

FROM THE 7-12 PRINCIPAL

As the parent of small children, my life is full of reminders of the importance of routine. Altering the routine, in ways that may on the surface seem slight, can have a significant impact on the functioning of my household. Routine provides children with a sense of security and order. It helps them make sense of their world. This isn't just the case for toddlers. I have found that this same principle also applies to adolescents. Now in our third week of school we have all settled back into the routine of the school year and rituals of the classroom. The excitement of the first few days has died down, and the faculty has outlined their expectations and set the rhythm for the school year. Students and teachers are busily engaged in the important work of teaching and learning during this most productive time of the school year. It is wonderful to see.

For some of our students this routine is a starkly different one. One aspect of my job that I love is the opportunity to call students to invite them to join our school. Students and their families often receive the news that they have been accepted with excitement and joy. Usually, the news is also met with questions. Students who were enthusiastic about changing schools sometimes hesitate when the time comes. Change is exciting, but straying from the routine is hard. Changing schools is an incredibly significant move for an adolescent. It means leaving friends and the familiar for new faces and the unknown. It means taking a leap of faith and it comes with questions. After years of making these phone calls and having the privilege of meeting many new families, I've learned to predict the questions before they are asked. There are often questions about graduation requirements and athletics. There are generally questions about the course sequence and the hours of the school day. But the questions that are asked without fail, and often with hesitation, are about the student body. Who are they? What are they like? Who goes to school here? Hidden in those questions are the unasked questions--are the kids nice? Will they accept me?

My answers are always the same. I let prospective students know that this is a welcoming community. I tell them that our students are nice people. I let them know that our students are excited to see new faces. While I am sure that they do not always believe me, students always look relieved. As returning students have settled into their routine, so have our new ones, despite those initial questions. I am excited to welcome the new members to our community and proud to say that our returning students have once again confirmed what I am constantly repeating. They are welcoming our new students and helping them find their place in our community. We are thrilled to have them here.

We have had a wonderful start to the school year and are looking forward to seeing the momentum continue. Students and faculty have worked hard to set a productive baseline and with continued support we can keep those important routines going through June. Families can help assist by getting students to school every day and on time. Set a routine for the morning that gives students ample time to have breakfast and to not feel rushed at the start of their day. A few minutes in the morning can set the right tone. Help your child or children set a routine for homework and study at home to complement their work here at school. Your encouragement is appreciated and makes an enormous difference. I hope that our Level IV and High School parents will attend tonight's 7-12 Back to School Night. It is an excellent opportunity for parents to get a window into the classrooms and routines that shape the days of their children. I look forward to seeing everyone. Please feel free to contact me with questions and concerns.

Angie Pepin – apepin@sscps.org

| | | | |
|-------------|------------|---|-----------------------|
| Wednesday | 09/16 | Level IV and High School Parent Back to School Night Senior Parent Night | 6:00-7:30pm 7:30pm |
| Thursday | 09/17 | Professional Development Day – No School for Students | |
| Saturday | 09/19 | Annual Back to School Picnic | 3:00-5:00pm |
| Thursday | 09/24 | High School Costa Rica Information | 6:00pm |
| Thurs & Fri | 09/24-0925 | Senior Class Retreat | |

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

Holly Hill Farm & Friends

9/14/2015 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

Friends of Holly Hill Farm Annual Members Fall Picnic, Sunday, September 20, 2015 from 1:00 to 3:00pm. *The Friends of Holly Hill Farm* members celebrate the season with a communal luncheon, acknowledgment of our hard working volunteers, hayrides and a walk in the surrounding woods. Anyone who wishes to bring a dish to share may do so. Anyone wishing to become a Member is welcome to participate and join The Friends. Membership supports educational programs. Annual membership available at the Individual level \$45. or Family level \$65. www.hollyhillfarm.org Holly Hill Farm. 236 Jerusalem Road, Cohasset 781-383-6565

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 our resident farm animals and enjoy post-race refreshments. Prizes for top finishers from Marathon Sports and Chipotle. Register by October 2nd and you will be entered into a drawing for gift certificates for our Farm Stand. This race benefits the Frank H. White Scholarship Fund that makes visits to Holly Hill Farm possible for those in need. Detailed information and sign up online at www.hollyhillfarm.org Holly Hill Farm. 236 Jerusalem Road, Cohasset [781-383-6565](tel:781-383-6565)

Winter Herbal Remedies Workshop with Jessica Grabowski, Herbalist Saturday, October 24, 2015 from 10:00 to noon
Salves and lip balms are the perfect introduction into the wonderful world of plant medicine. They're also really easy to make! In this hands-on class, you will discover how to make herbal infused oils, and then turn them into healing salves or lip balms that will be perfect for you to use during the winter months or give away as gifts. Come empower yourself by learning how to make your own herbal medicine, it's simple and fun!! \$12 Members/\$15 Non-members. Additional \$5 materials fee paid separately to Jessica Grabowski. Call to reserve at 781-383-6565, 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. Sweet! Holly Hill Honey is here! 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 handmade soaps and candles from Back to Basics, goat milk soap from West Elm Farm. Back by popular demand, organic Red Gravy sauce from Valicenti Pasta Farm in NH. **Brown Boar Farm will make deliveries of their sustainably raised pork and beef on September 26th. 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

Breakfast / Lunch Order Form

August/September, 2015

Due to the office by 3:00 pm, *Tuesday, September 22, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

Breakfast Order

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

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

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

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

Lunch Order Form

Lunch for the Month of October, 2015

Due to the office by 3:00 pm, *Tuesday, September 29, 2015

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

| | | | | | |
|------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|
| Week of 10/5 – 10/9 | <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 |
|------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|

| | | | | | |
|--------------------------|----------------------------|---------------------------------------|-------------------------------------|--|--------------------------------------|
| Week of 10/12 – 10/16 | <u>Monday</u> No School | <u>Tuesday</u> Reg or Salad | <u>Wednesday</u> NO LUNCH | <u>Thursday</u> Reg or Salad | <u>Friday</u> Reg or Salad |
|--------------------------|----------------------------|---------------------------------------|-------------------------------------|--|--------------------------------------|

| | | | | | |
|--------------------------|--------------------------------------|---------------------------------------|---|-----------------------------|--------------------------------------|
| Week of 10/19 – 10/23 | <u>Monday</u> Reg or Salad | <u>Tuesday</u> Reg or Salad | <u>Wednesday</u> Reg or Salad | <u>Thursday</u> No Lunch | <u>Friday</u> Reg or Salad |
|--------------------------|--------------------------------------|---------------------------------------|---|-----------------------------|--------------------------------------|

| | | | | | |
|--------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|
| Week of 10/26 – 10/30 | <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 |
|--------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|

- 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
OCTOBER, 2015**

BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 5 Cereal Fruit Orange Juice Milk | 6 WG Cinnamon Roll Fruit Orange Juice Milk | 7 WG Bagel Fruit Orange Juice Milk | 8 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk | 9 3.6 oz. WW Chocolate Chip Muffin Fruit Orange Juice Milk |
| 12 COLUMBUS DAY | 13 Frosted Mini Wheats Fruit Orange Juice Milk | 14 HIGH SCHOOL 9-12 ONLY 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk | 15 Marshmallow Mateys Apple Cinnamon Waffles Fruit Orange Juice Milk | 16 Honey Wheat Bagel Fruit Orange Juice Milk |
| 19 Cinnamon Toast Crunch Fruit Orange Juice WW Grahams Milk | 20 3.6 oz. WW Banana Muffin Fruit Orange Juice Milk | 21 WG Croissant Fruit Orange Juice Milk | 22 3.6 oz. WW Apple Muffin Fruit Orange Juice Milk | 23 WG Cinnamon Roll Fruit Orange Juice Milk |
| 26 Marshmallow Mateys Apple Cinnamon Waffles Fruit Orange Juice Milk | 27 3.6 oz. WW Blueberry Muffin Fruit Orange Juice Milk | 28 WG Cinnamon Roll Fruit Orange Juice Milk | 29 3.6 oz. WW Chocolate Muffin Fruit Orange Juice Milk | 30 Cinnamon Toast Crunch Fruit Orange Juice WW Grahams 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**

Name: _____
 Grade: _____
 Room: _____



South Shore Charter School K-8
OCTOBER, 2015

LUNCH Circle A or B

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 5 A Meatball Sub Potato Wedges Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk | 6 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Milk | 7 A Cheese & Bean Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk | 8 A Crispy Chicken Salad Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk | 9 A Cheese Pizza Potato Wedges Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk |
| NO SCHOOL COLUMBUS DAY | 13 A Grilled Chicken Over Veggie Pasta Salad B Salad w/Grilled Chicken & WW Pita Bread Milk | NO SCHOOL K-8 | 15 A Chicken Caesar WW Wrap Cucumber Slices B Salad w/Grilled Chicken & WW Pita Bread Milk | 16 A Cheese Pizza Carrots Italian Beans B Salad w/Grilled Chicken & WW Pita Bread Milk |
| 19 A Hamburger on WW Roll Baked Beans B Salad w/Tuna & WW Pita Bread Milk | 20 A Ham & Cheese Sandwich Carrots B Salad w/Tuna & WW Pita Bread Milk | 21 A American Chop Suey Green Beans Honey Wheat Dinner Roll B Salad w/Tuna & WW Pita Bread Milk | 22 A Ranch Tortellini Salad Baby Carrots B Salad w/Tuna & WW Pita Bread Milk | 23 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WW Pita Bread Milk |
| 26 A Cheese & Bean Burrito Corn B Salad w/Turkey & WW Pita Bread Milk | 27 A BBQ Chicken on WW Bun Cucumber w/Dressing B Salad w/Turkey & WW Pita Bread Milk | 28 A Cheeseburger Mac Broccoli Honey Wheat Dinner Roll B Salad w/Turkey & WW Pita Bread Milk | 29 A Buffalo Chicken WW Wrap Baby Carrots B Salad w/Turkey & WW Pita Bread Milk | 30 A Cheese Pizza Italian Beans B Salad w/Turkey & WW Pita Bread Milk |

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

* Complies with NSLP Regulations

Please make a meal choice by circling which meal desired each day

*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!**

Name: _____
 Grade: _____
 Room: _____



South Shore Charter School 9-12
OCTOBER, 2015

LUNCH Circle A or B
Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|---|--|---|---|
| 5 A Meatball Sub Potato Wedges Carrots B Salad w/Crispy Chicken & WW Pita Bread Milk | 6 A Sliced Chicken Sandwich Chickpea Salad B Salad w/Crispy Chicken & WW Pita Bread Juice Milk | 7 A Cheese & Bean Burrito Corn B Salad w/Crispy Chicken & WW Pita Bread Milk | 8 A Crispy Chicken Salad Wrap Baby Carrots B Salad w/Crispy Chicken & WW Pita Bread Juice Milk | 9 A Cheese Pizza Potato Wedges Broccoli B Salad w/Crispy Chicken & WW Pita Bread Milk |
| 12 NO SCHOOL COLUMBUS DAY | 13 A Grilled Chicken Over Veggie Pasta Salad B Salad w/Grilled Chicken & WW Pita Bread Milk | 14 EARLY DISMISSAL Grades 9-12 | 15 A Chicken Caesar WW Wrap Cucumber Slices B Salad w/Grilled Chicken & WW Pita Bread Milk | 16 A Cheese Pizza Carrots Italian Beans B Salad w/Grilled Chicken & WW Pita Bread Milk |
| 19 A Hamburger on WW Roll Baked Beans B Salad w/Tuna & WW Pita Bread Milk | 20 A Ham & Cheese Sandwich Carrots B Salad w/Tuna & WW Pita Bread Milk | 21 A American Chop Suey Green Beans Honey Wheat Dinner Roll B Salad w/Tuna & WW Pita Bread Milk | 22 A Ranch Tortellini Salad Baby Carrots B Salad w/Tuna & WW Pita Bread Milk | 23 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WW Pita Bread Milk |
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