



# Update

April 12, 2017

Vol. 4, Issue 2

## FROM THE 5-12 PRINCIPAL

There is a great deal of excitement this week with the sudden shift in the weather and the anticipation of the upcoming vacation. This is especially true for our graduating seniors. When our twelfth graders return from the break they have only one more day of classes before closing their academic year. When May begins they will leave the building to participate in Senior Project. This final graduation requirement allows our seniors to spend three weeks in May completing an off-campus project. The goal is to provide students with an opportunity to design and execute a project that gives them a chance to investigate potential careers, do research in a special area of interest, or provide service to the community. For the majority of our students the project takes the form of an internship.

During the Project experience students are required to work closely with a mentor, log their hours, and keep a journal reflecting on their experience. At the conclusion of the Project, students write a final paper that pushes them to draw on the positive and negative aspects of their experience. In the past we have had students who had their career plans affirmed through the experience, and others who have had a change of heart. Both experiences are valuable as students make the transition to college. Our students consistently tell us that Senior Project is one of the most rewarding parts of their high school experience.

Last Friday while students in grades 8-10 were taking the PSAT and the junior class was on a college visit, we ran a series of workshops to help prepare our students for their Senior Project experience. Students rotated through three different small group sessions where they listened to presentations and asked questions. The sessions gave students some guidance on the internship experience from the perspective of the student, the point of view of a mentor, and the lens of a future employer.

In a student-run session two SSCPS alumni, Stacy Tchouanguem and Kolin Perry, discussed their experiences and gave some concrete advice on how to approach the project. Both former students graduated from SSCPS in 2012 and have since had other internships and graduated from college. They were able to discuss how they have drawn on their Senior Project experience in their post-high school lives. To present the mentor perspective we had Ryan Myers, a Physical Therapist at Bay State PT in Norwell. Ryan has served as a Senior Project mentor in the past and will be hosting SSCPS students this year. He encouraged students to think of the internship as an opportunity and not as a responsibility and shared his expectations and responsibilities as a mentor. Finally, in the employer session Sara Polcari, the College Career Development Director at Stonehill College, spoke to students about the importance of internships at the college level and their role in the post-college job search. She gave students advice on how to prepare for interviews and how to best prepare their resumes. Sara highlighted the importance of making connections and the opportunity internships provide for networking.

We surveyed students at the conclusion of the day to get feedback on how to improve the program for next year. The results were wonderfully positive. I'd like to thank Mary Carter, Director of Guidance, for all the work that went into putting the day together and the incredible effort that she puts in to make Senior Project a success each year.

This time of year is an exciting one for our soon-to-be graduates. It is important for us as a school to take this time to celebrate their accomplishments as these students represent the result of the work of our entire community, K-12. Please put our Saturday, June 3rd graduation on your calendars.

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

Wednesday	04/12	NHS Hosts Blood Drive at the SSCPS Gym	1:00-6:00pm
Wednesday	04/12	School Council	3:30pm
Wednesday	04/12	New Student Enrollment Registration Grades 5-8 Admitted Student Parent Information Night Grades 5-8	6:00-7:00pm 7:00-8:00pm
Thursday	04/13	Board of Trustees Finance Committee Governance Committee Development Committee	7:30pm 6:00pm 6:30pm 7:00pm
Thursday	04/13	3 <sup>rd</sup> Quarter Grades Distributed	
Friday	04/14	No School –Good Friday	
Mon-Fri	04/17- 04/21	Spring Vacation – No School	
Mon-Wed	04/24- 04/26	Senior Debates	
Tuesday	04/25	MCAS Level IV ELA	
Tuesday	04/25	1 <sup>st</sup> Graders to Harvard Museum of Natural History	
Wednesday	04/26	MCAS Level III ELA	

## ANNUAL PARENT SURVEY

Thank you to all families who have completed this year's parent survey. We would like to publish the results after April break, however we still need more families to complete the survey. If you have not already completed the survey, please do so as soon as possible. All data gleaned from this survey will be incorporated into our Annual Report and be used for school wide planning. Your voice is essential. Thank you for your time and feedback.

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

## ANNOUNCEMENTS

### Level III Fundraiser Success!

The 5th and 6th grade Level III students would like to thank the entire SSCPS community for helping in their efforts to raise money for the *Leukemia and Lymphoma Society*. In their three week fundraiser, "Pennies for Patients," they collected \$2,208.32. This money will be used to fund ongoing research to cure blood cancers and to financially support patients and their families throughout the treatment process.

Thank you so much for your generosity and support! Level III

### April is Occupational Therapy Month!



The profession of OT is celebrating its 100th Anniversary this year too! OT helps people across the lifespan to do the things they want and need through the use of daily activities (occupations). In celebration of OT month, Allison, one of our wonderful learning services paraprofessionals (and aspiring OT!) has created a fabulous bulletin board in the OT/Speech hallway. Please come by for a look, and also to see some OT coloring pages completed by some of our younger students.

Carol Wise, SSCPS OT

### 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 HEALTH OFFICE

**Reminder:** If your child has a fever of 100 degrees or higher, they are to remain home until they are fever free for 24 hours without taking medication.

**Donations Needed:** If anyone is doing some spring cleaning, the nurse's office is in need of clothing donations for girls. We are looking for used girl clothing with elastic waistbands. In need of leggings, capris, shorts, T-shirts for all sizes 5- Youth XL or Small/Medium Adult (for teens). Please try to wash and return clothes that your child wears home.

## FROM THE PHYSICAL EDUCATION AND ATHLETIC DEPARTMENT

### SAVE THE DATE!



Each year, SSCPS is proud to partner with the American Heart Association to help kids with special hearts! SSCPS participates in Jump Rope/Hoops for Heart because it is a great opportunity to help children

born with sick hearts, while teaching students healthy heart habits. The event also allows the PE department a chance to earn certificates towards new equipment and supplies. Fundraising is completely optional and all students will be participating in their event week by joining in heart health discussions and engaging in fun games and activities.

Mark your calendars now for our upcoming **Jump Rope For Heart** and **Hoops For Heart** event taking place in PE classes the week of: **APRIL 24-28 - All fundraising forms will be due by Weds, April 26th at the latest**

Grades 1-4 Visit [www.heart.org/jump](http://www.heart.org/jump), Levels III Visit [www.heart.org/hoops](http://www.heart.org/hoops) and click on 'Students Sign Up' to get started today. Please contact Heather Brems with any questions. [HBrems@sscps.org](mailto:HBrems@sscps.org)

*The American Heart Association's Mission: To build healthier lives, free of cardiovascular diseases and stroke.*

## 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](http://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](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@sscps.org](mailto:cbodnar@sscps.org) to get yours!

## DEVELOPMENT OFFICE



SOUTH SHORE CHARTER  
EDUCATIONAL FOUNDATION INC.

The Annual Auction is a couple weeks away. On Friday, May 5th, more than 200 alumnae, parents, faculty members, and friends will attend the SSCPS Annual Auction. The Auction is a great party with an even better purpose - proceeds support the South Shore Charter Educational Foundation and special projects at SSCPS. There is still room to register,

so [please click here](#) and buy your ticket today. We've sold 150 50/50 raffle tickets and the winner will be drawn the night of the event. *You do not need to present to win!*

It finally feels like springtime! Please make sure to check out our SSCPS Jag Swag that entails t-shirts, car magnets, pens, lip balms and more. Purchases can be made at the front desk at 100 Longwater, or by emailing Laurie Dannison at [ldannison@sscps.org](mailto:ldannison@sscps.org).

Visit [www.sscps.org/auction](http://www.sscps.org/auction) for more information. Also visit our [Facebook page](#) for all up to date information.

Our Annual Fund is close to halfway to our goal of \$75,000 for the year! Please check with your employer for a company match when you give to SSCEF. [Visit our GIVING page here](#) and make your donation today.

Please use **Amazon Smile** with each Amazon purchase you regularly make. Log into [www.smile.amazon.com](http://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](mailto: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](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](mailto: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](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)**



The need is constant.  
The gratification is instant.  
Give blood.™

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**Norwell Community  
Blood Drive**  
**Sponsored by South Shore  
Charter Public School**

Gym  
104 Longwater Drive  
Norwell, MA 02061

**Wednesday, April 12, 2017**  
**1:00 PM to 6:00 PM**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org) and enter: NORWELL to schedule an appointment.

**Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.**



Scan to schedule an appointment.

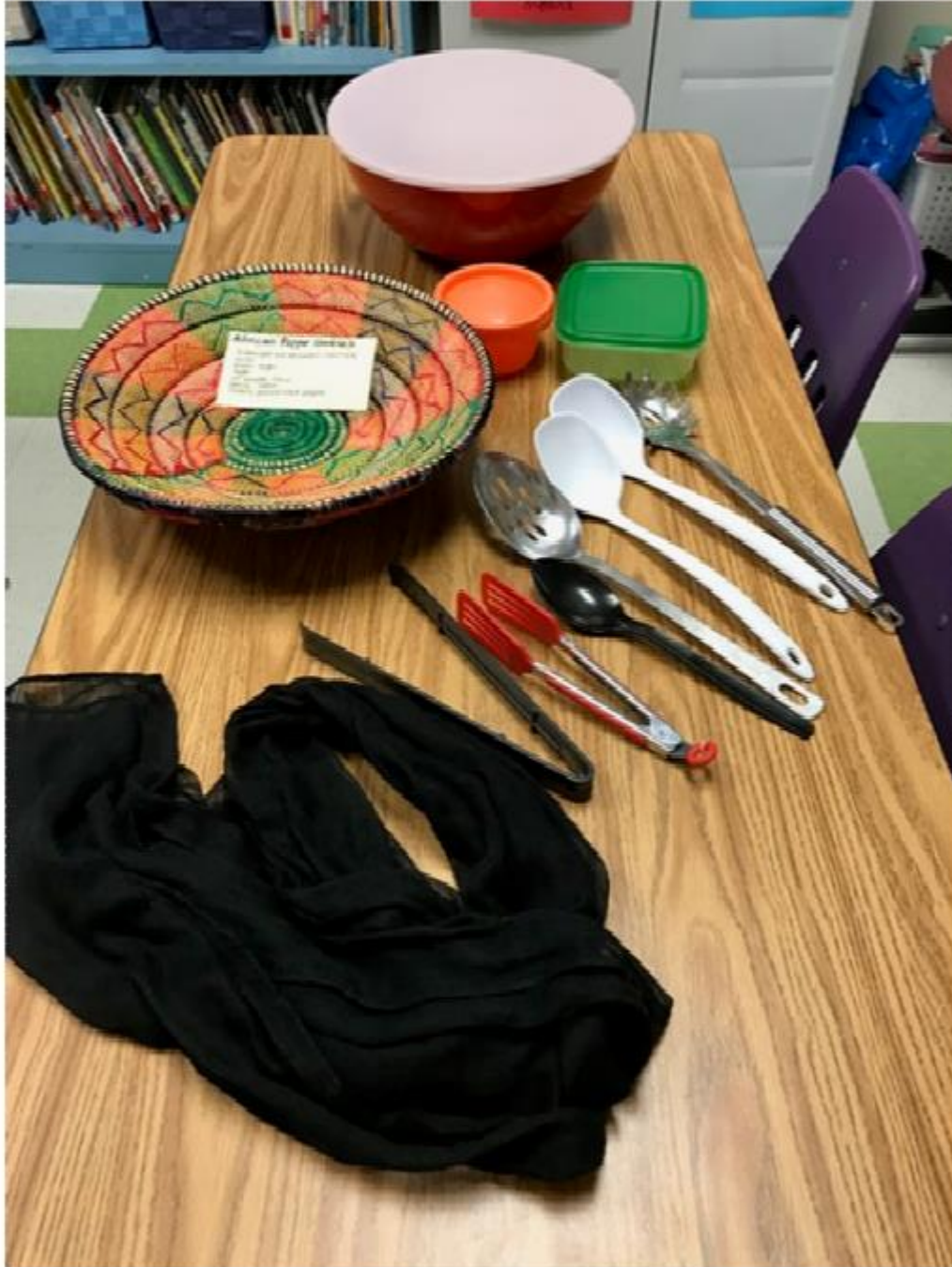
**American Red Cross**

**1-800-RED CROSS | [redcrossblood.org](http://redcrossblood.org)**

© 2014 The American Red Cross

**LOST & FOUND**  
**INTERNATIONAL FOOD NIGHT**

*Items can be picked-up at the Front Desk: 100 Longwater Cir.*



**DO THESE BELONG TO YOU?**



**Is pleased to announce:**

**Helping your Child with Executive Functioning Challenges**

**Presentation by: Dr. David Murphy**

**Tuesday May 9<sup>th</sup>, 6:00-8:00pm**

**At South Shore Charter Public School**

**\*Admission is free and open to all SSCPS parents**

Dr. David Murphy is a Special Education Teacher, Husband, Father and owner of Effective Effort Consulting on the South Shore. He takes a holistic and team based approach to helping clients overcome challenges associated with Executive Functioning  
[www.effectiveeffortconsulting.com](http://www.effectiveeffortconsulting.com)

# 2017 YEARBOOK

Inspired by You

## It's That Time...

Dear Parent:

The 2017 yearbook is now in progress and all the memories of the 2016-2017 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. It captures that feeling and brings those times back again and again. Someday your kids will want to look back, too. Pre-order today to reserve a yearbook, buy them a little time — buy them a yearbook!

So please fill out the order form below, calculate and attach your payment, and bring or mail to the main office today!

Student name \_\_\_\_\_

Home Phone ( in case there are any questions on order ) \_\_\_\_\_

Homeroom \_\_\_\_\_ Grade \_\_\_\_\_

**Order Options** : Check the box next to the option of your choice and mail payment with

completed form to the address listed below. Books will be distributed in June.

2017 Hardcover Yearbook - 35.00

Total Amount Enclosed ( cash or check): \_\_\_\_\_

Please make checks payable to: South Shore Charter Public School

Send completed form and payment to: SSCPS 2017 Yearbook  
South Shore Charter Public School  
100 Longwater Circle  
Norwell, MA. 02061



# 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/L 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)

## **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! SOUTH SHORE QUESTS: HIKING HOLLY HILL FARM, Season begins on April 15 through November 15, 2017**

Questing is an educational treasure hunt and an outdoor experience that involves following a map and a series of clues to find a hidden box where you sign the guest book, leave your comments and an imprint of your personal stamp (if you have one). South Shore Quests are a great way to enjoy nature by turning a walk into a treasure hunt. Get your exercise while exploring wildlife and plants, learn a bit of geology and/or history in the bargain! Allow one hour to complete the Holly Hill Farm Quest through the farmyards and trails of surrounding woods. Quest books, \$5.00 and maps of the farm (\$3.00) are available for purchase in the Friends of Holly Hill Farm Office at 236 Jerusalem Rd., Cohasset, MA 02025. 781-383-6565. (Boots are recommended footwear). A full list of other quest locations can be found on [southshorequests.org](http://southshorequests.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](mailto: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](http://hollyhillfarm.org)

## **NEW! MIGRATING SONGBIRD WALK WITH SALLY AVERY, SATURDAY, MAY 6, 8:00am – 10:00am**

Join locally renowned birding expert and enthusiast Sally Avery for "Spring Birding" in the woods and trails at Holly Hill Farm. Sally has led numerous tours for Mass Audubon, as well as for the *Friends of Holly Hill Farm*. Sally has a local and statewide following who delight in her expertise and program presentation. Bring good walking shoes and keen ears and eyes as we delight in this lovely rite of spring. Free to all, but pre-registration is encouraged. Rain or shine, unless heavy rainfall. Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

**NEW! ASPARAGUS FARM TO TABLE DINNER, SATURDAY, MAY 20, 6:00 – 10:00pm**

Join us for our annual Asparagus Dinner with Chef Maryann Saporito from Hola! Marshfield, who will take advantage of the early season farm offerings to prepare a 5-course prix fixe menu. \$125 per person for *Friends of Holly Hill Farm* members, \$150 per person for nonmembers. Wine and beer pairings are included. Evening includes a tour of the asparagus field to understand how this perennial crop is organically grown and harvested. Proceeds will support educational programs at the Farm and at local schools. Kindly email or call to reserve seating. You may purchase tickets from our website, [hollyhillfarm.org](http://hollyhillfarm.org). Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565

**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](mailto: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](mailto:jbelberhollyhill@hotmail.com)

**SCHOOL PARTNERSHIPS**

Recently, the farm teachers at Holly Hill Farm were at Hingham High School pouring over their 13 compost bins. Many bins needed turning and mixing. As part of their celebration and active learning for green week, the students helped sift finished compost to add to their garden beds in the courtyard, where they also sowed seeds. Soon, the teachers will investigate some vermicompost bins from the Hingham 2nd grade classrooms, in hopes of also finding good vermicompost to help enrich their outdoor gardens and then sow seeds. Spring is upon us.

## Marijuana: What's New?

Learn about marijuana's many new forms and delivery devices and ask questions of an expert. On Monday, April 10, 2017 Scituate FACTS (Families, Adolescents, and Communities Together against Substances) will host expert Police Officer Jermaine Galloway-a.k.a. "Tall Cop" from Idaho-to deliver an eye-opening community presentation on current trends in marijuana.

[www.tallcopsaysstop.com](http://www.tallcopsaysstop.com)

Learn about marijuana concentrates, dabs, waxes, shatter, vaping and edibles. This presentation is for ADULTS ONLY and all communities are welcome.

Space is LIMITED please register in advance. To register visit: [www.scituatefacts.org](http://www.scituatefacts.org).

The event will be held at St. Mary's Parish Center, 2 Edward Foster Road, Scituate MA, from 6:30-8:30 PM. ■

### Tip for Better Living:

"Talking about our problems is our greatest addiction. Break the habit. Talk about your joys."

Rita Schiano  
b. 1955  
Motivational Speaker



**South Shore  
Health System**

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## Youth Health Connection Meetings and Events:

### South Shore FACTS Meeting

Tuesday, May 23, 2017, from 2:30PM-4:00 PM

Guests: Brittany L. Carney, M.S.; Program Coordinator, Catalyst Clinic, Boston Medical Center & Scott Melissa, Dir. of Outreach & Training from the Massachusetts Council on Compulsive Gambling

Please RSVP to:  
[jean\\_kelly@sshosp.org](mailto:jean_kelly@sshosp.org)

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

### Learn About The Family Acceptance Project

The Family Acceptance Project® is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness, and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children. (*from their website*)

Based at San Francisco State University, The Family Acceptance Project website offers a number of publications, including: “Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual and Transgender Children” offered in English, Spanish and Chinese.

There are currently two family videos available for purchase: “Always My Son” and “Families Are Forever.”

In addition for health providers there are assessment tools available under the assessment section on the website.

To assist all, there is a robust resource section.

**To learn more** about the Family Acceptance Project visit:  
<http://bit.ly/2m1kix9>

### Mental Health & College by Kim Noble BSN, MBA, RN; YHC Program Coordinator

That time of year has arrived for parents of high school seniors who have been on the path of the college search process-decision time. For students entering the college classes of 2021 spring is the time when they have to determine which College or University to attend in the fall. This is a time of excitement, reflection and anxiety all rolled into one, for everyone in the family.

**Excitement:** Looking forward to new experiences, meeting new people and launching into adulthood.

**Reflection:** Looking back at the lessons learned in high school, the bonds of friendship and family and realizing that this will all change over the next few months.

**Anxiety:** Which school is the “best fit” for the student? How to pay for college? How will everyone in the deal with the distance and separation and changes that are to come? How to fit into this new campus, dorm, sports team or club? Will course work really be that much harder?

These are just a few of the questions, emotions, and thoughts that college-bound students and their families will have over the upcoming months. This is a time of transition as young people leave the day-to-day guidance and support of family and faculty who have known them and move into a new community. Like any move now is the time to prepare your moving checklist. While retail stores will bombard families with “dorm essential needs,” one area that can be overlooked is planning ahead and knowing all the resources available within this new community.

Recently, the Clay Center for Young Healthy Minds at Massachusetts General Hospital published two articles on “*The College Mental Health Crisis*,” if one looks beyond the somewhat scary title; the articles provide a great deal of guidance for college-bound students and their families. The focus of the first article is on Suicide in College, yes scary, however, the article includes links for “When Kids Leave Home” and examples of College Mental Health and Well-Being Websites along with resources available on campus. The second article provides links to SADD and Active Minds resources. To read Part 1 visit: <http://bit.ly/2ocyv3i>  
To read Part 2 visit: <http://bit.ly/2nHG7kV> ■

### Mental Health First Aid Training

The Blue Hills Community Health Alliance (CHNA 20,) Linden Ponds, the Plymouth County Suicide Prevention Coalition and South Shore Partners in Prevention (CHNA 230 are collaborating with the American Foundation for Suicide prevention to host a **Mental Health First Aid Training (MHFA)** locally! MHFA is an 8-hour course which teaches a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual, the certification program introduces participants to risk factors and warning signs of mental health problems, builds an understanding of their impact and overviews common treatments.

The training will be held on Friday, April 14, 2017, from 8:30-4:30 PM (registration will be held from 8-8:30 AM.) This program will take place at Linden Ponds, Derby Clubhouse, 203 Linden Ponds Way, Hingham, MA. A continental breakfast and lunch will be provided, there is ample free parking.

Please **RSVP** by Friday April 7, 2017 at <http://svy.mk/2nK0mtS>

Questions? Contact Arlene Goldstein at:  
[agoldstein@baystatecs.org](mailto:agoldstein@baystatecs.org) ■

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### Make the Call-MA Attorney General's Office Video

MA Attorney General Maura Healey has recently released a brief video that overviews:

- The MA Good Samaritan Law & Saving Lives
- Current MA Opioid Epidemic
- MA Law regarding purchase and administration of Naloxone (Narcan)

Learn how our state is collaborating to save lives.

**To view** the 6-minute video: <http://bit.ly/2noeNso>

**Learn more** at <http://bit.ly/2ncFV9h> ■

### Spring Education Events

Walden Behavioral Care is hosting a spring continuing education series from April-June 2017.

On Friday, April 7, 2017, from 8:30-10:30 AM Kimberly Wick, LMHC, Program Director-Braintree Center, Walden Behavior Care will speak on "*Trauma, PTSD and Eating Disorders: Relevance and Response.*" This presentation will be held at Falmouth's Museum on the Green, 55 Palmer Ave, Falmouth, MA.

On Friday, May 12, 2017, from 11:30 AM-1:00 PM Kate Craigen, Ph.D., Clinical Director-Binge Eating and Bariatric Support Services, Walden Behavior Care will speak on "*Binge Eating Disorder: Who Has It and How We Treat It.*"

On Friday, June 9, 2017, from 11:30 AM-1:00 PM Kimberly Wick, LMHC will present "*Family-Based Treatment (FBT): What Providers Need to Know.*"

The May and June programs will be held at Walden's Braintree Center, 150 Grossman Dr., Suite 404, Braintree, MA.

**To register** contact: Natalie Cohen as [ncohen@waldenbehavioralcare.com](mailto:ncohen@waldenbehavioralcare.com) CE's available for Social Workers, LMHC, Psychologists, Nurses, and Dieticians! ■

### Mindfulness & Breathe Out 2 Calm In

The Merriam-Webster Dictionary defines Mindfulness as “the practice of maintaining a nonjudgmental state of heightened or complete awareness of one’s thoughts, emotions, or experiences on a moment-to-moment basis”

For the second consecutive year, Youth Health Connection (YHC) has partnered with a number of local schools to raise awareness of the pressures and stress for students today and to allow these students the opportunity to experience varied stress reduction activities in the school setting. Schools have designed week long initiatives that are student led at the high school level and faculty created at the elementary level. This year one school has chosen to host a single day event each month for the last few months of the academic year.

This year YHC is thankful for the funding support of Blue Hills Community Health Alliance (CHNA 20) and the PJT Memorial Foundation. The campaign is titled **Breathe Out 2 Calm In** and from March to May will be implemented in over 8 local schools. Want to learn more? Contact [Kimberly noble@sshosp.org](mailto:Kimberly_noble@sshosp.org)

To learn more about one example of mindfulness in schools check out: PBS News Hour 7-minute video on Baltimore Schools and Mindfulness: <http://to.pbs.org/2lFY1mO> ■



#### Medical Director:

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[Barbara@bjgreenphd.com](mailto:Barbara@bjgreenphd.com)

#### Program Coordinator:

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#### Administrative Secretary:

Jean Kelly  
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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](http://southshorehospital.org/yhpublications)

Connect with us:



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



Blue Hills Community Health Alliance (CHNA20)



Plymouth County Suicide Prevention Coalition



South Shore Partners in Prevention (CHNA 23)



*The Blue Hills Community Health Alliance (CHNA 20), Linden Ponds, the Plymouth County Suicide Prevention Coalition, and South Shore Partners in Prevention (CHNA 23) are collaborating with the American Foundation for Suicide Prevention to host a Mental Health First Aid Training in your area!*

## **Mental Health First Aid Training**

***When:*** Friday, April 14, 2017

***Where:*** Linden Ponds  
Derby Clubhouse

203 Linden Ponds Way  
Hingham, MA 02043

***Time:*** 8:00 AM - Registration/Breakfast

8:30 AM - 4:30 PM Training

*Continental breakfast and lunch provided*

*Ample free parking available*

**Please use the link below to RSVP to the training.**

***NOTE: RSVP by Friday, April 7, 2017***

**<https://www.surveymonkey.com/r/G6LNT3F>**

**For any questions or concerns, please contact Arlene Goldstein at**

**[agoldstein@baystatecs.org](mailto:agoldstein@baystatecs.org)**





## CATALYST CLINIC



Call for an Appointment  
617.414.6655

### Overview

Many teenagers and young adults struggle with addiction to drugs, alcohol, or both. At Boston Medical Center, the CATALYST program helps teens and young adults who are struggling with addiction. Our clinic provides access to a wide range of services including primary care, behavioral health, and support resources for patients up to age 25 and their families.

### Team Approach

We are a multidisciplinary team consisting of physician's (two of which are board certified in addiction medicine) a social worker, nurse, patient navigator and outreach worker, all overseen by a program manager and medical director. Specially trained and adept to working with young patients struggling with substance use, together we strive to provide the best care for patients and their families paving a clear path to recovery.

### Services

- Assessment and diagnosis of substance use disorders (SUDs)
- Counseling support
- Treatment of SUDs with medications (such as buprenorphine and naltrexone)
- Monitoring with urine drug testing
- HIV, HCV screening and treatment options
- Overdose education and naloxone access
- Visits for families both of patients who are in treatment and not in treatment
- Access to primary care
- Pregnancy prevention
- Outreach support through patient navigation

In order for our team to provide substance use care, patients must receive primary care Boston Medical Center. The CATALYST Clinic team can help patients schedule and establish primary care at BMC in addition to their substance use care/services.



www.sowma.org

# School on Wheels of Massachusetts

## Outrunning Homelessness

5K **Run** or 2.6 Mile **Walk**



*Run the Race or Walk the Walk for our Kids!*

# Sat., April 29, 2017

## DCR Borderland State Park

259 Massapoag Avenue  
Easton, MA 02356

8 a.m. registration  
9 a.m. start

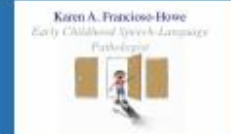


Rain or Shine



*dogs welcome!*

Your support helps provide school supplies, tutoring and mentoring to children in **our communities** impacted by homelessness!



REGISTER: SOWMA.ORG  
508. 587. 9091

RACE DIRECTOR:  
DENNIS HARKINS  
DENNIS@SOWMA.ORG

SPONSORSHIP:  
ROBIN@SOWMA.ORG

# SSCPS

SSCPS Family Camping Weekend!!!

Hang out with old friends and make new friends!

When: June 2 - 4, 2017

Where: Boston/ Cape Cod KOA in Middleboro (I know not really located in Boston or Cape Cod)

<http://koa.com/campgrounds/boston/>

For reservations email [boston@koa.net](mailto:boston@koa.net)

Tell Moe Tara Dusthimer sent you! Discounts will be given to SSCPS Families!



# Order Form

## Breakfast for the Month of April, 2017

Due to the office by 3:00 pm, \*Tuesday, April 11, 2017

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

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

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

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

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

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

**Total Amount Enclosed**

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

Cash or Checks may be made out to SSCPS.

## Lunch for the Month of April, 2017

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

Week of      Monday      Tuesday      Wednesday      Thursday      Friday  
 4/24 – 4/28      **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      \$3.40

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

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

**Total Amount Enclosed**

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

Cash or Checks may be made out to SSCPS.

# Breakfast Order Form

## Breakfast for the Month of May, 2017

Due to the office by 3:00 pm, \***Tuesday**, April 25, 2017

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

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

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

Week of 5/1 – 5/5     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/8 – 5/12     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/15 – 5/19     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/22 – 5/26     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/29 – 6/2     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 May, 2017

Due to the office by 3:00 pm, \*Tuesday, April 25, 2017

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

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

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

Week of 5/1 – 5/5	<u>Monday</u> <b>Reg or Salad</b>	<u>Tuesday</u> <b>Reg or Salad</b>	<u>Wednesday</u> <b>Reg or Salad</b>	<u>Thursday</u> <b>Reg or Salad</b>	<u>Friday</u> <b>Early Release</b>
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Week of 5/8 – 5/12	<u>Monday</u> <b>Reg or Salad</b>	<u>Tuesday</u> <b>Reg or Salad</b>	<u>Wednesday</u> <b>Reg or Salad</b>	<u>Thursday</u> <b>Reg or Salad</b>	<u>Friday</u> <b>Reg or Salad</b>
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Week of 5/15 – 5/19	<u>Monday</u> <b>Reg or Salad</b>	<u>Tuesday</u> <b>Reg or Salad</b>	<u>Wednesday</u> <b>Reg or Salad</b>	<u>Thursday</u> <b>Reg or Salad</b>	<u>Friday</u> <b>Reg or Salad</b>
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Week of 5/22 – 5/26	<u>Monday</u> <b>Reg or Salad</b>	<u>Tuesday</u> <b>Reg or Salad</b>	<u>Wednesday</u> <b>Reg or Salad</b>	<u>Thursday</u> <b>Reg or Salad</b>	<u>Friday</u> <b>Reg or Salad</b>
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Week of 5/29 – 6/2	<u>Monday</u> <b>No School</b>	<u>Tuesday</u> <b>Reg or Salad</b>	<u>Wednesday</u> <b>Reg or Salad</b>	<u>Thursday</u> <b>Reg or Salad</b>	<u>Friday</u> <b>Reg or Salad</b>
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- 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 SCHOOL**  
**MAY, 2017**

**Breakfast**

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
1	Cereal WG Grahams Fruit, Juice Milk	2	WG Croissant w/Jelly Fruit Juice Milk	3	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	4	WG Bagel w/Jelly Fruit Orange Juice, Milk	5	3.6 oz. WG Chocolate Chip Muffin Fruit, Orange Juice Milk
8	WG Cinnamon Raisin Bagel Fruit Orange Juice Milk	9	2 oz. Cereal Fruit Orange Juice	10	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	11	3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	12	WG Apple Roll Fruit Orange Juice Milk
15	Graham Crackers Cereal Fruit Orange Juice Milk	16	3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	17	3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	18	WG Cinnamon Roll Fruit Juice Milk	19	WG Bagel Fruit Orange Juice Milk
22	Cheerios Graham Crackers Fruit Orange Juice Milk	23	2 oz. Cereal Fruit Orange Juice Milk	24	3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	25	WG Croissant w/Jelly Fruit Juice Milk	26	WG Apple Roll Fruit Juice Milk
29		3	WG Croissant w/Jelly Fruit Juice Milk	31	3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	<b>JUNE 1</b>	WG Bagel w/Jelly Fruit Orange Juice Milk	<b>2</b>	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**

**MAY, 2017**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crispy Chicken & WG Pita Bread Milk	2 A Tuna Salad on WG Chickpea Salad B Salad w/Crispy Chicken & WG Pita Bread Milk	3 A Herbed Baked Chicken Carrots & Green Beans Whole Grain Roll B Salad w/Crispy Chicken & WG Pita Bread Milk	4 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crispy Chicken & WG Pita Bread Milk	5 <b>EARLY RELEASE</b>		8 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	9 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	10 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	11 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	12 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
15 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	16 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	17 A Sloppy Joe on WG Bun Green Beans B Salad w/Tuna & WG Pita Bread Milk	18 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	19 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WG Pita Bread Milk		22 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	23 A Buffalo Chicken Wrap Chickpea Salad B Salad w/Cheese Sticks & WG Pita Bread Milk	24 A Cheeseburger Mac Broccoli Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	25 A Stuffed Shells Carrots Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	26 A Cheese Pizza Green Beans Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk
29 	30 A Chicken Caesar Salad Wrap Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	31 A Sloppy Joe on WG Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	JUNE 1 A Meatballs on WG Sub Potato Puffs B Salad w/Grilled Chicken & WG Pita Bread Milk		2 A Cheese Pizza Carrots Broccoli B Salad w/Grilled Chicken & 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**

**MAY, 2017**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crispy Chicken & WG Pita Bread Milk	2 A Tuna Salad on WG Chickpea Salad B Salad w/Crispy Chicken & WG Pita Bread Milk	3 A Herbed Baked Chicken Carrots & Green Beans Whole Grain Roll B Salad w/Crispy Chicken & WG Pita Bread Milk	4 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crispy Chicken & WG Pita Bread Milk	5 <b>EARLY RELEASE</b>		8 A Hamburger on WG Roll Baked Beans B Salad w/Turkey & WG Pita Bread Milk	9 A Grilled Chicken over Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	10 A Ziti & Meatballs Green Beans Whole Grain Roll B Salad w/Turkey & WG Pita Bread Milk	11 A Chicken WG Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	12 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
15 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	16 A Ham & Cheese on WG Carrots B Salad w/Tuna & WG Pita Bread Milk	17 A Sloppy Joe on WG Bun Green Beans B Salad w/Tuna & WG Pita Bread Milk	18 A BBQ Chicken on WG Bun Baked Beans B Salad w/Tuna & WG Pita Bread Milk	19 A Cheese Pizza Broccoli Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	22 A Pancakes & Sausage Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	23 A Buffalo Chicken Wrap Chickpea Salad B Salad w/Cheese Sticks & WG Pita Bread Milk	24 A Cheeseburger Mac Broccoli Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	25 A Stuffed Shells Carrots Whole Grain Roll B Salad w/Cheese Sticks & WG Pita Bread Milk	26 A Cheese Pizza Green Beans Potato Wedges B Salad w/Cheese Sticks & WG Pita Bread Milk	
29  HAPPY MEMORIAL DAY	30 A Chicken Caesar Salad Wrap Chickpea Salad B Salad w/Grilled Chicken & WG Pita Bread Milk	31 A Sloppy Joe on WG Bun Green Beans B Salad w/Grilled Chicken & WG Pita Bread Milk	JUNE 1 A Meatballs on WG Sub Potato Puffs B Salad w/Grilled Chicken & WG Pita Bread Milk	2 A Cheese Pizza Carrots Broccoli B Salad w/Grilled Chicken & 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!**

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