



FROM THE K-6 PRINCIPAL

Last weekend we had a typical fall Nor'easter. It was terrible weather but many adults I saw on Monday said how nice it was to spend the weekend inside with family. As the Nor'easter left us, colder air came in behind the storm and we had our first frost in coastal Massachusetts. What that event means at the South Shore Charter School is that it is time to harvest the carrots.

Carrots taste better after a frost because some of the starches in the carrot convert to sugar, so we wait patiently to harvest. And our patience is rewarded by amazing tasting carrots. Last year we had our first Carrot Day on October 31st and many of the carrot eaters told me that this was the best carrot they had ever eaten. Last year, for the month or two after Carrot Day, whenever I had carrots from my garden in Hull the children all wanted them. They responded with envy and desire for these amazing vegetables. Carrots were not something that was good for you but something that was good.

This afternoon students from Kevin Burokas' Gardening High School Workshop and June Fontaine's Level I Gardening Project will pick the carrots. If you have ever harvested potatoes, carrots or other root crops with children you know how joyful that can be. Under the ground there is a mystery hidden by dirt. The feeling of discovery and adventure is readily apparent. What makes the experience even more wonderful is that the mystery is food. Some of the crop will be big, some will be small. Some of the carrots will be orange, others yellow and red. Last year when I was picking carrots with the children I filmed some their discovery. What follows is a transcription of their words. What are missing from the transcript are the gales of laughter and delight you can hear in their voices.

"Look at what the bunny ate!"

"This is small like an ant. This is so small it looks like an ant could eat it in an hour."

"This one has a double end!"

"Oh Mama Mia, Mama Mia!!!"

"I found a fat stemmed one!"

"This is old, this is old – THIS IS OLD!"

"Look at this!"

"It is so skinnnn-eeey."

"Look at this."

"This is the oldest carrot on earth!"

"Look at this! This is a king carrot!"

"Look at this, whoa, whoa, whoa!"

"I found a u carrot."

"I found a tin-eeey one."

In the children's words there is a lot of "Look at this!" And "I found..." These words express the wonder of discovery and the appreciation of diversity. It is wonderful to be in a school where the eccentric ideas of a staff member can be carried out. What school would schedule an un-schedulable event that was determined by something as variant as the date of the first frost? The grades participating in Carrot Day on Friday is dependent on the number of carrots harvested this afternoon. I hope we can get everyone in the school a carrot that may change their feeling about what is good and what is beautiful. We may not, as the dry summer brought poor germination and if we do not harvest the 585 carrots for the kids and the 90 for the adults we will just need to put our "shoulders to the wheel." While Greg Brown was trying to catch fish we are trying to catch the imagination of our children to help them work "to make this a better world -- one carrot at a time." If you are interested in this reference it is from Greg Brown's 1992 song called *Spring Wind* inspired in part by Arnold Lobel's 1971 Frog and Toad story "A List" from Frog and Toad Together. If you would like to hear the song here is a link www.youtube.com/watch?v=1Jx4fIT3Hks

Thursday	11/06	NHS to Holy Cross	
Thursday	11/06	High School Art Workshop to MFA	
Thursday	11/06	Core Knowledge Information Night for Kindergarten Parents	6:00-7:00pm
Friday	11/07	Bus Safety for grades K-6	9:00am
Friday	11/07	11 th Grade Brain Drain	1:00-3:00pm
Monday	11/10	Bus Safety for grades 7-12	10:45am
Tuesday	11/11	Veteran's Day – No School	
Wednesday	11/12	Book Fair	
Thursday	11/13	Book Fair	
Thursday	11/13	School Council	3:30pm
Save the Date	11/15	Enrollment Open House	1:00-3:00pm

ANNOUNCEMENTS

The Library Committee is hosting the annual **Fall Book Fair** on **Wednesday November 12th** and **Thursday November 13th**. This event is a major fundraiser for the library, and profits are used to purchase new books for the library.



We have again partnered with local bookseller Storybook Cove in the Hanover Mall (www.storybookcove.com) to provide an outstanding selection of titles for K-12 students. The collection is available for browsing on both days, and the list is also available online at their website. Teachers will be bringing their classes to the fair to browse and develop their 'wish lists', and students will then bring home their wish list plus an order form for purchases. Please return all sections of the order form along with payment. **Checks should be made out to SSCPS. The order forms are due MONDAY November 17th. Books will be delivered before the Thanksgiving break.**



“Holiday Holds”: If you would like to order books as holiday presents, mark those titles on your order form with an ‘H’. Those books will be delivered separately from the rest of your order.

- **Questions?** Please email them to bbruce@sseps.org.
- **Interested in volunteering at the Book Fair?** We need parents to help at the tables both days in hourly time slots from 8:30 am to 3:00 pm. Please email Caitriona Hollowed at caithollowed@gmail.com.

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.

Bottle and Can Drive - Fundraising for the Italy Trip

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

Bake Sale!!! on Level III

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

Babysitting Training for 8th Graders

Babysitting training will be starting December 11th for the 8th graders in Health. We could use donations of baby dolls (infant), clothing with buttons and snaps, t-shirts, bottles, portable changing units, bath basins, etc. The 8th grade students will be learning to care for ages infant and up. Please bring any items to the art room and leave them outside the Computer Lab door. Thank you.

FROM THE ATHLETIC DEPARTMENT

High School Girls Soccer

The high school girls soccer team wrapped up their season Monday afternoon with a loss to a strong Salem team in the quarter final round of the MCSAO playoffs. This season marks the first year that the Lady Jaguars have qualified for post season play since the program began three years ago. With the core of the team being juniors this year, they are already looking forward to pick up where they left off from next season. Congratulations to all Lady Jaguars on a great season!

Look for a season recap on the high school boys soccer season in next week's Update.

Fall Athletic Awards on November 14th

On Friday, November 14th, the SSCPS Athletic Department will be hosting an award ceremony for all the Fall season athletes and their families. The ceremony will begin at 4:00pm in the PE space. Each coach will present certificates to their players and any other awards they would like. This will be a time used to reflect on the great fall athletic season all the teams have had. Coaches will have a chance to share some stories with the other teams while presenting. It is very important that we take time to acknowledge our great student athletes and give closure to the fall season as an athletic department. Thanks for all the support and time you have put in this season! Any questions or concerns please contact your child's coach or Joe Kay (jkay@sscps.org).

**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**



Original Works

Your artwork on fun products to wear and share.

Look What's Coming!

Hello Family: Our school has teamed up with Original Works to offer a very special program. Your child will be creating his or her OWN artwork. Then you will have the opportunity to order a variety of useful items you can use, all professionally made and *featuring your child's very own artwork.*

5 Great Reasons to Join In:

- 1 Purchase personal gifts & keepsakes.
- 2 Celebrate your child's creativity.
- 3 Fun products under \$10.
- 4 Support your school.
- 5 Our  products.

Check here if you DO NOT wish to have your child participate and return this letter to his/her teacher.

Child _____ Teacher _____ Signature _____

Visit www.originalworks.com for additional program and product information as well as customer testimonials. 13

Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2014

South Shore Charter Public School

Susan Dupras, School Nurse

BEST BITES

Break for activity

Encourage your youngster to build active breaks into times when she's normally sitting down. For instance, after a half-hour of studying, she might go for a brisk walk around the block. Or she could do jumping jacks during television commercials or squats each time she passes a new level in her video game.

Count on calcium

How many foods containing calcium can your child think of? Together, make a list. Start by naming those with milk (yogurt, ice cream). Then, look online or in a book for others (spinach, kale, canned salmon, sardines). He might decorate his list with markers, hang it up, and put a star by each one he eats.

DID YOU KNOW?

The hearty flavor of mushrooms can mimic meat—which makes them perfect for mixing into burgers, meatballs, and meatloaf.

You'll add nutrients and also stretch your dollars because mushrooms cost less than meat. Simply chop and mix them into lean ground beef or turkey before shaping and cooking. *Tip:* Aim for a 50-50 blend.

Just for fun

Q: How long should a racehorse's legs be?

A: Long enough to reach the ground!



Fit in breakfast

After 12 hours without food, a child surely would be hungry! Yet many kids go to school without eating breakfast because they're too rushed or tired, or they don't feel like eating. Use these ideas to make sure your youngster isn't one of them.

Prepare ahead

The first trick is to make sure you have breakfast food in the house. Stock up regularly on items like healthy cereal, fat-free milk, frozen whole-wheat waffles, and fruit. Then, set up for the next day's breakfast as you clean up from dinner.

Wake up earlier

Stressing about being late for school or work is no way to begin the day. As a family, decide to get up 20 minutes earlier so you have time to eat without rushing. *Idea:* So that your child can focus on eating, have him come to the table dressed for school and with his backpack ready.



Spread the word

On blank mailing labels, create stickers that say "I ate breakfast today!" or "I love breakfast!" When your youngster finishes eating, give him a sticker to wear to school or to put on a favorite stuffed animal or action figure. You'll send the message that you think breakfast is important.

Note: Another way to ensure that your child eats a healthy breakfast is to have him eat it at school. Check the options at his cafeteria. ●

Breakfast exchange

Talk to your youngster about what she would like for breakfast...because that's what she's most likely to eat. Then, try to give her what she wants—with a healthy spin.

If your child asks for:

Fast-food breakfast sandwiches... fill a whole-wheat roll with scrambled eggs, a slice of tomato, and a slice of ham.

Sugary cereal... let her pick out new varieties that meet the "5 & 10 test." Help her read nutrition labels to find boxes with 5 or more grams of fiber and 10 or fewer grams of sugar.

Toaster pastries... try a new toaster oven treat. You might layer apple or pear slices and shredded cheddar cheese on whole-wheat bread and toast until the cheese melts.

Anything but breakfast food... serve last night's leftovers, or make her a sandwich or taco. ●



Clues to fitness

Appeal to the detective in your child with this idea for combining fitness with a little mystery. It's as easy as 1-2-3.

1. Hide play equipment around your house and yard. For instance, tuck a jump rope behind the family room couch. Bury 3-lb. weights in a basket of mittens and gloves. Or place a softball in a bush outside.

2. On sticky notes, write clues leading to each item. Then, on the object itself, put a note with an activity to do. *Example:*



places, and write new clues. *Idea:* Let her hide equipment and write clues for you, too! ●

Stick a note to your youngster's bedroom door saying, "Walk down one level." At the bottom of the stairs, another note could say, "Hop to the place where we cuddle and read." When she eventually finds the jump rope, the activity might be, "Jump rope while singing 'Take Me Out to the Ballgame.'"

3. After she finds all of the objects and does the activities, hide them in new



PARENT TO PARENT Set a good example

People often say that my daughter, Gabby, is my "mini-me." She looks like me, and she even sounds like me. Unfortunately, I realized she is eating like me—and that's not a good thing. I decided if I want her to eat better, I would have to set a better example.

Now when I'm making food choices, I think through my decisions out loud so she can hear my thought process. I might say, "The

fried chicken looks good, but fried foods have a lot of fat and oil. I'm going to get the grilled chicken instead." At snack time, I let her see me reaching for fruits and vegetables, and then I ask which one she wants.

Next, I'm going to work on drinking water rather than soda. That is really going to be hard for me, but I will keep reminding myself that Gabby is picking up on my habits—so I want them to be good ones. ●



ACTIVITY CORNER Staying active in the winter

Is your youngster much less active in the winter? While that's not unusual, it doesn't have to be the case. Try these tips for keeping him moving all winter.

Create a space

Make room for active play inside your home. For instance, clear the area around a doorway, and hang up an over-the-door basketball hoop. If you have a garage, park the car outside so he can play hockey there. Or make room on a tile or wood floor for "speed skating" (gliding around with socks on).



Go inside—somewhere else

After school or on weekends, go places where your family can be active. Try bowling alleys, open-gym hour at your community center, a rock-climbing facility, or an indoor pool.

Go outside anyway

As long as your child dresses for the weather, he can enjoy playing outside. He might play backyard games, ride a scooter, go sledding, or build a snowman. If you have a dog, they could both get exercise by running around outside together. ●

IN THE KITCHEN Slow-cooker meals

A crockpot can be a busy parent's best friend! Dust off the one you got at your wedding shower, or pick up one at a discount store or garage sale. Then, experiment with recipes like these.

Orange-honey drumsticks. In a bowl, combine 1 can frozen orange juice concentrate (12 oz., thawed) and $\frac{1}{4}$ cup honey. Place 12 drumsticks in a crockpot, and pour in the sauce. Cook on high for 2–2½ hours.

Pulled pork. Spread 2 sliced onions in a slow cooker, and top with 3-lb.

boneless pork shoulder. Add 1 cup barbecue sauce, $\frac{1}{2}$ cup apple cider vinegar, and $\frac{1}{2}$ cup chicken or beef broth (low-sodium). Cook on high for 5–6 hours. Shred the pork, and stir back into the sauce. Serve in whole-wheat buns.

Marinara sauce. In a skillet, sauté 1 chopped onion and 1 minced garlic clove until soft. Put into a slow cooker, and add 2 tbsp. olive oil, 2 28-oz. cans whole tomatoes, 2 tbsp. tomato paste, and a pinch of sugar. Cook on low for 4–5 hours. Serve over pasta. *Note:* Freezes well. ●



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 • rfeustomer@wolterskluwer.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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Holly Hill Farm & Friends

11/4/2014 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

UPCOMING EVENTS & ACTIVITIES

Farm Stand Hours

Thru December 5 Saturday and Sunday 11 AM -5 PM

The fall harvest is in! We are open every Saturday and Sunday from 11-5 through early December. Squash, pumpkins and more! Holly Hill Farm. 236 Jerusalem Road, Cohasset. [781-383 6565](tel:781-383-6565) www.hollyhillfarm.org

November 15 Jon Belber's Ten Year Anniversary Celebration 9 AM

Education Director, Jon Belber has been teaching and farming at Holly Hill Farm!! Join in the celebration by participating in our work party to construct new growing beds and fencing for the Farm Pantry Garden. At noon, we'll break for lunch and treats baked in our new outdoor oven. All ages are welcome! Please let us know if you'll be attending by calling the Farm. 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

December 2 Giving Tuesday 9 AM - Noon

Join us at the Farm for a morning of mulching as we celebrate Giving Tuesday, a national day of philanthropy. Can't make it to the Farm? Please consider supporting the Farm Pantry Garden Program, which engages local teens in growing organic produce that is donated to local food pantries. This valuable summer program is offered as a free community service program and is funded by private donations. Our goal is to raise \$2,000 to ensure the program's viability for the upcoming 2015 season. Visit our website at www.hollyhillfarm.org for details.

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.

SCHOOL PARTNERSHIPS: THE WEEKLY HARVEST

This week with Holly Hill School Partners

'Tis the season to plant garlic! Over the past week, our Farm Educators worked with students, parents, teachers to plant garlic at school gardens around the South Shore, including East, South and Plymouth River elementary schools in Hingham. While our public programs are the most visible outreach we provide the local community, our Farm Educators have partnerships with more than 40 schools along the South Shore Is your school one of them?

FARM ACTIVITIES/POTENTIAL ARTICLES

Giving Tuesday

The *Friends of Holly Hill Farm* is participating in #GivingTuesday on Tuesday December 2, 2014 - a day of national philanthropy. The *Friends of Holly Hill Farm* is raising money to support our Farm Pantry Garden Program (FPGP). The Farm Pantry Garden (FPGP) was started in 2012 by Education Director Jon Belber as a way of engaging teens to learn about sustainable agriculture by growing organic produce to be donated to local food pantries. This week-long summer program is offered as a free community service opportunity. The FPGP just completed its third growing year, making 3 trips to Father Bill's Place in Quincy this past summer, bringing over 50 pounds of produce to feed shelter residents. Our goal is to raise \$2,000. We are already on way to meeting this goal thanks to a leadership donation from Pilgrim Bank. "Giving Tuesday enables communities to come together in caring concern for the well being of their members," said farm owner and resident Jean White. "At Holly Hill Farm, this includes teaching the value of sustainable farming principles that result in healthy food and responsible stewardship that protects the land." Please visit our website any time on Tuesday, December 2 to make a tax deductible donation by using your credit card or PayPal account. In addition to cash donations, the public is encouraged to join us in the Farm Pantry Garden on Tuesday from 9 am to noon to help add a winter mulch of compost and seaweed to improve soil fertility. Contact Education Director Jon Belber at 781-383-6565 or jbelberhollyhill@hotmail.com for more information.

Stories, Speakers & Partnerships

As a small, non-profit, we are always appreciative of exposure and our small staff of farmers and farm educators are happy to provide interviews or copy for upcoming stories on farms, organic farms, summer camps, or children's programs. Our Farm Educators are available to speak and lead workshops for garden clubs, community organizations and local events. We are also open to discussion on collaboration for potential workshops and partnerships that would support our mission and promote local food and organic farming along the South Shore and beyond. Please contact Lori at friendsofhollyhillfarm@gmail.com if you have any upcoming stories or ideas.



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 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! I DO NOT want information from my Free and Reduced Price School Meals Application shared with Medicaid or the State Children's Health Insurance Program.

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

Child's Name _____ School: _____

Child's Name _____ School: _____

Child's Name _____ School: _____

Child's Name _____ School: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

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

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

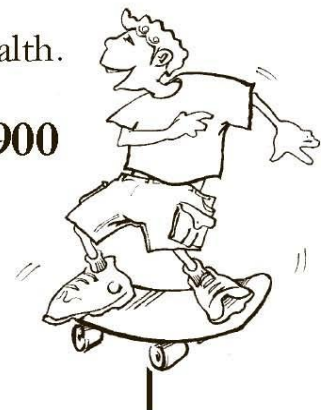
MassHealth



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

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

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

Sign here: _____ Print Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____ Cell Phone Number: _____

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

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

<i>Choose one ethnicity:</i>	<i>Choose one or more (regardless of ethnicity):</i>		
<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Asian	<input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Black or African American
<input type="checkbox"/> Not Hispanic/Latino	<input type="checkbox"/> White	<input type="checkbox"/> Native Hawaiian or other Pacific Islander	

DO NOT FILL OUT THIS PART. THIS IS FOR SCHOOL USE ONLY.

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24, Monthly x 12

Only annualize income if there are multiple pay frequencies

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

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

Categorical Eligibility: _____ Date Withdrawn: _____ Eligibility: Free _____ Reduced _____ Denied _____ Reason: _____

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

Determining Official’s Signature: _____ Date: _____

Confirming Official’s Signature: _____ Date: _____

Verifying Official’s Signature: _____ Date: _____

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

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

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

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

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

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, 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.



**South Shore Charter School
NOVEMBER, 2014**

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal Fruit Juice Milk	4 3.6 oz. WW Muffin Fruit Juice Milk	5 3.6 oz. WW Muffin Fruit Juice Milk	6 2 oz. Cereal Fruit Juice Milk	7 3.6 oz. WW Muffin Fruit Juice Milk
10 Cereal Fruit Juice Milk	11 VETERAN'S DAY	12 Cereal Fruit Juice Milk	13 3.6 oz. WW Muffin Fruit Juice Milk	14 3.6 oz. WW Muffin Fruit Juice Milk
17 Cereal Fruit Juice Milk	18 Cereal Fruit Juice Milk	19 3.6 oz. WW Muffin Fruit Juice Milk	20 WW Croissant & Jelly Fruit Juice Milk	21 3.6 oz. WW Muffin Fruit Juice Milk
24 2 oz. Cereal Fruit Orange Juice Milk	25 3.6 oz. WW Muffin Fruit Juice Milk	26 WG Cinnamon Roll Fruit Juice Milk	27 	28 NO SCHOOL

* 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
NOVEMBER, 2014

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Hot Dog on WW Roll Baked Beans Apple Ketchup Milk	4 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Fresh Fruit Milk	5 Sloppy Joe on WW Bun Broccoli Banana Milk	6 Herbed Baked Chicken Carrots Whole Wheat Roll Raisins Milk	7 Chicken Caesar Salad WW Wrap Cucumber Pears Milk
10 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	11 VETERAN'S DAY	12 "Breakfast for Lunch" Pancakes & Syrup w/Sausage Patty Potato Wedges Raisins Milk	13 Chicken Alfredo w/Ziti Green Beans Applesauce Milk	14 Cheese Pizza Italian Beans Carrots Banana Milk
17 Turkey & Gravy Corn Apple Whole Wheat Roll Milk	18 American Chop Suey Carrots Banana Whole Wheat Roll Milk	19 Jamaican Beef Patty Green Beans Apple Milk	20 Chicken Parmesan w/Ziti Broccoli Peaches Milk	21 Beef & Bean WW Burrito Corn Banana Milk
24 Ziti & Meatballs Broccoli Apple Juice Milk	25 Chicken Tenders w/Ketchup Green Beans Peaches Whole Wheat Roll Milk	26 NO LUNCH EARLY RELEASE	27 	28 NO SCHOOL

* 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 9-12
NOVEMBER, 2014
Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Hot Dog on WW Roll Baked Beans Apple Peaches Ketchup Milk	4 BBQ Chicken on WW Bun Potato Wedges w/Ketchup Fruit Raisins Milk	5 Sloppy Joe on WW Bun Broccoli Carrots Banana Pineapple Chunks Milk	6 Herbed Baked Chicken Carrots Whole Wheat Roll Raisins Milk	7 Chicken Caesar Salad WW Wrap Cucumber Pears Apple Juice Milk
10 Sweet & Sour Chicken Brown Rice Broccoli Pineapple Chunks Milk	11 VETERAN'S DAY	12 "Breakfast for Lunch" Pancakes & Syrup w/Sausage Patty Potato Wedges Raisins Milk	13 Chicken Alfredo w/Ziti Green Beans Honey Wheat Dinner Roll Applesauce Milk	14 Cheese Pizza Italian Beans Carrots Banana Apple Juice Milk
17 Turkey & Gravy Corn Apple WG Cinnamon Roll Orange Juice Milk	18 American Chop Suey Carrots Banana Whole Wheat Roll Milk	19 Jamaican Beef Patty Spanish Rice Green Beans Peaches Apple Milk	20 Chicken Parmesan w/Ziti Broccoli Peaches Milk	21 Beef & Bean WW Burrito Corn Banana Mandarin Oranges Milk
24 Ziti & Meatballs Broccoli Fruit Cocktail Apple Juice Milk	25 Chicken Tenders w/Ketchup Green Beans Peaches Whole Wheat Roll Orange Juice Milk	26 No Lunch EARLY RELEASE	27 	28 NO SCHOOL

* 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!**