



Update

May 2, 2018

Vol. 5, Issue 1

FROM THE EXECUTIVE DIRECTOR

Today we welcome eighty-degree temperatures, plenty of sunshine, and all of the excitement that comes with the first week of May. This week marks the second week of the ELA MCAS. Students from Levels II, III, and IV have been working hard to show what they know on this statewide assessment. It can be a stressful time for students, but please know that our teachers work hard to alleviate stress by reminding students to do their best and not to worry.

There is a bulletin board on Level III worth seeing. The headline is *Donot Stress Do Your Best*. Under the headline are individual doughnuts students have filled in with helpful test-taking and life advice. One doughnut reads *Relax*. On another doughnut, a student offers this practical advice *Have a Good Night of Sleep and Eat a Good Meal*. More than one student wrote *I Can Do This*. Yet another wrote *One Bite at a Time*. And still another student on Level III wrote *BELIEVE!*

Our students clearly know what is most important. MCAS scores provide teachers with a data point to inform instruction; however, they most certainly do not determine a child's life outcome. As teachers, parents, and guardians, we know that each child has more to offer than score on a standardized test. Tests come and go, but our students' happiness and well-being remain our top priority.

Next week some of our high school students will begin AP testing. These tests are the capstone assessment for each AP course. This year students will be taking AP exams in Physics, Literature and Composition, US Government and Politics, Biology, Calculus, Language and Composition, and Statistics. During these challenging exams, it is important to focus on all our students have accomplished throughout the year, not just on one test at the end. We hope that our students hear the message as we remind them of how proud we are of their efforts, not just the exam outcome.

I would like to thank all families who took the time to complete the Annual SSCPS Parent Satisfaction Survey. The results of the survey have been recorded and the quantitative data may be viewed [here](#) for your review. The comments section is not included. Data from the comments section will be reviewed at the July Board of Trustees meeting. Survey data provided today will be reviewed at the May Board of Trustees meeting. We received 223 responses out of 587 families. This is a good response rate, higher than last year, but still not as high as the year prior. Last year we received 114 responses from 493 families. Our highest response rate was in 2016 when we received 166 responses from 372 families.

This year has been our second year of enrollment growth. We have used the data from the last two surveys to assist with determining the direction of our programming, school culture, and expansion priorities. This data was exceedingly helpful when we received grant money from the state to support our enrollment increases. Using survey data, we were able to determine that funds needed to be directed toward technology, so we took those steps this year. Parent survey data also pointed to the individual classrooms and funds were used to replace furniture and make other changes to improve the classrooms and support our project-based learning model.

We will continue to use survey feedback as another data point as we plan for the upcoming year. We are looking forward to next year and to the many improvements in our buildings. On our wish list are a second and larger gymnasium, athletic fields, increased classroom space for the arts, and more outdoor space. Next Thursday evening the Board of Trustees will review these results and we will be using these results to once again inform our discussion and summer planning. Your input is essential to our school and I welcome any additional thoughts you may have.

Thank you again for being a part of the South Shore Charter Public School.

Alicia Savage asavage@sscps.org

Wednesday	05/02	Professional Development Early Release	12:00pm
Thursday	05/03	Level III MCAS ELA	
Thursday	05/03	Level IV Shawn's Theater Project to Boston	
Thursday	05/03	School Council	3:30pm
Friday	05/04	SSCEF Annual Auction at Atlantica in Cohasset	6:00-10:00pm
Tuesday	05/08	Level IV MCAS Math	
Wednesday	05/09	AP Literature & Composition AP Physics	
Wednesday	05/09	Parents Association Meeting	6:30pm

FROM THE DEVELOPMENT OFFICE

Last day to register for our Annual School Auction this 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 (NO LATER THAN NOONTIME ON FRIDAY), or you can purchase your [raffle tickets here](#)
You do not need to be present to win!

ONLINE BIDDING FOR THE AUCTION IS NOW OPEN: <http://SSCEF18.gesture.com>

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 and use your regular username and password. Search South Shore Charter Educational Foundation and earn free money.

ART NEWS

Every year the **University System of MA sponsors Art All State** to celebrate and encourage art collaboration throughout the Commonwealth. The application process is extensive for a junior in high school. The junior student's portfolio pieces are first assessed at their local school where they are most likely completing with fellow classmates for the nomination. Once the student is selected, they are required to forward their portfolio, complete an application, provide references and then be interviewed by a panel of educators. Each junior that is nominated by a school district finds themselves competing with juniors from across the state. A small percentage is chosen (approximately 160). This year **Molly Sullivan** has successfully been accepted into the program and will be representing our school and herself on June 8 and 9th. Molly is part of the Art Workshop and we are honored to support her efforts.

Second Parish Art Show, Student Opening Thurs., May 3, 5-8pm. Join the festivities at this annual event and view student work from several towns, including pieces from our school. The following student work will represent our school at this event.

Ochuko Ogagan (8), Taraji Osgood (7), Megan Doherty (7), Lillian Fitch (7), Aditi Suryawanshi (6), Marloe Tanner (5), Mimi Takeishi (5), Emerson Harward (5) Emma Parskey (11), Simmone Brown (12), Israa

Khandker (9), Anna Price (11), Adam Murphy (12), Oliver Ames(8), John O'Keefe (8), Rhiannon McKoy (8), Jason Facey (6).

Second Parish Church is located at 685 Main Street in Hingham. The show is open daily 10-8, Sunday noon-4 until May 13th.

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 PARENTS ASSOCIATION

It's that time of year! While every parent is automatically a member of the Parents Association (PA), we have a few positions that require a vote! We are opening up nominations for the 2018-2019 school year and invite you to consider YOURSELF!

Are you interested in being more involved? Care to hang out with a group of SSCPS parents and guardians once a month to make our school better? Want to be part of keeping families and school connected?

Well...joining PA might be for you! We're an integral part of engaging families to support our school.

All positions are up for nomination!

We're kicking off the election process by inviting you to self-nominate for a position. Nominations will be accepted until 5/14/18. Please consider nominating yourself.

Once nominations have been collected, we will send another email with a survey link for you to vote for all of your PA officers, committee chairs and level/grade representatives.

We plan to close the voting by 5/30/18 and hand the PA over to the incoming group during our June 13th PA meeting.

If you are interested in running for a position, we invite you to self-nominate here:

<https://www.surveymonkey.com/r/DXM755Y>

Thank you for your continued support of our children and their school. Questions can be sent to sscpspaelection@gmail.com, or you can contact any member of the PA.

Heidi Aylward - summer_skies@msn.com

IN PAC WORKSHOPS

CANCELLED CANCELLED

RESCHEDULED DATE WILL BE SENT UPON RECEIPT

Presented by:



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

Thursday, May 3rd 2018 at 6:30pm
100 Longwater Circle, Norwell

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!

2018 YEARBOOK

Order Your 2018 Yearbook!

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

COMMUNITY SERVICE OPPORTUNITY

COMMUNITY INTEREST

Wellspring

As of April 1st 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 15th 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
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103
OR EMAIL 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

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.



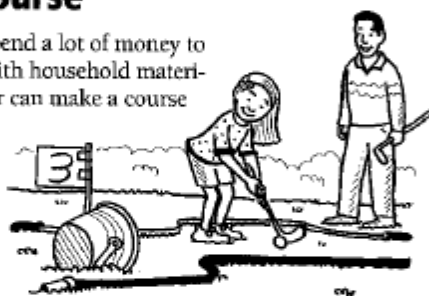
I cut it into cubes, and Brandon added it to a fruit salad that also included (of course) apple and banana slices. He loved the sweet flavor of the dragon fruit. Next week he wants to make fruit salad with star fruit. I'm hoping that if he's willing to taste unusual fruits, it won't be too hard to get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



Please join nationally renowned child
psychologist and author

Lawrence J. Cohen, Ph.D.

May 16, 2018 6:30pm

100 Longwater Circle

for a discussion on children, Playful Parenting,
and risk-taking on the playground

Dr. Cohen, author of *Playful Parenting* and *The Opposite of Worry*, is a licensed psychologist specializing in children's play and play therapy. He is a speaker and consultant to public and independent schools and a teacher of parenting classes and classes for daycare teachers. During the presentation with Dr. Cohen, we will gain insights about:

- The parent-child connection, which comes through tuning in to children's needs, empathy, and play
- One often-neglected need of children: the need for self-determined play, including risky play
- Children's need for the chance to embrace their full physicality, not just be brains to pack with knowledge
- Some exciting developments from some pioneering schools in China and elsewhere!

*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 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 1st 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
814 Nantasket Avenue, Hull, MA 02045 • 781.925.3211**

**South Shore Peer Recovery – www.southshorepeerrecovery.com
51 Cole Parkway, Scituate MA 02066 – 781-378-0453**

REGISTER TODAY!

Must register by April 15th
Contact Stephanie Masland at Wellspring for more information
781.925.3211 x127
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 • 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

5/1/2018 FOR IMMEDIATE RELEASE:

Contact Info: *Friends of Holly Hill Farm*, 236 Jerusalem Road, Cohasset, MA 02025 www.hollyhillfarm.org 781-383-6565

UPCOMING EVENTS & ACTIVITIES

MIGRATING BIRD WALK WITH SALLY AVERY, SATURDAY, MAY 5, 8:00-10:00am

Join 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**

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**

NEW! HOLLY HILL FARM ORGANIC PLANT SALE

Members Only Plant Sale Friday, May 11 from 4:00-7:00pm

Saturday & Sunday, May 12 & 13, 10:00am – 4:00pm

Saturday & Sunday, May 19 & 20, 10:00am- 4:00pm

Holly Hill Farm's annual Organic Plant Sale is an event not to be missed! Celebrate the arrival of warm weather by planting a garden with Holly Hill Farm's own greenhouse grown, organic vegetable, herb and flower seedlings. We have a broad array of heirloom and hybrid varieties plus we have added new, exciting varieties for you to bring to maturity in your gardens. Enhance your herb garden this year with lavenders, basil, lemon verbena, pineapple sage, rosemary and more! Floral favorites such as sunflowers and unique varieties of snapdragons and zinnias. Our farmers and staff will be on hand to answer questions. If you want to shop for plants on Friday, May 11, our Members Only Plant Sale, you can become a member of *Friends of Holly Hill Farm* at the sale, or anytime prior to May 11. Cash, check or credit cards accepted. **781-383-6565, Holly Hill Farm, 236 Jerusalem Road, Cohasset, hollyhillfarm.org**

NEW! FARM TO TABLE SPRING DINNER, SATURDAY, JUNE 2, 6-10pm

Join us for our annual Spring Dinner with Chef Maryann Saporito from Hola! of Marshfield. The prix fixe dinner menu will take advantage of the early season farm offerings. Wine and beer pairings are included. Evening includes a tour of Peck's Meadow to view our organically grown field and the new greenhouse. Proceeds will support educational programs at the Farm and at local schools. Kindly email or call to reserve seating. Tickets and pricing information on our website. **781-383-6565, Holly Hill Farm, 236 Jerusalem Road, Cohasset, hollyhillfarm.org**

FUN ACTIVITY! SOUTH SHORE QUESTS!

Quest Boxes will remain in place from April 15th to November 15th, 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/>

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 781-383-6565. **Holly Hill Farm, 236 Jerusalem Road, Cohasset, hollyhillfarm.org**

FARM TO FOOD PANTRY TEEN COMMUNITY SERVICE PROGRAM AT HOLLY HILL FARM, COHASSET

The *Farm to Food Pantry Program* is a unique opportunity for teenagers aged 13-18. We are ready to plant, grow and work in the Farm Pantry Garden. We are excited to host students seeking community service and who wish to volunteer at Holly Hill Farm. **Ongoing Dates: Friday, March 16, 3:00-5:00pm and/or Saturday March 17, 9:00-12:00. This schedule will be in effect through June 23.** For further information and to register, visit our website, hollyhillfarm.org. Contact Education Director, Jon Belber with any questions at 781-383-6565 or jbelberhollyhill@hotmail.com

NEW FARM EVENT! CARROTS BY CYCLE BENEFIT, THURSDAY, MAY 31, 2018

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 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 or email 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**

Breakfast Order Form

Breakfast for the Month of May, 2018

Due to the office by 3:00 pm, ***Tuesday**, May 8, 2018

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of _____ [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday~~
~~5/7 – 5/11 _____~~

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

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

Week of [X] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
 5/28 – 6/1

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 8, 2018

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

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

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

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

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5/28 – 6/1	No School	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.



SOUTH SHORE CHARTER SCHOOL
MAY, 2018

BREAKFAST

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

LUNCH Circle A or B

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

LUNCH Circle A or B

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

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