

FROM THE K-6 PRINCIPAL

For me, this past weekend was the weekend of the moon. On Saturday I was thinking about and even worrying about the cloud cover for Sunday night and Monday morning. I had two dates with the moon, one on Sunday night and one on Monday morning and I hoped the sky would be clear. I was so pleased that the clouds stayed away. My son in Texas and my sister in California were not so lucky. You see I was going to watch the total lunar eclipse on Sunday night and then on Monday morning swim at Nantasket Beach while the sun was rising and the moon was setting. Now I am told that the last time we have had such a wonderful lunar eclipse was in 1982. The sunset/moonrise swim is available every month at the full moon. The sunrise and sunset is available every day that is not covered with thick clouds or fog.

The moon did not disappoint me this weekend. The sky was clear, the moon was brilliantly bright. Then the earth's shadow started to spread across the face of the moon. I went away from the lights of the houses and the street lamps and walked down a series of steps that lead into the bay. I stood and watched the moon for an hour as the tide came in and I had to move up the steps several times to stay dry. I was happy. The next morning was even more beautiful as the waters off Nantasket were clear, with a gentle swell and still surprisingly warm at 62 degrees Fahrenheit. That swell and my eye level, while I swam an inch or two above the surface of the water and when I stopped to look six or seven inches above the reflective and glowing surface of the water, gave me a change of perception with every second. The gentle rising and falling of the water made the sun dip below and above the horizon. The sunrise was beautiful and the moonset a gentle quiet calm.

The lunar eclipse is unusual and the super moon eclipse even more so. It is interesting to think about all the movements of the orbiting moon and the spinning of the earth as it orbits the sun. I was thrilled to see that the part of the moon that became dark first was not the first part of the moon to become light as the eclipse waned. It is a very complex set of interacting bodies in motion that cause all this to happen and it was not as simple as an object moving past a stationary object. So much was going on, but I understood the general theory about what was happening with the orbiting, the spinning and the shadow of the earth. What must it have been like back in the time when no one had the theory to explain what was happening? All they had then was what they saw and what the elders remembered. Back then it also would have been much darker and even more beautiful but it must also have been scary. Standing alone watching made me think of what it was to be human centuries ago.

It is not often that I stand in one spot for an hour alone and just watch. While I watched, and noticed I did not have a theory for the color of the moon. I had heard this was called a blood moon so I was not surprised at the color but I merely wondered why it was red. The next morning as I swam I began to understand what I had seen the night before. As I swam in the ocean before the sun rose above the surface of the water there was tremendous amount of light in the sky. It was a reddish light. The red light bent around the curve of the earth to light the morning before sunrise, just as the red light bent around the shadow of the earth and found its way to the mirror that is the moon, during the lunar eclipse. I realized that the moon was red for the same reason the sky is red before sunrise and after sunset. It was fun to think as I swam. On Tuesday I woke to fog and I thought just how lucky I had been for the clear skies and the time to watch and experience the moon and sun from dry land and undulating ocean. I was grateful that I had seen what I had seen and felt what I had felt. I was happy.

This brings me to school. Our mission is to “Inspire every student to excel in academics, service and life.” And to excel in life one needs to be present and to feel purpose. I saw that in the playground last week when a group of students found a ripe sunflower head. The children, and I think there must have been ten of them, surrounded one sunflower head. They were gathering the seeds and planning to take them home to plant them. They understood about the whole process of seeds and cycles of life. They had the educational level I had of the lunar eclipse. Not too high but enough to understand the process and to be engaged. Most of all they were present.



This past summer as a school we invested significant money for new playgrounds

and landscape. The work Alicia Savage, Kristine Bingham, Mark Flanagan and many others did to make this happen has made us a better school and I am thrilled every time I see the new wall, the green hill and the children playing on the new equipment. But as nice as this equipment is, it is not what matters most; what matters most is the small explorations of children as they find sunflower seeds or build an imaginary fire pit in dirt. As beautiful as the new playground is and the lunar eclipse was – the daily sunrise and the exploration of kids in inventing their own play is what gives us a chance to excel in life.



Ted Hirsch – thirsch@sscps.org

Thursday	10/01	PA Grant Committee Meeting	6:30pm
Friday	10/02	BoT Executive Committee Meeting	8:30am
Tuesday	10/06	Open House at the Library – 104 Longwater Drive Parents Association Meeting – 100 Longwater Circle	6:30pm 7:00pm
Wednesday	10/07	High School Parent Meeting Understanding College Entrance Testing	6:00-7:00pm
<i>Upcoming Events:</i>			
Saturday	10/17	Harvest Run – Wompatuck State Park – Hingham	
Tuesday	10/20	Literacy Night – Grades K-4	6:00-7:00pm

ANNOUNCEMENTS

Harvest Run is 3 weeks away!

Please help raise funds for our outdoor spaces by having your children get sponsorships for our 7th annual Harvest Run Road Race next month! Even if your child is not participating in the race, they can still get sponsors. Just fill out the attached sponsorship sheet and have your child return it to the front desk by October 16th. The top two fundraising pods will each receive a pizza party from Papa Gino's, and the top three individual fundraisers will receive a gift card of their choice from iTunes, Dick's, Michael's Arts and Crafts, and Target!

Thank you to the following businesses for generously supporting our school for the Harvest Run. Investment Advisory Group, LLC, Habeeb and Associates Architects, The North Face, Hint Water, KIND, Whole Foods, Prudente Insurance, Derby St Shoppes, Weymouth Bank, Bridget's Dance Studio, Gunther Toodies, Roche Bros, Trader Joe's, Fresh Market, BJs, Renegade Run, Salon LaRue, Kris LaRue, Success! Real Estate, Ameriprise Financial, Marathon Sports, Driftway Muscular Therapy, Cardinal Yoga and Bodywork, Norwell Karate, South Shore Safety and Rosano-Davis Septic and Plumbing.

Please register and spread the word for this wonderful event for our school community!

Show your school spirit!

Our new apparel has been a big success so make sure you check it out at the front desk! Order forms are available for any sizes that may not be available. Email ldannison@sscps.org or pick up a form at the front desk. We will place a "holiday order" that will be due on October 26th with guaranteed delivery by the week of November 16th. Thank you for your support!

Yearbook

The 2016 yearbook is now in progress and all the memories of the 2015-2016 school year will be published forever in print. A yearbook is a trip back to those fun times in school when friends were forever and life was an exciting promise. Someday your student will want to look back, too. Buy them a little time - buy them a yearbook! To order online go to www.coffeepond.com, to login use school password: bluejaguar. Parents may submit a personalized page that will appear in the back of the book for their senior at these rates: Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50. *There are still a few 2015 books left just email Christine at cbodnar@sscps.org to get yours!*

PARENTS ASSOCIATION

The first Parents Association meeting for the 2015-2016 school year will be held on Tuesday, October 6, 2015, at 7:00pm in the High School Great Room. The school's library is hosting an open house that evening as well, 6:30-7:00pm. This would be a perfect opportunity to visit and learn about the library, while at the same time make some new friends and meet your Parents Association officials.

From Bev Bruce:

Hi all! We wanted to extend a personal invitation to all of you to the Open House for our new library! You have all had a part in the transformation of our little library, which started as a small but mighty collection managed by Velma Begley in the A Street school in Hull... to boxes piled in a small office space...and now to its new home in the now greatly enhanced space next to the gym.. The "soft opening" Open House is being held on **Tuesday October 6th from 6:30-7:00 pm** in the new space at 104 Longwater Drive (to the right of the gym) prior to the Parents Association meeting at 7pm. You can park in the main lot and use the new path through the woods (take a look at our great new playgrounds, too!). Please feel free to spread the word to any others that might be interested.

Thank you all for your ongoing support of the SSCPS library! Never doubt that you have made a difference.

COMMUNITY SERVICE OPPORTUNITIES

Quincy Food Pantry Seeks Halloween Costumes For Kids In Need

<http://boston.cbslocal.com/2015/09/29/quincy-halloween-costumes-donations/#.VgvhXTSFnNw.email>

**Community Planting Day
Forge Pond Park – Hanover
Sunday, October 18
10am-12pm**



**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**

Pickup Procedures - from the 2015-2016 Student Handbook

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

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



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



2015 HARVEST RUN SPONSOR SHEET

Attention students! Win a pizza party for your class if your pod raises the most money! Prizes will be awarded to the top 3 fundraisers. Prizes include gift cards to Game Stop, Target, Michaels Craft Store, iTunes, Dick's Sporting Goods, Sky Zone passes and more!

Please use this sheet to keep track of every sponsor you receive for the road race. Bring this sheet, along with the donations you collect, to school by Friday, October 16th and leave at the front desk in the Harvest Run folder!

Student Name _____ **Pod/Advisor** _____

	Sponsor Name	Amount
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		



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.

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2015



South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Freeze-ahead tacos

On busy weeknights, you'll be glad to have this "dinner in a bag" ready and waiting. Brown 1 lb. ground beef or turkey with 1 tbsp. low-salt taco seasoning. Drain, cool, and place in a freezer bag. In separate freezer bags, put 2 cups shredded cheddar and tortillas. Drop all three bags into one larger bag, and freeze. To serve your tacos, thaw overnight in the refrigerator, and reheat the meat.

"Hilly" fitness

Find a hill, and get some exercise. It's great fun for kids (and even adults) to lie sideways, tuck in their arms, and roll down a hill. When you get to the bottom, run back up, and do it again. Children might race each other, or let kids race adults. First one to the bottom and back to the top wins.

DID YOU KNOW?

Children who have televisions in their bedrooms are at a higher risk of being overweight. That's because they're more likely to be sitting or lying down in front of the screen, rather than running around playing. Also, kids tend to munch while watching TV, so extra screen time often means extra eating.

Just for fun

Q: What's big, scary, and has three wheels?

A: A monster riding a tricycle!



Creative snacking

Want your child to choose healthy snacks over junk food? Encourage her to dream up and prepare her own imaginative (and nutritious) snacks, and she'll be excited to eat them. These ideas are a fun place to start.

Score a touchdown

Help your youngster cut two pieces of pumpernickel bread into matching football shapes. On one, she could layer apple slices, lean ham, and provolone cheese. Then, she can decorate the top slice with "laces" (perhaps a long green bean with jicama pieces going across). *Tip:* Suggest that she try various whole-grain breads and healthy fillings to create basketball, soccer, or other sandwich shapes.

Roll into "sushi"

Let your child be a sushi chef. On a sheet of plastic wrap, have her pack cooked brown rice into a rectangle and line up vegetables or fruits along one long edge. The combinations are endless: She might use avocado chunks, diced bell peppers, and spinach leaves. Or she could arrange strawberry halves,



blueberries, and pineapple chunks. Help her tightly roll up the filled rice. Refrigerate until firm, and slice.

On your mark...

Your budding engineer can practice her design skills—and eat the results. Together, gather healthy foods, along with straws, toothpicks, and other household supplies. Her challenge is to build a racing car and see how far it will roll (use a clean surface). For instance, she might make wheels from mini cheese rounds or cherry tomatoes and use a zucchini or cucumber for the body. Which design rolls the farthest—and tastes the best? ●

What you say...what they hear

Just saying "Eat your vegetables" or "Drink your milk" may not get your youngster to eat his veggies or drink his milk. Instead, try strategies like these for encouraging him to have nutritious foods:

- Discuss the food you're enjoying, not what you're limiting. For example, if you're serving fresh fruit rather than cake for dessert, you might say, "These grapes are so sweet, and I love how they pop when I bite them."
- Rather than telling your child to eat something because it's healthy, focus on what the food will do for him. You might say, "This breakfast will give you lots of energy so you can run up and down the soccer field the whole time you're in the game." ●



Falling leaves

When the leaves start falling, head out back or to a park so your family can enjoy the season—actively!

Fill the basket. Put out two big baskets, and divide into two teams. Race to see which team can fill its basket first—by scooping up armloads of leaves and running to dump them in.

Create a maze. Together, rake leaves into a maze. You could make a square maze, a circular one, or one that twists



and turns. Then, walk or run through its path. Or your child might ride his bike or push toy trucks through the maze.

Toss and catch. Throw handfuls of leaves high in the air. Run around to catch as many as you can as they come down. Count the leaves to see who got the most.

Eat leaves. What? Okay, you're not going to eat the leaves that fall from trees, but see if your children can name any leaves that we *do* eat. *Hint:* Lettuce, cabbage, and spinach are a few examples. After playing in leaves all afternoon, make a salad filled with leaves for dinner. ●

PARENT TO PARENT My child is lactose intolerant

After several bouts of terrible stomachaches, our doctor diagnosed our son Ricardo with lactose intolerance. We were glad to know the cause and that it was nothing serious. But then we had to figure out how to manage his eating. Luckily, the school nurse was a big help.

Ms. Clark said Ricardo should stay away from regular milk, ice cream, yogurt, and soft cheeses. But, she said, he can still get the calcium he needs with enriched lactose-free versions. For instance, there's soy milk, almond milk, rice milk, and lactose-free milk. Another option, she said, is to take lactase tablets or drops just before eating anything with lactose.

Ricardo is getting used to his "new normal," and so far it hasn't been too hard. I'm amazed how many lactose-free products are available, and I'm relieved his stomachaches are gone. ●

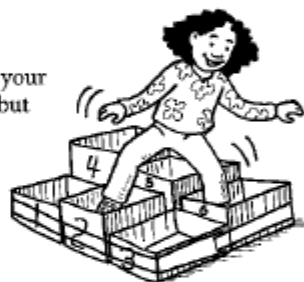


ACTIVITY CORNER

All about balance

Working on balance skills will help your youngster not only with sports and gross motor skills, but with everyday activities, too. Try these three games.

1. Be a statue, and guess each other's pose. Your child might "ride a horse" like a war hero, while you raise one arm up to be the Statue of Liberty.
2. Tape together six cardboard boxes of different sizes. Have your youngster number them 1–6. Roll a die, and she puts one foot in the matching box (roll a 3, and she puts her right foot in box #3). Roll it again, and her other foot goes in the box that matches. Roll a few more times, and then it's your turn to balance in the box.
3. Go "surfing" on dry land. Place a board (surfboard, sled, or boogie board) on a pool noodle or on an upside-down container so it will wobble when she stands on it. Now, she can ride the waves! ●



IN THE KITCHEN

Pumpkin power

October is for pumpkins. Try these recipes with easy-to-use canned pumpkin, a terrific source of vitamin A and potassium. (*Note:* Get solid-pack pumpkin, not pumpkin pie filling.)

Parfait

Mix 1 cup nonfat vanilla yogurt with 1 cup pumpkin. In a glass, layer the pumpkin-flavored yogurt with granola. Top with pumpkin seeds.

Hummus

In a food processor, combine 2 cups pumpkin with 2 tbsp. tahini, 1 garlic clove, and 1 tsp. olive oil. Salt

to taste, and serve with cut-up vegetables or warmed pita bread.

Chili

In a large pot, heat 1 tbsp. canola oil, and saute 1 chopped onion. When soft, add 2 cups shredded cooked chicken, 1 can black beans (drained, rinsed), 1 can pumpkin, 1 large can diced tomatoes, and 1 cup frozen corn.

Season with 2 tbsp. chili powder, 1 tbsp. cumin, and 1 tsp. cinnamon. Simmer on low heat for 45–60 minutes. ●



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 • rfcustomer@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

Holly Hill Farm & Friends

9/28/2015 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

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 who may need financial assistance. Detailed information and sign up online at www.hollyhillfarm.org Holly Hill Farm. 236 Jerusalem Road, Cohasset 781-383-6565

NEW CLASS! Knitting 101 at Holly Hill Farm, Four Wednesday evenings starting October 14, 6-8pm, Carrie Weinstein, Instructor Whether you have no knitting experience, need a refresher or simply want to knit a project with a fun group of folks, this is the perfect class for you! During the 4-week period, you will learn the basic concept of knitting: how to cast on, knit, purl, bind off and read an easy pattern. You will then apply these skills to make a simple cowl and a basic hat, if time allows. For those with a bit more know how, this is a great opportunity to learn some new skills by tackling a more advanced project with supervision. You will need to bring your own materials. Cost is \$80 and you provide your own supplies. Call/email 781-383-6565 or cprenticehollyhillfarm@verizon.net for a suggested materials list for the cowl and hat or with any questions. Join us if you've ever had the desire to learn this incredibly gratifying, creative, relaxing craft!

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

NEW EVENT! Garlic Fest: Learn, Plant, Eat! October 24 1:00 – 3:00pm

Come and learn all the best techniques of growing great garlic here at Holly Hill Farm, purchase some garlic heads so you can plant cloves in your home garden, savor the distinctive, fresh flavors of our organically grown and roasted garlic on hot baked bread. FREE EVENT 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://cohassetfarmersmarket.com/>

Holly Hill Farm Stand Open through Saturday December 5th

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. Soon to be offered, Dean's Beans Organic Coffee beans. **Brown Boar Farm will make deliveries of their sustainably raised pork and beef on October 10th. 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 October, 2015

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

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of~~ [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
~~10/5 – 10/9~~

Week of [X] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
10/12 – 10/16
High School Only

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
10/19 – 10/23

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
10/26 – 10/30

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 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 ~~Monday~~ ~~Tuesday~~ ~~Wednesday~~ ~~Thursday~~ ~~Friday~~
 10/5 – 10/9 ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~

Week of Monday Tuesday Wednesday Thursday Friday
 10/12 – 10/16 NO SCHOOL **Reg or Salad** NO LUNCH **Reg or Salad** **Reg or Salad**

Week of Monday Tuesday Wednesday Thursday Friday
 10/19 – 10/23 **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad**

Week of Monday Tuesday Wednesday Thursday Friday
 10/26 – 10/30 **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.



**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
NO SCHOOL COLUMBUS DAY	13 A Grilled Chicken Over Veggie Pasta Salad B Salad w/Grilled Chicken & WW Pita Bread Milk	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
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!**