



Update

March 22, 2017

Vol. 3, Issue 4

FROM THE 5-12 PRINCIPAL

This week marks both the beginning of spring and the start of our testing season. The scents of spring are those of blooming flowers and warming earth for most New Englanders, but for those of us accustomed to the rhythms of the school year it's the smell of freshly sharpened number 2 pencils. Our tenth graders are spending the middle part of this week completing the English Language Arts MCAS exam. This test has not been impacted by the reforms to the testing system and remains a three day test that students complete with paper and pencil. They are off to a great start!

On Friday, April 7th students in grades 8-10 will take the PSAT. Students in grades 8 and 9 will take the PSAT 8/9 while our 10th graders will take the PSAT 10. The data that comes from these exams is incredibly important not only to our planning for the individual student, but to the continuous process of improving our curriculum. In order to maintain a quiet testing environment, all students will test in the high school at 700 Longwater Drive. Only testing students will be in the building. We will bus our eighth graders over on the morning of the exam. That day our Juniors will be on a college visit and our Seniors will have their orientation for Senior Project across the street in the classrooms ordinarily occupied by the eighth graders. We will be taking advantage of the opportunity that having the eighth graders in the high school for the day provides. In the afternoon our current high school students will prepare a presentation for our visiting middle schoolers to help orient them to high school. We will give them an opportunity to ask questions of both students and teachers and to tour the building.

Next month our students in grades 3-8 will begin to take the computer-based Next Generation MCAS exams. I have copied the schedule for the English Language Arts MCAS tests below.

Please note that the dates have changed from those that were originally published on the school calendar.

Level	English Language Arts MCAS Testing Dates
High School (Grade 10)	March 21st, 22nd, and 23rd
Level II	April 10th, 11th, and 12th
Level III	April 26th, April 28th, May 1st (May 1st fifth grade only)
Level IV	April 25th and April 27th

Testing is an important, but challenging aspect of education. We understand that despite our best efforts to take the pressure off, these exams do cause many of our students anxiety. Please do not hesitate to reach out to your child's teacher or Principal if you are concerned about the level of stress around exams that your child is exhibiting. We have an incredibly skilled support staff that can help. As always, I encourage you to contact me with questions, suggestions, and concerns.

Angie Pepin - aepin@sscps.org -781-982-4202 x102

Wednesday	03/22	MCAS ELA Grade 10	
Wednesday	03/22	Parents Association Grant Task Force	6:30pm
Thursday	03/23	Winter Sports Banquet at the SSCPS Gym	4:30-6:00pm
Friday	03/24	“Chuck Your Change” for Pennies for Patients	
Save the Date	04/05	International Food Night – See attached flyer for more information	6:00-7:30pm

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

ANNOUNCEMENTS

Level III is proud to bring back the **Pennies for Patients** program to SSCPS! With the help of the entire SSCPS community, we're collecting spare change for the *Leukemia & Lymphoma Society's (LLS) Student Series* campaign, working with thousands of schools across the country to raise funds for blood cancer research. They are saving lives of blood cancer patients not **someday but today**.

Our school is joining the fight against blood cancers and helping LLS fund research and care for patients.

Did you know?

Every 3 minutes someone is diagnosed with a blood cancer and every 9 minutes someone dies.

That means in one 7 hour school day, 140 people will be diagnosed with a blood cancer and 42 people will lose their battle.

Pennies for Patients is a three week long fundraising program from 3/6/17-3/24/17 and will conclude with a final fundraising event called, "Chuck Your Change" on **Friday 3/24/17**. On this day, you'll see cars in the school's drop-off and pick-up lanes chucking their change from their car windows, so, remember to collect that change from your car cup holders and under those car seats! ;)

Level III appreciates and thanks you for your support, and encourages you to get involved in any way that you can. Check out the South Shore Charter Public School online fundraising page [here](#) to learn more about the program and ways to help!

Families and students can get excited by [clicking here](#) and watching some awesome videos on how **Pennies for Patients** helps save lives!

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 DEPARTMENT

Congratulations to the Varsity Boys Basketball Team who made it to the quarterfinals of the MCSAO tournament! Congratulations to all the other basketball teams who had successful seasons.

The following student athletes were recognized by the league for their outstanding efforts this year. They played in the MCSAO All Star game on March 10th and represented SSCPS with pride.

Danielle Tilden- All League Girls Basketball Second Team
Deion St. Fleur- All League Boys Basketball Honorable Mention
Frankie Sullivan- All League Boys Basketball Second Team
Mandel Comeau- All League Boys Basketball Second Team

Congratulations to Joe Kay for being selected as Boys Coach of the Year in the MCSAO Division I.

Fall Sports Awards Ceremony

The Award Ceremony for the Fall season will be held at 4:30 on Thursday, March 23, at the PE Space. Food and refreshments will be provided at 4:30 and the awards section will begin at 5:00. If you are a parent of a student athlete and would like to contribute food or drinks to have as snack at the ceremony please contact their coach. Also, contact their coach with any questions regarding the event.

WHAT'S HAPPENING IN WORKSHOPS AND PROJECTS?

Read the latest publication from the High School Journalism Workshop

Hello Charter families! The Journalism Workshop has just published their monthly articles about Charter news and events. Check out the site at charterink.sscps.org to see if your student is featured this month!

Thank you! Journalism Workshop

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, 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@sscps.org to get yours!

DEVELOPMENT OFFICE



SOUTH SHORE CHARTER
EDUCATIONAL FOUNDATION INC.

Happy Spring!

Registration is open for our 22nd Annual Auction scheduled for Friday, May 5th at The River Club. We are asking for 100% family participation for the event this year. There are many ways you can help - come to the event, buy raffle tickets, invite friends or family, donate goods or services, volunteer, or help with the classroom art project. We've sold out

quickly the past two years so [purchase your ticket](#) today!

Last week, we mailed a letter home with two raffle tickets toward our 50/50 this year. Each raffle ticket cost \$20 each! Half the proceeds benefit the school if you win. *You do not need to attend the auction if your name is chosen.* Please return your tickets to the front desk at either 100 or 700 Longwater, or mail to SSCEF, P.O. Box 512, 02018. If you purchase tickets on-line during registration, simply return your purchased 50/50 raffle tickets and fill out the tab with your name and phone number.

Visit sscps.org/auction for more information!

Please use **Amazon Smile** with each Amazon purchase you regularly make. Log into www.smile.amazon.com and use your regular username and password. Search South Shore Charter Educational Foundation and earn free money for us!

Thank you for your support! ldannison@sscps.org

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 front lobby at 100 Longwater and any donations would be greatly appreciated. For larger donations please contact Shannon Daly at: 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)

**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**

International Food Night!

Where: The SSCPS PE space (104 Longwater Drive)

When: Wednesday, April 5th, from 6:00 to 7:30 p.m.



Please join us for a potluck dinner! Bring your family's favorite food so we all can share and eat together.

Schedule:

6:00 – 6:15 Welcome! Sign-in and Family Pictures

6:15 – 6:45 Buffet Dinner

6:45 – 7:00 High School Step Team Performance

7:00 – 7:15 Dessert

7:15 – 7:30 Clean-up

A few important items:

- We do not have a kitchen facility so all food should arrive ready to serve.
- SSCPS will supply water, plastic utensils, paper plates & paper cups.
- Please be aware that SSCPS staff are not available to supervise students during this event. Students must be accompanied by an adult.

Due to food allergies, please complete the form below and bring it, along with your dish, to the event. Be sure to include the name of your dish, the country of origin, and its ingredients.

Name of Dish: _____ Country of Origin: _____

Ingredients: _____



The 22nd Annual SSCEF Auction

Friday, May 5th, 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

Phone: 781.982.4202 Fax: 781.982.4201



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.

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

WWW.SSCPS.ORG

Phone: 781.982.4202 Fax: 781.982.4201

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
REMIND THEM OF HOME!**

For more information contact Shannon Daly in the High School

Email: 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 781-383-6565
Holly Hill Farm Media contact: jbelberhollyhill@hotmail.com

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 any treats! The trails and grounds at Holly Hill Farm are open to the public every day from dawn to dusk.

NEW! TRANSPLANTING SEEDLINGS AND DIRECTLY SOWING SEEDS IN THE GROUND WORKSHOP, PART 2, SATURDAY, MARCH 25, 2017, 10:00am – 12 noon

In this second of our 4-part Spring Gardening Series, we will look at the tiny, emerging seedlings coming up out of their trays in the Greenhouse. We will transplant the ready seedlings to bigger pots or to the outside garden. We will also consider which seeds, like peas, kale and radishes, to plant directly in the ground outside. Come ready to work in the Greenhouse and outside in the Education Garden. We will also have seeds and soil available for purchase. Pre-registration is encouraged, by calling the farm at 781-383-6565 or emailing Jon Belber: jbelberhollyhill@hotmail.com. \$12 members/\$15 non-members. hollyhillfarm.org

NEW! HOLLY HILL FARM EARLY SPRING FARM STAND, SATURDAY, MARCH 25, 2017, 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, fresh bread from Hull's Bread Basket, baked goodies Bake Sale, Dean's Beans coffee & chocolates, 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. BROWN BOAR FARM IS NOW TAKING ORDERS FOR EASTER HAMS AND ROASTS FOR DELIVERY ON 4/15. For future notifications about our Farm Stand and other Holly Hill Farm events, send your email address to friendsofhollyhillfarm@gmail.com. Check our Facebook page and website for the latest updates. Hollyhillfarm.org

NEW! COFFEE FOR A CAUSE AT WHOLE FOODS MARKET IN HINGHAM AND SOUTH WEYMOUTH STORES SATURDAY, APRIL 1st and SUNDAY APRIL 2nd, 2017

Please come to one or both of these Whole Foods Market locations and support *Friends of Holly Hill Farm* educational programs. For every cup of coffee brewed and sold, Whole Foods Market will donate \$5.00 to help our *Farm to Food Pantry* Community Service Program, Field Trips to the Farm and Student Internships. Volunteers from Holly Hill Farm will be on hand to answer questions and highlight what is new and growing at the farm.

Hingham Store at Derby Street Shoppes, 94 Derby St. 781-741-8050 **Hingham Whole Foods Market open 8am–10pm**
South Weymouth at Pleasant Shops, 35 Pleasant St. 781-277-5200 **Weymouth Whole Foods Market open 8am-9pm**

NEW! ALL THINGS COMPOST WORKSHOP, PART 3, SATURDAY, APRIL 8, 10:00-12:00noon

In this third workshop of our Compost Series, participants will learn how to begin a new compost pile, investigate an existing pile and learn about the multiple benefits of adding compost to your garden. During this workshop we will add all kinds of readily available organic matter to build a nutrient rich resource. We will even have some finished compost to take home. This is a hands on workshop if you are so inclined and a great way to learn about how compost happens! Pre-registration is encouraged, by calling the farm at 781-383-6565 or emailing Jon Belber: jbelberhollyhill@hotmail.com. \$12 members/\$15 non-members. hollyhillfarm.org

NEW! APRIL VACATION WEEK: SPRING FARM FUN! APRIL 18, 19 & 20, 2017 9:00AM – 12:00 noon, Ages 6 - 10

Each day we will soak up the sights and sounds of all that is awakening on the Farm. We will visit the animals, sow seeds, explore the woods and even make compost! You will have a chance to participate in the beginning of a new growing season on our organic farm. Come for 1, 2 or all 3 mornings. \$40/day for Members, \$52/day for Non-Members (All 3 days, \$120/Members, \$156/Non-Members. Pre-register by calling the farm at 781-383-6565 or emailing Jon Belber: jbelberhollyhill@hotmail.com.

NEW! EARLY PLANT SALE! SATURDAY, APRIL 22 AND SUNDAY, APRIL 23, 10:00 – 4:00pm

Open to all, Holly Hill Farm's Early Plant Sale will have strong, healthy, organically grown seedlings for sale. Featuring only the crops ready for the cool weather days of April and early May, such as broccoli, kale, leeks, onions, scallions, Swiss chard, lettuce, cauliflower, snow and sugar snap peas plus Sweet Alyssum and edible Johnny Jump-Up flowers! Seed packets, soil and amendments too. Farm Manager Jasmin may have some new and unique varieties ready for purchase during the sale. We accept cash, checks or credit/debit. Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 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 have already started farming and working in the garden to grow produce. Please join us on Fridays at 3:00pm and/or Saturdays at 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

SCHOOL FIELD TRIPS TO HOLLY HILL FARM

Please consider booking your grade level field trips to Holly Hill Farm now, as dates fill up quickly. 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

SCHOOL PARTNERSHIPS

Recently, the farm teachers at Holly Hill Farm have been encouraging Spring, despite the snow, with visits to schools in Scituate, Hingham and Cohasset to plan field trips. Almost every day in May has a scheduled field trip, so call the farm if you are interested in bringing students to the farm for a hands-on, engaging field trip. Soon the teachers will soak the sugar snap pea seeds in advance of sowing, cultivating and growing peas for edible pods come mid-June. We welcome Spring and hope for the simultaneous promise of warmer days and happy growth. Holly Hill Farm 781-383-6565

Do you have questions about Autism & Education?

The Autism Resource Center of The Arc of the South Shore will present an upcoming 3 part series entitled “*The Journey of Autism.*” These events will be held at Thayer Public Library, 798 Washington St., Braintree. From 6-8 pm on the following dates:

- March 21, 2017, Part 1: The Beginning
- May 30, 2017, Part 2: Education and IEP’s (Individualized Education Plan.)
- June 20, 2017, Part 3: Social & Leisure Opportunities and Strategies for Parents

These events are free of charge and attendees will receive a tote bag and binder to organize all documents and information.

To register or learn more visit: <http://bit.ly/2mknGhV>

For more information on The Arc of the South Shore visit: <https://arcsouthshore.org/> ■

Tip for Better Living:

“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand—and melting like a snowflake.”

Sir Frances Bacon
1561-1626
Philosopher, Essayist, Statesman



**South Shore
Health System**

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Youth Health Connection Meetings and Events:

South Shore FACTS Meeting

Tuesday, March 21, 2017, from 2:30PM-4:00 PM at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA.

Guest: Brittany L. Carney, M.S.; Program Coordinator, Catalyst Clinic, Boston Medical Center.

Learn more at: <http://bit.ly/2mjbNZY>

Please RSVP to:

jean_kelly@sshosp.org

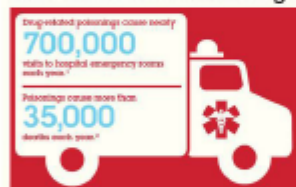
All meetings are held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. 02370. ■

Help Keep Your Family Safe

National Poison Prevention Week is March 19-25, 2017. The daily themes are:

- Monday, March 20 – *Children Act Fast ... So Do Poisons*
- Tuesday, March 21 – *Poison Centers: Saving You Time and Money*
- Wednesday, March 22 – *Poisonings Span a Lifetime*
- Thursday, March 23 – *Home Safe Home*
- Friday, March 24 – *Medicine Safety*

How Common is Poisoning?



The top 3 exposure substance in the home for children ages 5 years and younger are cosmetics/personal care products, household cleaning substances, and analgesics. This is a reminder to keep these items stored out of reach from children.

For home safety tips from the American Academy of Pediatrics visit: <http://bit.ly/2mj0nZG> or from **Up & Away** at: <http://bit.ly/1xaTqVS>

To learn more visit:
<http://bit.ly/2kLUYdy> ■

Concussion FAQ's Part 3 of 3 by Joana Fraser, MD, RYT, Div. of Sports Medicine, Boston Children's Hospital

Part 3 will focus on recovery from the injury and implications for the future.

When will we know they are better? Since there is no 'test' for concussion we rely mainly on clinical symptoms and other measures to judge recovery. There are three main criteria that must be met before determining this: resolution of all symptoms that resulted from the injury, tolerating full academics including the completion of make-up work, and tolerating regular (3-4 times per week) moderate intensity non-contact physical activity.

The 4th criteria involves performing a computerized test called the ImPACT® test that, among other things, measures processing speed, short-term memory and reaction time. If a baseline test is available (usually done at the start of the school year when the athlete is healthy) these tests can be compared to ensure all the domains have returned to baseline. The ImPACT test is not used to diagnose or treat a concussion, but it is a useful adjunct in helping to determine the athlete's level of recovery.

Once an athlete is cleared, they should undergo a 'return to play' protocol, ideally with their athletic trainer at their school prior to returning to full play.

How long will it take to get better? It is very difficult to predict how long a concussion will take to resolve, but the vast majority of athletes will recover within 1 month. The recovery process can take a little longer for younger children, people with a history of headaches, anxiety or depression or who have an underlying learning disability. It is important to be patient and allow the brain time to heal. While some days might feel better than others, by not 'pushing through' symptoms and by avoiding any activities where the risk of getting injured again is high, the symptoms should follow a gradual trajectory of improvement. *(continued on page 4)*

Traditions: Flowers and Bagpipes by Kim Noble BSN, MBA, RN; YHC Program Coordinator

The funny thing with traditions is they can change. If you have been following these articles you know that my “children” are now young adults, which has been one reason for changing traditions in our family.

Our March traditions began almost three decades ago as a way to say goodbye to winter and look forward to spring. Each year we would look forward to spending a day at the Boston Flower Show. This provided our family with one short respite from whatever “old man winter” was throwing at us that year. The vibrancy of color in the flower and garden displays were a welcomed change from the winter landscape.

We viewed some truly amazing garden layouts and this event would have us dreaming of how our own yard and garden might look, however we never succeeded. We would plant bulbs and our favorite hydrangeas. We even became adventurous and planted some blueberry bushes. None of us our passionate gardeners at heart, however music has always been a family favorite. So, when the opportunity arose for us to support a Public Safety Pipe and Drum group we were all in! *(continued on right side column page 3)*



Traditions: Flowers and Bagpipes (cont.) by Kim Noble BSN, MBA, RN; YHC Program Coordinator

This now means that on a Sunday in March our family walks in a St. Patrick’s Day parade, followed by a public gathering of people listening to great bagpipe and drum music. We have been fortunate that four generations of our family have been able to attend these events together; it is truly a wonderful memory. The event truly is all about family, both for us and the band members. The youngest member of our family attended (wearing his protective earmuffs) and dancing and clapping along with everyone. This is our March tradition for now; I am sure over time we will transition to something different. I just hope that whatever the next “tradition,” is that it will continue to revolve around family and fun for all generations.

What will your family do in March? Possibly plan a hike together, layout your dream garden or discuss container gardening, volunteer for a local organization or focus on NCAA March Madness!

For information about the Boston Flower Show being held March 22-26, 2017 visit: <http://bit.ly/2jRzRSZ>

There are various local **St. Patrick Day Parades** being held on March 19, 2017, check your local newspaper or search for one near you ■

Concussion FAQ's Part 3 of 3 (cont.) by Joana Fraser, MD, RYT, Div. of Sports Medicine, Boston Children's Hospital

Will this injury affect them in the long-term? How many concussions are 'too many'? A single sport-related concussion is unlikely to result in any long-term adverse outcomes. The potential effect of multiple concussions remains an area of active investigation. Many of the studies of retired athletes are from an era when concussions were not properly recognized and treated, and when athletes would often return to play within minutes of sustaining a concussion.

Management of this injury now focuses on complete recovery prior to returning to play, which likely lowers the risk of long-term consequences. There is no 'magic number' of concussions that determines if or when it might be recommended that an athlete cease participation in contact sports for good. Each concussion is looked at and treated in the context of any prior injuries and the determination of eventual return to play based on multiple different factors.

What can we do to prevent another concussion? While there are many products such as helmets, headbands, and mouth guards marketed to prevent or reduce the severity of a concussion, none of these have been reliably proven to do so. There is some evidence that having stronger neck muscles may reduce the risk of concussion and, therefore, I recommend athletes strengthen their neck muscles.

To make an appointment with Dr. Fraser for the Hingham office, please contact the Sports Medicine Division at Boston Children's Hospital: 617-355-3501 or visit us online at www.bostonchildrens.org/sports ■



Youth Health Connection:
Builds and Sustains Community Connections through Healthy Dialogue and Sharing Knowledge to Keep Our Youth Safe Today and Moving Forward

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Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

To subscribe please visit:
southshorehospital.org/yhpublications

Connect with us:



Breakfast Order Form
Breakfast for the Month of April, 2017
Due to the office by 3:00 pm, *Tuesday, March 28, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/3 – 4/7 Monday Tuesday Wednesday Thursday Friday

Week of 4/10 – 4/14 Monday Tuesday Wednesday Thursday Friday

Week of 4/17 – 4/21 Monday Tuesday Wednesday Thursday Friday

Week of 4/24 – 4/28 Monday Tuesday Wednesday Thursday Friday

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 April, 2017

Due to the office by 3:00 pm, *Tuesday, March 28, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of 4/3 – 4/7	<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 4/10 – 4/14	<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> NO SCHOOL
Week of 4/17 – 4/21	<u>Monday</u> ~ ~	<u>Tuesday</u> ~ ~	<u>Wednesday</u> S P R I N G B R E A K		<u>Thursday</u> ~ ~
Week of 4/24 – 4/28	<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	\$3.40
Number of Salads (B) ordered	_____ X	\$3.40
<i>Less credit due</i>		_____



Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.



SOUTH SHORE CHARTER PUBLIC SCHOOL
APRIL, 2017

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	4 2 oz. Cereal Fruit Juice Milk	5 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	6 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	7 WG Apple Roll Fruit Orange Juice Milk
10 Cereal Graham Crackers Fruit Orange Juice Milk	11 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	12 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	13 WG Cinnamon Roll Fruit Juice Milk	14 NO SCHOOL
17  <small>Miriam Meijer</small>	18 V A C	1 A T I	20 O N	21 
24 Cheerios Graham Crackers Fruit Orange Juice Milk	25 2 oz. Cereal Fruit Orange Juice Milk	26 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	27 WG Croissant w/Jelly Fruit Juice Milk	28 WG Apple Roll Fruit Juice Milk

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

* Complies with NSLP and NSBP Regulations

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
APRIL, 2017

LUNCH MENU Circle A or B

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	4 A Tuna Salad on WG Broccoli B Salad w/Turkey & WG Pita Bread Milk	5 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	6 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	7 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk	10 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	11 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	12 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	13 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	14 NO SCHOOL
17 	18 V A C	19 A T	20 I O N	21 	24 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	25 A Buffalo Chicken Wrap Chickpea Salad B Salad w/Cheese Sticks & WG Pita Bread Milk	26 A Oven Baked Chicken Bites Sweet Potato Puffs Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	27 A Stuffed Shells Broccoli Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	28 A Cheese Pizza Green Beans Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread 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
APRIL, 2017

LUNCH MENU Circle A or B

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	4 A Tuna Salad on WG Broccoli B Salad w/Turkey & WG Pita Bread Milk	5 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	6 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	7 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk	10 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	11 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	12 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	13 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	14 NO SCHOOL
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