



### *In Memory of Mac Haran*

You alone will have stars as no one else has them... In one of the stars I shall be living. In one of them I shall be laughing. And so it will be as if all the stars will be laughing when you look at the sky at night. You, only you, will have stars that can laugh! And when your sorrow is comforted (time soothes all sorrows) you will be content that you have known me... You will always be my friend.

- Antoine de Saint-Exupéry

## **FROM THE EXECUTIVE DIRECTOR**

Welcome and welcome back to another year at the South Shore Charter Public School. The first days of a new school year are filled with excitement and promise. It has been wonderful to watch the late summer days quickly changing our building from empty hallways and classrooms to spaces brought to life with teaching and learning. For families, late summer days quickly transition from days of relaxation to days of routines. These past mornings have been filled with students entering the building wearing back to school clothes and carrying new books, supplies, and of course, summer reading projects. Although some students may miss the extra time that summer brings, it is apparent that students understand how important these early days are in setting the foundation for a year of growth and learning. As I walked through the hallways, it is clear students are genuinely glad to be here.

Last week the faculty reconvened for two days of professional development. Wednesday morning we were fortunate to have guest speaker Hope Denese Freeman who came to speak about her work as an advocate for children and young adults and creating a safe space in which all students can learn and grow. The following day we began a school-wide initiative which is year-long professional development aimed at improving our current inquiry-based learning model.

Projects and Workshops are a strong component of our school and culture. When our school was founded twenty years ago, the concept was that all methodology would be experiential learning. Projects and Workshops were the course offered throughout each day. Our model has changed over time. What began as a full day of experiential learning has evolved into specific classes now known as Projects and Workshops. These classes remain inquiry-based; many have retained a strong service-learning component, many are student-driven, some focus on the environment or social action, yet all remain a definitive marker on who we are as a school.

Over time, our school has become known for even more than this unique model of education. Projects and Workshops are not the exclusive reason students and families choose to enroll. Some students come for a more rigorous academic program, some choose to come because of extracurricular activities, others come for the school's focus on the individual student and our small class size. Projects and Workshops are part of our unique educational landscape, but they are not the complete landscape.

On Thursday fifty faculty members sat in the high school great room with Tracy Harkins, initially from *Kids Consortium*, and facilitated a discussion about who we are as a school, and what the Projects and Workshop model truly means. This was a multi-grade and cross level discussion that launched the work we will continue to do on professional development days throughout this school year. Prior to Thursday's session, we decided to retain the same grading system for all Projects and Workshops. In keeping with the status quo, all high school students will once again receive a letter grade for coursework done in their Workshop class. The ultimate goal being that at the end of this year, our school will be able to have all of the wonderful work done in these classes documented, codified, and reflective. We are truly excited to begin this year long adventure.

*Alicia Savage – asavage@sscps.org*

<b>Thursday</b>	<b>09/03</b>	<b>School Picture Day Order forms were included in the August mailing</b>	
<b>Thursday</b>	<b>09/03</b>	<b>Auditions for High School Musical for students in Level III, Level IV, and High School</b>	<b>3:15-4:45pm</b>
<b>Friday</b>	<b>09/04</b>	<b>All beginning of year paperwork is due to the front desk</b>	
<b>Friday</b>	<b>09/04</b>	<b>Early Release</b>	<b>12:00pm</b>
<b>Monday</b>	<b>09/07</b>	<b>Labor Day – No School</b>	
<b>Tuesday</b>	<b>09/08</b>	<b>Level I Parent Back-to-School Night</b>	<b>6:00-7:30pm</b>
<b>Wednesday</b>	<b>09/09</b>	<b>Level II and Level III Parent Back to School Night</b>	<b>6:00-7:30pm</b>
<b>Thursday</b>	<b>09/10</b>	<b>Level III Beach Day</b>	
<b>Thursday</b>	<b>09/10</b>	<b>School Council</b>	<b>3:30pm</b>
<b>Thursday</b>	<b>09/10</b>	<b>Board of Trustees</b>	<b>7:30pm</b>
<b>Save the date!</b>	<b>09/19</b>	<b>Back-to-School Picnic</b>	<b>3:00-5:00pm</b>

## **ANNOUNCEMENTS**

### **Show your school spirit!**

Make sure you check out our new school apparel line by the front desk! Order forms are now available at the front desk or by emailing [ldannison@sscps.org](mailto:ldannison@sscps.org). Sizes are limited but stay tuned for an on-line store to order more gear! Please pay with cash and checks payable to SSCPS. Volunteers will be selling gear on the back to school nights and at the picnic. Thanks for your support!

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT [WWW.SSCPS.ORG](http://WWW.SSCPS.ORG)  
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103  
OR EMAIL [PALGERA@SSCPS.ORG](mailto:PALGERA@SSCPS.ORG)**

*GAMES!! POPCORN!! PRIZES!!*

*Get information about the Parents Association!*



SSCPS  
Apparel for  
sale.  
Go Jaguars!!

Register  
for the  
Harvest  
Run!

Please join us for

## South Shore Charter Public School's Back to School Picnic

Saturday September 19<sup>th</sup>, 2015 3-5pm

Bring a blanket, picnic dinner and a **NUT FREE** appetizer or dessert to share.

There will also be food and snacks available to purchase.

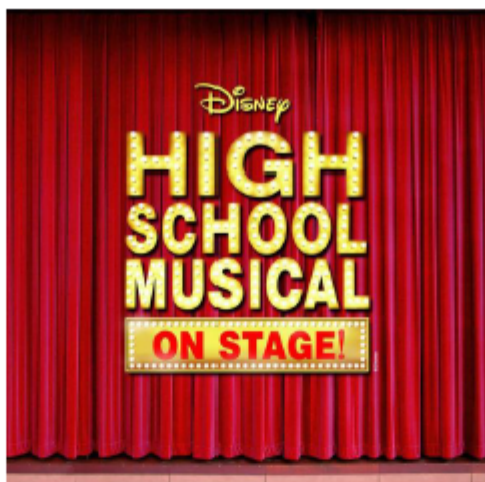
Come meet new friends, catch up with old friends and enjoy an evening of  
live music, face painting & crafts.

See you there!

***SSCPS Parents Association***

If you have questions about this event or if you would like to volunteer for  
set up, clean up, or to work during the event, please contact Amy Kelly

([amy.christen@yahoo.com](mailto:amy.christen@yahoo.com); 781-915-7537)



## AUDITIONS

**When:** Thursday, September 3, 2015, at 3:15-4:45 PM

**Where:** The Music Room

**Who:** Students in Levels III, IV and High School

**Performance Dates:**

December 4-6 at the Cardinal Cushing Center in Hanover, MA

Tech week: 11/30- 12/3

Cast & Crew party after the Saturday evening show at the Cardinal Cushing Center Dining Hall!

Calling all singers, dancers, actors, stand up comedians, break dancers, gymnasts, cheerleaders, and basketball players! You don't have to be a singer to get a great role but come prepared to sing a song. If you don't want to sing, that's okay too. Everyone who auditions will be cast in the show.

We also need students for the crew: lights, sound, costumes, set construction, and stage crew. Please stop by the auditions or email [edwinriverausa@gmail.com](mailto:edwinriverausa@gmail.com) if you're interested. You are only required to attend rehearsals during tech week and performances as a crew member, there is no participation fee, and you attend the Saturday party.

Participation fee is \$25 per student/\$40 per family. Scholarships are available (contact Alicia Savage). No participation fee is required for crew members.

Contact Edwin Rivera at [edwinriverausa@gmail.com](mailto:edwinriverausa@gmail.com) if you have questions or would like to sign up for tech crew.



Putney Transportation is now taking reservations for the *Brockton R2 Line*, set to begin services October 5<sup>th</sup>. Rates are starting as low as \$125 a month.

For more information, please contact us:

Email: [services@putneytrans.com](mailto:services@putneytrans.com)

Phone: 1(800) 531-1257.

# SSCPS PA Financial Grant Request – Fall 2015

Requests Due by 9/23/15

## 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 September 23, 2015

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:



# BOKS

## Morning Fitness Program Open to Level I, II, and III

For school year 2015 – 2016 the BOKS team will be hosting six sessions. Four sessions of 4 weeks and two sessions of 3 weeks – these include a vacation week.

The first session will begin in **September** the final session will end in **April**.

We will meet **Tuesday, Wednesday and Thursday** from 7:15am - 8:00am.

### Session Dates:

Session 1: September 22<sup>nd</sup> – October 15<sup>th</sup> (4 weeks)

Session 2: October 27<sup>th</sup> – November 19<sup>th</sup> (4 weeks)

Session 3: December 1<sup>st</sup> – December 17<sup>th</sup> (3 weeks)

Session 4: January 12<sup>th</sup> – February 4<sup>th</sup> (4 weeks)

Session 5: February 23<sup>rd</sup> – March 17<sup>th</sup> (4 weeks)

Session 6: February 29<sup>th</sup> – April 14<sup>th</sup> (3 weeks)

Please be aware there will be a week break between each session. If you are interested in signing your child up for BOKS the information will be in the Weekly update the first week of school. If you have any questions please email me at [jemsdaley@gmail.com](mailto:jemsdaley@gmail.com).

We are looking for more parents willing to go through the training and help run sessions/days. All trainings are held at Rebook in Canton as detailed below.

Sep 15, 2015 - 10:00am to 2:00pm

Sep 16, 2015 - 4:00pm to 8:00pm

Oct 20, 2015 - 10:00am to 2:00pm

Oct 21, 2015 - 4:00pm to 8:00pm

Dec 10, 2015 - 4:00pm to 8:00pm

Here is the link to sign up for training if you are interested in helping out.

<http://www.bokskids.org/training>





# Registration Form

Please fill out the following form, one per program participant. Ensure all information is complete, legible and the last page is signed.

## Participant (Child) Information:

Last Name:		First Name:	
Street Address:			
City:	State:	Zip code:	
Gender: Female <input type="checkbox"/> Male <input type="checkbox"/>	Date of Birth(mm/dd/yyyy):		
School:	Grade:	Teacher:	
T-Shirt Size:	Kids Small <input type="checkbox"/>	Medium <input type="checkbox"/>	Large <input type="checkbox"/> X-Large <input type="checkbox"/>
	Adults Medium <input type="checkbox"/>	Large <input type="checkbox"/> T-Shirt Cost is the responsibility of the family.	
List known Allergies/Medical Conditions:			N/A <input type="checkbox"/>
Does your child require the use of: (check all that apply) EpiPen <input type="checkbox"/> Inhaler <input type="checkbox"/> None <input type="checkbox"/>			
Does your child have one in his/her backpack? Yes <input type="checkbox"/> No <input type="checkbox"/> Nurse has it <input type="checkbox"/>			
Can he/she use it without an adult? Yes <input type="checkbox"/> No <input type="checkbox"/>			
OPTIONAL:			
Are you Hispanic or Latino? Yes <input type="checkbox"/> No <input type="checkbox"/>			
What is your race? (check all that apply)			
Caucasian <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/>			
Native Hawaiian or Other Pacific Islander <input type="checkbox"/> Other: _____			

## Parent/Guardian Information:

Primary Phone #: ( ) _____-_____(Home <input type="checkbox"/> Cell <input type="checkbox"/>	
Parent/Guardian Name: _____	Phone#: ( ) _____-_____ (Work <input type="checkbox"/> Cell <input type="checkbox"/> )
Email: _____@_____.	
Parent/Guardian Name: _____	Phone#: ( ) _____-_____ (Work <input type="checkbox"/> Cell <input type="checkbox"/> )
Email: _____@_____.	
Emergency Contact (not parent): _____	
Phone #: ( ) _____-_____, or ( ) _____-_____	
Emergency Contact's relationship to child: (check one)	
Grandparent <input type="checkbox"/> Aunt/Uncle <input type="checkbox"/> Godparent <input type="checkbox"/> Sibling <input type="checkbox"/> Family Friend <input type="checkbox"/> Other: _____	



## LIABILITY RELEASE AND INDEMNITY AGREEMENT

Please read carefully before signing. By signing this Agreement you are waiving certain rights and accepting certain responsibilities.

I, \_\_\_\_\_, being the parent/guardian/legal representative, of the above-named minor (hereinafter "Participant"), do hereby consent to participation in the Reebok BOKS - Build Our Kids' Success Program (hereinafter "Program"). I understand that sports, general physical exercise, and related activities, including those which are a part of the Program, (collectively "Recreational Sports") involve inherent risks of INJURY and DEATH. I voluntarily agree to expressly assume all risks of injury or death to Participant that may result from his/her participation in Recreational Sports or which relates in any way to the use of any equipment that may be provided for participation in Recreational Sports.

In consideration of the above-named minor Participant being permitted to so participate, I, on behalf of myself, my heirs, my agents, my representatives, any other parent, guardian, or legal representative, (hereinafter "Participant's Parents") hereby agree to release, acquit, discharge, defend, indemnify, and covenant to hold harmless (1) Reebok International Ltd. and each of its parent companies, directors, officers, employees, agents, subsidiaries and affiliates ("Reebok"), and (2) South Shore Charter Public School (hereinafter "SSCPS"), together with any and all of their current and former officers, employees, boards, commissions, committees, agents, representatives, designees, successors, and assigns ("SSCPS") (collectively "Sponsors") from and against any and all claims, causes of action, suits, costs, damages and liability for any and all losses, which shall include, but shall not be limited to, bodily injury, death, property loss, or property damage, whether known or unknown, and whether held by me or the Participant now or upon reaching the age of majority, arising out of, in connection with, or relating in any way to the Participant's participation in Recreational Sports during Programs and the use of any facility at the Programs, including, but not limited to, school grounds, playground, basketball courts, hotels, exercise facilities or locker rooms, or any and all property of the Town of Norwell and/or the SSCPS. I understand and agree that I will defend and indemnify Sponsors from any claim made by Participant.

This release and indemnity agreement includes, but is not limited to, claims based upon negligence by Sponsors and any and all of their current and former officers, employees, boards, commissions, committees, agents, representatives, designees, successors, and assigns, and any other person or cause. I further agree to pay Sponsors all costs and legal fees expended by them or their affiliates defending against such claims or lawsuits as well as any sum paid as a result of any judgment or settlement.

The Sponsors, nor any of their current and former officers, employees, boards, committees, commissions, agents, representatives, designees, successors, and assigns shall incur any personal obligation or incur any personal liability as a result of the Participant's participation in Recreational Sports at the Program and the use of any facility during a Program, including, but not limited to, school grounds, playground, basketball courts, hotels, exercise facilities or locker rooms, or any and all property of SSCPS.

I further agree to grant to Sponsors the absolute right and permission to use, publish, record on video, photograph, broadcast, and copyright any and all images and sounds captured in connection with the Program and Participants, including Participant's voice recording, name, picture, and likeness, and/or any material based on or derived from them in any manner whatsoever for purposes of advertising or trade in promoting and publicizing products and events related in any way to the brands Adidas, Reebok, or any sister company or subsidiary thereof.

Parent/Guardian Printed Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_



### MEDICAL TREATMENT PLAN

I, \_\_\_\_\_, the Parent/Guardian of the above-named participant, hereby represent that Participant is medically fit to participate in the Program. I understand that the Program involves physical exercise that may be strenuous, including but not limited to running, jumping, throwing and catching. I hereby give Sponsors permission and full authority in the event of illness, injury or emergency condition, to administer first aid and take whatever action considered appropriate under the circumstances to obtain medical treatment and services for the Participant, including but not limited to transportation to medical facility. I also authorize the use and disclosure of Participant's individually identifiable health information should treatment for injury or illness become necessary.

Doctor's Name (PCP): \_\_\_\_\_

Doctor's Telephone: \_\_\_\_\_

Dentist's Name: \_\_\_\_\_

Dentist's Telephone: \_\_\_\_\_

This agreement shall be governed under the laws of the Commonwealth of Massachusetts.

If any provision of this agreement is determined to be unenforceable, all other provisions shall be given full force and effect.

I THE UNDERSIGNED, HAVE READ AND UNDERSTOOD THIS LIABILITY RELEASE AND INDEMNITY AGREEMENT AND MEDICAL TREATMENT PLAN AND AGREE TO ITS TERMS AND CONDITIONS.

and

I verify that I am the parent or guardian of the Participant, I have the authority to enter into this agreement on behalf of the Participant, and I agree to be bound by the terms and conditions of this agreement.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Release for Use of Photographs

I hereby give my consent to SSCPS BOKS KIDS Trainers to photograph, use, and publish images of my child/children.

*Please **Print** Parent/Guardian Name*

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*Please **Print** Child's Name*

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I agree that said photographs shall constitute the sole property of SSCPS BOKS KIDS Trainers, with full right of disposition in any manner whatsoever, including the right to publish on the [www.shutterfly.com](http://www.shutterfly.com) and/or [www.sscps.org](http://www.sscps.org) websites.

I hereby release SSCPS BOKS KIDS Trainers and their legal representatives and assigns from any and all claims whatsoever in connection with the use, reproduction, or publication of the images thereof.

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Parent/Guardian Signature

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Date

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## **BOKS for Levels I, II, and III**

Organized and run by SSCPS parents Janet Daley and Iris Mahegan with support from Justina Pettinelli, Caitriona Hollowed and Priscilla Kelly; the program is inspired by the Reebok Foundation's BOKS program; all the fitness leaders have been trained by Reebok. This is a no cost before-school fitness program being offered to any child in Kindergarten to 6<sup>th</sup> grade. In order to provide the best program to the children there is a limit of 40 participants. If more applications are received than spots available there will be a lottery for participation. The schedule for the program is all Levels Tuesday, Wednesday, and Thursdays. BOKS is held in the PE space with a very sharp start time of 7:15 (**drop off** begins at 7:10) and an end time of 8:00, the trainers escort all the children to the back door of the school. The 6 separate sessions are listed on the attached flyer. You may select any number of sessions from 1 to all 6, there will be an opportunity for sign-up before each session.

In order for your child to participate you must fill out the below information as well as the attached application including the doctor information and the release, this is to avoid liability issues. If you have more than one child participating please be sure to complete a separate form for each. Place the completed forms in the envelop at the front desk labeled "BOKS" absolutely NO later than **Thursday, September 17<sup>th</sup>**.

If we have more applications than spots you will be notified by email of non-entry.

The purpose of BOKS is to stimulate the mind by movement before the school day begins. Involvement requires a commitment of the three days a week by both the parent/guardian and the children for the duration of the selected session(s).

ALL requested information is required - Complete a separate form for each child.

### **PLEASE PRINT CLEARLY**

I would like my child to participate in the BOKS Morning Fitness Program

Childs' Name: \_\_\_\_\_ Pod Teacher: \_\_\_\_\_

Parent(s)/Guardian(s) Email: \_\_\_\_\_

Parent(s)/Guardian(s) Signature: \_\_\_\_\_

Preferred Phone (Home / Work / Cell): \_\_\_\_\_

Circle All That Apply: Session 1 / Session 2 / Session 3 / Session 4 / Session 5 / Session 6



# Holly Hill Farm & Friends

8/31/2015 FOR IMMEDIATE RELEASE:

Contact Info:

*Friends of Holly Hill Farm*

Holly Hill Farm

236 Jerusalem Road , Cohasset, MA 02025

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

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

## UPCOMING EVENTS & ACTIVITIES

**Greek Farm to Table Dinner, September 12, 2015** Please join us for a traditional Greek meal, featuring produce harvested from Holly Hill Farm. Using recipes from their many Greek relatives, sisters Thea Valvanis and Mari White, along with their nephew Nick Samaras, will present typical Greek fare, including classic Greek appetizers, fresh salads, dinner and dessert. Family recipes inspired by the bounty of Holly Hill's crops, Narragansett Creamery feta cheese and Brown Boar Farm meats will all be showcased. Options for vegetarians, vegans and those who avoid gluten will also be available. \$100 Members/\$125 Non-members. Purchase seating online at our website [www.hollyhillfarm.org](http://www.hollyhillfarm.org) 6:00-10:00pm 781-383-6565, 236 Jerusalem Road, Cohasset, 02025.

**Holly Hill Farm & Friends 8<sup>th</sup> Annual DISCOVER THE WOODS 5K Trail Race and 1 Mile Fun Run, Saturday, October 3, 2015** Woodland 5K trail run along the paths surrounding fields of organic vegetables, flowers and herbs starts at 10am. 1 mile fun run/walk along salt marsh meadows and shady trails starts at 11am. Visit farm animals, stay for snacks. Prizes for top finishers from Marathon Sports and Chipotle. Early registrants will be entered into a drawing for gift certificates for our Farm Stand. To benefit the Frank H. White Scholarship Fund that makes visits to Holly Hill Farm possible for those in need. Sign up online at [www.hollyhillfarm.org](http://www.hollyhillfarm.org) Holly Hill Farm. 236 Jerusalem Road, Cohasset [781-383-6565](tel:781-383-6565)

### **Herbal Forage Walk and Workshop with Jessica Grabowski, Herbalist**

**Saturday, September 12, 2015 from 10:00 to noon**

Come take an herbal stroll and learn about weeds that you can eat and/or use as medicine, many of which can be found in your own back yard. Instead of getting rid of them, learn what they can do for you and which ones you may even want to add to your salads. At the end of the walk everyone will make and take home a healing oil made from one of the most medicinal and common weeds in this area. Once you take this class you may never look at weeds the same way again. Jessica Grabowski is a certified physician assistant, Reiki practitioner and Herbalist who has studied with other noted Herbalists and loves to teach others about the healing ways of herbs. \$12 Members/\$15 Non-members. Call to reserve at 781-383-6565, [www.hollyhillfarm.org](http://www.hollyhillfarm.org) 236 Jerusalem Road, Cohasset, 02025

### **Winter Herbal Remedies Workshop with Jessica Grabowski, Herbalist**

**Saturday, October 24, 2015 from 10:00 to noon**

We will create our own natural salves and lip balms during this follow-up workshop to the September 12<sup>th</sup> Herbal Forage Walk. \$12 Members/\$15 Non-members. There will be a \$5 materials fee. Call to reserve at 781-383-6565, [www.hollyhillfarm.org](http://www.hollyhillfarm.org) 236 Jerusalem Road, Cohasset, 02025

### **Weed Forage Walk with Russ Cohen**

**Tuesday, September 15, 2015 from 4:00 to 6:00 pm**

Join local author and foraging expert, Russ Cohen, here at Holly Hill Farm for an informative foraging walk through our property and learn about the useful properties of commonplace plants we like to call weeds! Walking in and

around the Holly Hill Farm property, participants will learn about different species of edible wild plants, plus keys to their safe identification, information on edible portions, seasons of availability, preparation, and guidelines for safe and environmentally responsible foraging.

Sponsored by the Cohasset Conservation Trust. To participate, simply sign up on the [Cohasset Conservation Trust's Facebook page](#) under Events. Wear bug spray. [www.hollyhillfarm.org](http://www.hollyhillfarm.org) 236 Jerusalem Road, Cohasset, 02025

### **Cohasset Farmers Market, Thursdays 2:00 – 6:00pm**

Holly Hill Farm offers fresh, organically grown produce at the Cohasset Farmers Market, located on Cohasset Common, North Main Street, Cohasset. Many other vendors, local crafts, and live music. Every Thursday from 2 – 6pm through October 15<sup>th</sup>. For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to: [friendsofhollyhillfarm@gmail.com](mailto:friendsofhollyhillfarm@gmail.com) Holly Hill Farm.

<http://cohassefarmersmarket.com/>

### **Holly Hill Farm Stand Open**

#### **Our Farm Stand Hours are Saturdays and Sundays from 11:00 – 6:00pm**

We grow and sell our fresh, organically grown produce including: Juicy tomatoes, Swiss chard, kale, arugula, crisp cucumbers and more! Jean creates magnificent organic bouquets from our flower fields. We partner with local organic farms such as Langwater Farm in North Easton. Our delicious corn is IPM (Integrated Pest Management) from Lipinski Farm in Middleboro. We have many other offerings, such as bottled Jubali Smoothies and Herbal Infusions, handmade soaps and candles from Back to Basics, goat milk soap from West Elm Farm and local honey from Bee Well Honey. Back by popular demand, organic Red Gravy and alla Norma sauces from Valicenti Pasta Farm in NH. Shop daily from the stands outside the Main Barn for fall vegetable seedlings. **Brown Boar Farm will make deliveries of their sustainably raised pork and beef on September 12th. See our website for link to their price list for 2015 and info on pre-ordering.** For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to: [friendsofhollyhillfarm@gmail.com](mailto:friendsofhollyhillfarm@gmail.com)

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

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

#### **March through November**

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

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



# Breakfast Order Form

## Breakfast for the Month of August/September, 2015

Due to the office by 3:00 pm, \***Tuesday**, September 8, 2015

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

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

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

~~Week of~~ \_\_\_\_\_  Monday \_\_\_\_\_  Tuesday \_\_\_\_\_  Wednesday \_\_\_\_\_  Thursday \_\_\_\_\_  Friday  
~~8/31 – 9/4~~

~~Week of~~ \_\_\_\_\_  Monday \_\_\_\_\_  Tuesday \_\_\_\_\_  Wednesday \_\_\_\_\_  Thursday \_\_\_\_\_  Friday  
~~9/7 – 9/11~~

Week of \_\_\_\_\_  Monday \_\_\_\_\_  Tuesday \_\_\_\_\_  Wednesday \_\_\_\_\_  Thursday \_\_\_\_\_  Friday  
 9/14 – 9/18

Week of \_\_\_\_\_  Monday \_\_\_\_\_  Tuesday \_\_\_\_\_  Wednesday \_\_\_\_\_  Thursday \_\_\_\_\_  Friday  
 9/21 – 9/25

Week of \_\_\_\_\_  Monday \_\_\_\_\_  Tuesday \_\_\_\_\_  Wednesday \_\_\_\_\_  Thursday \_\_\_\_\_  Friday  
 9/28 – 10/2

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 August/September, 2015

Due to the office by 3:00 pm, \***Tuesday**, September 8, 2015

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

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

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

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8/31 – 9/4	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	No Lunch

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9/7 – 9/11	No Lunch	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9/14 – 9/18	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	No Lunch	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9/21 – 9/25	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9/28 – 10/2	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

- 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



*Essence of Thyme and Cravings*  
**South Shore Charter School**  
**SEPTEMBER, 2015**

**BREAKFAST**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Aug 31 Cereal Fruit Orange Juice Milk	Sept 1 WG Cinnamon Roll Fruit Orange Juice Milk	2 WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	3 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	4 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk
7 	8 Frosted Mini Wheats Fruit Orange Juice Milk	9 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk	10 Marshmallow Mateys Apple Cinnamon Waffles Fruit Orange Juice Milk	11 Honey Wheat Bagel Fruit Orange Juice Milk
14 Cinnamon Toast Crunch Fruit Orange Juice WW Grahams Milk	15 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	16 WG Croissant Fruit Orange Juice Milk	17 <b>No School</b> Prof. Dev. Day	18 WG Cinnamon Roll Fruit Orange Juice Milk
21 Marshmallow Mateys Apple Cinnamon Waffles Fruit Orange Juice Milk	22 3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk	23 WG Cinnamon Roll Fruit Orange Juice Milk	24 3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk	25 Cinnamon Toast Crunch WW Grahams Fruit Orange Juice Milk
28 Toasty O's Apple Cinnamon Waffles Fruit Orange Juice Milk	29 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	30 WG Cinnamon Roll Fruit Orange Juice Milk	1 WG Croissant Fruit Orange Juice Milk	2 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk
28 Toasty O's Apple Cinnamon Waffles Fruit Orange Juice Milk	29 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk	30 WG Cinnamon Roll Fruit Orange Juice Milk	Oct. 1 WG Croissant Fruit Orange Juice Milk	2 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk

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

\* Complies with NSLP Regulations

***ALL MENUS ARE SUBJECT TO CHANGE***

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



*Essence of Thyme and Cravings*

—South Shore Charter Public K-8

SEPTEMBER, 2015

LUNCH MENU Circle A, B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 31 <b>A</b> Meatball Sub Potato Wedges Carrots <b>B</b> Salad W/Crispy Chicken & WW Pita Bread Milk	Sept 1 <b>A</b> Sliced Chicken Sandwich Chickpea Salad <b>B</b> Salad W/Crispy Chicken & WW Pita Bread Milk	2 <b>A</b> Cheese & Bean Burrito Corn <b>B</b> Salad W/Crispy Chicken & WW Pita Bread Milk	3 <b>A</b> Crispy Chicken Salad Wrap Baby Carrots <b>B</b> Salad W/Crispy Chicken & WW Pita Bread Milk	4 <b>No Lunch            EARLY            RELEASE</b>
7 <b>No School            Labor Day</b>	8 <b>A</b> Grilled Chicken over Veggie Pasta Salad <b>B</b> Salad W/Grilled Chicken & WW Pita Bread Milk	9 <b>A</b> Oven Baked Chicken Bites Potato Wedges Honey Wheat Dinner Roll <b>B</b> Salad W/Grilled Chicken & WW Pita Bread Milk	10 <b>A</b> WW Chicken Caesar Wrap Cucumber Slices <b>B</b> Salad W/Grilled Chicken & WW Pita Bread Milk	11 <b>A</b> Cheese Pizza Carrots & Italian Beans <b>B</b> Salad W/Grilled Chicken & WW Pita Bread Milk
14 <b>A</b> Hamburger on WW Roll Baked Beans <b>B</b> Salad W/Tuna & WW Pita Bread Milk	15 <b>A</b> Ham & Cheese Sandwich Carrots <b>B</b> Salad W/Tuna & WW Pita Bread Milk	16 <b>A</b> American Chop Suey Green Beans Honey Wheat Dinner Roll <b>B</b> Salad W/Tuna & WW Pita Bread Milk	17 <b>No School            Prof. Dev. Day</b>	18 <b>A</b> Cheese Pizza Broccoli & Potato Wedges <b>B</b> Salad W/Tuna & WW Pita Bread Milk
21 <b>A</b> Cheese & Bean Burrito Corn <b>B</b> Salad W/Turkey & WW Pita Bread Milk	22 <b>A</b> BBQ Chicken on a WW Bun Cucumber w/dressing <b>B</b> Salad W/Turkey & WW Pita Bread Milk	23 <b>A</b> Cheeseburger Mac Broccoli Honey Wheat Dinner Roll <b>B</b> Salad W/Turkey & WW Pita Bread Milk	24 <b>A</b> Buffalo Chicken WW Wrap Baby Carrots <b>B</b> Salad W/Turkey & WW Pita Bread Milk	25 <b>A</b> Cheese Pizza Italian Beans <b>B</b> Salad W/Turkey & WW Pita Bread Milk
28 <b>A</b> Pancakes & Sausage Potato Wedges <b>B</b> Salad W/Hummus & WW Pita Bread Milk	29 <b>A</b> Ranch Tortellini Salad Baby Carrots <b>B</b> Salad W/Hummus & WW Pita Bread Milk	30 <b>A</b> Chicken Parmesan w/Ziti Green Beans <b>B</b> Salad W/Hummus & WW Pita Bread Milk	Oct 1 <b>A</b> Tuna Salad Wrap Chickpea Salad w/shredded carrots <b>B</b> Salad W/Hummus & WW Pita Bread Milk	Oct 2 <b>A</b> Cheese Pizza Broccoli & Potato Wedges <b>B</b> Salad W/Hummus & WW Pita Bread Milk

\* All Meals Include Choice of 1% or Skim Milk

\* All Meals Comply with the National School Program

Please make a meal choice by circling which meal desired each day: Circle a Choice of 1% or Skim Milk

\* Fruit will be served with all meals

**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 Public 9-12  
 SEPTEMBER, 2015

LUNCH MENU Circle A, B  
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Aug 31 <b>A Meatball Sub</b> Potato Wedges Carrots <b>B Salad W/Crispy Chicken &amp; WW Pita Bread</b> Milk	Sept 1 <b>A Sliced Chicken Sandwich</b> Chickpea Salad <b>B Salad W/Crispy Chicken &amp; WW Pita Bread</b> Juice Milk	2 <b>A Cheese &amp; Bean Burrito</b> Corn <b>B Salad W/Crispy Chicken &amp; WW Pita Bread</b> Milk	3 <b>A Crispy Chicken Salad Wrap</b> Baby Carrots <b>B Salad W/Crispy Chicken &amp; WW Pita Bread</b> Juice Milk	4 <p style="text-align: center;"><b>No Lunch          EARLY RELEASE</b></p>
7 <p style="text-align: center;"><b>No School          Labor Day</b></p>	8 <b>A Grilled Chicken over Veggie Pasta Salad</b> <b>B Salad W/Grilled Chicken &amp; WW Pita Bread</b> Milk	9 <b>A Oven Baked Chicken Bites</b> Potato Wedges Honey Wheat Dinner Roll <b>B Salad W/Grilled Chicken &amp; WW Pita Bread</b> Milk	10 <b>A WW Chicken Caesar Wrap</b> Cucumber Slices <b>B Salad W/Grilled Chicken &amp; WW Pita Bread</b> Milk	11 <b>A Cheese Pizza</b> Carrots & Italian Beans <b>B Salad W/Grilled Chicken &amp; WW Pita Bread</b> Milk
14 <b>A Hamburger on WW Roll</b> Baked Beans <b>B Salad W/Tuna &amp; WW Pita Bread</b> Milk	15 <b>A Ham &amp; Cheese Sandwich</b> Carrots <b>B Salad W/Tuna &amp; WW Pita Bread</b> Milk	16 <b>A American Chop Suey</b> Green Beans Honey Wheat Dinner Roll <b>B Salad W/Tuna &amp; WW Pita Bread</b> Milk	17 <p style="text-align: center;"><b>NO SCHOOL          Prof. Dev. Day</b></p>	18 <b>A Cheese Pizza</b> Broccoli & Potato Wedges <b>B Salad W/Tuna &amp; WW Pita Bread</b> Milk
21 <b>A Cheese &amp; Bean Burrito</b> Corn <b>B Salad W/Turkey &amp; WW Pita Bread</b> Milk	22 <b>A BBQ Chicken on a WW Bun</b> Cucumber w/dressing <b>B Salad W/Turkey &amp; WW Pita Bread</b> Milk	23 <b>A Cheeseburger Mac</b> Broccoli Honey Wheat Dinner Roll <b>B Salad W/Turkey &amp; WW Pita Bread</b> Milk	24 <b>A Buffalo Chicken WW Wrap</b> Baby Carrots <b>B Salad W/Turkey &amp; WW Pita Bread</b> Milk	25 <b>A Cheese Pizza</b> Italian Beans <b>B Salad W/Turkey &amp; WW Pita Bread</b> Milk
28 <b>A Pancakes &amp; Sausage</b> Potato Wedges <b>B Salad W/Hummus &amp; WW Pita Bread</b> Milk	29 <b>A Ranch Tortellini Salad</b> Baby Carrots <b>B Salad W/Hummus &amp; WW Pita Bread</b> Milk	30 <b>A Chicken Parmesan w/Ziti</b> Green Beans <b>B Salad W/Hummus &amp; WW Pita Bread</b> Milk	Oct 1 <b>A Tuna Salad Wrap</b> Chickpea Salad w/shredded carrots <b>B Salad W/Hummus &amp; WW Pita Bread</b> Milk	Oct 2 <b>A Cheese Pizza</b> Broccoli & Potato Wedges <b>B Salad W/Hummus &amp; WW Pita Bread</b> Milk

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