



FROM THE EXECUTIVE DIRECTOR

The Massachusetts Department of Elementary and Secondary Education (DESE) has offered some choice to schools and districts statewide regarding high stakes testing and assessment. In 2014 schools and districts were given an option to participate in the 2014 PARCC Field Test. This test produced a representative sample of students assessed statewide in grades 3-11. The purpose of the field test was to determine if the new measurement had three fundamental qualities, validity, reliability, and usability.

As measurements in education tend to be samplings, the PARCC proved no exception. According to information provided by the DESE, thirteen percent of the public school student population statewide participated in the 2014 Field Test. At the South Shore Charter Public School, all third graders took the PARCC online assessment in mathematics. The third grade field test was comprised of two assessments; a performance based assessment consisting of extended tasks requiring students to apply framework based concepts and skills over a period of time longer than one academic year, and an end of the year assessment that tested students on knowledge that should be acquired specifically in grade three according to the Common Core standards. True to form, our third graders were excited to be part of the statewide field test and took pride in their work on this assessment. Although it sometimes proves difficult to be a pioneer, our third graders certainly rose to the occasion.

I would encourage all of our families to review the Common Core standards. Although some of the guidelines may be worthy of debate, the intent of reducing achievement gaps and making sure that every student is college or career ready is an exceedingly important premise for public education. Within these standards you will also read that one goal for the mathematics curriculum is to focus on fewer topics each year, and in a deliberate sequence. The rationale behind this approach is to allow for students to explore concepts in depth before attempting comprehension of the next mathematical concept. For our mathematics faculty, this is not a new idea, but instead one of the basic premises of Singapore Math and mathematics instruction in grades 7-12. Therefore, a transition to the Common Core standards will not be a far reach for our school community.

However, in many of our sending districts the transition to this approach presents a new paradigm. Until recently many of our sending districts have used a “spiraling” curriculum that touches upon concepts in less depth, but is able to cover more mathematical concepts. A spiraling curriculum is not linear and sequential, but instead more circular. Mastery may not be attained the first time around, but the idea behind a spiraling curriculum is that by revisiting the same or similar concepts year after year, this type of revisited surface exposure will eventually result in student mastery over the same period of time as a more in-depth linear approach. The greatest appeal of the spiraling curriculum is that it well suited to measurement by the MCAS.

Although an interesting idea, most of our sending districts have started to phase out textbooks that reflect a spiraling curriculum. To the credit of the mathematics faculty here, our curriculum has never reflected the coming or going of this trend. We have remained on course. Our focus has always been linear and sequential mastery from basic addition to calculus, and every other mathematical concept that exists in between.

This year the South Shore Charter Public School has decided to participate in the 2015 PARCC Operational Test. This means that our students in grades 3-8 will not be taking the MCAS, but instead the PARCC. Our reasoning is based upon the reality that the DESE has begun the process of phasing out the MCAS and transitioning to another form of assessment. Currently, that form of assessment is the PARCC. To assist with this transition, we have significantly upgraded our technology and infrastructure to be able to support taking the PARCC on-line school wide. The DESE has informed all participating districts that it will “hold harmless” all schools opting to participate so that our Level II status, which we have worked hard to maintain, will not be subject to negative impact from not participating in the MCAS.

There are some basic principles that we will not change. Our curriculum and instruction has not been narrowly tailored to the MCAS, and we will not do so if the DESE adopts the PARCC. Our focus has always been on inquiry-based instruction, academic achievement, and successful life outcomes. We will continue to stress that any assessment is part of the picture, not the whole picture. We will not compromise what a student requires academically just so he or she may perform better on one snapshot assessment. Our priority will always be upon individual student achievement and growth, as individual students make up the achievement of the group. And there is no assessment, or school ranking, more important than a child.

Alicia Savage – asavage@sscps.org

Wednesday	10/08	Library Committee Work Night	4:00-7:00pm
Wednesday	10/08	Parent/Teacher Conferences for Grades 7-12 by appointment	5:00-7:00pm
Thursday	10/09	School Council	3:45pm
Friday	10/10	Professional Development Day – No Classes for Students	
Monday	10/13	Columbus Day – No School	
Tuesday	10/14	Title I Parent Meeting	8:30am
Wednesday	10/15	PSAT Testing	
Wednesday	10/15	Professional Development Early Release	12:00pm
Wednesday	10/15	Parent/Teacher Conferences for Grades K-6 Call or email your child’s teacher to schedule an appointment	1:00-4:00pm
Thursday	10/16	Picture Day – Order forms will be sent home on Thursday, October 9	
Thursday	10/16	Title I Parent Meeting	5:00pm
Thursday	10/16	Literacy Night Grades K-4	6:00-7:00pm

ANNOUNCEMENTS

Literacy Night

To all families of Level I and Level II students, please join us for Literacy Night! Thursday, October 16, from 6 to 7 p.m. Pajamas and slippers are appropriate dress. If you would like to volunteer as a reader, please contact Ted Hirsch at 781-982-4202, ext. 108.

News from the Library Committee

The Library Committee is holding a **Work Night on Wednesday October 8 from 4-7pm** to continue the scanning of our materials to support the new automatized checkout system. Parent volunteers are welcome to attend for as little or as long as you are able. Please email Bev Bruce at bbruce@sscps.org if you would like to volunteer. "More hands make the work light" is our motto!

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, to login use school password: bluejaguar.

Parents may submit a personalized page that will appear in the back of the book for their senior at these rates: Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50.

FROM THE HEALTH OFFICE

Kindergarten screenings which consist of height, weight, vision and hearing evaluations are being done in the Health Office this month. Please contact Susan at x104 if you have questions or concerns.

FROM THE ATHLETIC DEPARTMENT

Volleyball

The Lady Jaguars are off to an impressive start to their 2014 season with a current record of 4 wins and 2 losses. The team is dedicated, hardworking, and focused on becoming not only more skilled players individually, but growing and working together as a team. This was evident at our first team dinner where they loaded up on spaghetti and shared MANY laughs. Immediately following this team dinner (graciously hosted by the Hebert's) they went on to defeat Boston Collegiate at home. The team has an excellent ability to have fun and support one another, while also taking the sport of volleyball very serious with a constant yearning to learn and grow as athletes.

The team is led by tri-captains Gabby Hebert (8th grade), Naomi Zorrilla (9th grade), and Emma Goldberg (10th grade). Their positive attitudes and innate leadership abilities have allowed the team to be as successful as have been thus far. They lead by example and take their responsibilities very seriously. They constantly and immediately take advantage of every opportunity to grow as individual players or help their teammates increase their skill sets. The confidence that I have in them as their coach never falters and gives immense hope for our bright future.

Returning players include: Sarah Phanord (10th grade), Nnenna David (9th grade), Denesha Lafontant (8th grade), Molly Kirves (8th grade), Nicole Rousseau (8th grade), and Cassie Amicangelo (8th grade). These players continue to show solidarity and consistency with increased power and instinct. Sarah and Molly have begun to train to become setters; a new and challenging position for both. The two girls have taken the challenge in stride and are excited to assume a new, important role on the team. Nnenna, Denesha, Nicole, and Cassie continue to be solid passers which the entire team relies on to set up each play. Also, the serving from all girls is consistent and reliable which is huge for our team.

We are also joined by newcomers to the sport Courtney Barry (11th grade) and Channing Miller (7th grade). Upon watching these two confident athletes, one would never know they are new to the sport of volleyball. Courtney is a consistent passer, excellent server, and has a powerful spike we look forward to utilizing more in the near future. Being our youngest member on the team is no easy task to take on, but Channing has risen to the occasion. She has an excellent serve which other teams can find trouble in returning. Being a 7th grader, she has many years to learn and continue to grow as a player. With her height and capabilities she will be a force to be reckoned with in her volleyball career. Another newcomer to our team, but not to the sport, is Madison Mirabile (9th grade). Madison has a long history with the sport and has been playing for most of her life. She brings extensive experience and skills to our team. Madison shares new drills and techniques and extends herself often to the team in order to help build skills and overall confidence in the sport. Her serve is out-of-this-world with another team remarking at a recent match, "That can't be real" after one of Madison's serves.

Our team this year is full of talent, determination, and dedication. We hope to continue to grow as players and individuals and really appreciate the support of the SSCPS community. In the next 3 weeks, the team has five away games and three home games to close the season. We would love to see you there cheering on your Lady Jaguars Volleyball Team! See "Athletics" at sscps.org for a full schedule of remaining games.

Jenn Johnson, Head Volleyball Coach

Soccer

This past week has been an undefeated one for all Jaguar soccer teams! See below for all team results and upcoming competitions.

Middle School Soccer

5-1 win over KIPP Boston

High School Boys Soccer

1-0 win over BPCS

1-0 over APR

1-0 win over MATCH

High School Girls Soccer

3-0 win over BPCS

3-2 win over APR

5-0 win over MATCH

Athletics Upcoming dates:

10/9 Cross Country @ Sheepsfold Reservation, Medford

10/14 High School Soccer vs. CCSC at Forge Pond Park, Hanover

10/14 Middle School Soccer @ Salem, Bentley Elementary School

10/17 High School Boys Soccer @ PCA, Highland Park, Chelsea

10/17 Middle School Soccer @ MATCH, Kelley Field, Hyde Park

Level III Intramural Soccer

Today's scheduled practice has been cancelled due to lack of participation. A sign-up sheet is posted in Level III if students would like to sign up and participate for the remaining dates. If not enough interest is shown, the program will not continue. For any additional information, contact Alvin Nguyen at anguyen@sscps.org.

WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?



High School Technology Workshop

The Technology Workshop's Outreach Team is asking all families to donate any unused computers. All computers donated will be refurbished and then distributed to homeless shelters along with other charitable organizations. We appreciate any kind of computers. We specifically ask that you donate LCD monitors (please no CRTs), keyboards, mice, and desktops. We thank you in advance for donations.

FROM THE PARENTS ASSOCIATION CHAIR

The Charter Renewal school visit is 11/18 & 11/19; we're looking for some parents who'd like to be interviewed by the inspection team. These interviews will last approximately one hour and will consist of demographic-based questions (why do you send your children to this school, how do you feel about the school, what's your level of involvement, etc.). Interested parents should email the PA Chair @ steve.hillson@gmail.com, or the Executive Director @ asavage@sscps.org.

The South Shore Charter Educational Annual Fund has started operations; you should already have received letters from the Fund. This is *not* the Annual Auction, so please consider giving!

Please have your children bring hand sanitizers/disinfectant wipes to school as the cold & flu season is upon us. In addition to bringing these to school, they also need to use them, as hand washing and general cleanliness is vital to prevent rapid spread of illness!

The next PA meeting is Tuesday November 4, 2014. Featured speaker is Angie Pepin, who will once again give her excellent presentation about bullying.

**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**



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.

EST. 1943

UNO
PIZZERIA & GRILL

EAT, DRINK & RAISE MONEY!

Come support a **DOUGH RAISER** to benefit

South Shore Charter Public School

**UNO® WILL DONATE UP TO 20% OF
YOUR CHECK TO THIS FUND**



Date:

Wednesday, October 15th



Location:

UNO

1799 Washington St., Hanover **250 Granite St., Braintree**
Next to the Hanover Mall **OR** **Next to the South Shore Plaza**

Please present this ticket at the time of payment to have up to 20% of your check's value, excluding tax & tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

Photo: Don Caputo/10/10/14 01/12

Present this to your server

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2014



BEST BITES

Take a farm tour

It's a great time of year for showing your youngster where her food comes from. At pick-your-own orchards and farms, she could pluck apples and pears from trees or pumpkins from vines. Or take a farm tour to watch cows being milked and learn about crops and other farm animals. Look online or in community newspapers for details.



DID YOU KNOW?

Sweet potatoes are a rich source of potassium, fiber, and beta-carotene. Bake sweet potatoes (about an hour at 375°) for a side dish that's so naturally sweet your child won't need to add butter. Or slice potatoes thickly, drizzle with a little olive oil, and roast at 400° for 30–45 minutes. *Tip:* Heat the pan first for crispier fries.

Healthier parties

Birthday parties are a highlight for most children—especially if it's theirs! But when parties add up, so do the cupcakes and ice cream. Consider making your youngster's party a healthier one with a physical activity like gymnastics or relay races and a fun fruit treat (apple slices to dunk in honey, strawberries to dip in melted dark chocolate).

Just for fun

Q: What smells the best at dinner?

A: Your nose!



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South Shore Charter Public School
Susan Dupras, School Nurse

Skip the empty calories

It seems unbelievable, but research shows that almost 40 percent of the calories children consume are "empty" ones. Try limiting these empty calories, and you'll go a long way toward helping your child maintain a healthy weight and feel his best.

What are they?

Empty calories come from added sugar or solid fat and have no nutrients.

What's the problem?

They fill your youngster up without providing the vitamins and minerals he needs.

Where are they?

The most likely culprits are soda, fruit drinks, candy, cake, cookies, and doughnuts. But you also have to watch for empty calories in foods that do have important nutrients. Whole milk, pizza, fried chicken, and cheese all have solid fats; and jelly, sports drinks, and sweetened yogurt and cereals have added sugars.



What now?

Together, brainstorm a list of replacements for empty-calorie foods. For instance, your child might choose fruit over candy, flavored seltzer water rather than soda or sports drinks, fat-free milk in place of whole milk, and frozen 100 percent fruit bars instead of ice cream.

Try this

Help him make a poster with road signs for "stop" or "go" foods. ("Stop eating candy." "Go for grapes!") Or he could put each empty-calorie food in a circle and draw a slash through it (like a Do Not Enter sign). Hang his chart in the kitchen for reference. ●

Build snack baskets

Make it easy for your youngster to choose a healthy snack by putting together snack baskets like these.

On the kitchen table. Fill a clean bucket with mini raisin boxes, small bags of almonds or sunflower seeds, fresh fruit, and colorful sports bottles of tap water. Add a card that says, "Take water, and choose two snacks!"

In the fridge. Stock a colorful plastic bin with cold water bottles, individual cups of unsweetened applesauce, containers of ready-to-eat raw vegetables (green beans, cauliflower florets, carrots), and a small tub of hummus or lowfat ranch dressing. Then, put it on a shelf at your child's eye level so it's the first thing she sees when she opens the refrigerator. ●



USDA is an equal opportunity provider and employer.

Fit as a family

Want your child to be more active? Get in on the action together! Try ideas like these, and find the one—or ones—just right for your family:

- Take regular bike rides on neighborhood paths or local bike trails. On weekends, load bikes in the car and drive to new places to ride. *Note:* Be sure to wear helmets.
- Try stand-up paddling. You could paddle together on one board or take out your own, depending on your child's age and experience. Check with your parks and recreation department or local outfitters for lessons at nearby lakes or rivers.



- Have a weekly tennis round-robin. Go to public courts, and take turns playing against each other. *Tip:* Ask relatives for racquets their kids have outgrown, or find used ones at garage sales or secondhand shops.

• Sign up for yoga classes at the community center or YMCA. Then, continue your practice at home with a nightly "yoga break."

- Take a walk every day before or after dinner—which ever works best in your family's schedule. When it gets cold, bundle up, and keep on walking.

Bonus: Fitness is a fun way to spend time together and strengthen bonds. Build it into your family life now, and the habit may continue into the teenage years when your children aren't as excited about hanging out with you. ♥

**PARENT
TO
PARENT**

Homemade kids' meals

Week after week my daughter begged to get fast food on the way home from after-school care. I wasn't happy about having her eat fast food, and I soon realized that what she really liked best anyway was the cute packaging and the toy.



That gave me an idea. Why not create our own kids' meals at home? I had Allie decorate brown paper lunch bags. Then every Friday we make them into "Friday Fun Meals" for dinner. I just put whatever I've made for dinner into plastic containers and place them in a decorated bag for each person. Allie adds a napkin, a plastic fork, and a cup for water. For the final touch, I drop in a surprise—a small toy from the dollar store.

Allie loves our homemade kids' meals, and I'm happy we're having healthier "fast food." ♥

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
540-636-4290 • recustomer@wulferski.com
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

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**ACTIVITY
CORNER**

Game changers

When your youngster has friends over, encourage them to be active with these two twists on classic games.



1. Try a life-size version of tic-tac-toe. Using yarn or jump ropes, the kids can make a giant tic-tac-toe board on the grass. Two players stand on the opposite side of the yard, each holding six Xs or Os (written on slips of paper). Take turns running to the grid, dropping in an X or O, and running back. First to get three in a row is the winner.

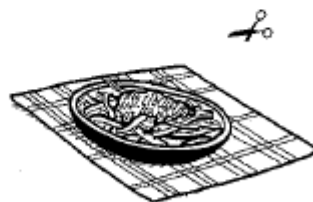
2. Play Simon Says, but each direction has to involve moving around. *Examples:* "Simon says jump up and down seven times." "Simon says twirl around twice." "Touch your toes." Oops, if you touched your toes, you're out! ♥

**IN THE
KITCHEN**

Pasta swap

Turn vegetables into "noodles," and your family will get a delicious pasta experience without the carb overload. Pair any of these options with your favorite marinara sauce, meatballs, or sautéed vegetables. *Note:* Vegetable noodles are a great option for gluten-free kids.

- Use a vegetable peeler to scrape zucchini or peeled carrots into noodle-like strands. Or get a "spiral" tool—popular in stores or online—to make noodles out of almost any vegetable (yellow squash, cucumbers, beets, jicama). Use the strands raw, or pour boiling water over them to soften.



- Bake a spaghetti squash (350° for 1 hour), cut in half lengthwise, and scoop out the seeds. With a fork, scrape the flesh into strands.
- Peel an eggplant, and slice into 1/4-inch strips. Salt, and let drain for a half-hour. Rinse with cold water, and pat dry with paper towels. Now slice the strips thinly.

Tip: Combine any of these for a "rainbow pasta." ♥

South Shore Charter Public School



Dear SSCPS Families,

It's been a great pleasure being a part of such a wonderful school. The staff has been very kind and helpful in every way imaginable. The students have been cooperative and receiving of the lessons that I've taught. This letter is in regards to forming an SSCPS Before School Chorus comprised of students from Level 3-4 on **Tuesdays** from 7:20am-8:10am.

Learning to sing sophisticated music in a group setting is a great way for students to grow to express his or herself in a new way; musically. These vocal musicians will be singing in a choral setting. Knowing that they each have a specific part to play in making the music come together as a whole, and hearing how the personal voice adds to the group will feed their desire to learn and be a part of a group even more.

If you are interested in participating in the chorus program, please fill out the application on the back and bring it to the front desk as soon as possible. If you have any questions, feel free to contact me.

Sincerely,

Theron Leonard
Music Teacher
South Shore Charter Public School
tleonard@sscps.org
781.982.4202 x318



South Shore Charter Public School Chorus

Student's Name: _____

Address: _____

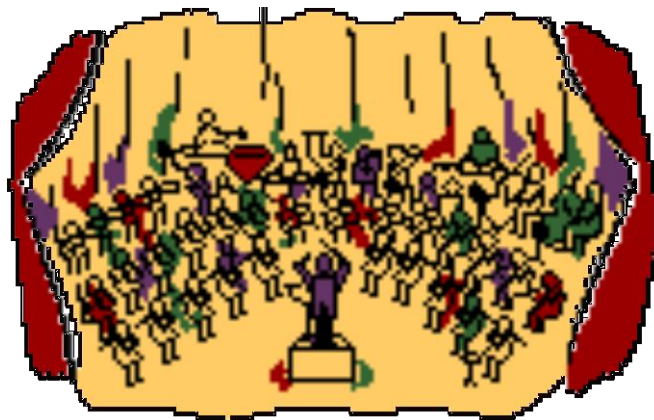
City, Zip: _____

Parent / Guardian's Name: _____

Contact Email Address: _____

Main Telephone Number: _____

Grade: _____



Please return this form to the front desk as soon as possible.

South Shore Charter Public School



Dear SSCPS Families,

It's been a great pleasure being a part of such a wonderful School. The staff has been very kind and helpful in every way imaginable. The students have been cooperative and receiving of the lessons that I've taught. This letter is in regards to forming an SSCPS Before School Band Program on **Mondays** and **Thursdays** from 7:15-8:10.

Learning to play an instrument is a great way for students to grow to express his or herself in a new way; musically. These potential instrumental musicians will be playing in a band setting. Knowing that they each have a specific part to play in making the music come together as a whole, will feed their desire to learn to play even more.

There is a cost for renting an instrument, but not for participating in the program. There is a monthly **Rental-to-Own fee** for the instruments which is \$29.35 for Flutes, Clarinet, Trumpet, and Trombone; and \$45.17 for the Saxophone. The payments go toward the owning of the instrument. Soon, your child will **OWN** their **First Instrument!** The instruments will be from the company, Music and Arts.

If you are interested in participating in the afterschool band program, please fill out the application on the back and bring it to the front desk as soon as possible. If you have any questions, feel free to contact me.

Sincerely,

Theron Leonard
Music Teacher
South Shore Charter Public School
tleonard@sscps.org
781.982.4202 x318



South Shore Charter Public School Afterschool Band

Student's Name: _____

Address: _____

City, Zip: _____

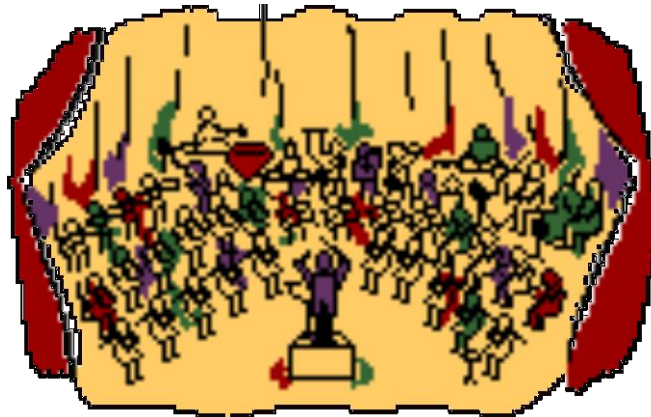
Parent / Guardian's Name: _____

Contact Email Address: _____

Main Telephone Number: _____

Level/Grade: _____

Band Instrument of Choice: _____



Please return this form to the front desk as soon as possible.



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.

Holly Hill Farm & Friends

10/7/2014 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: jbeiberhollyhill@hotmail.com

UPCOMING EVENTS & ACTIVITIES

Beginning October 7 Caring for our Animals 4-5 pm

6 weeks on Tuesday afternoon \$60 Members of *Friends of Holly Hill Farm* / \$72 Non-members

"Caring for our Animals" is a chance for children ages 7-12 to visit and learn about the animals living in the barnyard; collect eggs, bring food, water and care as we tuck the animals in for the night. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Beginning October 9 Outdoor Adventurers 4-5 pm

6 weeks on Thursday afternoon \$60 Members of *Friends of Holly Hill Farm* / \$72 Non-members

Adventurers, ages 7 – 10 will explore field and forest, investigating the flora and fauna through tracking, foraging for wild edibles, building primitive tee-pees and discovery of the natural world on the Farm's 140 acres. A terrific way for kids to enjoy the autumn season! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

October 25 Dance your Chipotle Off! 6 PM

\$25

Learn to Contra Dance and enjoy a Chipotle Burrito at Holly Hill Farm. New to Contra Dancing? We are, too! We hope that you'll grab your partner and swing by the Tomato Barn for a fun night out. Dinner will be provided by our friends at Chipotle Mexican Grill in Hingham. Tickets are limited, so reserve soon by calling 781-383-6565. Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

Farm Stand Hours

Thru October Saturday and Sunday 11 AM -6 PM

The fall harvest is in! We are open every Saturday and Sunday from 11-6 through October (we'll be closing at 5 as the sunsets earlier). Squash, pumpkins and more! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

November 1 Harvest Dinner & Auction 6 - 10 PM **SOLD OUT!**

\$100 Members of *Friends of Holly Hill Farm* / \$125 Non-members

Reserve your tickets for the Harvest Dinner and Auction. Our cozy greenhouse, decked with twinkling lights, sets the stage for a memorable evening to benefit the *Friends of Holly Hill Farm* educational programs. Chef/Owner Brian Houlihan and Chef Katie Callahan from Bia, Tinker's Son and Galley Kitchen will provide a fabulous dinner made from local, organic foods. Tickets are selling quickly – reserve today! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

November 29 6th Annual Holly Day Fair 11 AM – 3 PM

Kick off the holiday season with a visit to our Holly Day Fair. Bring your list and check it twice! Local artisans display their crafts in the greenhouse. Pick up unique gifts for everyone on your list. Holly Hill swags and a wreath making workshop provide the holiday decor for your home. Children's activities keep young ones occupied while you shop. And food... great food is never in short supply at Holly Hill Farm! See you at the Farm! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383-6565](tel:781-383-6565). www.hollyhillfarm.org

January 1 Annual New Year's Day Walk with Naturalist Steve Ivas

Celebrate the New Year at Holly Hill Farm. This walk has become an annual tradition for many families and we invite you to join us. Naturalist Steve Ivas will provide a guided tour along the trails. 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 welcome any new additions to our growing community. 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.



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.**
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 numéro: **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

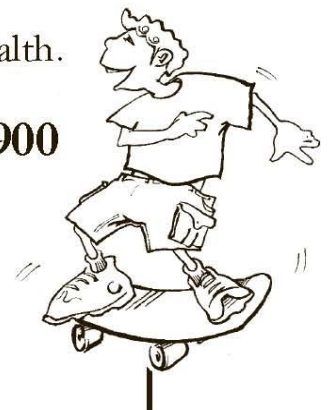
MassHealth



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"/>

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"/>	\$

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, 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 October, 2014
Due to the office by 3:00 pm, *Tuesday, October 14, 2014

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
10/20 – 10/24

Week of Monday Tuesday Wednesday Thursday Friday
10/27 – 10/31

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 October, 2014

*Due to the office by 3:00 pm, *Tuesday, October 14, 2014*

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
10/20 – 10/24

Week of Monday Tuesday Wednesday Thursday Friday
10/27 – 10/31

Number of Meals ordered _____ X \$3.25

Less credit due _____

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Choice of 1% milk, skim milk or orange juice is included with the purchase of a meal or can be purchased separately for 30 cents.

Please note: If your child has forgotten lunch, a cheese sandwich will be provided at the cost of \$2.50. A note from the office will go home that afternoon for reimbursement.



**South Shore Charter School
OCTOBER, 2014**

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
29 Cereal Fruit Juice Milk	30 3.6 oz WW Muffin Fruit Juice Milk	1 3.6 oz. WW Muffin Orange Juice Fruit Milk	2 WG Cinnamon Bun Orange Juice Fruit Milk	3 Raisin Bran WW Blueberry Waffle Grahams Orange Juice Fruit Milk
6 Toasty O's WW Apple Cinnamon Waffles Orange Juice Fruit Milk	7 WW Croissant w/Jelly Orange Juice Fruit Milk	8 3.6 oz. WW Chocolate Muffin Orange Juice Fruit Milk	9 Raisin Bran Orange Juice Fruit Milk	10 No School Prof. Dev. DAY
13 COLUMBUS DAY	14 Honey Wheat Bagel w/Jelly Orange Juice Fruit Milk	15 Toasty O's Orange Juice Fruit Milk	16 WG Cinnamon Bun Orange Juice Fruit Milk	17 3.6 oz. WW Apple Muffin Orange Juice Fruit Milk
20 3.6 oz. WW Apple Muffin Orange Juice Fruit Milk	21 3.6 oz. WW Banana Muffin Orange Juice Fruit Milk	22 WW Croissant w/Jelly Orange Juice Fruit Milk	23 3.6 oz. WW Banana Muffin Orange Juice Fruit Milk	24 3.6 oz. WW Chocolate Muffin Orange Juice Fruit Milk
27 Toasty O's WW Apple Cinnamon Waffles Orange Juice Fruit Milk	28 Cinnamon Toast Crunch Orange Juice Fruit Milk	29 3.6 oz. WW Muffin Orange Juice Fruit Milk	30 WG Cinnamon Bun Orange Juice Fruit Milk	31 2 oz. Cereal Fruit Orange Juice Milk

* All Meals include Choice of 1% or Skim Milk.
Regulations

* Complies with NSLP

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
OCTOBER, 2014

Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Sept. 29 Sweet & Sour Meatballs Ziti Green Beans Mandarin Oranges Milk	Sept. 30 Chicken Stir Fry Brown Rice Corn Pineapple Chunks Milk	1 Chicken Parmesan w/Ziti Broccoli Peaches Milk	2 Mexican Chicken Wrap Sweet Potato Fries w/Ketchup Apple Milk	3 Nachos w/Ground Beef Southwestern Beans Watermelon Chunks Milk
6 Mozzarella Sticks w/Marinara Sauce Green Beans Baked Sliced Apples Milk	7 Beef Hot Dog on WW Roll Ketchup Baked Beans Apple Milk	8 BBQ Chicken on Bun Potato Wedges w/ Ketchup Plums Milk	9 Sloppy Joe on WW Bun Broccoli Banana Milk	No School Prof. Dev. Day
13 COLUMBUS DAY	14 Ziti & Meatballs Broccoli Whole Wheat Roll Apple Juice Milk	15 EARLY RELEASE	16 Chicken Quesadilla Spanish Rice Green Beans Orange Milk	17 Chicken Caesar Salad Wrap Cucumber Pears Milk
20 Chicken Tenders w/Ketchup Green Beans Peaches Honey Wheat Dinner Roll Milk	21 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	22 "Breakfast for Lunch" Pancakes & Syrup w/Sausage Patty Potato Wedges Grapes Milk	23 Chicken Alfredo w/Ziti Broccoli Applesauce Milk	24 Low Fat Cheese Pizza Carrots Banana Milk
27 Turkey & Gravy Corn Apple Honey Wheat Dinner Roll Milk	28 American Chop Suey Carrots Banana Whole Wheat Roll Milk	29 Hamburger on WW Bun w/Ketchup Baked Beans Baked Apple Slices Milk	30 Jamaican Beef Patty Green Beans Apple Milk	31 Chicken Parmesan w/Ziti Broccoli Peaches Milk

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

* Complies with NSLP

Regulations

ALL MENUS ARE SUBJECT TO CHANGE

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



Essence of Thyme and Cravings

SOUTH SHORE CHARTER SCHOOL 9-12

OCTOBER, 2014

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 29 Sweet and Sour Meatballs Ziti Green Beans Mandarin Oranges Milk	Sept. 30 Chicken Stir Fry Brown Rice Corn Pineapple Chunks Milk	1 Chicken Parmesan w/Ziti Broccoli Peaches Milk	2 Mexican Chicken Wrap Sweet Potato Fries w/Ketchup Apple Orange Juice Milk	3 Nachos w/Ground Beef Southwestern Beans Watermelon Chunks Milk
6 Mozzarella Sticks w/Marinara Green Beans Baked Sliced Apples Banana Milk	7 Beef Hot Dog on WW Roll w/Ketchup Baked Beans Apple Peaches Milk	8 BBQ Chicken on Bun Potato Wedges w/ Ketchup Plums Raisins Milk	9 Sloppy Joe on WW Bun Broccoli Carrots Banana Pineapple Chunks Milk	10 <p style="text-align: center;">No School Prof. Dev. Day</p>
13 <p style="text-align: center;">COLUMBUS DAY</p>	14 Ziti & Meatballs Broccoli Fruit Cocktail Apple Juice Milk	15 <p style="text-align: center;">EARLY RELEASE</p>	16 Chicken Quesadilla Spanish Rice Green Beans Orange Peaches Milk	17 Chicken Caesar Salad Wrap Cucumber Pears Apple Juice Milk
20 Chicken Tenders w/Ketchup Green Beans Peaches Honey Wheat Dinner Roll Orange Juice Milk	21 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	22 "Breakfast for Lunch" Pancakes & Syrup w/Sausage Patty Potato Wedges Grapes Raisins Milk	23 Chicken Alfredo w/Ziti Broccoli Applesauce Honey Wheat Dinner Roll Milk	24 Low Fat Cheese Pizza Sweet Potato Fries Banana Apple Juice Milk
27 Turkey & Gravy Corn Apple WG Cinnamon Roll Orange Juice Milk	28 American Chop Suey Carrots Banana Honey Wheat Dinner Roll Milk	29 Hamburger on WW Bun w/Ketchup Baked Beans Baked Apple Slices Milk	30 Jamaican Beef Patty Spanish Rice Green Beans Peaches Apple Milk	31 Chicken Parmesan w/Ziti Broccoli Peaches Whole Wheat Roll Milk

* All Meals include Choice of 1% or Skim Milk.
Regulations

* Complies with NSLP

ALL MENUS ARE SUBJECT TO CHANGE

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