apples Milk	23 Early Release No Lunch	24 Macaroni & Cheese Broccoli Peaches Milk	25 “Breakfast for Lunch” WW Pancakes & Syrup w/ Sausage Potato Wedges w/ Ketchup Grapes Milk	26 Cheese Pizza Carrots 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!**



SOUTH SHORE CHARTER SCHOOL – 9-12
AUGUST / SEPTEMBER, 2014
LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	26 Meatballs on WW Sub Green Beans & Corn Banana Fruit Cocktail Milk	27 Macaroni & Cheese Broccoli Pears Milk	28 Mexican Chicken WW Wrap Sweet Potato Fries w/ Ketchup Apple & Juice Milk	29 Early Release No Lunch
Sept. 1 LABOR DAY	2 Chicken WW Quesadilla Green Beans Spanish Rice Orange & Pineapple Chunks Milk	3 Beef & Bean WW Burrito Corn Banana Mandarin Oranges Milk	4 Chicken Parmesan Ziti Broccoli Peaches Milk	5 Chicken Caesar Salad WW Wrap Cucumbers Fruit Juice Milk
8 Chicken Tenders w/ Ketchup Green Beans Peaches & Juice Whole Wheat Roll Milk	9 Early Release No Lunch	10 BBQ Chicken on WW Roll Potato Wedges w/ Ketchup Fresh Fruit Raisins Milk	11 Sloppy Jo on WW Bun Broccoli Banana Pears Milk	12 Herbed Baked Chicken Carrots Raisins Whole Wheat Roll Milk
15 Hamburger on WW Bun w/ Ketchup Baked Beans Baked Apple Slices Milk	16 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	17 American Chop Suey Carrots Banana Whole Wheat Roll Milk	18 Turkey & Gravy Corn Apple Whole Grain Cinnamon Roll Milk	19 Crunchy Chicken Salad WW Wrap Cucumber Orange Apple Juice Pretzels Milk
22 WG Mozzarella Sticks w/ Marinara Sauce Green Beans Baked Sliced Apples Fresh Fruit Milk	23 Early Release No Lunch	24 Macaroni & Cheese Broccoli Peaches Milk	25 “Breakfast for Lunch” WW Pancakes & Syrup w/ Sausage Potato Wedges w/ Ketchup Grapes Raisins Milk	26 Cheese Pizza Sweet Potato Fries Banana & 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!**