



# Update

March 1, 2017

Vol. 3, Issue 1

## FROM THE 5-12 PRINCIPAL

There are many field trips that our students look forward to each year. Our teachers are always looking for new ways to engage and challenge our students outside of our building with experiences that enhance their work within the classroom. Prior to the February break our Level III and IV science teachers, Jenna Brink and Emily Merwin, took six teams of fifth and eighth grade students to the BSCES Bridge Building Competition at the Massachusetts Department of Transportation Headquarters in Boston, starting a new tradition.

The Boston Society of Civil Engineers (BSCES) has hosted the Model Bridge Competition for the past 23 years. The goal of the event is for students to design and construct a bridge structure out of specified unusual materials. It is an opportunity for students to explore engineering principles while practicing group work strategies, simulating the collaborative skills students need for college and workplace success. It is important to note that only teams may enter; students may not submit individual designs into the competition. In the past students have designed bridges out of chopsticks, plastic flatware, and pasta. This year students were tasked with constructing structures entirely out of popsicle sticks and hot glue. This is the first year that South Shore Charter Public School students have participated. Our six teams joined 59 other teams from local schools at the event. The event is aimed at high school students, but our students were not intimidated by the level of competition. It is wonderful to see middle schoolers who are motivated by engineering and eager to participate in a Saturday field trip.



The bridge competition was the culmination of what has been a successful collaboration among students across our middle grades. The two classes that participated are part of a pilot that Jenna and Emily began this year to provide opportunities for their classes to work together across their Levels. One of Jenna's fifth grade classes has been working with one of Emily's eighth grade classes periodically since the start of the year. The benefits are many as students in both grades have the opportunity to teach others, practice group skills, demonstrate leadership, and learn from a different voice. Several weeks ago Emily and Jenna split the two classes into six teams and introduced the bridge competition to their students. The cross-grade student groups worked with popsicle sticks and glue guns to meet the 1lb, 36 inch requirements of each self-designed bridge. As the competition date drew closer, teams willingly used some of their FIT and recess time to work with their groups. The excitement was palpable as the students spilled out of the science lab into the Great Room where they designed, built, and tested their bridges alongside students with whom they do not regularly interact.

At the event the bridges were weighed and measured, then brought to a testing station where a testing device was loaded onto the bridge. Students added weight until the bridge failed. While our teams did not win, our students recognized that participating was an important learning experience. Emily asked students to reflect on the experience and shared what her students had to say about working with the fifth graders. I've copied a small sample below.

- “I liked working with a younger person. They brought a different more creative way of thinking about the bridges.”
- “I liked working with my 5th grader because he was smart and introduced me to ideas I would not have thought of.”
- “I liked working with my 5th grade partner because I was sort of a role model for them, so I felt I had to be responsible. I could also teach them new things, that helps me better understand the topic.”

Our students gained an appreciation for their peers through the experience and recognized that working together made them better. As we look forward to next year we will look for continued opportunities to reach across Levels to take advantage of the potential that our students have to help one another across the curriculum. Cross-Level work is one of the many things that makes our school great. Please do not hesitate to reach out with any questions or concerns.

Angie Pepin [aepin@sscps.org](mailto:aepin@sscps.org) 781-982-4202 x102



## College Acceptances February 2017

### **Zain Akhtar**

Quinnipiac University  
Suffolk University  
University of Massachusetts - Boston

### **Darius Anderson**

University of Hartford

### **Kevin-Ray Charlot**

University of Hartford  
Xavier University

### **Courtney Daniels**

University of Massachusetts- Boston  
Johnson & Wales University

### **Daniel Freitas**

University of Massachusetts - Amherst  
Massachusetts College of Liberal Arts  
University of Rhode Island

### **Kevin Jubani**

University of Maine

### **Nick Kennedy**

Bridgewater State University  
Eastern Nazarene College

### **Samantha Paul**

Bridgewater State University

### **Ethan Seal**

Clark University

### **Ian Sibbald**

University of Rhode Island

### **Izabella Vital**

Curry College  
Johnson & Wales University

Saturday	03/04	Ski Club – Departs SSCPS at 6:30am	
Saturday	03/04	High School METG Drama Festival – Bourne	
Saturday	03/04	Enrollment Lottery at 700 Longwater Drive	10:00am
Tuesday	03/07	InPAC at 100 Longwater Circle Parent Katie Emmanuel will be presenting on IEPs	6:30pm
Tuesday	03/07	College Admissions Panel at 700 Longwater Drive	7:00-8:00pm
Wednesday	03/08	School Council	3:30pm
Wednesday	03/08	Parents Association Meeting	6:30pm Social 7:00pm Meeting
Thursday	03/09	Board of Trustees Finance Committee Development Committee	7:30pm 6:00pm 6:30pm

## ANNUAL PARENT SURVEY

<https://www.surveymonkey.com/r/SSCPSParentSurvey2017>

## SSCPS ENROLLMENT POLICY

[http://www.sscps.org/apps/pages/index.jsp?uREC\\_ID=306540&type=d&termREC\\_ID=&pREC\\_ID=582281](http://www.sscps.org/apps/pages/index.jsp?uREC_ID=306540&type=d&termREC_ID=&pREC_ID=582281)

## ANNOUNCEMENTS

### School Lunch

Children need healthy meals to learn. **The South Shore Charter Public School** offers healthy meals every school day. **Your children may qualify for free meals or reduced price meals.** If your children were eligible for free or reduced meal benefits last year, this does not automatically qualify your family for benefits this academic year. Your family **MUST** complete a **NEW** application and return it to Charlene Evans, Food Services Coordinator. [Click here for the application for free or reduced price meal benefits.](#)

If your family has been notified that you are eligible for free or reduced priced meals **this** academic year, your family will **still** need to complete a lunch and/or breakfast order form each month for each eligible child.

## FROM THE ATHLETIC DIRECTOR

Please come support the Boys High School Basketball Team at the Charter School State Basketball Tournament! The boys will play at 7:00pm at UMASS Boston on Friday, March 3. Admission for adults is \$7 and students \$5. If you are planning on attending please park in the lots "D" and "Bayside." Go Jaguars!

## WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?

The **high school's Theater Workshop** will be participating in the METG Drama Festival competition on Saturday, March 4th. Please come cheer on our performers, student director, and crew as they put on the comedy *Check, Please* at Bourne High School. We will be performing at 11:15 am, though the \$10 entry fee also provides admission to all of the other schools' shows that day. For more information, email Debra Greene at [dgreene@sscps.org](mailto:dgreene@sscps.org). See you there!

**Waste Watchers** would like to announce that we have collected 3,032 markers since we launched the *Crayola Color Cycle Program* at our school. Through this initiative, students in our project have done an excellent job keeping these and other brands of markers out of our local landfills. Color Cycling is also a great opportunity for teachers and students to explore eco-friendly practices. We have certainly done this at SSCPS with Krazy Krayons. Students have collected thousands of broken



crayons and turned them into cool, reusable shapes and figures. These crayons are not only fun to use but they make learning more enjoyable. If you have any dried up markers or broken crayons lying around please bring them in and drop them off at Bill's office on Level III.

## NEWS FROM THE LIBRARY



The Library Committee is in the process of preparing overdue notices for books that have been overdue since the fall. Please check your child's backpack, room, your car, under couch, etc. to help them locate and return any items for which they receive a notice. If a book is lost, we can provide you with the cost of the replacement. The committee greatly appreciates your assistance in getting these books back into our collection! Questions? Email Bev Bruce at [bbruce@sccps.org](mailto:bbruce@sccps.org)

## YEARBOOK COMMITTEE

The 2017 yearbook is now in progress and all the memories of the 2016-2017 school year will be published forever in print. To order online go to [www.coffeepond.com](http://www.coffeepond.com), to login use school password: [bluejaguar](#). Parents may submit a special 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. Due date is March 30, 2017. The yearbook staff can help with any design concerns. Also there are still a few 2016 books left, please email Christine at [cbodnar@sccps.org](mailto:cbodnar@sccps.org) to get yours!

## DEVELOPMENT OFFICE



SOUTH SHORE CHARTER  
EDUCATIONAL FOUNDATION INC.

During the month of February, we hosted a Phonathon to encourage our community to match an anonymous donation of \$6000. We reached out to many of you, and to date, we have received **\$7,300 for the month**. Every dollar we raise helps offset our operating costs, and helps fund student initiatives and needs throughout the school year. We are currently at a 22% family participation rate for our Annual Fund, so we hope to grow that number each and every day. **THANK YOU FOR MAKING THIS HAPPEN!**

Over the next few weeks, you will start to hear more information regarding our Annual Auction coming up Friday, May 5th, at The River Club in Scituate. This very special event is our single most important fundraiser of the year, and the most fun! Registration will be up and running next week. The event has sold out due to space capacity the past two years, so please don't wait to register. *The 50/50 raffle is back! Two tickets will be distributed per family this year.*

All faculty, friends and families of our community are welcome to attend the auction. Please consider ways you or anyone you know, may contribute items such as vacation homes, overnight getaways, sports memorabilia, tickets to sporting events or shows. Also, please review our sponsor information to get involved before our registration begins. Sponsorship opportunities will be included in this update.

*Thank you for all you do for us!*

## COMMUNITY SERVICE OPPORTUNITIES

### Time To Clear Out Those Bookcases!

Shannon Daly in grade 9 is collecting slightly used or new books for children ages 2 to 14 whose parents are students at the Adult Learning Center in Brockton. Each year, all the adult learners and their children are invited to come and choose books that they can take home to create an at-home library. The Learning Center relies on donations from community members to make this giveaway possible, a lot of the time this is the only way they receive books. The collection box is located in the the front lobby at 100 Longwater and any donations would be greatly appreciated. For larger donations please contact Shannon Daly at: [shandewi@hotmail.com](mailto:shandewi@hotmail.com)

### Support our Troops!!

Shannon Daly is working in collaboration with her Civil Air Patrol Squadron in Plymouth to collect much-needed and appreciated necessities and reminders of home for our troops overseas. We are sending to 21 Medevac soldiers from the C/3-126 Aviation deployed to Iraq and Kuwait. We still have the AF unit from the Cape. Also Cadet Second Lieutenant Timothy Bourque's cousin, SPC Jacob Hultman is deployed to Kuwait and former Pilgrim Cadet Tom Lentini is still in Okinawa. These Valiant Troops are the recipients of this collection. When they receive these packages and letters from home, it lifts their spirits and lets them know we are thinking of them, and

appreciate their service. Many service members deployed do not have people from home to motivate and support them. This is an awesome opportunity for us to show our gratitude for their service! There is a list of their needs and requests in this notice, and on the collection boxes located in the lobbies of both school buildings as well as pictures of the troops you can check out! For more information about donations, or CAP please contact Shannon Daly at Shandewi@hotmail.com

### **Level II Student Collecting Donations for Cat Shelter**

Fisher Roman loves cats. LOVES them. He recently adopted a homeless cat from the local animal shelter. While he was at the shelter, he noticed all the cats that don't have homes. There were LOTS. So, to help the homeless cats in his town of Hull, Fisher is collecting cat food & cat litter and donating it to the shelter (called the Hull Seaside Animal Rescue). If you would like to help the cats and kittens who don't have homes, you can bring in a can or bag of cat food or cat litter and drop it off in Fisher's Cat Box in Nicole's Pod on Level 2. You can drop off your donations from now until the last day of school. Meow! (That's "Thank You!" in Cat Language)

### **FROM THE GUIDANCE DEPARTMENT**

## **College Panel Night 2017**

**Tuesday, March 7th**

**7:00-8:00 pm**

SSCPS High School  
700 Longwater Circle, Norwell

Come listen to Admissions Counselors discuss current trends  
in Admissions today.

There will also be time for Q & A

This is open to students in grade 10 and 11.

Please contact Mary Carter in Guidance with questions.

[mcarter@sscps.org](mailto:mcarter@sscps.org)



**Brandeis**



**STONEHILL  
COLLEGE**



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

# BOKS

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

For school year 2016 – 2017 the BOKS team will be hosting four sessions.

We will meet **Tuesday and Thursday** from 7:20am - 8:00am.

## **Session Dates:**

**Session 2: January 10 – January 31**

**Session 3: February 2 – February 16**

**Session 4: March 7 – March 30**

If you have any questions please email Kathy at [kmuse26@hotmail.com](mailto:kmuse26@hotmail.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.

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

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



# BOKS for Levels I, II, and III

Organized and run by SSCPS parents, the program is inspired by the Reebok Foundation's BOKS program; all the fitness leaders have been trained by Reebok. This is a no cost before-school fitness program being offered to any child in Kindergarten to 6<sup>th</sup> grade. In order to provide the best program to the children there is a limit of 40 participants. If more applications are received than spots available there will be a lottery for participation. The schedule for the program is all Levels Tuesday and Thursdays. BOKS is held in the PE space with a *start time of 7:20* and an end time of 8:00, the trainers escort all the children to the back door of the school. The 4 separate sessions are listed on the attached flyer. You may select any number of sessions from 1 to all 4, there will be an opportunity for sign-up before each session. Se

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 envelope at the front desk labeled "BOKS" NO later than **March 3, 2017**.

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, please drop your child/children off no later than 7:20.*

**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

Any medical issues the trainers need to know?

\_\_\_\_\_



SOUTH SHORE CHARTER  
EDUCATIONAL FOUNDATION INC.

**The 22<sup>nd</sup> Annual SSCEF Auction**

**Friday, May 5<sup>th</sup>, 2017**

**The River Club, Scituate, MA**

SSCEF is a 501(c)(3) charitable organization providing foundational financial support for the South Shore Charter Public School. SSCEF is a key partner in allocating funds to bolster our program offerings and to offset operating costs.

Contributions to SSCEF are tax deductible to the extent permitted by IRS regulations.  
Tax ID#030528760.

*You are invited to join us!*

Item Donated: \_\_\_\_\_

Retail Value: \_\_\_\_\_

SSCPS contact name, number and email: \_\_\_\_\_

**Sponsorship Opportunities:**

- \*Platinum Sponsor: \$5000
- \*Gold Sponsor: \$2500
- \*Silver Sponsor: \$1000
- \*Bronze: \$500
- \*Supporting Sponsor: \$250
- \*Family and Friends Sponsor: \$100
- \*Faculty/Staff Sponsor: \$75

**PAYMENT**

**Total Amount: \$** \_\_\_\_\_

Check / Money Order enclosed payable to SSCEF

Bill my credit card:  MasterCard  Visa

Security Code: \_\_\_\_\_

Account #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please send Sponsorship Information to the South Shore Charter Educational Foundation (SSCEF), PO BOX 512, Accord, MA 02018

[www.sscps.org](http://www.sscps.org)

Phone: 781.982.4202 Fax: 781.982.4201





SOUTH SHORE CHARTER  
EDUCATIONAL FOUNDATION INC.

## **Sponsor Descriptions**

**\*Platinum Sponsor:** \$5000 donation designates you a Platinum Sponsor. Your name and logo will be listed in print and electronic media. You will have a reserved table for 10 attendees at the auction.

**\*Gold Sponsor:** \$2500 donation designates you as a Gold Sponsor. Your name and logo will be listed in print and electronic media. You will receive 6 tickets to the auction.

**\*Silver Sponsor:** \$1,000 donation designates you as a Silver Sponsor. Your name and logo will be listed in print and electronic media. You will receive 4 tickets to the event.

**\*Bronze Sponsor:** \$500 donation designates you as a Bronze Sponsor. Your name and logo will be listed in print and electronic media. You will receive tickets for 2 tickets to the gala.

**\*Supporting Sponsor:** \$250 donation designates you as a Supporting Sponsor. Your name and logo will be listed in print and electronic media.

**\*Friends and Family Sponsor:** \$100 donation designates you as a Family and Friends of SSCPS. Your name will be listed in print and electronic media.

**\*Teacher/ Staff Sponsor:** \$75 donation designates you as a Teacher/ Staff Sponsor of SSCPS and will allow for one of our faculty members to join us at the event. Your name will be listed in print and electronic media.

Please indicate how you would like to have your name and logo listed.

Please send a jpeg file of your logo to [ldannison@sscps.org](mailto:ldannison@sscps.org).

Please send Sponsorship Information to the South Shore Charter Educational Foundation (SSCEF), PO BOX 512, Accord, MA 02018

[www.sscps.org](http://www.sscps.org)

Phone: 781.982.4202 Fax: 781.982.4201

# Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2017

South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES

### I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

### Building strength

Let your youngster create her own weights using two empty quart-sized milk jugs. Help her fill them a quarter-full with sand or dry rice and screw on the cap. Suggest that she hold one in each hand as she squats, lunges, or does bicep curls. As she gets stronger, she could add sand or rice to make her weights heavier.



### DID YOU KNOW?

Most children consume too much sodium. Lower your child's salt intake by offering a variety of spices and fresh herbs instead. Let him smell the basil, oregano, or ginger and sprinkle it in while you're cooking. *Idea:* Read spice jar labels together for ideas of where to use the spices. He'll learn about different flavors—and forget about the salt shaker!

### Just for fun

**Q:** How do you fix a torn pizza?

**A:** With tomato paste.



## Go for whole grains

Get your youngster used to eating whole grains while she's young, and you'll help her build a healthy habit for a lifetime. Try these strategies.

### Give details

Begin by explaining why whole grains are good for her. You can tell her that these grains are still "wearing their coats"—they contain the entire grain kernel with all its fiber, vitamins, and minerals. Processed grains like white bread have the outer layer removed, so they've "lost their jackets"—where the important nutrients are.

### Make it gradual

Help your youngster adjust to whole grains by working them in gradually. For instance, make both white and brown rice, and mix them together. Or prepare regular and whole-grain pasta, and toss them in a bowl with sauce. As she becomes accustomed to the taste, build up to three-quarters whole grains and then eventually to all whole grains.



### Use daily

Try adding whole grains to foods your child regularly eats. You can stir oats into lean ground beef when you're fixing hamburgers. Or put barley or bulgur wheat in soups and casseroles. When shopping, go for the whole-grain varieties of bagels and tortillas.

*Note:* Many chronic conditions that develop later in life might be avoided by eating more whole grains. The fiber and other natural compounds may reduce the risk of diabetes, heart disease, and some cancers. ●

## Get your winter wiggles out

Winter's chill might still be lingering, but your youngster can burn off pent-up energy—and get physical activity—with these indoor ideas.

● **"Drive" around the house.** Let your child use a kitchen pot lid as a pretend steering wheel. He could pick up speed by marching down the hallway or slow down as he maneuvers around furniture.

● **Follow the path.** Have your youngster make a color trail with different-colored socks (or pieces of construction paper). Then, take turns saying a color, and everyone has to walk down the path, stepping only on that color. *Variation:* Step on any color except the one called out. ●



## O&A Healthy after-school snacks

**Q:** I'm concerned that my son snacks too much after school. How should I handle this?

**A:** Most children are hungry when they get home from school—it's a long time since lunch and a few hours until dinner. So think of your son's snack as a bridge between meals.

The important thing is to make sure the snacks he eats are healthy ones. This is a good time to get in nutrients he may be short on,



like vitamins A (dried apricots), C (oranges), D (fortified milk), and E (avocado), plus minerals like calcium (bok choy) and magnesium (garbanzo beans).

The best options are often smaller portions of foods you would normally eat at mealtime, such as turkey sausage tucked into a mini

pita or a cup of tomato soup. In fact, try to avoid foods typically sold as snacks, like cookies, cakes, crackers, chips, and fruit drinks. They're loaded with sugar and empty calories that will give him only a short burst of energy—and won't satisfy his hunger for the long term. ●

### ACTIVITY CORNER

#### Stage a performance

Encourage your youngster to put on a live show that highlights fitness. No props required! Suggest these three themes.

- 1. Imagine the action.** Your little actor may decide to be an action hero who saves the planet from aliens. What leaps and bounds will he use to rescue small children and animals?
- 2. Set up for sports.** Maybe your child will reenact a scene from his favorite sports movie. He might act out a character hitting the ball and running around the bases or be a track star hurdling his way to glory.



- 3. "If I were a teacher..."** Ask your youngster to pretend he's the PE teacher at school. He could demonstrate games or exercises he will teach the kids—and then lead you in a "class." ●

#### 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  
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www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
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### IN THE KITCHEN

#### Inspired by Dr. Seuss...

March 2 is Dr. Seuss's birthday. Celebrate his gift of rhyme with some cooking time!

**Cat-in-the-Hat fruit snacks.** Your child can make the cat's hat by alternating strawberry halves and banana slices on a plate. To enjoy her snack, she could dip the fruit into Greek yogurt sweetened with a little honey.

**Green Eggs and Ham.** Heat 1 tsp. olive oil in a skillet. Add 5 oz. (about 3 cups) fresh spinach leaves, and cook until wilted, about 1 minute. Pour in 2 whisked eggs, and stir until they're set. The spinach turns them green! Serve with lean ham slices.

**Who hash.** In honor of the tiny Whoville-ians in *Horton Hears a Who*, dice potatoes, carrots, and radishes. In a skillet, heat 2 tbsp. olive oil, and saute 4 cups of the vegetables until tender. Add 2 cups shredded left-over pot roast or chicken. Heat through. ●



#### Savvy food shopping

Serving healthier food to your family and saving money can go hand in hand. Here's how:

- To cut down on impulse purchases, make a shopping list, and stick to it. Also, don't shop when you or your children are hungry. *Tip:* Enjoy a healthy meal or snack together before heading to the store.
- Consider less-expensive sources of protein. Eggs, beans, and tofu usually cost less than meat or fish.

- Buy in bulk for family staples. For instance, get family packs of chicken, and freeze meal-size portions. Or purchase rice, cereal, and other grains in bulk, and store in airtight containers.

- Avoid packaged cookies, bakery items, processed foods, and frozen treats. They're not only high in fat and low in nutrients, they're also pricey. ●



# Social Communication Disorder: An Overview of Characteristics, Assessment and Treatment

*Presented by Melanie Austin, MS, CCC-SLP*

Tuesday, March 21st, 2017

7:00-8:30pm

*42 Winter Street, Pembroke, MA*

\$25

**Is your student struggling to interact with his peers? Can he start and maintain a conversation? Does he fail to notice nonverbal social cues?**

These are just a few signs that a child may be experiencing social language deficits. Please join Melanie Austin, MS, CCC-SLP for a discussion about what constitutes social language and how it plays a role in our everyday life. This inservice will include discussion:

- Identifying symptoms of a social communication disorder
- Determining how to gather the most useful information during the social language assessment process
- Treatment considerations
- Suggestions for writing and targeting social-emotional goals
- Strategies and visual aids to help build and strengthen a child's social language skills

**Register Now!**

For More Information or to Register Please Call  
South Shore Therapies at (781) 335-6663

*\*Please Note\* Space is limited and is on a first come first serve basis.  
Payment due at time of registration*

You can also find us on Social Media!





**Suggested Winter/Spring 2017 Reading List**  
A Community Benefit Program of South Shore Hospital

**Topics of interest for anyone raising, educating, mentoring, coaching or related to a child between the ages of 5-21!**



**Highlighted Books:**

1. *"Why Do They Act That Way? Revised and Updated A Survival Guide to the Adolescent Brain for You and Your Teen,"* by David Walsh, Ph.D.; published by Atria Books, 2014. Visit the author's website at: <http://bit.ly/2ictOHh>
2. *"The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults,"* by Frances E. Jensen, M.D. and Amy Ellis Nutt; published by Harper Paperbacks, 2016.

**Suggested Books**

3. *"Holistic Health for Adolescents: How yoga, aromatherapy, teas and more can help you get and stay well,"* by Nada Milosavljevic, M.D., J.D.; published by W.W. Norton & Company, 2016. Visit the author's website at: <http://bit.ly/2gCw2DQ>
4. *"The More of Less" Finding the Life You Want Under Everything You Own."* By Joshua Becker, published by WaterBrook, 2016. Visit the author's website at: <http://bit.ly/2htBN5W>
5. *"SOS! The Six O'Clock Scramble to the Rescue: Earth Friendly, Kid Pleasing Dinners for Busy Families"* by Aviva Goldfarb published by St. Martin's Griffin, 2010. Visit the author's website at: <http://bit.ly/2cz22FI>
6. *"Good Night Dorm Room: All the Advice I wish I Got Before Going To College,"* by Samuel Kaplan and Keith Riegert, Illustrated by Emily Fromm, published by Ulysses Press, 2016.
7. *"Hands Free Life: Nine Habits for Overcoming Distraction, Living Better and Loving More,"* by Rachel Macy Stafford, published by Zondervan, 2015. Visit the author's website at: <http://bit.ly/2cqpaCu>
8. *"Simple Reminders: Inspirations for Living Your Best Life,"* by Bryant H. McGill, published by SRN Publishing, 2015. Visit the author's website at: <http://bit.ly/2dYk7hW>



**South Shore  
Health System**



# Lists of Troops Needs and Requests

- HEALTHY SNACKS
- DRINK MIX SINGLES AND CONDIMENT PACKS
- DRY CEREAL, POWDERED MILK/SUGAR PACKETS
- POP-TOP CANNED MEALS
- PROTEIN/GRANOLA BARS (THEY LOVE JERKY!).
- ASSORTED TOILETRIES FOR BOTH GENDERS (ORAL HYGIENE PRODUCTS, LOTION, FOOT/BODY POWDER, BABY WIPES, BODY WASH/IN ONE SHAMPOO, ETC.).
- MORALE BOOSTERS (CURRENT MAGAZINES, BOOKS/PUZZLE BOOKS, DVD'S, BOARD GAMES, LETTERS/MAIL, ETC.).
- PAST TIMES (FRISBEE'S, SPORTS EQUIPMENT, PLAYING CARDS, P
- POCKET GAMES, ETC.).
- BLANK GREETING CARDS TO SEND HOME, RETRACTABLE PENS, ETC.
- LETTERS FROM EVERYONE ARE ALWAYS WELCOME!

FOR THOSE WHO CAN'T BE HERE,

**GIVE THEM SOMETHING THAT WILL  
REMINDE THEM OF HOME!**

For more information contact Shannon Daly in the High School

Email: [shandewi@hotmail.com](mailto:shandewi@hotmail.com)

# Holly Hill Farm & Friends

2/27/2017 FOR IMMEDIATE RELEASE:

Contact Info: *Friends of Holly Hill Farm*, 236 Jerusalem Road , Cohasset, MA 02025 [www.hollyhillfarm.org](http://www.hollyhillfarm.org) 781-383-6565  
Holly Hill Farm Media contact: [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

## **UPCOMING EVENTS & ACTIVITIES**

### **NEW! Holly Hill Farm Welcomes BENJI the Sicilian Miniature Donkey!**

Please join us to welcome **Benji**, a rescued, one year old Sicilian miniature donkey! Our master carpenter, Dan Callahan, has built a new shelter for Benji, alongside the Dwarf Nigerian goat pen where Bella and Libby reside. Miniature donkeys are one of the most affectionate and friendly animals of their kind with gentle dispositions. Benji is sure to become an adored member of the Holly Hill Farm family! Benji is on a restricted diet so please do not feed him extra treats! The trails and grounds at Holly Hill Farm are open to the public every day from dawn to dusk.

### **NEW! SEED SOWING AND GREENHOUSE GROWING, Saturday, March 4th from 10-12 noon**

Here is a chance to get your hands in the potting soil and start some seedlings to take home or keep at the farm for your garden. This workshop will allow participants time to plan their early season growing and figure out which crops will do well in March, April and beyond. There are plenty of seeds to sow in these eager, early days of late Winter. We will also see what the farmer has been starting for our April plant sale and growing fields.

Pre-registration is encouraged, by calling the farm at (781) 383-6565 or emailing lead teacher Jon Belber: [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com). \$12 members/\$15 non-members [hollyhillfarm.org](http://hollyhillfarm.org)

### **NEW! WALKING STICK WORKSHOP, SATURDAY, MARCH 11<sup>th</sup> from 10:00-noon**

With mud and ice still underfoot, now is a great time to come to the farm and learn how to make your own walking stick. We will work with our resident Rustic Farm Furniture artisan, Malcolm White, and head to the woods to find the right stick. Back in the barnyard, each participant will be guided and instructed to customize his or her own walking stick to take home. All ages welcome. Donations welcome. 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

### **NEW! HOLLY HILL FARM EARLY SPRING FARMSTAND, SATURDAY, MARCH 11<sup>th</sup> from 10:00-2:00pm**

Holly Hill Farm Stand will be open with freshly harvested spinach and looseleaf lettuce and an array of other products including our own raw honey, Dean's Beans coffee, Massachusetts produced maple syrup, organic rolled oats from Maine and more! BROWN BOAR FARM sustainably raised pork will deliver pre-ordered pork products from 11:00-noon. A product and price list with pre-ordering information can be obtained by emailing: [Meaghan.swetish@brownboarfarm.com](mailto:Meaghan.swetish@brownboarfarm.com). For future notifications about our Farm Stand and other Holly Hill Farm events, send your email address to [friendsofhollyhillfarm@gmail.com](mailto:friendsofhollyhillfarm@gmail.com) Check our Facebook page and website for the latest updates. [Hollyhillfarm.org](http://Hollyhillfarm.org)

### **FARM TO FOOD PANTRY COMMUNITY SERVICE FOR TEENS AT HOLLY HILL FARM!**

The Farm to Food Pantry Program is a unique opportunity for teenagers aged 13-18. We will begin Friday, March 3, 3:00pm, Saturday, March 4, 9:00am or by appointment. Please contact us if you wish to complete your community service requirements at Holly Hill Farm while learning valuable growing and harvesting skills to last a lifetime. We will deliver produce to local food pantries come harvest time. Contact Education Director, Jon Belber at 781-383-6565 or [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

**SCHOOL FIELD TRIPS TO HOLLY HILL FARM** Please consider booking your grade level field trips to Holly Hill Farm now. Weather permitting, we will host trips beginning in late March. We have guided tours and hands on experiences for preschool aged children through high school. Contact Jon Belber, Education Director at 781-383-6565 or [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

### **SCHOOL PARTNERSHIPS**

Recently, the farm teachers at Holly Hill Farm were at the Old Colony Montessori School in Hingham separating good, rich compost from the red wriggler worms who made it. Technically this all natural organic matter is called vermicompost and is quite healthy for plants and seedlings and to enrich the soil. The vermicompost was made in an indoor bin over the course of about eight weeks for kids in the classroom to see what can be made from raw materials such as newspaper, a bit of water and vegetable and fruit scraps. It is a great product to have as we welcome the warming temperatures and get set to plant outdoors. Soon the farm teachers will head to schools in Scituate, Norwell, Cohasset and Hingham to plan the Spring seed sowing schedule and to arrange field trips to the farm. We are excited for a productive season of growing, teaching and learning.



# Breakfast Order Form

## Breakfast for the Month of March, 2017

Due to the office by 3:00 pm, \***Tuesday**, March 7, 2017

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

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

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

~~Week of \_\_\_\_\_ [ ] Monday \_\_\_\_\_ [ ] Tuesday \_\_\_\_\_ [ ] Wednesday \_\_\_\_\_ [ ] Thursday \_\_\_\_\_ [ ] Friday~~  
~~3/6 – 3/10 \_\_\_\_\_~~

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
 3/13 – 3/17

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
 3/20 – 3/24

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
 3/27 – 3/31

Number of Breakfasts ordered \_\_\_\_\_ X \$1.85

*Less credit due*

**Total Amount Enclosed**

\_\_\_\_\_

Cash or Checks may be made out to SSCPS.

\$ \_\_\_\_\_

# Lunch Order Form

## Lunch for the Month of March, 2017

Due to the office by 3:00 pm, \***Tuesday**, March 7, 2017

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

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

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

<del>Week of</del>	<del><u>Monday</u></del>	<del><u>Tuesday</u></del>	<del><u>Wednesday</u></del>	<del><u>Thursday</u></del>	<del><u>Friday</u></del>
<del>3/6 – 3/10</del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>	<del><b>Reg</b> or <b>Salad</b></del>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3/13 – 3/17	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	NO LUNCH	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3/20 – 3/24	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3/27 – 3/31	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>	<b>Reg</b> or <b>Salad</b>

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

Number of **Regular Lunches (A)** ordered \_\_\_\_\_ X \$3.40

Number of **Salads (B)** ordered \_\_\_\_\_ X \$3.40

*Less credit due* \_\_\_\_\_

**Total Amount Enclosed**

\$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.





**SOUTH SHORE CHARTER PUBLIC SCHOOL  
MARCH, 2017**

**BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
6 WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	7 2 oz. Cereal Fruit Juice Milk	8 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	9 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	10 WG Apple Roll Fruit Orange Juice Milk
13 Graham Crackers Cereal Fruit Orange Juice Milk	14 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	15 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	16 WG Cinnamon Roll Fruit Juice Milk	17 WG Bagel Fruit Orange Juice Milk
20 Cheerios Graham Crackers Fruit Orange Juice Milk	21 2 oz. Cereal Fruit Orange Juice Milk	22 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	23 WG Croissant w/Jelly Fruit Juice Milk	24 WG Apple Roll Fruit Juice Milk
27 Cereal WG Grahams Fruit Juice Milk	28 WG Croissant w/Jelly Fruit Juice Milk	29 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	30 WG Bagel w/Jelly Fruit Orange Juice Milk	31 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk

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

**Circle a Milk Choice    1%    Skim**

\* Complies with NSLP Regulations

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

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

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

Grade: \_\_\_\_\_  
 Room: \_\_\_\_\_



No. of Lunches: \_\_\_\_\_  
 Amount Enclosed: \_\_\_\_\_

**SOUTH SHORE CHARTER PUBLIC SCHOOL K-8**  
**MARCH, 2017**

**LUNCH MENU Circle A or B**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 A <b>Hamburger on WG Roll</b> Baked Beans B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	7 A <b>Grilled Chicken over Veggie Pasta Salad</b> B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	8 A <b>Ziti Meatballs</b> Green Beans Whole Grain Roll B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	9 A <b>Chicken WG Quesadilla</b> Corn B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	10 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk
13 A <b>Chicken Teriyaki</b> Brown Rice Green Beans B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	14 A <b>Ham &amp; Cheese on WG</b> Carrots B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	15 <b>EARLY DISMISSAL</b>	16 A <b>BBQ Chicken on WG Bun</b> Baked Beans B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	17 A <b>Cheese Pizza</b> Broccoli Potato Wedges B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk
20 A <b>Pancakes &amp; Sausage</b> Potato Wedges B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	21 A <b>Buffalo Chicken Wrap</b> Chickpea Salad B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	22 A <b>Cheeseburger Mac</b> Broccoli Whole Grain Roll B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	23 A <b>Stuffed Shells</b> Carrots Whole Grain Roll B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	24 A <b>Cheese Pizza</b> Green Beans Potato Wedges B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk
27 A <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	28 A <b>Chicken Caesar Salad Wrap</b> Chickpea Salad B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	29 A <b>Sloppy Joe on WG Bun</b> Green Beans B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	30 A <b>Meatballs on WG Sub</b> Potato Puffs B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	31 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk

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

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

**\*Before placing your order, please inform the school if you have a food allergy!**  
***This institution is an Equal Opportunity Employer***

Grade: \_\_\_\_\_  
 Room: \_\_\_\_\_



No. of Lunches: \_\_\_\_\_  
 Amount Enclosed: \_\_\_\_\_

**SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12**  
**MARCH, 2017**

**LUNCH MENU Circle A or B**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
6 A <b>Hamburger on WG Roll</b> Baked Beans B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	7 A <b>Grilled Chicken over Veggie Pasta Salad</b> B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	8 A <b>Ziti Meatballs</b> Green Beans Whole Grain Roll B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	9 A <b>Chicken WG Quesadilla</b> Corn B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	10 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	13 A <b>Chicken Teriyaki</b> Brown Rice Green Beans B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	14 A <b>Ham &amp; Cheese on WG</b> Carrots B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	<b>EARLY DISMISSAL</b>		16 A <b>BBQ Chicken on WG Bun</b> Baked Beans B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	17 A <b>Cheese Pizza</b> Broccoli Potato Wedges B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk
20 A <b>Pancakes &amp; Sausage</b> Potato Wedges B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	21 A <b>Buffalo Chicken Wrap</b> Chickpea Salad B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	22 A <b>Cheeseburger Mac</b> Broccoli Whole Grain Roll B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	23 A <b>Stuffed Shells</b> Carrots Whole Grain Roll B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	24 A <b>Cheese Pizza</b> Green Beans Potato Wedges B <b>Salad w/Cheese Sticks &amp; WG Pita Bread</b> Milk	27 A <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	28 A <b>Chicken Caesar Salad Wrap</b> Chickpea Salad B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	29 A <b>Sloppy Joe on WG Bun</b> Green Beans B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	30 A <b>Meatballs on WG Sub</b> Potato Puffs B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	31 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Grilled Chicken &amp; WG Pita Bread</b> Milk	

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

Circle a Milk Choice 1% Skim

*All Meals Include Fruit*

\* Complies with NSLP Regulations

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