



# Update

October 4, 2017

Vol. 10, Issue 1

## FROM THE 5-12 PRINCIPAL



Last week Mary Carter, Joe Kay, Katie Cianelli, Dan Costin and I joined our Senior class on an overnight Senior Retreat at Camp Burgess in Sandwich. This was the eighth year of a trip that has become an annual tradition. The schedule for the two days combined organized team-building activities with a ropes course, open recreation, and water sports. Students had the opportunity to climb various courses on a climbing tower and to zipline across the camp. We ended our evening on Monday with a flashlight-less night hike and a campfire.

During the structured portion of the trip, Seniors participated in a series of team activities designed to encourage problem solving skills, listening, and cooperation. On the low ropes course camp staff gave our students a variety of challenges to overcome. Those challenges required them to work together to effectively develop and execute plans. For example, groups of students were asked to move themselves between three platforms using only a rope and a plank while half the students were not allowed to speak. In another challenge students needed to work together to solve a life size [Towers of Hanoi](#) puzzle. In yet another they had to work to balance a seesawing platform. All of the challenges, which often involved falls, missteps, and the need to stop to reevaluate, were fun for students but also taught them important cooperative and organizational skills. Students were pushed to think about how they approached problems, evaluate how others approached similar situations, and determine how they could all constructively contribute. We repeatedly saw them encourage one another, help each other up, and stop to listen. These are incredibly important skills.

What really struck us was the way that our students persevered in the face of challenges and supported one another. Everyone was willing to try and with help from one another everyone succeeded. Teamwork extended beyond the

organized activities. Students worked together to clean up after meals, build the campfire, and organize groups for kayaking and canoeing. It was extremely rewarding as an educator to see our students bring together their interpersonal skills, problem-solving techniques, and leadership abilities in their pursuit of a goal and enjoy it. The performance of our students provided me with further evidence that SSCPS gives students an education that goes far beyond academics. This was reinforced by the praise the staff gave to our students at the close of our visit.

The retreat gave our Seniors time to come together as a group and to strengthen their connections to one another. It provided students with a much needed opportunity to exercise, enjoy time in the sun, and socialize. With the pressures that surround the college admissions process, Seniors sometimes forget to stop and enjoy the time that they have left with each other. During Advisory last week our Seniors spent some time reflecting on their trip with a discussion of the purpose and value of spending two days away from the classroom. They were able to articulate how they could apply lessons from the trip to this final year of their grade school education. Our hope is that they will use the skills they honed at the retreat to help them lead not only their High School peers, but the school as a whole. Luckily, our students have had many years of training to allow them to take on this role; throughout the building activities like Town Meeting, Community Meeting, Advisory, and Open Circle, as well as initiatives that teachers take in their individual classrooms, all help bring our students together. While academics come first in our mission statement, our Seniors are also reminders of student success in service and in life.

Angie Pepin – [apepin@sscps.org](mailto:apepin@sscps.org)

Thursday	10/05	School Council	3:30pm
Monday	10/09	Columbus Day Observed – No School	
Tuesday	10/10	SSCEF Meeting	5:00-7:00pm
Wednesday	10/11	11 <sup>th</sup> Grade PSAT's	
Wednesday	10/11	Level IV Jody's Project to North River Arts	
Wednesday	10/11	Title I Parent Information Session	5:00-5:30pm
Wednesday	10/11	Parents Association Meeting	6:30pm
Thursday	10/12	Title I Parent Information Session	8:30-9:00am
Thursday	10/12	High School Students to Gillette Stadium for Game Change Presentation	
Thursday	10/12	Board of Trustees Development Committee Finance Committee	7:30pm 7:00pm 6:30pm
Upcoming Event!	10/14	Harvest Run Road Race – Wompatuck State Park	

## ANNOUNCEMENTS

### News from the Library

The Library Committee is pleased to announce that the library is now open for checkout!



Because the library is run by parent volunteers, we have a few guidelines to keep our library strong:

1. Students will only check out one book at a time.
2. The checkout period is 2 weeks.
3. Students are not currently able to renew books, but we hope to offer this later in the year.
4. Students may not check out another book until their previous book is returned.

Thank you for your help in keeping track of your student's items!

**Back-to School Reminders:** All Back-to-School paperwork including your child's emergency contact sheet, completed dismissal plan, and any health related forms are now due. If you are planning to volunteer, all volunteers must, on an annual basis, fill out a CORI form and pass the CORI check before volunteering. Please bring a photo ID, complete a form at the front desk, and meet with Pam Algera at [palgera@sscps.org](mailto:palgera@sscps.org) or (781)982-4202, ext. 103. Please note that processing a CORI check could take up to five business days so please plan accordingly.

## **ATHLETICS UPDATE**

### **Volleyball**

The Jaguars volleyball team is off to an impressive 5-1 start to their season! The team, led by tri-captains Naomi Zorrilla, Madison Mirabile, and Nicole Rousseau (all 12<sup>th</sup> grade), faced off against Foxboro, the league returning champion, to begin their season. The Jaguars had lost to Foxboro in the championship last season. The ladies started out strong winning the first set but went on to fall short in the following three sets. After the match though, the Foxboro head coach informed our team that they had not lost a set since 2013, which was a huge feat to accomplish in our first match of the season.

Another compliment was paid to the Lady Jaguars after one of our matches earlier in the season. Not only did the Lady Jaguars display superb volleyball skills and teamwork but they showed impeccable sportsmanship, integrity, and class. After the match, the coach took to social media and wrote the following:

"We got to see a team do all the things we want to do well by end of season."

Clearly this is a testament to the hard work and commitment that the girls have put into this program to make it what it is today!

The Lady Jaguars have since gone on to defeat Boston Prep, Codman Academy, Academy of the Pacific Rim, PCA Springfield, and City on a Hill. We still have some home matches remaining and appreciate the support of the SSCPS community! All home matches start at 4:00 p.m. and are played at The University Sports Complex, 645 Washington Street, in Hanover. Hope to see you there!

### **Remaining home matches:**

Thursday, October 5<sup>th</sup> vs. Boston Collegiate

Tuesday, October 10<sup>th</sup> vs. Boston Prep

Tuesday, October 17<sup>th</sup> vs. Paulo Friere

### **High School Soccer**

The boys soccer team has had a successful start to their season. They are currently 2-1 and have scored a total of 16 goals. The offense has been led by Lucas Whitemyer with 4 goals, Matt Whitman with 4 goals and Ryan Gallagher and Kenny Dera each with 2 goals each. The defense has been strong over the last two games, only allowing a total of 2 goals. The defense has been led by the outstanding play of Jared Farmer and Rawsheed Nelson. Jeremiah Derolous has been solid in net this year only allowing in 7 goals while making 15 saves. The boys played a tough game against Codman Academy, on Monday, which resulted in a tie of 1-1. The season continues on with future games against Boston Collegiate and Salem Academy.

The girls varsity soccer team is off to a great start this season having won 2 of their first 3 games. Behind a strong defense, a balanced midfield and a resilient attack, the Lady Jaguars are kicking on all cylinders to start the 2017 season. After back-to-back seasons of having trouble finding the back of the net, the Jaguars have found the scoring touch with the help of eighth grader Kaleigh Stone and freshman Nani Luciano, who have combined to score 10 of the team's 15 goals. Freshman goalkeeper Maria DiPesa has been solid in net coming off her first clean sheet of the season against the Academy of the Pacific Rim last week. The defense is anchored by sophomores Kylie Schaefer-Flynn and Courtney Morin with freshman Ruby Amicangelo, Audryelle Hennebury and Madison Phillips playing some of their best soccer. Captains Molly Sullivan and Lucy Njoroge lead the way for the midfield with the help of freshman Izzy Carter and Roman Fernandez. However, the strength of this team is its depth with Keren Petion, Georgia Chambers, Jessica Murray, Eliza Daly, Christine Chery, Brynae Hall, Chisom Orji-Imo and Joyce Ramos-



Martinez providing a huge spark off the bench. The Lady Jags tied a tough Codman Academy team on Monday with a score of 2-2. The Lady Jags hope to continue their winning ways this week with games against Boston Collegiate and Match Charter.

## **FROM THE DEVELOPMENT OFFICE**

We are very excited about our 9th Annual Harvest Run 5K Walk and Run road race on Saturday, October 14th at 9am at Wompatuck State Park in Hingham. The family registration is due later than Tuesday, October 10th. Please hand in your form at the front desk at 100 or 700. For all student athletes, you can register on-line here using the discount code STUDENT. Pass on on [registration link](#) as this road race is open to the community.

It is not too late to refer a business for a sponsorship so please email Laurie Dannison at [ldannison@sscps.org](mailto:ldannison@sscps.org). Thank you for your continued support!

## **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.

## **COMMUNITY SERVICE OPPORTUNITY**

### **Emergency Supply Drive for Puerto Rico in Response to Hurricanes Maria and Irma**

Ben, Sam, and Josh Walker's doctor's office is collecting supplies to ship to Puerto Rico in response to Hurricanes Maria and Irma. Ben, Sam, and Josh are asking every SSCPS family to consider donating at least one item from the list below to be shipped to Puerto Rico in the next couple of weeks. The citizens of Puerto Rico are in desperate need of the most basic supplies for survival. Kindly place all donations in the large boxes located in the front lobby at 100 Longwater Circle and 700 Longwater Circle, or give to the front desk. The collection drive is open from Friday, October 6 – Friday, October 20..

### **Emergency Supplies**

- Bottled Water
- Baby wipes
- Hand sanitizer
- Diapers
- Canned foods
- Dry foods, such as peanut butter
- Baby formula
- Garbage bags
- Towels
- Canned milk
- Canned and dry pet food
- Baby and adult pain relief medicine
- Stomach and Diarrhea relief medicine
- Mosquito repellent and Mosquito Nets
- Blankets
- Pillows
- First-aid kits
- Laundry detergents
- Dish soap
- Cots

Thank you so very much! Ben, Sam and Josh Walker

## **FROM THE GUIDANCE DEPARTMENT**

Welcome Back! As we settle into new academic year, I wanted to share what is new in the High School Guidance Department.

**New Guidance Counselor:** Please join me in welcoming Stephanie Chery, our new Guidance Counselor. Stephanie has a wonderful range of experience from working with non-profit educational organizations such as Inversant and American Student Assistance, where she has helped low-income students with financing their education. Stephanie holds her Masters in School Counseling from UMass- Boston. She will be responsible for students in grades 9 and 10. Her role will be assisting students with the transition to high school, monitoring student's academics and attendance, as well as lead the School Store Workshop.

**Chyten Educational Partnership/College Center:** SSCPS has partnered with Chyten Educational Service to have a new "College Center" and provide PSAT/SAT Preparatory classes at the high school. The College Center will have two College Access Counselors who will be available on Tuesdays and Thursdays to help Seniors with the college application process, including:

- Common Application Help
- Essay Help
- Activity List Development
- Resume
- Scholarship Search

For Juniors, the Access Counselors will assist with early college planning during the fourth quarter. From September to October 11th, Juniors will be preparing for the PSAT Exam. After the PSAT Exam, the Juniors will focus will be on preparing for the March SAT Exam.

**Massasoit Community College:** SSCPS is continuing its relationship with Massasoit Community College course taught here at school. This year, we are offering Speech Communications on Tuesday and Thursday from 3:00-4:15pm and French I during FIT. New courses will begin in January.

I will continue in my role at Guidance Director working with the upperclassman ( grades 11-12), as well as working closely with Stephanie and Chyten to make sure all students access to our guidance services. Please check out our link on the SSCPS website under "Guidance". The site is still in progress, but I am working on updating it on a regular basis.

If you have any questions about the Guidance Program, please feel free to contact me at [mcarter@sscps.org](mailto:mcarter@sscps.org) or 781-982-4202 x306.

*Mary Carter, Guidance Director*

**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)**

## **South Shore Charter Public School**

### **2017-2018 Pickup Procedures**

All of us share the common interest at dismissal time of getting all students safely and efficiently into their correct vehicles. Our first goal is safety. The second is an efficient system that treats everyone equitably. Following these procedures will help us maintain a positive school culture and neighborly relations with the other tenants of Assinippi Park. Please remember the following:

- The campus is closed to pick-up traffic before 3:00pm at both locations.
- Students in K-8 must be picked up at 100 Longwater Circle. Students residing in towns A-Q front door; students residing in towns R-W back door.
- Students in grades 9-12 should be picked up at 700 Longwater Drive unless they have a scheduled last period class at 100 Longwater.
- **Students may be picked up at the front or back doors only.** Other pick up points put student safety at risk. Pick up in other lots is trespassing. Please do not pick up your child in any neighboring parking lots.
- If you do not want to wait in line, you may find that planning to arrive between 3:15 and 3:25 works better for your family.
- **There is no cell phone use while driving on campus during arrival and dismissal.**
- To assist with traffic flow, please follow the traffic guard instructions as well as the lines and arrows painted on the pavement.
- **The speed limit on campus is five miles per hour.**
- All drivers are to stay in their cars and staff members will help your child get into the car.
- If your student or any student in your carpool is not present when you come to pick up that student, a staff member will ask you to pull into a designated waiting area to keep the line moving.
- Parents and guardians who are late to pick up their students must park and come to the front desk to sign out their child(ren).
- All high school students not picked up by 3:30 at the 700 Longwater campus will be escorted to 100 Longwater. There is no adult supervision.
- When an appointment requires an exact 3:00pm dismissal, we ask that you pick up your student at or before 2:30.
- Any person who does not cooperate with these procedures will be asked to meet with the Principals.
- SSCPS reserves the right to contact the local police and/or transport any student not picked up by 5:00pm, or any student left waiting for longer than half an hour following a school based event.



# Literacy Night!

**Tuesday, October 17, from 6 to 7 p.m.**

**Families of grades K-4 students, please join us for Literacy Night! Your children will hear great books read to them by volunteers.**

***Pajamas and slippers are appropriate dress!***

*If you would like to volunteer as a reader, please contact*

*Ted Hirsch at 781-982-4202, ext. 108*

# South Shore Charter Public School



Dear SSCPS Families,

It's been a great pleasure being a part of such a wonderful school. As we start the school year and the FITs have been established, I thought this may be a great time to continue with the various instrumental programs here at the school. This letter is in regards to being a part of SSCPS before school band program. The band meets on **Mondays** and **Thursdays** from 7:15-8:10.

Learning to play and improving skills on an instrument is a great way for students to grow to express his or herself in a new way; musically. These potential instrumental musicians will be playing in a band setting. Knowing that they each have a specific part to play in making the music come together as a whole, will feed their desire to learn to play even more. This ensemble is geared towards those that have been playing their instruments for at least one year.

If you are interested in participating in the before school band program, please fill out the application on the back and bring it to the front desk as soon as possible. If you have any questions, feel free to contact me.

Sincerely,  
Theron Leonard  
Music Teacher  
South Shore Charter Public School  
tleonard@sscps.org  
781.982.4202 x318





South Shore Charter Public School before school band

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

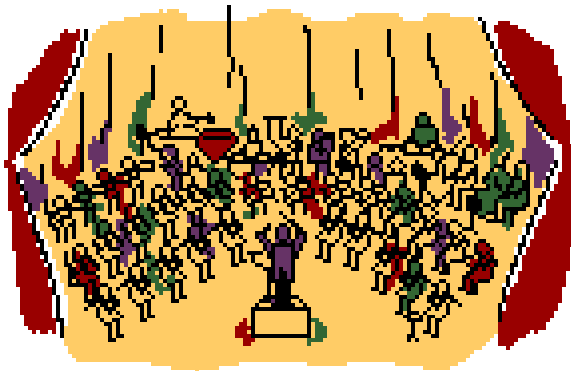
Parent / Guardian's Name: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Main Telephone Number: \_\_\_\_\_

Level/Grade: \_\_\_\_\_

Band Instrument of Choice: \_\_\_\_\_



Please return this form to the front desk as soon as possible.

# BOKS

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

For school year 2017-2018 the BOKS team will be hosting two sessions.

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

## **Session Dates:**

**Session 1: October 10<sup>th</sup> - December 14<sup>th</sup>**

**Session 2: January 16<sup>th</sup> - March 8<sup>th</sup>**

If you have any questions please email Kay Long at [Kaybo.long@gmail.com](mailto:Kaybo.long@gmail.com)

We are looking for more parents willing to go through the training and help run sessions/days. You do not need to be athletic to help but you will need an updated CORI with the school.

**NEW** this year are Virtual Training Sessions!!

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

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

# **BOKS for Levels I, II, and III**

Organized and run by SSCPS parents, the program is inspired by the Reebok Foundation's BOKS program; all the fitness leaders have been trained by Reebok. This is a no cost before-school fitness program being offered to any child in Kindergarten to 6<sup>th</sup> grade. In order to provide the best program to the children there is a limit of 40 participants. If more applications are received than spots available there will be a lottery for participation. The schedule for the program is all Levels Tuesday and Thursdays. BOKS is held in the PE space with a **start time of 7:20** and an end time of 8:00, the trainers escort all the children to the back door of the school. The 2 separate sessions are listed on the attached flyer. You may select any number of sessions from 1 to 2, there will be an opportunity for sign-up before each session.

In order for your child to participate you must fill out the below information as well as the attached application including the doctor information and the release, this is to avoid liability issues. If you have more than one child participating please be sure to complete a separate form for each. Place the completed forms in the envelope at the front desk labeled "BOKS" NO later than **October 6th**

If we have more applications than spots you will be notified by email of non-entry. ***The purpose of BOKS is to stimulate the mind by movement before the school day begins, please drop your child/children off no later than 7:20.***

**ALL requested information is required – Complete a separate form for each child.**

## **PLEASE PRINT CLEARLY**

I would like my child to participate in the BOKS Morning Fitness Program

Childs' Name: \_\_\_\_\_ Pod Teacher: \_\_\_\_\_

\_\_\_\_\_  
Parent(s)/Guardian(s) Email:

\_\_\_\_\_  
Parent(s)/Guardian(s) Signature:

\_\_\_\_\_  
Preferred Phone (Home / Work / Cell): \_\_\_\_\_

Circle All That Apply: Session 1 /Session 2 /

Any medical issues the trainers need to know?

\_\_\_\_\_

# Look What's Coming!

## Original Works

Hello Family!

We have teamed up with Original Works to offer a very special program. In the next few weeks, your child will be creating their very own special artwork for this project. So, be on the lookout as you will then have the opportunity to order a variety of useful items, all professionally made and **featuring your child's masterpiece!**



Order and help support our school.

# Celebrate Creativity!



# Nutrition Nuggets

Food and Fitness for a Healthy Child October 2017

South Shore Charter Public School  
Susan Dupras, School Nurse

## BEST BITES

### Mason jar omelet

Here's a fun breakfast to make with your youngster. Crack 2 eggs into a Mason jar. Add chopped veggies like bell pepper and tomatoes, plus 1 tsp. shredded cheese. Screw the lid on tightly, and let him shake it well. Remove the lid. Microwave 2-3 minutes until eggs are set. Cool, and enjoy. *Note:* You can also make this in a mug. Whisk the mixture instead of shaking.

### Burpees for kids

Show your child how to do burpees, a great cardio exercise with a silly name.



Stand up straight, then squat down and place your hands palms-down in front of your feet. Kick back and do a push-up. Jump your feet back toward your hands and leap up. How many burpees can she do?

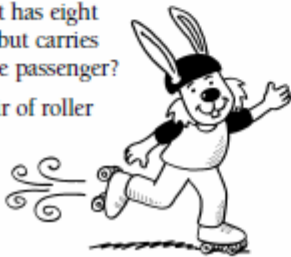
### DID YOU KNOW?

Quinoa (pronounced "keen-wah") is prepared like a grain, but it's actually a seed from the same plant family as spinach and beets. It packs a whopping 8 grams of protein and 5 grams of fiber in each 1 cup serving! Consider tossing cooked quinoa into your youngster's favorite soup, casserole, or salad for a healthy (and tasty) twist.

### Just for fun

**Q:** What has eight wheels but carries only one passenger?

**A:** A pair of roller skates.



## Encourage active time

Want to get your child away from video games, television, or computers? Try these tips for helping her spend less time in front of screens and more time being active.



### Involve everyone

At breakfast, have family members talk about how they'll get exercise that day. You might mention a lunchtime walk you've planned with coworkers, and your youngster could explain a game she's going to play at recess. *Tip:* Let your child see you being active. When you put away your laptop and announce you're going for a run, you're setting a great example.

### Set ground rules

Come up with rules that encourage physical activity and limit electronics. For example, you might require your youngster to do at least 60 minutes of physical activity before playing video games—and limit video game time to 30 minutes a day. Your child could write the rules on signs to post around the house, perhaps on the

### Screen-free alternatives

Let your youngster plan activities that don't involve sitting in front of a screen. She might:

- create a workout routine that you can record for your family to follow along with later.
- map out new routes through your neighborhood for family bike rides.
- organize a neighborhood kickball or softball game.

front door or by the TV. Encourage her to use clever wording ("Turn me off. I need a break!") and illustrations (a drawing of a tired TV). ●

## A puzzle full of nutrition

Help your youngster "puzzle" out what a balanced meal looks like with this food-group activity.

First, talk about what makes up a healthy meal.

*Tip:* Show him the MyPlate guide at [choosemyplate.gov/myplate](http://choosemyplate.gov/myplate). He'll see that his plate should include about a quarter each of vegetables, fruits, grains, and protein. On a paper plate or a circle cut from construction paper, he could use crayons to draw a balanced meal. Maybe he'll include chicken, brown rice, green beans, and oranges.

Have your child cut the plate into puzzle pieces, and see if you can put his puzzle back together. Then, create more healthy food puzzles for each other to assemble. ●





## Healthier fast food

When your family's busy schedule leaves you eating on the fly, use these strategies to keep everyone's nutrition on track.

### Know the facts

Teach your youngster to spot healthier menu items. Words and phrases to look for include *grilled*, *thin-crust*, *baked*, and *roasted*. On the other hand, he'll want to stay away from anything labeled *fried*, *loaded*, *stuffed*, or *bacon-wrapped*.

### Split it

Your child asks for french fries, but you want him to eat carrot sticks. The solution? Order both! Get a small order of



fries for the whole family so everyone gets just a few—and several orders of carrots so everyone fills up on the good stuff. Or share an oversized sandwich. Ask for it with a whole-grain bun (or wrapped in lettuce), mustard instead of mayo, and extra veggies.

### Bring your own

Grab a piece of fruit, string cheese, and a bottle of water for each person before leaving the house. You'll save money, and everyone will be guaranteed healthy side items and drinks to pair with your drive-thru order. ●

## PARENT TO PARENT

### Foods can't touch? No problem!

My daughter doesn't like it when the food on her plate touches—even if she loves each food.

After talking with other parents, I learned that my daughter isn't the only one like this. Now I'm trying strategies that have worked for them.

First, I let her spoon her foods into separate tiny bowls. She enjoyed arranging the bowls on her dinner plate, and she ate all the healthy foods—separately. Another time, she put colorful cupcake liners into a muffin tin and filled each one with a different food. Then, just yesterday, we used a carrot stick and a green bean to keep her food apart. When she finished everything else, she even ate the dividers!

With these simple changes, my daughter now eats without a fuss, making mealtimes happier for everyone. ●



## ACTIVITY CORNER

### A fitness carnival

Homemade carnival-style games can be a fun and inexpensive way to be active with your child. Here are two ideas to get him started.

- **Ring toss.** Make rings by cutting the centers from sturdy paper plates. Line up a few pumpkins with good-sized stems. Step back a few feet, and take turns trying to toss a ring onto each pumpkin. *Idea:* For a glowing good time, get glow-in-the-dark necklaces at a dollar store to use as rings, and play after the sun goes down.
- **Cup pyramid.** Help your youngster build a pyramid with 10 plastic cups (four on the bottom row, then three, then two, and finally one cup on the top). On each turn, throw a Wiffle ball toward the pyramid twice, scoring 1 point for each cup knocked down. Restack. The winner is the first player to reach 50 points. ●



## IN THE KITCHEN

### A harvest feast

Take advantage of fall's harvest with these good-for-you recipes.

- **Pumpkin apple soup.** In a large pot, heat 2 tbsp. olive oil over medium heat. Sauté 1 cup diced onion and 2 cups diced apples for 3–5 minutes. Add 3 cans (15 oz. each) unsweetened pumpkin puree and 5 cups low-sodium chicken or vegetable broth. Bring to a boil, then simmer 10 minutes. Leave chunky, or puree in a blender (a few cups at a time).

- **Pear grilled cheese.** Thinly slice 1 pear. On a piece of whole-wheat bread, layer 1 tbsp. shredded cheddar cheese, pear slices, and another 1 tbsp. cheese. Top with a second piece of bread, and brown in a heated skillet (coated with nonstick spray), 2–3 minutes per side.

- **Baked butternut squash.** Peel and cube 1 large squash, or buy it already cubed. Toss in a bowl with 1 tbsp. olive oil, spread on a baking sheet, and sprinkle with salt and pepper. Bake 30–40 minutes at 400°, turning once, until golden brown. ●



**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

"Creativity is contagious. Pass it on."

~Albert Einstein

# Community through Creation

## an SSCPS Art & Craft Fair

Saturday, November 4, 2017

9am-2pm

104 Longwater Drive

SSCPS PE Space

- An exclusive window for SSCPS families to send registrations ends on Thursday October 5<sup>th</sup> after which the public will be invited to register to reserve space.
- See the registration tri-fold for more details

We hope SSCPS families will come out to shop the event after the PA meeting  
We ask SSCPS families to share the event flyer with friends & family in hopes of driving traffic and business for the artists & vendors who are supporting our school

- This is a community building and fundraising event
- SSCPS family artists and crafters are invited to participate, and complete a registration form (Note: **The price will be reduced to \$25 for SSCPS family artists and crafters** who wish to rent space, but it will not be advertised on the form & vendors agree to donate an item to an SSCPS raffle table)
- **An exclusive window for SSCPS families to send registrations & payment ends on Thursday October 5<sup>th</sup>** after which the public will be invited to register
- See the registration form for more details

### Volunteer Opportunities:

Heidi is looking for *6 Responsible High School Volunteers* to work from 7:30-10:00a.m.

Volunteers must be able to lift up to 15lbs, be willing to independently help vendors unload, be trusted to safely hold a sign at the driveway, direct vendors to school for parking after unloading, and set up tables while positively representing our school. *Parents are asked to kindly consider student allergies to things commonly found at a craft & art fairs like fragrances, foods, art medium...etc.*

### More Info:

Heidi Aylward (Parent Association Fundraising Chair)  
Summer\_Skies@msn.com / (508)-685-3718



## Community through Creation an SSCPS Art & Craft Fair



Date: Saturday, Nov. 4 2017

Set Up: 7:30a-9:00a Selling Time: 9a-2p We ask for no break-downs before 1p & Spaces cleaned and vacated by 3:30p

Location: South Shore Charter Public School PE Space, 104 Longwater Drive, Norwell, MA (Assinippi Park)

Donation: \$35 for 8'x10' space and Donation of and item to our raffle table (\$25 for SSCPS Families)

FULL NAME:
BUSINESS NAME
EMAIL
PH#
Payment Method: Cash Check Paypal Debit Credit Electronic payments should be made <i>after</i> confirmation of accepted registration. I will email/call you
Do your family have an SSCPS student?      Yes    No    If yes, Student Name: (SSCPS Family rate is \$25 and raffle donation)
Handmade Items?                                      Yes    No
ITEM CATEGORY: Fiber Arts   Pottery   Jewelry   Home Décor   Apparel   Paintings   Photography   Toys   Food Other: _____
Types of items you sell (provide examples)

All Registrations will be acknowledged by email or phone. Your registration fee is non-refundable if approved. Your check will be returned if not approved. This is an indoor fundraising & community building event for our school. We will provide pre-event advertising and ask that you do as well. All vendors are responsible for supplying their own tables & chairs. Some student volunteers will be on hand for those who would like help unloading wares, (at your own risk) If your registration is approved, you agree to participate, make payment & donation, and to set-up and break-down times. By registering you agree not to hold SSCPS liable for any accidents, injuries or damages incurred at the event.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

### Checks made out to:

#### South Shore Charter Educational Foundation (or SSCEF)

- ⇒ Checks & cash must be mailed or dropped off @SSCPS
- ⇒ PayPal or Credit/Debit payments can be made *after* registration is approved-please wait for an email or phone call.
- ⇒ If payment or an arrangement isn't made after acceptance, and there is demand for space, we will accept another registration

### Send Completed Registration Form to:

By Email: Heidi Aylward (508)685-3718

Summer\_Skies@msn.com

**Yes! You can take a pic of completed form and email it to me!**

By Mail: SSCPS Parent Association, Fundraising Chair/Art & Craft Fair,  
100 Longwater Circle, I, MA 02061



# Holly Hill Farm & Friends

9/26/2017 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

## UPCOMING EVENTS & ACTIVITIES

### **PROUDLY ANNOUNCING HOLLY HILL FARM AWARDED BEST FARM STAND SOUTH OF BOSTON 2017®, BY *BOSTON* magazine!**

<http://www.bostonmagazine.com/best-of-boston/2017/holly-hill/>

#### **AFTER SCHOOL PROGRAM: HARVEST CHORES AND ANIMAL CARE, Tues. Sept. 26 through Oct. 17, 2017, 4:00-5:00pm, Ages 6-10**

Do you long for the Summer camp days of yore? Come spend some wonderful Fall afternoons at Holly Hill Farm. We will sow Fall seeds, work with the animals, make compost, and harvest vegetables (and eat them too!). This program is for happy farmers ages 6-10. The program will run from 4-5 pm and begins September 26<sup>th</sup>, four Tuesdays until October 17<sup>th</sup>. Cost is \$42 for members and \$55 for non-members. Hope to see you at Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

#### **NEW! COMPOST WORKSHOP, Sat., Oct. 28, 10-12pm**

Join us as we learn how to set up (or enhance) a backyard compost pile. Compost is a great resource for a natural, nutrient-rich fertilizer for your garden at any stage of growth. This hands-on workshop and demonstration will also send you home with some finished compost for your own garden. \$12/members, \$15/non-members. Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

#### **NEW! GARLIC FESTIVAL, Sat., Oct. 28, 12-2pm**

Come and learn all the best techniques of growing great garlic, purchase up to 10 garlic heads so you can plant cloves in your home garden. Join us and savor the distinctive, fresh flavors of our organically grown and roasted garlic on hot baked bread. Free event, but seed garlic will be available for purchase. Look for Holly Hill Farm's garlic-infused, take-home foods in our Farm Stand, open 10-5 on Saturday the 28<sup>th</sup>. Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

#### **SAVE THE DATE! SUNDAY, OCTOBER 15: 5K DISCOVER THE WOODS TRAIL RACE 10:00am, ONE MILE FUN**

**RUN/WALK 11:00am** Woodland 5K trail run through Holly Hill Farm woods and surrounding fields. Check our website for more details soon. Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

#### **SAVE THE DATE! SATURDAY, NOVEMBER 4th, 9-10pm: GREENHOUSE FARM TO TABLE DINNER & SILENT AUCTION**

Our last dinner of the year will be held in our cozy greenhouse. Chef Tina Conte, of Garden to Garnish in Hanson, will create a menu celebrating Holly Hill Farm's late autumn harvest. Organic wines and craft beers will be provided by David Mitchell of MISE, Inc. in Newton. The evening also includes our annual Silent Auction, featuring local artisan gift items and local business offerings. Call Holly Hill Farm to reserve seating. On-line reservations will be available beginning September 25<sup>th</sup>. Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

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

The Farm to Food Pantry Program is a unique opportunity for teenagers aged 13-18. We have already started farming and working in the garden to grow produce. Autumn hours are Fridays from 3:00 to 5:00 and Saturday mornings from 9:00 to 12:00. 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. For further fall program information and to register, contact Education Director, Jon Belber at 781-383-6565 or [jbelberhollyhill@hotmail.com](mailto:jbelberhollyhill@hotmail.com)

### **HOLLY HILL FARM STAND OFFERING ORGANIC PRODUCE, SATURDAYS & SUNDAYS, 10:00 – 5:00pm**

Our Farm Stand is open EVERY SATURDAY AND SUNDAY! Just picked greens, abundant, sun ripened tomatoes and other vegetables, herbs and glorious floral arrangements from our fields to your table! Freshly baked breads from Hull's Bread Basket. Pick up some freshly made Mediterranean salads from To Dine For – plain, spinach/artichoke hummus, beet salad, etc. We have Narragansett Creamery yogurt, feta and mozzarella cheeses, fresh farm eggs when available. Shop early for best selection. Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org) Send email to [friendsofhollyhillfarm@gmail.com](mailto:friendsofhollyhillfarm@gmail.com) if you wish to receive weekly news from our weekly farm stand and other farm events and programs!

### **COHASSET FARMER'S MARKET**

**Thursdays, on Cohasset Common, North Main Street, Cohasset, 02025, 2:00 – 6:00pm**

Holly Hill Farm offers fresh, organically grown produce at the Cohasset Farmer's Market. Freshly harvested greens and other seasonal produce. Jean's freshly cut bouquets of brilliant sunflowers and other flowers from our fields. [Cohassetfarmersmarket.com](http://Cohassetfarmersmarket.com)

### **SCITUATE FARMER'S MARKET**

**Wednesdays in parking lot of St. Mary's Church, 1 Kent Street, Scituate, MA 02066, 3:00 – 7:00pm**

A convenient venue for Holly Hill Farm's organic produce, plus other locally harvested seafood, meats and produce. Stop by the Holly Hill Farm tent and say hello to Savannah and Jon and pick up some freshly harvested greens and other seasonal produce.

### **SOUTH SHORE QUESTS: HIKING HOLLY HILL FARM, 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).





# Nonverbal Learning Disability: Characteristics and Treatment

*Presented by: John Desmond, MS, CCC-SLP*

Thursday, October 26th, 2017

7-8:30 p.m.

42 Winter Street, Pembroke

\$25

Some of the characteristics of Nonverbal Learning Disability are:

- Difficulty understanding body language/facial expression
- Inability to grasp the "Big Picture"
- Concrete literal thinking
- Decreased coordination and organization
- Difficulty writing and drawing
- Problems with math and reading
- Poor self esteem

*Join John Desmond, MS, CCC-SLP for a discussion that will provide you with an understanding of the language and social skills strengths and weaknesses of NVLD. In addition, you will learn great strategies to help you boost your child's social and higher level language skills.*

For more information or to register please call

South Shore Therapies at (781) 335-6663

*\*Space is limited and is on a first come first serve basis.\**

Payment due at time of registration.

You can also find us on social media!



**Register Now!**

**Breakfast Order Form**  
**Breakfast for the Month of October, 2017**  
Due to the office by 3:00 pm, \*Tuesday, October 10, 2017

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

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

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

~~Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday~~  
~~10/2 – 10/6~~

~~Week of [X] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday~~  
~~10/9 – 10/13~~

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
10/16 – 10/20

Week of [ ] Monday [ ] Tuesday [ ] Wednesday [ ] Thursday [ ] Friday  
10/23 – 10/27

Week of [ ] Monday [ ] Tuesday [X] Wednesday [ ] Thursday [ ] Friday  
10/30 – 11/3

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 October, 2017

Due to the office by 3:00 pm, \*Tuesday, October 10, 2017

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

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

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

Week of Monday Tuesday Wednesday Thursday Friday  
 10/2 – 10/6 ~~Reg or Salad~~ ~~Reg or Salad~~ **Early Release** ~~Reg or Salad~~ ~~Reg or Salad~~

Week of Monday Tuesday Wednesday Thursday Friday  
 10/9 – 10/13 **NO SCHOOL** ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~ ~~Reg or Salad~~

Week of Monday Tuesday Wednesday Thursday Friday  
 10/16 – 10/20 **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad**

Week of Monday Tuesday Wednesday Thursday Friday  
 10/23 – 10/27 **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad** **Reg or Salad**

Week of Monday Tuesday Wednesday Thursday Friday  
 10/30 – 11/3 **Reg or Salad** **Reg or Salad** **NO SCHOOL** **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

## OCTOBER, 2017

### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 Frosted Flakes Whole Grain Crackers Fruit Juice Milk	3 WG Apple Roll Fruit Juice Milk	4 WG Cinnamon Roll Fruit Juice Milk	5 3.6 oz. WG Banana Muffin Fruit Juice Milk	6 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk
9 <b>COLUMBUS DAY</b> 	10 2 oz. Cereal Fruit Orange Juice Milk	11 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	12 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	13 WG Apple Roll Fruit Orange Juice Milk
16 Cereal Graham Crackers Fruit Orange Juice, Milk	17 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	18 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	19 WG Cinnamon Roll Fruit Juice Milk	20 WG Bagel Fruit Orange Juice Milk
23 Cheerios Graham Crackers Fruit Orange Juice Milk	24 2 oz. Cereal Fruit Orange Juice Milk	25 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	26 Cereal Graham Crackers Fruit Juice Milk	27 WG Cinnamon Roll Fruit Juice Milk
30 Cereal Graham Crackers Fruit Orange Juice Milk	31 WG Croissant w/Jelly Fruit Juice Milk	<b>NOV. 1</b> <b>NO SCHOOL</b> <b>Professional Dev. Day</b>	<b>2</b> WG Apple Roll Fruit Orange Juice Milk	<b>3</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**

**OCTOBER, 2017**

**LUNCH MENU Circle A or B**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 A <b>Chicken Parmesan Sub</b> Broccoli B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	3 A <b>Ham &amp; Cheese on WG Bun</b> Chickpea Salad w/Veggies B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	<b>EARLY RELEASE</b>		5 A <b>Oven Baked Chicken Bites</b> Green Bean Medley Whole Grain Roll B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	6 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk				
9 <b>COLUMBUS DAY</b> 	10 A <b>Tuna Salad on WG Roll</b> Chickpea Salad B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk	11 A <b>Sweet &amp; Sour Chicken</b> Broccoli Brown Rice B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk	12 A <b>Herbed Baked Chicken</b> Green Beans Whole Grain Roll B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk	13 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk					
16 A <b>Hamburger on WG Roll</b> Vegetarian Baked Beans B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	17 A <b>Grilled Chicken Breast</b> Veggie Pasta Salad B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	18 A <b>Sloppy Joe on WG Bun</b> Green Beans B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	19 A <b>Chicken Quesadilla</b> Corn B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	20 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk					
23 A <b>Pancakes &amp; Sausage</b> Potato Wedges B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	24 A <b>Buffalo Chicken Wrap</b> Chickpea Salad w/Veggies B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	25 A <b>Ziti &amp; Meatballs</b> Broccoli B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	26 A <b>Chicken Teriyaki on WG Bun</b> Carrots B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	27 A <b>Cheese Pizza</b> Green Beans Potato Wedges B <b>Salad w/String Cheese &amp; WG Pita Bread</b>					
30 A <b>BBQ Chicken</b> Green Beans Brown Rice B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	31 A <b>Chicken Caesar Wrap</b> Chickpea Salad B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	<b>NOV. 1</b> <b>NO SCHOOL</b> <b>PROFESSIONAL DEV. DAY</b>	2 A <b>Meatballs on WG Sub</b> Potato Wedges B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	3 A <b>Cheese Pizza</b> Carrots & Corn B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk					

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

**ALL MENUS ARE SUBJECT TO CHANGE** \*Before placing your order, please inform the school if you have a food allergy!

*“This institution is an Equal Opportunity Employer”*

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



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

**SOUTH SHORE CHARTER PUBLIC**

**SCHOOL 9-12**

**OCTOBER, 2017**

**LUNCH MENU Circle A or B**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 A <b>Chicken Parmesan Sub</b> Broccoli B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	3 A <b>Ham &amp; Cheese on WG Bun</b> Chickpea Salad w/Veggies B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	4 <b>EARLY RELEASE</b>		5 A <b>Oven Baked Chicken Bites</b> Green Bean Medley Whole Grain Roll B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	6 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk				
9 <b>COLUMBUS DAY</b> 	10 A <b>Tuna Salad on WG Roll</b> Chickpea Salad B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk	11 A <b>Sweet &amp; Sour Chicken</b> Broccoli Brown Rice B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk	12 A <b>Herbed Baked Chicken</b> Green Beans Whole Grain Roll B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk	13 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Crunchy Chicken &amp; WG Pita Bread</b> Milk					
16 A <b>Hamburger on WG Roll</b> Vegetarian Baked Beans B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	17 A <b>Grilled Chicken Breast</b> Veggie Pasta Salad B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	18 A <b>Sloppy Joe on WG Roll</b> Green Beans B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	19 A <b>Chicken Quesadilla</b> Corn B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk	20 A <b>Cheese Pizza</b> Carrots Potato Wedges B <b>Salad w/Turkey &amp; WG Pita Bread</b> Milk					
23 A <b>Pancakes &amp; Sausage</b> Potato Wedges B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	24 A <b>Buffalo Chicken Wrap</b> Chickpea Salad w/Veggies B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	25 A <b>Ziti &amp; Meatballs</b> Broccoli B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	26 A <b>Chicken Teriyaki on WG Bun</b> Carrots B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk	27 A <b>Cheese Pizza</b> Green Beans Potato Wedges B <b>Salad w/String Cheese &amp; WG Pita Bread</b> Milk					
30 A <b>BBQ Chicken</b> Green Beans Brown Rice B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	31 A <b>Chicken Caesar Wrap</b> Chickpea Salad B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	NOV. 1 <b>NO SCHOOL</b> <b>PROFESSIONAL DEV. DAY</b>		2 A <b>Meatballs on WG Sub</b> Potato Wedges B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk	3 A <b>Cheese Pizza</b> Carrots & Corn B <b>Salad w/Tuna &amp; WG Pita Bread</b> Milk				

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