

FROM THE K-6 PRINCIPAL

It is the start of another year at SSCPS. Last week Alicia Savage, our Executive Director, explained the overall plan for the year and described our goals and hopes for the school as she framed our experiences over the past twenty years.

She presented what our work would be as we sought to improve as a school.

The start of every school year is an exciting time as we put into practice the ideas and changes we developed in the late winter and spring of the year before and we see how they work in reality. As a school we are always looking at what we are doing and thinking about how we can stay us and keep our core values while we strive to learn from past experiences and become better. Now we are putting those plans/dreams into practice. It is certainly too soon to know if we were right and only time and experience will tell but I am confident we went about the process of looking at ourselves and seeking to become better in good ways.

For me the start of the school year means seeing people and saying hello. Remembering names and cars and the order that folks show up on the pick-up line and noticing changes. As I wrote last year, summer break for schools is like a night of sleep. Summer is a time for rest and restoration as well as growth. It seems that this summer has been not just a “night of sleep” but a night of good and deep and restorative sleep. The teachers and the students are ready for a new year. But it is not all the same folks who are here now in September who were with us in June. We have some new teachers and many new students. At this phase of the school year we organize events to get to know all of you -- those who we thought we knew and new people we have never met. That is why we have our Back to School Nights and the Back to School Picnic. Please come to both and say hello not just to us but to each other.

As school starts for the year it is clear that the children have grown over the summer and the new kindergartners have arrived. The last set of Seniors are off in the world and we have a new set of Seniors preparing for their final year. In the first few weeks of school there is a real sense of anticipation and change and learning. This happens every year. Schools have this cycle and there is constant change and yet there is an underlying consistent pattern. That is what makes me and many people happy, novel and new things to learn presented in a familiar and solid pattern on which that novelty rests. I think that is one reason why I love my job.

The other reason I love my job is the people. The new people to meet and the old people I get to know better. This is the time of year when the cycle is starting; it is a school year’s spring. But this year at the same time this cycle was beginning and opening another cycle was being completed. Last week we lost Mac Haran. Mac was a beloved teacher and I know I am very sad at her death. So is everyone who knew this truly great woman. I was honored to be able to say a few words at Mac’s grave yesterday and I would like to share with you some of what I said about Mac’s teaching here at SSCPS.

And teach she did. She would be in early every day. I am told that she was almost always the first person at the school at 6 AM. I was never there then so I have to take that on hearsay. The rest of what I know of Mac the teacher was all direct experience. I saw the clarity. I saw the board where there were notes and labels where Mac pointed out what was a recipe or cooking and what was science. She knew how to explain complicated things to children so that they did not feel they were complicated but a pattern that they could build their lives around. She celebrated failure and error not as an end but as the truest road to success and truth. When I work with teachers new to SSCPS I tell them that story is a privileged form of communication and they should remember that when they teach. No one needed to tell Mac that. For Mac, all of life was a story. She was a storyteller and I loved being in her class and seeing her teach because she embraced complexity but that complexity was contextualized into story so it was not scary or too difficult. It was not simplification: it was structuralization and explanation and most of all demonstration and exploration.

Now “structuralization” is not a word in the dictionary. You see Mac was such an innovator that the existing words did not describe what she did. I loved Mac and Mac made our school better. Mac told me that her hope was that just one of her students would grow up to have a job they loved as much as the job she had.

We will not forget Mac.

Ted Hirsch – thirsch@sscps.org

Wednesday	09/09	Level II and Level III Parent Back to School Night	6:00-7:30pm
Thursday	09/10	Level III Beach Day	
Thursday	09/10	Board of Trustees Development Committee Finance Committee	7:30pm 6:00pm 6:30pm
Wednesday	09/16	Level IV and High School Parent Back to School Night Senior Parent Information Meeting	6:00-7:30pm 7:30pm
Thursday	09/17	Professional Development Day – No Classes for Students	
Save the Date! Saturday	09/19	SSCPS Back to School Picnic	3:00-5:00pm

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. 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!

News from the Library

As you may have heard, our library has moved from the main building into two bright, freshly renovated rooms adjacent to the gym space- complete with computer workstations and a conference table (thanks **Benjamin family!**). We are also pleased to announce that **Denise Demaggio** will serve as the library clerk to assist students in

finding resources and checking out materials as well as managing the collection. Parent **Caitriona Hollowed** will be the Library Chairperson this year, and **Bev Bruce** will be the Faculty Liaison.

The library is not yet open for business, as final touches are being made as we await the arrival of new shelves. **In the meantime, if you would like to volunteer to be on the Library Committee, assist groups of students, help with Book Fairs, or do other library work outside of the school day, please contact Caitriona Hollowed (caithollowed@gmail.com) or your student's pod teacher/s.**

The Library Committee will keep the community posted on an opening date and plan for a Grand Opening celebration!

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



Harvest Run

5K ROAD RACE - FITNESS WALK

Saturday, October 17, 2015
Wompatuck State Park

SSCPS FAMILY REGISTRATION

Family Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone#: _____
 Email: _____

Waiver Must Be Read and Understood:

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

Signature : _____ Date: _____

Individual Names	Runner/Walker Up to 2 runners, unlimited walkers *\$5.00 each additional Runner (Please specify runner or walker)	Age on Race Day Gender M/F	Shirt Size *2 shirts included \$10.00 each additional *Guaranteed to those who register by September 30th*
1.			
2.			
3.			
4.			
5.			

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

Friday, October 16, 2015 2:00–6:00pm
 Marathon Sports
 134 Washington Street, Norwell, MA

Race Schedule:

7:30-8:45am Registration and t-shirt pick-up
 9:00: The Harvest Run begins!
 Refreshments provided after the race

SSCPS Family Registration \$50
 (cash or check only payable to SSCEF)
 *2 t-shirts (\$10.00 per additional t-shirt)
 *2 runners (\$5.00 per additional runner)
 *unlimited walkers

SSCPS Student/Faculty Registration \$20
 Register online at
<http://www.harvest2015.racewire.com>
 *Use promo code "Jaguars"

All funds raised will be used to develop outdoor spaces for health and recreation at SSCPS

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 19th, 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; 781-915-7537)



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

For more information, please contact us:

Email: 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 22nd – October 15th (4 weeks)

Session 2: October 27th – November 19th (4 weeks)

Session 3: December 1st – December 17th (3 weeks)

Session 4: January 12th – February 4th (4 weeks)

Session 5: February 23rd – March 17th (4 weeks)

Session 6: February 29th – April 14th (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.

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#: () _____
Email: _____ @ _____	(Work <input type="checkbox"/> Cell <input type="checkbox"/>)
Parent/Guardian Name: _____	Phone#: () _____
Email: _____ @ _____	(Work <input type="checkbox"/> Cell <input type="checkbox"/>)
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*

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

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 and/or 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.

Parent/Guardian Signature

Date

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 6th 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 17th**.

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

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2015



BEST BITES

Mini sandwiches

Making a sandwich for your youngster? Try this clever idea. Cut her sandwich into lots of small squares or other shapes. *Tip:* A pizza cutter is a handy tool for this. Then, scatter the pieces on a plate or drop them into a zipper bag, and watch her smile as she enjoys her sandwich—to the last (tiny) bite.



Let's go outside

Start the school year off with a healthy routine: Go outside every day. Being outside naturally gets kids moving. Your child is likely to run around, explore new places, ride a scooter, or toss a ball around. Whatever he does, he'll be working toward the 60 minutes of daily physical activity that's recommended for good health.

DID YOU KNOW?

Oatmeal contains fiber that will keep your youngster feeling full and satisfied through a morning of school. Help her make her own "instant oatmeal" with this easy recipe: Combine $\frac{1}{2}$ cup quick oats, 2 tbsp. golden raisins or dried cherries, and 2 tbsp. nuts (any kind). Add $\frac{3}{4}$ cup boiling water, cover, and let sit for 3 minutes.

Just for fun

Q: What do invisible cats drink?

A: Evaporated milk!



Rainbow-licious

True or false: Eating fruits and vegetables of different colors will help give my child the nutrients he needs to stay healthy.

Answer: True! The bright colors not only make fruits and vegetables fun to eat—each color actually indicates a different vitamin or mineral. Try these suggestions to encourage your youngster to "eat a rainbow."

Roy G. Biv

Combine a nutrition lesson with a science one. Have your child learn the order of the colors in a rainbow (or the *visible light spectrum*) by "getting to know" Roy G. Biv: red, orange, yellow, green, blue, indigo, and violet. He could draw an outline of "Roy" and color it in with each fruit and vegetable he eats. *Example:* Color Roy's head red for strawberries, his neck orange for cantaloupe, and his feet violet for eggplant.

Eat what you wear

Challenge your youngster to eat colors matching his clothes. Say he's dressed



in blue jeans and a white T-shirt with a green and orange design. He might have blueberries for a snack, cauliflower and a green salad at dinner, and an orange before bed. Ask him how many other matching fruits or vegetables he could name. *Tip:* Join your child, and point out produce that matches your clothes, too.

Shop for a rainbow

At the grocery store, let your youngster put a "rainbow" into a child's shopping cart or a separate basket. He might pick one or two fruits and vegetables for each color. When you get home, he could arrange them into a rainbow and take a photo of his creation—before it's all eaten! ●

Family fitness time

Get your youngsters thinking about ways to be active by putting them in charge of a regular family fitness night.

Begin by setting aside one night a week for "The Smith Family Fitness Night." Be sure to mark it on your kitchen calendar, along with whose turn it is to be the leader. That person decides on the week's activity. Share these four ideas to get your children thinking.

1. Play kickball.
2. Hold a jump-rope contest.
3. Create an upbeat playlist, and dance to the music.
4. Have wheelbarrow races (hold another person by her legs as she "walks" with her arms). ●



Here's why I like school meals!

Eating school breakfast and lunch is not only a healthy option for your youngster, it's a time-saver for you. Encourage her to enjoy cafeteria meals with these stories from other kids:

- "A hot meal tastes better than a cold sandwich."
- "It's fun to be able to choose which fruit to have for dessert. Some days I want apple slices, and other days I'm in the mood for a banana."



- "I used to be a picky eater. But I've gotten used to trying new foods at school. Now Mom buys things like jicama and kiwi for me to have at home, too."
- "The cafeteria workers always smile at me when I take my tray. I think they're happy to see me!"
- "Every night, my dad and I read the next day's menu so I can decide what I'll eat. I like hearing his stories about what school lunch was like when he was a kid."

Note: Your child might qualify for free or reduced-price school meals. Call or stop by the school office to ask about this. ●

O&A Put away the salt

Q: I've read that children consume too much salt. How much is too much, and how can we cut down?

A: The daily recommended amount of salt varies by age: less than 1,900 mg for 4- to 8-year-olds, and less than 2,200 mg for 9- to 13-year-olds.



What people often don't realize is that salt is an acquired taste. If your children get used to having less salt, eventually they won't want salty food anyway—it won't taste good to them.

To start on that path, try to limit foods like these: fast food, canned soups, chips, packaged meals, bacon, processed meats, and soy sauce. Rinse canned vegetables to remove extra salt, and look for items marked "no salt added" or "low sodium."

Finally, keep the salt shaker off the table—if it's not there, your family won't use it! ●

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.
ISSN 1935-4630



ACTIVITY CORNER

Take one giant leap...

Extra-big games mean extra-big fun. Here are two active games to play.

Ball toss. Turn an old sheet or tarp into a giant tossing game. With scissors, cut out four shapes, and reinforce the edges of the holes with duct tape. Let your child use a marker to write a point value (10, 25, 50, 100) by each cutout. Punch holes in the top corners, and string the target between two trees. Stand back, and take turns aiming a ball toward the holes. If the ball goes through, score the points marked.



Board game. Have your child use sidewalk chalk to draw a life-size board game on a blacktop, driveway, or sidewalk. He should mark start and finish points and then write active instructions in each block ("Hop 10 times," "Skip in a circle"). Take turns rolling a die. Move the number of spaces shown, and follow the instructions on the box where you land. First one to the finish line—exactly—wins. ●

IN THE KITCHEN

A slice of pizza

Put pizzazz into pizza dinners with these twists.

Nacho. This Mexican mash-up substitutes a ready-made whole-wheat pizza crust for tortilla chips. Layer the crust with 1 can black beans (rinsed, drained), 2 tbsp. sliced scallions, 1 cup diced tomatoes, and $\frac{1}{2}$ cup diced red bell peppers. Add $\frac{1}{2}$ cup shredded Monterey jack cheese. Bake at 400° until heated through, 10–15 minutes.

Spinach-artichoke. For a spin on spinach-artichoke dip, top a large whole-grain flatbread with diced artichoke hearts (1 can, drained and rinsed), 2 cups baby spinach,



4-oz. cream cheese (cut into small pieces), and 1 cup crumbled feta. Bake at 400° until the crust is browned, 15–20 minutes.

Mushroom crust. Here's a tasty gluten-free option. Place four portobello mushrooms (stems removed) upside down on a baking sheet. Bake 10 minutes at 400°. Sauté 1 can (14-oz.) diced tomatoes with 1 tsp. tomato paste,

1 tsp. oregano, and $\frac{1}{4}$ tsp. sugar. Spoon the sauce into the mushrooms, sprinkle with shredded mozzarella, and bake 10 minutes more. ●

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 781-383-6565

Holly Hill Farm Media contact: 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 6:00-10:00pm 781-383-6565, 236 Jerusalem Road, Cohasset, 02025.

Holly Hill Farm & Friends 8th 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 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 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 12th 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 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 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 15th. For weekly notification of specific produce and other delicious offerings in the Farm Stand, send your email address to: 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

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

Breakfast Order Form

Breakfast for the Month of August/September, 2015

Due to the office by 3:00 pm, ***Tuesday**, September 15, 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~~ [X] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
~~9/7 – 9/11~~

~~Week of~~ [] Monday [] Tuesday [] Wednesday [X] 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 15, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of Monday Tuesday Wednesday Thursday Friday
 8/31 – 9/4 ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ No Lunch

Week of Monday Tuesday Wednesday Thursday Friday
 9/7 – 9/11 No Lunch ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~

Week of Monday Tuesday Wednesday Thursday Friday
 9/14 – 9/18 ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ No Lunch ~~Reg or Salad~~

Week of Monday Tuesday Wednesday Thursday Friday
 9/21 – 9/25 ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~

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



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

BREAKFAST

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

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

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