



# Update

April 25, 2018

Vol. 4, Issue 3

## FROM THE K-12 INTERIM PRINCIPAL

Monday when I entered the classroom to teach my Ethics class I was greeted by eighteen giddy high school Seniors. Monday wasn't just any Monday for our twelfth graders; it was the final day of classes of their high school careers. Like all milestone days, Monday triggered many emotions for our graduating students. Most are eager for the next stage of their lives and for the opportunity to celebrate the end of this one. Most are also feeling some sadness as they close the book on their K-12 years. There is a natural sense of trepidation that comes with moving from the known to the unknown.

On Monday my students were also demonstrating a healthy dose of nervousness about this week's Senior Debates. Senior Debates are a rite of passage at our school and are an important opportunity for students to demonstrate some of the skills they have developed in this first stage of their academic careers. Our students look forward to the debates as one of the last steps on the road to graduation. The debates provide students with experience presenting, supporting, and developing arguments in front of an audience. Students work in teams to research a topic and develop contentions supported by evidence either in support of or against a resolution of the group's choosing. The process of choosing a topic is in itself an exercise in negotiation and compromise. It requires students to delve into controversial contemporary issues and sparks many spirited classroom discussions as students work to narrow their focus. This year's resolutions were:

**Resolved:** Opioids should only be prescribed to people with a terminal illness.

**Resolved:** The United States should adopt a merit based immigration program that would award green cards to aliens based on education and work experience.

**Resolved:** The Commonwealth of Massachusetts should establish safe injection sites where individuals can consume illicit recreational drugs.

Once each group selects their resolution, students write a research paper on the topic to develop background knowledge on the subject. We assign students to teams and randomly choose the side they will argue. The next steps require students to spend significant time negotiating the dynamics of their group as they determine their strategy. Often students must defend positions that they do not personally hold and try to persuade an audience to believe something that they themselves do not believe. This is a unique challenge.

The debate has two stages with teams constructing their arguments in a first round and responding to their opponents in the second stage. Students are able to prepare their points for the constructive segment ahead of time, but must quickly develop their argument for the rebuttal while their opponents are speaking and with only a brief consultation with their teammates. The debate is scored by a panel of judges who rate each student on the development of their argument, use of clear reasoning, and appropriate citation of sources as well as presentation skills such as appropriate eye contact, posture, and intonation.

Our students did an outstanding job meeting this requirement through their debate performances over the past two days. They demonstrated strong research skills, confidence presenting in front of a large audience, and facility working in groups. Our graduating seniors will have one last opportunity to present in front of an SSCPS audience when they share their Senior Projects to the underclassmen and to the faculty on Thursday, May 31st.

The next few weeks are an incredibly busy time for graduating students, a time of both excitement and anxiety as students and their families confront significant change. When we celebrate the accomplishments of our Seniors we celebrate the work of our entire community, K-12. Please put graduation, Saturday June 2nd, on your calendar!

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

|           |       |  |              |
|-----------|-------|--|--------------|
| Wednesday | 04/25 | Grades 5-8 New Student Enrollment Registration and Information Night | 5:30-7:30pm  |
| Thursday  | 04/26 | Level II ELA MCAS  |              |
| Friday    | 04/27 | Level IV ELA MCAS  |              |
| Tuesday   | 05/01 | Level III ELA MCAS   |              |
| Wednesday | 05/02 | Executive Committee Meeting  | 8:00am       |
| Wednesday | 05/02 | Professional Development Early Release                               | 12:00pm      |
| Thursday  | 05/03 | Level III ELA MCAS   |              |
| Thursday  | 05/03 | Level IV Shawn's Project to Boston                                   |              |
| Thursday  | 05/03 | School Council   | 3:30pm       |
| Thursday  | 05/03 | INPAC Workshop Cancelled   |              |
| Friday    | 05/04 | SSCEF Annual Auction at Atlantica in Cohasset                        | 6:00-10:00pm |

## ANNOUNCEMENTS



Thank you to the many families, teachers, administration, and students who made **International Food Night** on April 10th a fun and festive event! Special thanks go out to teacher Stacy Tchouangeum and the SSCPS Step Team for their performance and Jenna Brink's 'We Are What We Eat' project for designing the aprons worn by the servers. In addition, teachers Dan Vasconcellos, Pam Golden, Wardie Mannix, and Marion Finn along with many student volunteers assisted with set up and cleanup. And the night was made even better by the parents who kept the food flowing- Natacha Julien, Theona Royer, Solange Cherant, Landjie Dubois, and Lalaine Lujares. Bon Appetit and thanks to all!

## FROM THE DEVELOPMENT OFFICE

**Last call to register for our Annual School Fundraiser next Friday, May 4th at 6pm at Atlantica.**



[Register here!](#) - Tickets are \$50 per person and include a buffet dinner, live music, wine tasting and so much more! Classroom art projects are fabulous, and the items that have been donated to the school are simply amazing. It's not too late to hand in your 50/50 raffle tickets. You can send them in to the school and hand in at the front desk at either building, or you can purchase your [raffle tickets here](#). *You do not need to be present to win!*

*Thank you for your support. All funds raised from the Auction and Annual Fund support every student in our K-12 community.*

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.

## FROM THE HEALTH OFFICE

Spring is finally arriving! If anyone is doing spring cleaning of clothes, please consider donating to the Health Office. I am in need of leggings of all sizes with the most needed sizes of girls 6-10. If your child has to borrow clothes from the Health office, please wash and return the clothes. Thank you.

## FROM THE PHYSICAL EDUCATION DEPARTMENT

The grand total in fundraising for the American Heart Association was \$3,721.00, which earned the P.E. Department a \$200 gift card to U.S. Games for new equipment!



Coming in as our top student fundraisers from each level were Riley Habchy (Level I), Grayson Fahey (Level II), and Will Hnath (Level III). Congratulations and thank you for your hard work!

Our top fundraising pods from each level will be receiving a recess bag full of jump ropes and balls. Congratulations to June's Pod (Level I), Darlene's Pod (Level II), and the Orange Cohort (Level III).



## IN PAC WORKSHOPS

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**CANCELLED CANCELLED**

*RESCHEDULED DATE WILL BE SENT UPON RECEIPT*

Presented by:



FEDERATION FOR CHILDREN  
WITH SPECIAL NEEDS  
Informing, Educating, Empowering Families

**Thursday, May 3<sup>rd</sup> 2018 at 6:30pm**  
**100 Longwater Circle, Norwell**

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## Positive Communication and Collaboration

Presented by: Katie Emanuel

<https://www.katieemanuel.com>

**Tuesday, May 22, 2018 at 6:30pm**  
**100 Longwater Circle, Norwell**

In this seminar we will cover how to develop positive communication and collaboration skills to foster a relationship with your child's teachers and IEP team.

- **Positive communication** is the ability to express thoughts, ideas, and feelings in a way that not only conveys what you want to express, but leaves the listener wanting to learn more. Whether it is in an IEP meeting, a parent-teacher conference, or a simple email exchange with a parent or specialist, positive communication lays the foundation for collaboration.

- **Collaboration** is the ability to use positive communication skills to affect growth or change toward a common goal. Collaboration is key when establishing goals, services, accommodations, and modifications for a special needs child in the classroom. To do this most effectively, parents and teachers must collaborate. Parents and teachers can work together to create not only an IEP that serves the child best. They can also become partners in the school community.

We will talk through strategies and techniques to incorporate these tools into the special education process!

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## 2018 YEARBOOK

### Order Your 2018 Yearbook!

The 2018 yearbook is now in progress. To order online go to [www.coffeepond.com](http://www.coffeepond.com). To login use school password: [bluejaguar](#).

## COMMUNITY SERVICE OPPORTUNITY

**Friends of Boston Harborwalk**, (FBHW [www.bostonharbornow.org](http://www.bostonharbornow.org) ) is hosting a cleanup (litter & debris) of Tenean Beach in Dorchester, from 9:00 AM - noon on Saturday, April 28<sup>th</sup> as part of MA DCR Park Serve Day. FBHW has 3 objectives: give monthly tours along parts of the 43 miles of harborwalk; improve signage; and cleanups. This year, the beach has seen a tremendous amount of trash, litter and debris from the various coastal ocean storms accumulate along the entire length of the beach.

This might be an great chance to get some community service hours, enjoy some time outside and meet new people. The organizing group will provide I provide bags, gloves, and grabbers - DCR will remove the trash bags at the end of the clean-up. Volunteers just bring water and snacks for themselves, if they want them. And, they should closed toe shoes (no sandals) and clothes appropriate for the weather on the day.

For planning purposes and to ensure adequate supplies, RSVP to Leslie Alden at [leslie.alden@genon.com](mailto:leslie.alden@genon.com)

## COMMUNITY INTEREST

### Wellspring

As of April 1<sup>st</sup> SNAP (food stamps) recipients and those interested in becoming SNAP recipients here on the south shore will no longer have to travel or call Quincy or Brockton for assistance. Wellspring is now a DTA Community Partner and will be able to handle all SNAP (food stamp) applications and re-certifications. We will also be able to complete interim reports and help trouble shoot any issues that arise with benefit coverage. Please direct anyone interested in this offering to Stephanie Masland: 781-925-3211 x127.

Sober Parenting Journey (SPJ). Wellspring is proudly partnering with South Shore Peer Recovery to offer this evidence supported program. SPJ is a 14 week workshop where participants meet weekly in a small group setting for 2 hours. The class is free to all participants and included complimentary childcare and dinner. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining their sobriety, which can be both rewarding and daunting. Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of potential triggers that may escalate relapse. Registration ends April 15<sup>th</sup> for this class.

## SCHOOL MEALS (BREAKFAST AND 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 child(ren) was 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 2017-2018 Meal Benefit application** and return it to Charlene Evans, Food Services Coordinator at SSCPS, UNLESS you have received a notification letter from the school this academic year notifying your family of approval of direct certification of meal benefits. [Click here](#) for the application for free or reduced price meal benefits.

If a your family was notified of free and reduced meal benefit eligibility this academic year, Your family **MUST** still complete a lunch and breakfast order form for each student for each day they wish to accept a meal benefit. You are able to complete meal orders on a weekly or monthly basis.

**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)**



# 23rd Annual Auction

Atlantica Restaurant

6 - 10 pm

Friday, May 4th

\$45 Early Bird Fee - before April 5th

After April 5th, \$50 per person

Includes dinner, appetizers, live music and more!

50/50 Raffle is Back!

Wall of Wine is Back!

Fabulous auction items including :

Week Away in Ireland

New Hampshire and Cape Getaways

Week Away at Camp Bournedale

Johnny Cupcakes Bakers Dozen

Michael Aprea Catered Chefs Party for 12

College and Kids Baskets!

Overnight Hotels, Sox Tickets, Original Artwork,

College Application Prep!

Register on our website [www.sscps.org](http://www.sscps.org)



**The 23<sup>rd</sup> Annual SSCEF Auction**  
**Friday, May 4<sup>th</sup>, 2018**  
**Atlantica, Cohasset, 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 I.D. 030528760.

*You are invited to join us!*

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

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

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

**Sponsorship Opportunities:**

- \*Platinum Sponsor: \$5,000
- \*Gold Sponsor: \$2,500
- \*Silver Sponsor: \$1,000
- \*Faculty/Staff Sponsor: \$75
- \*Bronze Sponsor: \$500
- \*Supporting Sponsor: \$250
- \*Family and Friends Sponsor: \$100

**Credit Card Info:**

Name \_\_\_\_\_  
Card  
Number \_\_\_\_\_  
Credit Card Security Code \_\_\_\_\_  
Exp. Date \_\_\_\_\_

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.

**SSCEF Sponsorship Packages**  
**23<sup>rd</sup> Annual SSCEF Auction at Atlantica, Cohasset**  
**May 4<sup>th</sup>, 2018**

**\$5,000**

- 10 tickets to event with prime reserved seating
- Name displayed at event
- Recognition on our school site
- Listing company on website and on social media
- Opportunity to give out company material

**\$2,500**

- 6 tickets to event with reserved seating
- Name displayed at event
- Recognition on our school website
- Listing company on event and social media
- Opportunity to give out company material

**\$1,000**

- 4 tickets to event
- Name displayed at event
- Recognition on our school and social media sites
- Opportunity to give out company material

**\$500**

- 2 tickets to event
- Name displayed at event
- Recognition on social media

**\$250**

- Name Displayed at event
- Recognition on social media

**\$100**

- Friend of the Foundation Thank You
- Recognition on our school website under "Friend of SSCEF"

**\$75**

- Sponsor a faculty or staff member

*Please contact [ldannison@sscps.org](mailto:ldannison@sscps.org) for more information*

Please send Sponsorship Information to the South Shore Charter Educational Foundation, (SSCEF),  
P.O. Box 512, Accord, MA 02018

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

Phone: 781.982.4202

# Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2018



South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES

### "E" is for eggplant

These healthy fritters may tempt your child to try eggplant. Slice 1 eggplant into disks, and soak for 20 minutes in 1 cup milk combined with 1 tsp. salt. Drain, and roll in 1 cup whole-wheat breadcrumbs. Bake in a single layer for 15 minutes at 425°, flipping halfway. Top each round with 1 tsp. pizza sauce and 1 tsp. shredded mozzarella cheese, and cook 3–5 minutes more, until the cheese melts.



### Happy active birthday!

To help your youngster get more exercise, consider a gift of physical activity for his next birthday. You could give him new sneakers or sports equipment like a soccer ball or a scooter. Or consider lessons in an activity, such as karate or indoor rock climbing.

### DID YOU KNOW?

Many youngsters tend to gain weight over the summer. One reason is that they may reach for sugary beverages like sweet tea, lemonade, or soda to quench thirst on hot days. Encourage your child to choose refreshing ice water—perhaps she'll try it with a slice of lemon or lime—to stay hydrated.

### Just for fun

**Q:** What only gets wetter the more it dries?

**A:** A towel.



## Have a healthy summer

Your child doesn't need to take a vacation from healthy habits over the summer—no matter how many great things to eat and do! Try these ideas to make sure he stays active and eats right while school is out.

### Community events

Together, read the newspaper or look online for outings that involve healthy foods and fitness. Aim to do at least one each week. Walk, bend, and stretch to pick blueberries or peaches, then make fresh and fruity pancakes or muffins. Or attend a health or fitness fair where your youngster might sample nutritious snacks from vendors or take part in a hula-hoop contest.

### Family visits

Visiting relatives this summer? Offer to take turns cooking meals. When it's your turn, plan a nutritious menu like a chicken and vegetable flatbread, corn on the cob, and a green salad. To get exercise, explore



your destination by walking around a historic district or running along the beach. If you host visitors, introduce them to your favorite local park and play tennis or go paddleboarding.

### New traditions

It's always nice to create summer traditions! Consider making homemade ice cream, and use fresh fruit like raspberries or apricots to add nutrients. Another idea is to play outdoor games after dark. Perhaps your family will enjoy flashlight tag or play hide-and-seek on a night when there's a full moon. ●

## Fun at the pool

Swimming is a great way to stay fit. Use these tips to keep your youngster healthy and safe in the pool this summer:

- Sign your child up for swimming lessons at your community pool, YMCA, or recreation center. She'll learn a life-saving skill and a new way to get exercise.
- Read the pool rules together, and make sure your youngster follows them. For example, show her where she's allowed to dive, and remind her to avoid horseplay.
- Watch your youngster at all times rather than relying solely on lifeguards to keep her safe. Better yet, get in the pool to swim or play with her—you'll both get a dose of physical activity. ●





## Be a food critic

Playing food critic can inspire your child to be mindful of what she's eating, making her less likely to overeat. It will help her motivate others to try yummy foods—and boost her writing skills, too! Here's how.

**Take notes.** Suggest that your youngster jot down her thoughts during a meal at home or in a restaurant. Encourage her to be specific about how the food looks, smells, feels, and tastes. Instead of saying quinoa is "good," she might write that it "looks fluffy" and "tastes kind of nutty."



**Write and share.** Your child can write up her review and draw—or snap—a picture to go along with it. She could even keep her reviews in a notebook to share with friends and relatives who visit.

**Idea:** Let your youngster invent a scale, such as a five-star (or perhaps a "five-apple") system, to rank foods. Have her give healthy but low-rated foods another chance. Does sauteing broccoli instead of steaming it change its rating? ●

### PARENT TO PARENT

## Quirky fruit challenge

I'm happy that my son Brandon reaches for apples and bananas when he's hungry. But those are the only fruits he will eat. I wanted him to branch out a little, so I came up with the "Quirky Fruit Challenge."

We agreed that we'll try at least one interesting new fruit each week this summer. Since Brandon loves dragons, I wasn't surprised when he picked dragon fruit at the grocery store the first week.



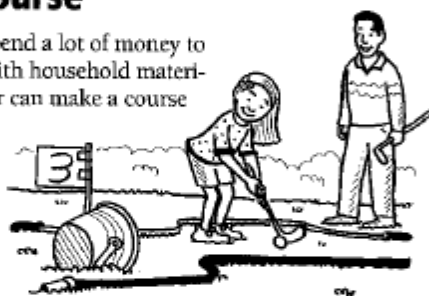
I cut it into cubes, and Brandon added it to a fruit salad that also included (of course) apple and banana slices. He loved the sweet flavor of the dragon fruit. Next week he wants to make fruit salad with star fruit. I'm hoping that if he's willing to taste unusual fruits, it won't be too hard to get him to eat more common ones, too, like watermelon and oranges! ●

### ACTIVITY CORNER

## Par for the course

You don't need to spend a lot of money to play miniature golf. With household materials and a little creativity, your youngster can make a course that will get everyone moving. Head to the backyard, an open space in your neighborhood, or a park, and follow these steps to get started.

- 1. Lay out the course.** Have your child arrange pool noodles, jump ropes, large rocks, or even the garden hose on the ground to create the borders for 9 holes.
- 2. Add obstacles.** Your youngster might remove the tops and bottoms from cereal boxes to make "tunnels." She could prop up a baking sheet on bricks to serve as a ramp. Or she can place blocks or other toys to shoot around.
- 3. Make "holes."** Let your child lay a beach pail or an empty can on its side at each hole. She should cut flags from construction paper and number them 1–9. Help her tape each flag to a twig and stick it in the ground by a hole.



Look for a set of plastic clubs and balls at a dollar store or discount retailer. Then, your youngster can keep score as your family plays golf. ●

### IN THE KITCHEN

## Fiesta foods

Put a healthy spin on chips and salsa for a treat to enjoy on Cinco de Mayo (May 5)—and the rest of the year.

### Churro chips

Brush both sides of 4 12-inch whole-wheat tortillas with 1 tbsp. olive oil or melted coconut oil. Cut each tortilla into 8 triangles, and arrange the wedges in a single layer on a baking sheet. In a separate bowl, mix 1 tsp. sugar with 2 tsp. cinnamon.

Sprinkle half the cinnamon mixture on the wedges, and bake 6 minutes in a 350° oven. Flip, sprinkle with remaining cinnamon mixture, and bake 6 minutes more.

### Strawberry-kiwi salsa

Chop 2 cups fresh strawberries, and peel and dice 2 kiwis. Put the fruit in a bowl, and squeeze  $\frac{1}{2}$  lime on top. Stir to combine. Serve with the churro chips. ●



### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

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

ISSN 1935-4630

*Do you want to help your  
child with their organization  
and planning skills?*

## **Executive Function with Sarah Ward**

**Monday, May 21, 2018**

**7 p.m. – 9 p.m.**

Meeting Location:

**Hanover High School  
(Auditorium)  
287 Cedar Street, Hanover**

### ***Description:***

Parents, teachers and professionals: Come learn how to work with and coach students to effectively balance and manage academic work, time, and materials.

Learn how to:

- 1) Create a homework space
- 2) Organize personal and school materials
- 3) Record assignments and create a schedule
- 4) Manage time, tasks and complete long term projects

You will walk away with many simple, ready-to-use strategies and tools for teaching children how to develop independent executive function skills.

***Presented by:*** Award winning Sarah Ward, M.S., CCC/SLP - Speech and Language Pathologist who had presented to and consulted with more than 450 public and private schools across the US and internationally.

Check out our page on the Hanover Schools website at [www.hanoverschools.org/community/pac](http://www.hanoverschools.org/community/pac) for further information and a calendar of upcoming events.

No RSVP required



**Hanover**  
Parent  
Advisory Council **PAC**



### **What is the Hanover Special Education Parent Advisory Council?**

The SEPAC is a parent group whose mission is to work toward understanding, respect, support and appropriate education for all children with learning differences in our community. The Hanover SEPAC will provide an opportunity for parents to network and share information as well as a way to work constructively with our schools to make them the best they can be for all children.

 Like us on  
**Facebook**



**WELLSPRING MULTI-SERVICE CENTER &  
SOUTH SHORE PEER RECOVERY PRESENT**

## **SOBER PARENTING JOURNEY**

***Tuesdays beginning May 1<sup>st</sup> from 5:00-7:00pm  
At South Shore Peer Recovery, 51 Cole Parkway, Scituate***

Parenting Journey is free and open to everyone. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

### **SOBER PARENTING JOURNEY | PROGRAM**

In Sober Parenting Journey, a small group of parents and caregivers meet for 2 hours a week for 14 weeks. The program includes activities, discussions, a family-style meal each session and complimentary childcare. Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining their sobriety, which can be both rewarding and daunting. Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of potential triggers that may escalate relapse. In a safe and caring setting, participants will explore past and present patterns of emotional regulation, compulsive thinking, and addictive behaviors that influence choices. With hard work and honesty, participants will create a new path that strengthens sobriety, accountability, and positive actions while facing the daily challenges of recovery.

*This Sober Parenting Journey workshop is a Wellspring and South Shore Peer Recovery program made possible in part by HAPSA, Safe Harbor Cohasset Coalition, Hull Firefighters, Social Service League of Cohasset, Quincy Family Resource Center and Debby & John Flanagan.*

*South Shore Peer Recovery organizes people in recovery from all addictions, their family members, friends and allies, to put a positive face on recovery. SSPPR provides peer support, education, and advocacy opportunities; working to remove barriers to recovery; treating all with dignity and respect regardless of the pathway of recovery.*

*Wellspring is a multi-service organization with a mission to provide support and skills to people facing challenges to their financial, physical or emotional well-being in order to help them achieve independence and self-sufficiency.*

**Wellspring Multi-Service Center • [www.wellspringhull.org](http://www.wellspringhull.org)  
814 Nantasket Avenue, Hull, MA 02045 • 781.925.3211**

**South Shore Peer Recovery – [www.southshorepeerrecovery.com](http://www.southshorepeerrecovery.com)  
51 Cole Parkway, Scituate MA 02066 – 781-378-0453**

### **REGISTER TODAY!**

***Must register by April 15<sup>th</sup>***  
Contact Stephanie Masland at  
Wellspring for more information  
781.925.3211 x127  
[Stephanie@wellspringhull.org](mailto:Stephanie@wellspringhull.org)  
***Program limited to 8 participants***

### **WHAT'S IN IT FOR YOU**

In a supportive setting, we will work with you to uncover your inner strengths and help you to achieve personal transformation in recovery:

- Begin to understand & experience healing new & old wounds
- Address the impact of triggers that lead to relapse
- Learn about local resources & support available to you
- Effectively communicate with your children
- Become more confident & optimistic about maintaining recovery
- Learn to overcome shame, guilt & stop justifying consequences related to substance use
- Create new possibilities for yourself & your children



## Are You A SNAP(**Food Stamps**) Recipient? Do You Want To Become One?

### Wellspring Multi-Service Center can help!

Now a proud Community Partner with the Department of Transitional Assistance (DTA), Wellspring can assist you with all of your SNAP issues, application & recertification needs

No more drives to Quincy or Brockton DTA locations!  
No more waiting on the phone for answers to simple questions!

### For more information...

Stephanie Masland, Director of Community Outreach  
781-925-3211 x127



*Wellspring is a multi-service organization with a mission to provide support and skills to people facing challenges to their financial, physical or emotional well-being in order to help them achieve independence and self-sufficiency. Wellspring is an equal opportunity provider and employer that embraces, supports and actively promotes tolerance and nondiscrimination. This policy applies to all Wellspring practices; relations with clients; and relations with the community. Wellspring will not discriminate on the basis of race, nationality, gender, age, sexual orientation, gender identity, religion or disability.*

Wellspring Multi-Service Center • [www.wellspringhull.org](http://www.wellspringhull.org) • 814 Nantasket Avenue, Hull, MA 02045 • 781.925.3211

This message is funded in part by the USDA. USDA is an equal opportunity provider and employer.



# Holly Hill Farm & Friends

4/24/2018 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

## UPCOMING EVENTS & ACTIVITIES

### **NEW FARM EVENT! MIGRATING BIRD WALK WITH SALLY AVERY, SATURDAY, MAY 5, 8:00-10:00am**

Join locally renowned birding expert and enthusiast Sally Avery for "Spring Birding" in the woods, trails and coastal wetlands of Holly Hill Farm. Sally has led numerous tours for Mass Audubon in addition to this annual bird walk at Holly Hill Farm. With her local and statewide following, Sally will instruct and demonstrate her keen audible and visual ornithology expertise. Bring waterproof 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. We welcome dogs at the farm, but please refrain from bringing your furry friends for this particular walk in order that we have the best conditions for spotting migrating songbirds! Meet in front of Main Barn 7:45am. **781-383-6565, Holly Hill Farm, 236 Jerusalem Road, Cohasset, [hollyhillfarm.org](http://hollyhillfarm.org)**

### **NEW FARM EVENT! BEHIND THE SCENES PREVIEW OF SPRING PLANT SALE, SATURDAY, MAY 5, 2:00pm**

Want to have a farmer's eye view of 40,000 seedlings? Farmer Jasmin Callahan will give visitors a preview of old favorites and new varieties growing in our Greenhouse of vegetables, herbs and flowers. Advice on which varieties are best suited for container gardens, companion planting combinations and succession growing will be provided. This behind the scenes tour will help you plan for a productive, exciting year of growing organically. **FREE TO ALL MEMBERS AND THOSE WHO WISH TO BECOME MEMBERS** to take advantage of the Members Only Plant Sale on Friday, May 11 from 4-7pm. **781-383-6565, Holly Hill Farm, 236 Jerusalem Road, Cohasset, [hollyhillfarm.org](http://hollyhillfarm.org)**

### **NEW! SOUTH SHORE QUESTS! Quest Boxes will remain in place from April 15<sup>th</sup> to November 15<sup>th</sup>, 2018**

South Shore Quest season has begun! Are you new to questing? A quest is a way to turn a walk into a treasure hunt. The South Shore Quest committee publishes a book of quests every year. This year there are 14 quests in many towns across the South Shore and there is a **new Troll themed quest at Holly Hill Farm!** Quests are self-guided. Quest books are for sale at the farm (\$5.00 each book) and at several other locations around the South Shore including Holly Hill Farm, the Hingham Public Library, South Shore Natural Science Center, Buttonwood Books & Toys. Always check this website prior to your Quest for updates: <http://www.southshorequests.org/>

### **NEW FARM EVENT! DISCOVER THE WOODS IN SPRING! SATURDAY, APRIL 28, 1:00PM TO 5:00PM**

In the spirit of Earth Day, come volunteer and lend a hand as we walk the wooded trails at Holly Hill Farm and help clear the paths of debris from winter storms. We will provide tools, loppers, instructions and tasks, small and large for kids, families and adults to make the trails safer for visitors to hike and enjoy our beautiful woods. Light refreshments and energizing snacks will be provided. Please contact Jon Belber to let us know if you will be joining us. [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com) 781-383-6565. **Holly Hill Farm, 236 Jerusalem Road, Cohasset, [hollyhillfarm.org](http://hollyhillfarm.org)**

### **NEW FARM EVENT! CARROTS BY CYCLE BENEFIT**

Help support *Farm to Food Pantry* coordinator Jon Belber as he sets off on his bicycle to plant carrot seeds on Thursday, May 31st. This part 1 phase will begin at a garden in Boston, then head to gardens in Quincy, Braintree, Weymouth, Hingham, Hull, Scituate and end at Holly Hill Farm in Cohasset. The day long bike riding and planting is to **raise awareness about the need for fresh, organic produce for food pantry clients at local, area community kitchens and food pantries**. Part 2 will occur in the late Summer when he plans to bike and harvest the carrots. Please make a donation to support this program that works with teens across the South Shore to grow, harvest and deliver fresh produce to Wellspring, Father Bill's and food pantries in these towns. Additional riders welcome. To make a donation to the Farm to Food Pantry program at *the Friends of Holly Hill Farm*, a 501 (c)(3) nonprofit, go to the website, [HollyHillFarm.org](http://HollyHillFarm.org) or email [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com).

### **Walking Trails are open to the public at HOLLY HILL FARM every day!**

Holly Hill Farm is a tranquil destination for a stroll in the woods and a visit with our farm animals. Property maps are available for purchase in the Greenhouse or in the Farm Office during business hours (\$3.) **Holly Hill Farm, 236 Jerusalem Road, Cohasset, 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)**



# Breakfast Order Form

## Breakfast for the Month of May, 2018

Due to the office by 3:00 pm, \***Tuesday**, May 1, 2018

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

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

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

Week of 5/7 – 5/11     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/14 – 5/21     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/21 – 5/25     Monday     Tuesday     Wednesday     Thursday     Friday

Week of 5/28 – 6/1     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, 2018

Due to the office by 3:00 pm, \*Tuesday, May 1, 2018

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

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

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

|                       |                                      |                                       |   |  |                                      |
|-----------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|
| Week of<br>5/7 – 5/11 | <u>Monday</u><br><b>Reg or Salad</b> | <u>Tuesday</u><br><b>Reg or Salad</b> | <u>Wednesday</u><br><b>Reg or Salad</b> | <u>Thursday</u><br><b>Reg or Salad</b> | <u>Friday</u><br><b>Reg or Salad</b> |
|-----------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|

|                        |                                      |                                       |   |  |                                      |
|------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|
| Week of<br>5/14 – 5/18 | <u>Monday</u><br><b>Reg or Salad</b> | <u>Tuesday</u><br><b>Reg or Salad</b> | <u>Wednesday</u><br><b>Reg or Salad</b> | <u>Thursday</u><br><b>Reg or Salad</b> | <u>Friday</u><br><b>Reg or Salad</b> |
|------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|

|                        |                                      |                                       |   |  |                                      |
|------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|
| Week of<br>5/21 – 5/25 | <u>Monday</u><br><b>Reg or Salad</b> | <u>Tuesday</u><br><b>Reg or Salad</b> | <u>Wednesday</u><br><b>Reg or Salad</b> | <u>Thursday</u><br><b>Reg or Salad</b> | <u>Friday</u><br><b>Reg or Salad</b> |
|------------------------|--------------------------------------|---------------------------------------|---|--|--------------------------------------|

|                       |                                   |                                       |   |  |                                      |
|-----------------------|-----------------------------------|---------------------------------------|---|--|--------------------------------------|
| Week of<br>5/28 – 6/1 | <u>Monday</u><br><b>No School</b> | <u>Tuesday</u><br><b>Reg or Salad</b> | <u>Wednesday</u><br><b>Reg or Salad</b> | <u>Thursday</u><br><b>Reg or Salad</b> | <u>Friday</u><br><b>Reg or 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 SCHOOL**  
**MAY, 2018**

**BREAKFAST**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| 7<br>Rice Krispies<br>Graham Crackers<br>Fruit<br>Orange Juice<br>Milk | 8<br>2 oz. Cereal<br>Fruit<br>Juice<br>Milk                     | 9<br>3.6 oz. WG Blueberry Muffin<br>Fruit<br>Orange Juice<br>Milk       | 10<br>3.6 oz. WG Chocolate Muffin<br>Fruit<br>Orange Juice<br>Milk | 11<br>WG Apple Roll<br>Fruit<br>Orange Juice<br>Milk     |
| 14<br>Cereal<br>Graham Crackers<br>Fruit<br>Orange Juice<br>Milk       | 15<br>3.6 oz. WG Banana Muffin<br>Fruit<br>Orange Juice<br>Milk | 16<br>3.6 oz. WG Chocolate Chip Muffin<br>Fruit<br>Orange Juice<br>Milk | 17<br>WG Cinnamon Roll<br>Fruit<br>Juice<br>Milk                   | 18<br>WG Bagel<br>Fruit<br>Orange Juice<br>Milk          |
| 21<br>Cheerios<br>Graham Crackers<br>Fruit<br>Orange Juice<br>Milk     | 22<br>2 oz. Cereal<br>Fruit<br>Orange Juice<br>Milk             | 23<br>3.6 oz. WG Apple Muffin<br>Fruit<br>Orange Juice<br>Milk          | 24<br>Cereal<br>Graham Crackers<br>Fruit<br>Juice<br>Milk          | 25<br>WG Cinnamon Roll<br>Fruit<br>Juice<br>Milk         |
| 28<br><b>MEMORIAL<br/>DAY</b>  | 29<br>WG Croissant w/Jelly<br>Fruit<br>Juice<br>Milk            | 30<br>3.6 oz. WG Blueberry Muffin<br>Fruit<br>Orange Juice<br>Milk      | 31<br>WG Apple Roll<br>Fruit<br>Orange Juice<br>Milk               | June 1<br>3.6 oz Banana Muffin<br>Fruit<br>Juice<br>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, 2018**

**LUNCH Circle A or B**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| 7<br>A <b>Oven Baked Chicken Bites</b><br>Potato Wedges & WG Roll<br>B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b><br>Milk | 8<br>A <b>Tuna Salad on WG Roll</b><br>Chickpea Salad w/Carrots<br>B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b><br>Milk | 9<br>A <b>Sweet &amp; Sour Chicken</b><br>Brown Rice & Broccoli<br>B <b>Salad w/Crunch Chicken &amp; WG Pita Bread</b><br>Milk | 10<br>A <b>Herbed Baked Chicken</b><br>Green Beans<br>Whole Grain Roll<br>B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b><br>Milk | 11<br>A <b>Cheese Pizza</b><br>Carrots & Broccoli<br>B <b>Salad w/ Crunchy Chicken &amp; WG Pita Bread</b><br>Milk   |
| 14<br>A <b>Hamburger on WG Bun</b><br>Vegetarian Baked Beans<br>B <b>Salad w/ Turkey &amp; WG Pita Bread</b><br>Milk              | 15<br>A <b>Grilled Chicken Breast</b><br>Veggie Pasta Salad<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk              | 16<br>A <b>Sloppy Joe on WG Bun</b><br>Green Beans<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk                      | 17<br>A <b>Chicken Quesadilla</b><br>Corn<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk                                       | 18<br>A <b>Cheese Pizza</b><br>Carrots<br>Potato Wedges<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk       |
| 21<br>A <b>Pancakes &amp; Sausage</b><br>Potato Wedges<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk              | 22<br>A <b>Buffalo Chicken Wrap</b><br>Chickpea Salad w/Veggies<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk   | 23<br>A <b>American Chop Suey</b><br>Green Beans & WG Roll<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk       | 24<br>A <b>Sweet &amp; Sour Chicken</b><br>Brown Rice & Broccoli<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk         | 25<br>A <b>Cheese Pizza</b><br>Carrots & Potato Wedges<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk |
| 28<br><b>MEMORIAL DAY</b>   | 29<br>A <b>Ham &amp; Cheese on WG Bun</b><br>Chickpea Salad<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk              | 30<br>A <b>Chicken Parmesan Sandwich</b><br>Potato Wedges<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk               | 31<br>A <b>Ziti &amp; Meatballs</b><br>Broccoli<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk                                 | JUNE 1<br>A <b>Cheese Pizza</b><br>Green Beans & Carrots<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>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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**\*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, 2018**

**LUNCH Circle A or B**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| 7<br>A <b>Oven Baked Chicken Bites</b><br>Potato Wedges & WG Roll<br>B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b><br>Milk | 8<br>A <b>Tuna Salad on WG Roll</b><br>Chickpea Salad w/Carrots<br>B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b><br>Milk | 9<br>A <b>Sweet &amp; Sour Chicken</b><br>Brown Rice & Broccoli<br>B <b>Salad w/Crunch Chicken &amp; WG Pita Bread</b><br>Milk | 10<br>A <b>Herbed Baked Chicken</b><br>Green Beans<br>Whole Grain Roll<br>B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b><br>Milk | 11<br>A <b>Cheese Pizza</b><br>Carrots & Broccoli<br>B <b>Salad w/ Crunchy Chicken &amp; WG Pita Bread</b><br>Milk   |
| 14<br>A <b>Hamburger on WG Bun</b><br>Vegetarian Baked Beans<br>B <b>Salad w/ Turkey &amp; WG Pita Bread</b><br>Milk              | 15<br>A <b>Grilled Chicken Breast</b><br>Veggie Pasta Salad<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk              | 16<br>A <b>Sloppy Joe on WG Bun</b><br>Green Beans<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk                      | 17<br>A <b>Chicken Quesadilla</b><br>Corn<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk                                       | 18<br>A <b>Cheese Pizza</b><br>Carrots<br>Potato Wedges<br>B <b>Salad w/Turkey &amp; WG Pita Bread</b><br>Milk       |
| 21<br>A <b>Pancakes &amp; Sausage</b><br>Potato Wedges<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk              | 22<br>A <b>Buffalo Chicken Wrap</b><br>Chickpea Salad w/Veggies<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk   | 23<br>A <b>American Chop Suey</b><br>Green Beans & WG Roll<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk       | 24<br>A <b>Sweet &amp; Sour Chicken</b><br>Brown Rice & Broccoli<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk         | 25<br>A <b>Cheese Pizza</b><br>Carrots & Potato Wedges<br>B <b>Salad w/String Cheese &amp; WG Pita Bread</b><br>Milk |
| 28<br><b>MEMORIAL DAY</b>   | 29<br>A <b>Ham &amp; Cheese on WG Bun</b><br>Chickpea Salad<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk              | 30<br>A <b>Chicken Parmesan Sandwich</b><br>Potato Wedges<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk               | 31<br>A <b>Ziti &amp; Meatballs</b><br>Broccoli<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk                                 | JUNE 1<br>A <b>Cheese Pizza</b><br>Green Beans & Carrots<br>B <b>Salad w/Hummus &amp; WG Pita Bread</b><br>Milk      |

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