

*Wishing all our families an enjoyable Dr. Martin Luther King, Jr. Day
Monday, January 18, 2016 – No School*

FROM THE 7-12 PRINCIPAL

The second quarter closes for all students on Tuesday, January 26th. The next couple of weeks are busy ones for our older students as we not only close the second quarter but also begin midyear exams. Midyear and final exams are important rituals in the life of the school. In many ways these are the most important assessments that students will face during the school year as they are designed by teachers to test student progress in our curriculum. These exams, and the process of studying for them, are key to helping prepare students for the expectations they will face at the college level. Our students have been preparing for these exams over the course of the entire semester through their work in their classes. Studying for exams helps students to solidify that learning as they enter the second half of the school year. The upcoming weekend provides students with a four day opportunity to begin that work. Families should expect teachers to provide study materials for midyear exams prior to the start of the long holiday weekend.

Scores on midyear exams account for 10% of a student's final grade, a significant portion. Knowledge of that significance is motivating for many students and spurs a healthy level of stress that drives achievement. For other students exams bring a great deal of stress and anxiety because of the high standards that students have set for themselves. Please don't hesitate to contact me, or any member of our counseling team, if you are concerned about the level of stress your child is exhibiting. We are lucky to have a highly skilled team of counselors to help students work through challenges.

The schedule for midyear exams is below. **All students in grades 7-12 will be dismissed at 12:00pm on Wednesday, January 27th, Thursday, January 28th, and Friday, January 29th.** Please prepare for pickup accordingly. All 7-12 students will be dismissed at the front door on those half days. On Friday, January 29th, high school students will be dismissed by 10:00 if they are not taking a make-up exam. Taking exams is exhausting for students. The early dismissal provides students with a well-deserved break.

	Wednesday 1/27	Thursday 1/28	Friday 1/29
8:30-10:00	A-block	C-block	E-block
10:00-10:30	Break	Break	Break
10:30-12:00	B-block	D-block	Project Reflection Essay (Level IV) Make-up exams (High School)

Please feel free to contact me with any questions or concerns.

Angie Pepin - 781-982-4202 x102 - aepin@sscps.org

ANNOUNCEMENT

It is important that all families follow the dismissal procedures we have worked hard to establish for our school. Despite hiring a crossing guard two years ago, increasing the number of people outside to direct traffic, and on occasion hiring a police detail, we still have families who choose to not wait in the dismissal line. There have been many complaints from families who do the right thing, and we all know who they are. They are those families patiently waiting in line every day. Those families, who make up the majority of our families at dismissal time, should be recognized and thanked for their dedication. Thank you.

Although we are sure this is not the intent, by not waiting in the dismissal line, which moves relatively quickly, the message being given to other families who wait in line is that some people's time is more valuable than other people's time. This is not the message we need to be sending to one another to build community. It isn't the right thing to do.

Here are three things we know about our pickup at dismissal:

1. No one loves to wait in line.
2. Every parent and caregiver is busy.
3. The pickup line moves fast and has dissolved by 3:22.

Please do not park or wait for your child in the neighboring parking lots. We have received five telephone calls and two email messages from our neighbors at 99 and 101 Longwater Circle. One email reads as follows,

"Dismissal is really getting to be a problem over here in our parking lot. Cars idle in our visitor spots waiting for their kids to walk over; cars idle just in the driveway waiting for their kids. Earlier in the week a child was actually waiting in front of our building for a pickup...some of our tenants who have customers coming and going are getting annoyed....For some reason some days seem to be worse than others – today for example."

We are a school in an office park. And like many other schools on the south shore of Massachusetts, we have a dismissal line. We are not special or unique in that respect. Please know that our dismissal line is not that bad. We try, we improve, and then we try again. However, we have reached the point where we cannot get better with afternoon pick-up until we have more families cooperating with our dismissal procedures. Dismissal procedures are outlined on pages 47 and 48 in our [Student Handbook](#). These procedures are as follows:

Pickup Procedures - from the 2015-2016 Student Handbook

Pickup Procedures - All of us share a common interest at dismissal time of getting all of the students safely, calmly, happily and efficiently into their correct vehicles. Our first goal is safety; second a calm and efficient system where we all can feel like we have been treated by one another in a fair manner. When we follow these procedures we are modeling teamwork and cooperation, two of our school's founding principles. Following these procedures will help us maintain neighborly relations with the other tenants of Assinippi Park.

- The campus is closed to pick-up traffic before 3:00 PM.
- **Only pick up students at the front or the back doors.** Other pick up points put students' safety and our community relations at risk. You may find that planning to arrive between 3:15 and 3:25 works better for your family.
- There is no cell phone use on campus during arrival and dismissal.
- Follow the lines and arrows painted on the pavement to assist with traffic flow.
- Never drive faster than five miles per hour on campus.
- All drivers are to stay in their cars and staff members will help your child get into the car.
- If your student or any student in your carpool is not present when you come to pick up that student, a staff member will ask you to pull into a designated waiting area to keep the line moving.
- All K – 8 students not picked up by 3:30pm will be directed to a supervised area, parents/guardians picking up students late must park and come to the front desk to sign out their child(ren).
- Please note that students in the supervised area will have no access to electronics including cell phones.
- All high school students not picked up by 3:30pm will be directed to the Computer Lab.
- When an appointment requires an exact 3:00pm dismissal, we ask that you pick up your student at or before 2:30.
- Follow the direction of staff at all times and cooperate with other drivers.
- Any person who does not cooperate with these procedures will be asked to meet with the Principals.
- SSCPS reserves the right to contact the local police and/or transport any student not picked up by 5:00pm, or any student left waiting for longer than half an hour following a school based event.

If you have any questions please contact Alicia Savage at asavage@sscps.org. Thank you for any consideration you may extend.

Wednesday	01/13	Enrollment Open House	5:00-7:00pm
Thursday	01/14	School Council	3:30pm
Thursday	01/14	High School Student Board hosting Coffee House at the Gym	5:30-7:30pm
Friday	01/15	Professional Development Day – No Classes for Students	
Saturday	01/16	Ski Club – Depart SSCPS at 6:30am	
Monday	01/18	Martin Luther King Day – No School	

NATIONAL HONOR SOCIETY

As winter approaches and the snow and cold begin to arrive, staying warm becomes a problem for many people on the South Shore, and shelters require more and more supplies. In response to this, the SSCPS chapter of the National Honor Society will be coordinating a sock drive that will run from January 11th to January 29th. Donations of brand new (still in packaging) white crew socks for men and women will be highly appreciated, and all of the socks collected will be sent to Father Bill's & Mainspring. A donation box will be located on each level and in the high school, and each level has the opportunity to receive a prize of extra recess after raising a certain number of socks (100 pairs for levels I-IV and 200 pairs for the high school). Thank you, and best wishes for the new year!

YEARBOOK COMMITTEE

The 2016 yearbook is now in progress and all the memories of the 2015-2016 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. 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. *There are still a few 2015 books left just email Christine at cbodnar@sscps.org to get yours!*

HEALTH OFFICE NEWS

Cold Weather Notice

Please be aware most students go outside everyday unless the temperature is below 20 degrees. Students need to wear adequate clothing which includes hats, gloves, winter coats, and snow clothes as needed. Students who are not dressed properly for the cold or snowy weather will not be allowed to go outside for recess, OCB, or lunch.

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?



A tremendous thank you goes out to Bill Tramontana and the students of the Level III Waste Watchers Project. This team raised over sixty dollars for The Fund for SSCPS by selling rings and hearts made of recycled crayons! Here they are with the big check!

ATHLETICS

Boys Middle School Basketball

A great start to the season. Three games and three wins!



PHOTO COURTESY OF TARA IORIO

FROM THE DEVELOPMENT OFFICE

Save the date for the SSCPS Annual Auction.

Friday, May 6, 2016 to Celebrate 20 years at SSCPS!

The River Club in Scituate

Please contact Laurie Dannison at ldannison@sscps.org for more information.

Support the SSCPS Annual Fund

The fiscal year is a little more than half over and we are making progress toward our SSCPS Annual Fund goals. We are currently nearing 20% participation, with more than \$13,000 raised. All funds contributed to the Annual Fund go directly to enhancing educational excellence at SSCPS. Please support the Annual Fund today at <http://www.sscps.org/giving/donate-now/>

Stop and Shop A+ School Rewards – Sign-up Today

Have you registered your Stop and Shop card yet? It only requires 2-3 minutes to log on initially to link your card to the school and that's it! Please read the letter below for information. Thank you for your support!

South Shore Charter Public School - I.D. 08189

Dear Family & Friends,

Our school is participating in the Stop & Shop A+ School Rewards Program, a great fundraising program that runs through March 17, 2016. South Shore Charter Public School can earn CASH through this exciting program.

You can help! Log on to www.stopandshop.com/aplus and choose "Register Your Card" from the CUSTOMER red box to register your card online. Then, each time you shop at Stop & Shop using your Stop & Shop Card, you will earn CASH for our school. You can track the amount of points you earn for our school by checking your grocery receipt. Each month, the amount of CASH awarded will be updated on the Stop & Shop A+ website. Our school will receive a check at the end of the program. The money can be used for any of our school's educational needs.

Taking just a minute of your time to register your Stop & Shop Card can make a huge difference to our school. We need your support. Please be sure to register South Shore Charter Public School using ID # 08189 at www.stopandshop.com/aplus or call the A+ Hotline at 1-877-275-2758 for assistance. Also, don't forget to encourage your friends and neighbors to do the same. It could mean the world to our children.

Laurie Dannison, Development Coordinator, 781-982-4202

COMMUNITY SERVICE OPPORTUNITIES

The Guardian Center – 888 Main Street, Brockton, MA – 508-587-6556

The Guardian Center is in need of lap sized blankets for residents. These blankets offer comfort, warmth, and for some they are used to wear on laps to cover braces on their legs. Blankets can be made or purchased for the residents. They can be dropped off at the center as a donation. The center is always looking for visitors as well. Most of the patients have dementia. Should you want to donate time at the center please contact them directly so that you can be set up with the right people for your volunteer time.

Do Something Website: Online – Check out the website www.dosomething.org. You can enter in the time you have available, things you are interested in helping, and activities you are interested in. The site will give you ideas and opportunities filtered based on what you put in for criteria!

**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**

SSCPS PA Financial Grant Request – Spring 2016

Requests Due by 1/22/16

Grant Request Information

Date:

Total Amount Requested*:

Date Required:

Beneficiaries of the grant (please provide the individual(s), grades, levels or project that will benefit):

Description of request (be specific, use the reverse side if necessary):

***Amount requested must include all charges associated with this request** (taxes, labor, set-up charges, delivery fees, etc.). Do the research and make sure the amount requested is completely accurate and/or get realistic quotes from the proposed vendor. **Requests with incomplete information or estimated costs cannot be considered.**
Attach any and all supporting documentation necessary to help the Task Force make an informed decision.

Supplier's Information

Company Names (2):

Address:

Telephone Number:

Fax Number:

Websites:

Submitter's Information

Name:

Title:

Email Address:

Telephone Number:

Can the grant taskforce contact you if we have questions while reviewing your request (meetings are generally held in the early evenings)? (Y/N):

If yes, after hours contact information:

Submitting this request

Return this form and all supporting documentation to PA Treasurer, Mickey Ciambriello, either by

- Placing in the "PA Grant Requests" envelope at the front desk or
- Email to ciambriellofamily5@gmail.com

Deadline: No later than January 22, 2016

Question: Send an email to ciambriellofamily5@gmail.com or call Mickey at 617-640-4443

Authorization for funding this request

Taskforce meeting date:

Taskforce decision:

PA treasurer approval:

Nutrition Nuggets™

Food and Fitness for a Healthy Child

February 2016



South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Loose tooth?

Eating can be tricky when your child has loose or missing teeth. Cut harder fruits (apples, melon) into small pieces, or offer softer fruits like bananas, strawberries, and canned mandarin oranges (packed in juice). Make sandwiches with soft whole-grain bread rather than rolls, and try creamy fillings like tuna salad. Scrambled eggs and pasta are good bets, too.



A new activity

Encourage physical activity by trying something new with your youngster. Start by brainstorming ideas, perhaps kayaking, ice skating, ultimate Frisbee, and paddleboarding. Have her help you research each one to find out where you could take classes, join leagues, or play—and what's involved in cost and time. Decide on the best fit, and get moving!

DID YOU KNOW?

Vitamin C helps your child's body absorb more iron. So along with iron-rich foods like red meat, fortified cereals, and spinach, he should have vitamin C-rich foods like oranges, tomatoes, kiwi, broccoli, and potatoes. Cooking in a cast-iron pan can enrich food with iron, too. *Note:* Children ages 4–8 need 10 mg of iron a day, and those 9–13 need 8 mg.

Just for fun

Q: Why are the presidents on Mount Rushmore so well rested?

A: They sleep like rocks!



Help! I've got a picky eater

Just because your youngster is a picky eater now doesn't mean she'll always be one. Try stress-free strategies like these to help her turn into a more adventurous—and healthier—eater.

Have one bite

Start a “take one bite” policy. Your child takes one bite of any food served, and you won't press her to eat more if she doesn't want to. This will expose her to new foods, a little at a time, but not lead to power struggles. Tell her it's okay not to like something—but she needs to try it to decide if she likes it or not.

One meal for all

Let your youngster know that what you serve for dinner is what's for dinner. It's her choice whether to eat it, but you're not going to make something different for her. To increase the chances that she'll eat, limit snacks before dinner so she'll be hungry. And try to serve at least one thing you know she likes.

Positive peer pressure

Some of her friends, or perhaps cousins or neighbors, are likely to be “better



eaters. Invite one for dinner, and have her sit next to your child. Watching them eat salad, vegetables, or fish may entice her to do the same. Also, remember that you're her role model, too. If she sees you eating different foods, she might be inclined to try them.

Part of the action

One of the best ways to get a picky eater to try more foods is to involve her in preparing meals. If she has helped plan a menu, shopped for food, or chopped and cooked, she's likely to want to enjoy the fruits of her labor! ●

Healthier fund-raisers

When your child's school, sports team, or club needs to raise money, consider swapping candy or bake sales for something that sends a healthier message. Here are ideas:

- Sponsor a fun run or a 5K race. Or have an active “thon” like a walk-a-thon, bowl-a-thon, bike-a-thon, dance-a-thon, skate-a-thon, or hula hoop-a-thon.
- Sell healthy foods, such as oranges and grapefruit from citrus growers.
- Hold a car wash—as kids scrub and move about, they'll get physical activity.
- Ask families to submit healthy recipes, and compile them into a cookbook to sell.
- Get children involved in gardening by having seed, plant, or mulch sales. ●



How to save on grocery bills

It's not easy to feed a family when you're on a budget. Use these suggestions to get the biggest bang for your buck.

Begin "couponing." Clipping coupons takes time, but that time will pay off when you check out. Make your child the "Coupon King." He could help file coupons from grocery circulars, newspapers, or websites—and be in charge of remembering to take along and use the coupons. *Healthy tip:* Don't gather coupons for junk foods. That way, you won't be tempted to "save money" by buying them.



Comparison shop. Notice the prices from store to store for the items you buy regularly—you might be surprised at the differences. Then, keep a list (on paper or in your phone) of the best buys for each, and shop accordingly. Plus, if you know the price ranges for your most popular items, you can see when they hit a low point—and stock up.

Be produce-savvy. Cut-up fruit and vegetables are certainly convenient, but you pay for that convenience. Instead, buy items whole, and get your kids to help you rinse and prepare them. Another plus: Produce will last longer if it hasn't been cut yet. Also, buy produce in season when it's cheaper, and get extra to freeze. Here's a handy guide: healthymeals.nal.usda.gov/features-month/whats-season.

PARENT TO PARENT

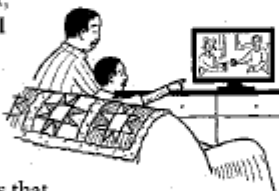
"As seen on TV"

My son was always asking for candy or other unhealthy foods he saw on television or online. When I mentioned this to our pediatrician, Dr. Dawson suggested that I ask Aidan if he knew who produced food ads or what they're designed to do.

Together, Aidan and I looked up answers. He was surprised to find out about tricks that

advertisers use to make products look better in ads, such as putting dish soap in soda to make bigger bubbles or painting hamburgers with shoe polish to give them more color.

We also learned about "product placements"—how companies pay to put their foods into online games, on television shows, or in movies. Now, when Aidan wants to try a new game, I'll ask, "Is that a game or an ad?" We've had interesting conversations, and I'm hoping he's getting a better understanding of advertising and how to make healthy choices for himself.



ACTIVITY CORNER

Winter games

Cold outside? Bundle up, and head outside for winter fun with these games.

"Horseshoes"

Place a shallow plastic bowl on the grass or in the snow. Stand a few yards back, and take turns tossing pebbles toward the bowl. Whoever lands the most pebbles in the bowl wins the round.

Hidden flag

After a snowfall, tie a white cloth (an old T-shirt or a white rag) to a ruler, and secretly stick it in the snow. The first one to find it hides it next. *No-snow variation:* Tie a green or brown cloth to a stick, and hide it in grass or the woods.

Snowball toss

Have each player pile up snowballs and take aim at a tree trunk. Count how many hit the target—top score wins. Or instead of snowballs, play with tennis balls.



IN THE KITCHEN

Toast toppings

Toast a slice of bread—whole grain, please—and dress it up for a healthy snack or meal that's fun for your child to make and eat.

- 1. Sunrise, sunset.** Cover toast with cream cheese. Your youngster could use pineapple rings and orange slices to create a beautiful sunrise or sunset.
- 2. Beary good.** Spread toast with a thin layer of peanut (or other nut) butter. Have your

child make it into a bear's face, with banana slices for the ears and nose, and raisins for the eyes and mouth.

- 3. Shape filler.** Let your youngster draw a shape on aluminum foil, cut it out, and place it on the toast. Spread skim ricotta cheese all around the shape, and sprinkle with $\frac{1}{2}$ tsp. dried oregano. She can lift off the foil and fill the empty shape with chopped bell peppers.



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 • recustomer@woltersidouwer.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



**CLASSES FOR: HIGH SCHOOL &
AND LEVEL FOUR IV**

WHEN: FEBRUARY 5TH, 2016

LOCATION: PE SPACE

**CAUSE: GIFT TO GIFTS (NON
PROFIT ORGANIZATION- HELP
PROVIDE STRUGGLING FAMILIES
WITH HELPFUL NECESSITIES!)**

**PRICE: \$5 AHEAD OF TIME & \$10
AT THE DOOR**

**TAUGHT BY ACTUAL
PROFESSIONAL INSTRUCTORS!**

CHANGE A LIFE WHILE EXERCISING

Give Happiness! Donate Today!

Clothing Drive!

Gloves, Coats, Pants, Shirts,
Scarves, Hats, etc.

Date: December 10-January 29th,
2016

Donations should go into donation
boxes located outside in the front
of the building

Donations: Go to Gifts To Give
Change A Life!



SSCPS





Nonverbal Learning Disability: Characteristics and Treatment

Presented by: *Ellen Keefe, MS, CCC-SLP*

Wednesday, January 27th, 2016

7-8:30 p.m.

42 Winter Street, Pembroke

\$25



Some of the characteristics of Nonverbal Learning Disability are:

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

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

For More Information or to Register please call

South Shore Therapies at (781) 335-6663 x 100

**Please Note* Space is limited and is on a first come first serve basis.*

Payment due at time of registration.

You Can also Find Us On Social Media!



Grandparent raising grandchildren support group

Our mission of our Grandparents Raising Grandchildren Group is to offer support and information to others.

We are a group of grandparents that sit and have coffee/tea and conversations about this journey we are on.

We invite anyone interested in attending our Group which meets on Monday nights. We are a confidential group.

Fogg Library

1 Columbian Street

South Weymouth, MA

Time: Monday Evenings - 7:00-8:45 (Basement level)

Please contact: Judy for more info. 781-706-7535

Holly Hill Farm & Friends

1/11/2016 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

Holly Hill Farm Media contact: jbelberhollyhill@hotmail.com

UPCOMING EVENTS & ACTIVITIES

Brown Boar Farm will make deliveries of their sustainably raised pork and beef on Saturday, January 16th, 11:00am-12:00pm, at Holly Hill Farm. Contact Brown Boar Farm to pre-order. See our website for link to their price list for 2016 and info on pre-ordering. An alternative to commercial farm products, Brown Boar Farm raises heirloom breeds of pork and beef, while helping to ensure the continuance of these animals. The animals are raised humanely and the farm respects the environment by protecting their land and streams for future generations. Holly Hill Farm, 236 Jerusalem Road, Cohasset, MA 781-383-6565 www.hollyhillfarm.org

Back by popular demand! Knitting 101 at Holly Hill Farm, 4 Wednesday evenings, February 3, 10, 17 & 23, 6 – 8pm, Carrie Weinstein, Instructor Whether you have no knitting experience, need a refresher or simply want to knit a project with a fun group of folks, this is the perfect class for you! During the 4-week period, master knitter, Carrie Weinstein, will teach you the basic concept of knitting: how to cast on, knit, purl, bind off and read an easy pattern. You will then apply these skills to begin a simple cowl. For those with a bit more know how, this is a great opportunity to learn some new skills by tackling a more advanced project with supervision. You will need to bring your own materials. Cost is \$80. plus materials. Call/email 781-383-6565 or cprenticehollyhillfarm@verizon.net for a suggested materials list for a cowl or hat and any questions. Join us if you've ever had the desire to learn this incredibly gratifying, creative, relaxing craft!

School Partnerships

[As the farm teachers busy themselves with scheduling field trips and planning for spring seeds, there are still programs to teach at schools. Recently, we taught about indoor vermicompost at The South Shore Educational Collaborative. We started an indoor bin for food scraps and added red wiggler worms to do the work of making compost.](#)

[Soon, we will look at seed catalogues at The Old Colony Montessori School elementary classroom. It will be exciting to plan what to grow.](#)



Do you have a child under 5? Are you pregnant or breastfeeding?

WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Free healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Call **1-800-WIC-1007**
or visit mass.gov/wic

TDD/TTY: 617-624-5992
USDA is an equal opportunity provider and employer.

Check these guidelines to see if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.



GOOD FOOD and A WHOLE LOT MORE!



¿Tiene un hijo menor de 5 años? ¿Está embarazada o amamantando/lactando?

WIC OFRECE A LAS FAMILIAS

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, ¡y otros servicios que pueden beneficiar a la familia entera!

Llame al **1-800-942-1007**
o visite mass.gov/wic

TDD/TTY: 617-624-5992
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455

SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



BUENOS ALIMENTOS y MUCHO MÁS!

Order Form the Month of January, 2016

Due to the office by 3:00 pm, *Tuesday, January 19, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

BREAKFAST

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
1/25 – 1/29

Number of Breakfasts ordered _____ X \$1.80

Less credit due _____

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Week of 1/25 – 1/29 Monday Tuesday Wednesday Thursday Friday
 Reg or Salad **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad**

- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

Number of **Regular Lunches (A)** ordered _____ X \$3.30

Number of **Salads (B)** ordered _____ X \$3.30

Less credit due _____

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Breakfast Order Form

Breakfast for the Month of January, 2016

Due to the office by 3:00 pm, ***Tuesday**, January 26, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 2/1 – 2/5 Monday Tuesday Wednesday Thursday Friday

Week of 2/8 – 2/12 Monday Tuesday Wednesday Thursday Friday

Week of 2/15 – 2/19 Monday Tuesday Wednesday Thursday Friday

Week of 2/22 – 2/26 Monday Tuesday Wednesday Thursday Friday

Week of 2/29 – 3/4 Monday Tuesday Wednesday Thursday Friday

Number of Breakfasts ordered _____ X \$1.80

Less credit due

Total Amount Enclosed

\$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Lunch for the Month of February, 2016

Due to the office by 3:00 pm, *Tuesday, January 26, 2016

Student Name _____

Pod Teacher/Advisor _____ Grade _____

*Please circle **one** choice per each day lunch is ordered.*

Week of 2/1 – 2/5	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 2/8– 2/12	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Early Release	<u>Friday</u> Reg or Salad
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Week of 2/15 – 2/19	<u>Monday</u> * * *	<u>Tuesday</u> W	<u>Wednesday</u> I N T E R	<u>Thursday</u> V A C	<u>Friday</u> T I O N * * *
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Week of 2/22 – 2/26	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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Week of 2/29 – 3/4	<u>Monday</u> Reg or Salad	<u>Tuesday</u> Reg or Salad	<u>Wednesday</u> Reg or Salad	<u>Thursday</u> Reg or Salad	<u>Friday</u> Reg or Salad
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- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

Number of **Regular Lunches (A)** ordered _____ X \$3.30

Number of **Salads (B)** ordered _____ X \$3.30

Less credit due _____



Total Amount Enclosed \$_____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER SCHOOL
FEBRUARY, 2016

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Fruit WW Grahams Orange Juice Milk	2 WW Bagel w/Jelly Fruit Orange Juice Milk	3 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk	4 WG Croissant Fruit Orange Juice Milk	5 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk
8 Cereal Fruit WW Grahams Orange Juice Milk	9 WG Cinnamon Roll Fruit Orange Juice Milk	10 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	11 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	12 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk
15 	16 V A C	17 A T I	18 O N	19 
22 Cinnamon Toast Crunch Fruit WW Grahams Orange Juice Milk	23 3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk	24 WG Croissant Fruit Orange Juice Milk	25 WG Cinnamon Roll Fruit Orange Juice Milk	26 WG Cinnamon Raisin Bagel w/Jelly Fruit Orange Juice Milk
29 Marshmallow Mateys Fruit Apple Cinnamon Waffles Orange Juice Milk	March 1 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	2 WG Cinnamon Roll Fruit Orange Juice Milk	3 3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk	4 Cinnamon Toast Crunch Fruit WW Grahams Orange Juice Milk

* All Meals include Choice of 1% or Skim Milk. **Circle a Milk Choice** **1% Skim** *All Meals Include Fruit* * Complies with NSLP Regulations

PLEASE MAKE A MEAL CHOICE BY CIRCLING THE DAY BREAKFAST IS DESIRED.

ALL MENUS ARE SUBJECT TO CHANGE

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

“This institution is an Equal Opportunity Employer”





Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL K-8
FEBRUARY, 2016

LUNCH MENU Circle A or B

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																
1 A Meatball Sub Potato Wedges Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	2 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Milk	3 A Cheese & Bean Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk	4 A Crispy Chicken Salad WW Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	5 A Cheese Pizza Potato Wedges Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk	8 A Hamburger on WW Roll Baked Beans B Salad w/Tuna & WW Pita Bread Milk	9 A Grilled Chicken Breast Pasta Salad w/Veggies B Salad w/Tuna & WW Pita Bread Milk	10 A American Chop Suey Green Beans Whole Wheat Roll B Salad w/Tuna & WW Pita Bread Milk	11 EARLY DISMISSAL	12 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WW Pita Bread Milk	15 	16 V A C	17 A T	18 I O N	19 	22 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WW Pita Bread Milk	23 A Ham & Cheese Sandwich Carrots B Salad w/Grilled Chicken & WW Pita Bread Milk	24 A Sweet & Sour Chicken Brown Rice Broccoli A Salad w/Grilled Chicken & WW Pita Bread Milk	25 A Asian Salad w/Chicken, Veggies & Noodles B Salad w/Grilled Chicken & WW Pita Bread Milk	26 A Cheese Pizza Broccoli B Salad w/Grilled Chicken & WW Pita Bread Milk	29 A Cheeseburger Mac Broccoli B Salad w/Turkey & WW Pita Bread Milk	March 1 A Tuna Salad on WW Bun Chickpea Salad B Salad w/Turkey & WW Pita Bread Milk	2 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WW Pita Bread Milk	3 A Buffalo Chicken WW Wrap Baby Carrots B Salad w/Turkey & WW Pita Bread Milk	4 A Cheese Pizza Green Beans Salad w/Turkey & WW Pita Bread Milk
15 	16 V A C	17 A T	18 I O N	19 	22 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WW Pita Bread Milk	23 A Ham & Cheese Sandwich Carrots B Salad w/Grilled Chicken & WW Pita Bread Milk	24 A Sweet & Sour Chicken Brown Rice Broccoli A Salad w/Grilled Chicken & WW Pita Bread Milk	25 A Asian Salad w/Chicken, Veggies & Noodles B Salad w/Grilled Chicken & WW Pita Bread Milk	26 A Cheese Pizza Broccoli B Salad w/Grilled Chicken & WW Pita Bread Milk	29 A Cheeseburger Mac Broccoli B Salad w/Turkey & WW Pita Bread Milk	March 1 A Tuna Salad on WW Bun Chickpea Salad B Salad w/Turkey & WW Pita Bread Milk	2 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WW Pita Bread Milk	3 A Buffalo Chicken WW Wrap Baby Carrots B Salad w/Turkey & WW Pita Bread Milk	4 A Cheese Pizza Green Beans Salad w/Turkey & WW Pita Bread Milk										
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Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
FEBRUARY, 2016

LUNCH MENU Circle A or B

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																
1 A Meatball Sub Potato Wedges Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	2 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Milk	3 A Cheese & Bean Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk	4 A Crispy Chicken Salad WW Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk	5 A Cheese Pizza Potato Wedges Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk	8 A Hamburger on WW Roll Baked Beans B Salad w/Tuna & WW Pita Bread Milk	9 A Grilled Chicken Breast Pasta Salad w/Veggies B Salad w/Tuna & WW Pita Bread Milk	10 A American Chop Suey Green Beans Whole Wheat Roll B Salad w/Tuna & WW Pita Bread Milk	11 EARLY DISMISSAL	12 A Cheese Pizza Potato Wedges Broccoli B Salad w/Tuna & WW Pita Bread Milk	15 	1 V A C	17 A T	18 I O N	19 	22 A Pancakes & Sausage Potato Wedges B Salad w/Grilled Chicken & WW Pita Bread Milk	23 A Ham & Cheese Sandwich Carrots B Salad w/Grilled Chicken & WW Pita Bread Milk	24 A Sweet & Sour Chicken Brown Rice Broccoli A Salad w/Grilled Chicken & WW Pita Bread Milk	25 A Asian Salad w/Chicken, Veggies & Noodles B Salad w/Grilled Chicken & WW Pita Bread Milk	26 A Cheese Pizza Broccoli B Salad w/Grilled Chicken & WW Pita Bread Milk	29 A Cheeseburger Mac Broccoli B Salad w/Turkey & WW Pita Bread Milk	March 1 A Tuna Salad on WW Bun Chickpea Salad B Salad w/Turkey & WW Pita Bread Milk	2 A Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll B Salad w/Turkey & WW Pita Bread Milk	3 A Buffalo Chicken WW Wrap Baby Carrots B Salad w/Turkey & WW Pita Bread Milk	4 A Cheese Pizza Green Beans Salad w/Turkey & WW Pita Bread Milk
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