



# Update

October 11, 2017

Vol. 10, Issue 2

## FROM THE EXECUTIVE DIRECTOR

Stepping forward to impact meaningful change is not always a comfortable thing to do. There are times when it is easier to go with the status quo or the prevailing opinion without questioning the reasons why circumstances are the way they are. On Friday, many of our high school students moved out of their comfort zone and became part of the process of effective change. We do not have the power to change school policies dictated by state and federal mandates. However, there are programs we can put in place to make our school better. Those programs were the focus of student meetings on Friday, and of a follow up meeting yesterday. I remain impressed with how thoughtful and kind our students are to each other.

One program that I mentioned in Saturday's letter to you was [Game Change: The Patriots Anti-Violence Partnership Program](#). We are thrilled that our students have been able to participate again this week. This program is a result of the partnership between Attorney General Maura Healy and New England Patriots team owner Robert Kraft. The program was established to prevent youth relationship violence through the proactive means of education and information.



Our involvement began in the spring of 2016 when teachers Marianne Buckley Curran and Christine Bodnar applied for the grant and participated in the first phase of the program. Impressed with both the program and the important message it sends to students, our school decided to move forward with the second phase of training that occurred in December of last year. Ninety schools were part of the first phase, but only thirty-four schools out of the initial ninety were chosen to be part of the second phase. Our school was honored to be a recipient of the third phase of the program this year, making it an important part of our institutional landscape.

We are greatly looking forward to the growth of this program, to establishing a peer mediation program, and to creating student panels that will facilitate student discussion and growth. Thank you again to all of our student organizers, to our student participants, the wonderful *Game Change* facilitators, and to Marianne Buckley Curran and Christine Bodnar for your ongoing efforts in making our school truly a special place to be.

Alicia Savage – [asavage@sccps.org](mailto:asavage@sccps.org)

<b>Wednesday</b>	<b>10/11</b>	<b>Parents Association Meeting</b>	<b>6:30pm</b>
<b>Thursday</b>	<b>10/12</b>	<b>Title I Parent Information Meeting</b>	<b>5:00-5:30pm</b>
<b>Thursday</b>	<b>10/12</b>	<b>Board of Trustees - See Attached Agenda Finance Committee Development Committee</b>	<b>7:30pm 6:30pm 7:00pm</b>
<b>Saturday</b>	<b>10/14</b>	<b>9<sup>th</sup> Annual Harvest Run 5K – Wompatuck State Park, Hingham</b>	<b>9:00am</b>
<b>Tuesday</b>	<b>10/17</b>	<b>Level I and Level II Literacy Night</b>	<b>6:00-7:00pm</b>
<b>Tuesday</b>	<b>10/17</b>	<b>Grades 3-6 Auditions for “You’re A Good Man, Charlie Brown”</b>	<b>3:15-5:00pm</b>
<b>Thursday</b>	<b>10/19</b>	<b>Grades 7-12 Auditions for “You’re A Good Man, Charlie Brown”</b>	<b>3:15-5:00pm</b>

## ATHLETICS UPDATE

### Cross Country Update

The SSCPS High School and Middle School Cross Country Teams have had three meets this season. We opened the season at Franklin Park on September 21. D.J. Faivre, Nathan Tierney, and Caroline Boyle led the way for the high schoolers while Andri Mahegan, Avery Stout, and Dominic Ruggiero were the middle school high performers. The entire team set benchmark times and ran well. Our second meet was at Breakheart Reservation on September 28. The rolling hill course proved no match for the Jaguars as everyone improved their times from the first meet. Dominique Childs, Emmanuel Anteneh, Liam Fitzpatrick, Justin Chao, and Allison Walsh all improved their times by almost 6 minutes on the 2.9 mile course for the high school. Ben Reith and Segun Ashley showed dramatic improvement since the start of the season and had a fantastic sprint to the finish, pushing each other to season highs. We had our third meet of the season at Sheepfold Reservation on October 5. The entire team had their best race of the season. Every runner set a season personal best with Liam Nelson running his best race ever. We have two regular season meets left at Elm Bank on October 12, and Lynn Wood on October 19. High School Championship will be held on Tuesday October 24 at Franklin Park at 4:00 pm and the Middle School Championship will be held on Saturday, October 28th, at Winnikeni Park at 10:00 am.

## FROM THE DEVELOPMENT OFFICE

Race day is almost here! The Harvest Run is this Saturday and the weather is going to be ideal for a 9am start at the Visitor Center at [204 Union Street](#) in Wompatuck State Park in Hingham!

**On-line registration closes TONIGHT at midnight so please [pre-register NOW](#) if you plan on participating.** We will also have On Site registration the day of the race beginning at 8:00 a.m.

Packet pick up for all pre-registered participants will take place on FRIDAY, October 13th at Marathon Sports, [134 Washington Street, Norwell](#), from 2-6 p.m, or you can pick up your packet on RACE DAY at Wompatuck from 8-8:45 a.m.

Thank you to the following sponsors for supporting the Harvest Run 2017 and SSCEF!

Boston Air Systems, IAG, O'Connell Builders, Fort Point Mechanical, 3P Plumbing, The McMahon Group, Lindamood-Bell Learning Processes, Amy Farrell Real Estate, Derby Street Shoppes, Bridget's Dance Studio, Bellestar Jewelry, Driftway Muscular Therapy, Whole Foods Market, South Shore Safety, KIND Snacks, Rosano Davis Sanitary Pumping, Kris LaRue Realtor, Marathon Sports, Hint Water, Big Y, The Fruit Center Market Place and Stop and Shop.

## FROM THE GUIDANCE DEPARTMENT:

SSCPS will be hosting a \*free\* workshop for parents to complete their FAFSA on **Wed Oct 18th at 6:00 pm**. Members of American Student Assistance (ASA) will be assisting families on the FAFSA. Please see the information below on what to bring.



### South Shore Charter High School

#### WHAT TO BRING

Parents and dependent students should EACH bring the following (if applicable):

FSA ID's (Must have 1 each for student and parent/guardian)

Social Security Number

Alien Registration card (if not a U.S. Citizen)

2016 Federal Tax Return (1040, 1040A, 1040EZ for

2016 W2's

Driver's License Number (student only)

Untaxed Income Records

Bank Statement (s)

Business and Investment records

#### FAFSA Workshop

Attend to get help with completing your financial aid application

Contact Guidance Office to register

October 18<sup>th</sup>, 2017 6:00 pm

This service is sponsored by  
College Planning Center  
231 Main Street STE R Brockton, MA 02301  
GPS: use 27 Belmont St, Brockton, MA 02301  
(this will bring you to our parking lot)  
Main Number: 508-586-3100 option 3  
Hours: 9-5pm, walk ins welcome

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If you cannot make the workshop on October 18th, you can always contact the ASA Office in Brockton or Boston for an appointment or contact any local community college financial office for assistance.

Mary Carter, Guidance Director – [mcarter@sscps.org](mailto:mcarter@sscps.org)

## 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

## COMMUNITY INTEREST

### Attention Rockland Parents/Guardians...

The Town of Rockland and the Rockland Board of Selectmen are currently engaged in a downtown revitalization planning project entitled "Reimagine Rockland" and are looking for input from parents/guardians of school age children. This planning process is being funded through a Massachusetts Downtown Initiative Grant. The plan is to have a subcommittee for this planning process for Parent Advisory Councils. The first meeting is Thursday, at 7:30 PM at Players, [86 VFW Drive](#) in Rockland. Unfortunately I cannot attend the first meeting. However, I will be chairing the Parking and Infrastructure Subcommittee and will be active in the PAC Subcommittee as well. There is no need to RSVP, please just show up at Players at 7:30 PM. The Rockland Board of Selectmen want to ensure that parent input is solicited and included in its downtown revitalization planning efforts. If you have any questions, please reach out to me. My email is [deirdrehall03@gmail.com](mailto:deirdrehall03@gmail.com). Deirdre Hall, Rockland Selectman

**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

Board of Trustees

Amended Meeting Agenda

Thursday, October 12, 2017

100 Longwater Circle, Norwell

	Agenda Item	Function	Action	Materials	Time
1.	Opening of Meeting	Call to Order Record Attendance			7:30pm
2.	Board Business <ul style="list-style-type: none"> <li>• Minutes</li> <li>• Approval of Student Representative and Faculty Representative</li> </ul>	Review & Approve	<b>VOTE</b>  <b>VOTE</b>	Minutes from 09/14/2017	5 min.
3.	Finance Annual Audit Report - Presentation from Alexander, Aronson, & Finning, CPA	Review Audit	<b>VOTE</b>	Pre-Board Packet	15 min.
4.	School and Academic Report Executive Director Report <ul style="list-style-type: none"> <li>• Monthly Report Review</li> </ul>	Update		Pre-Board Packet	15 min.
5.	Committee Reports Students Parents Association Finance Development Governance Personnel	Update Update Update Update Update Update		Pre-Board Packet	40 min.
6.	Presentation Parent Group Presentation on Proposed One K-12 Principal				15 min.
7.	Adjourn				9:00pm

## **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: \_\_\_\_\_

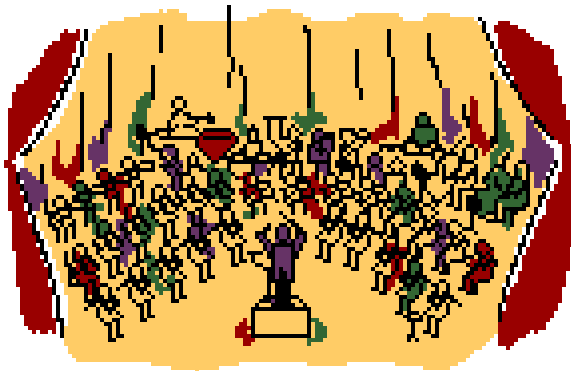
Parent / Guardian's Name: \_\_\_\_\_

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

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

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

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



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



# AUDITIONS

## “You’re A Good Man, Charlie Brown”

A Broadway musical based on the beloved comic strip by Charles Schultz

**Grades 7-12: Thursday, October 19**

**3:15 to 5 PM, Level IV Great Room at 100 Longwater Circle**

**Grades 3-6: Tuesday, October 17**

**3:15 to 5 PM, Music Room at 100 Longwater Circle**

**Performance Dates:** Tentative: March 23 & 24, 2018 at the Center School in Hanover, MA

**Auditions for grades 7-12:** We are casting 12 roles requiring strong singing and acting including Charlie Brown, Lucy, Sally, Linus, Schroeder, Snoopy, Peppermint Patty, Franklin, and others. Some roles may require strong dancing too. Please prepare a song that showcases your voice and is meaningful to you. Females will be considered for male roles including Charlie Brown. The script does not allow us to offer roles to everyone who auditions. However, see stage crew opportunities below. Participation fee is \$60 per student/\$80 per family.

**Auditions for grades 3-6:** We are casting for the Peanuts Gang ensemble. Students must be comfortable singing and good at taking direction. If lead roles are not filled by grades 7-12, students who audition for the Peanuts Gang will be considered for lead roles. Please prepare a song that you love to sing. Casting is limited to 30 students so spots will fill up at auditions. Participation fee is \$60 per student/\$80 per family.

**Stage Crew:** We also need students and parents interested in working on lights, sound, costumes, sets, makeup, backstage, concessions, etc. Please stop by the auditions or email Colleen Leonard [sscleonard@gmail.com](mailto:sscleonard@gmail.com) or Laura Rivera [laurabriviera1@gmail.com](mailto:laurabriviera1@gmail.com) if you’re interested. You are only required to attend tech rehearsals and performances as a crew member. There is no participation fee and students earn community service credit for their involvement. We really depend on parent and student involvement to stage our shows each year!

# 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?

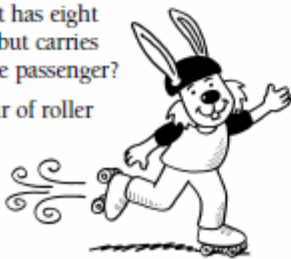
### DID YOU KNOW?

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

South Shore Medical Center has partnered with South Shore Safety to offer your child Safety Education classes



**HOME ALONE**  
**staying safe**

Child Safety Program

## Home Alone, Staying Safe

Grades 4-6

- Is your child ready to stay home alone?
- Will your child be safe & responsible when home alone?
- Is your child “street smart” when going to and from the bus or school?

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“Home Alone Staying Safe” is a 3-hour program which prepares kids for situations that can happen when staying home alone, from the unexpected knock on the door to the 911 emergency phone call. It will also help ease the minds of parents who decide the time has come to leave their kids home alone or with siblings. This interactive and fun course, taught by South Shore Safety health educators, covers a range of safety topics:

- **Safety to and from school**
- **Basic self defense moves**
- **Phone safety**
- **Food/cooking safety**
- **Basic first aid**
- **Choking prevention**
- **Heimlich Maneuver**
- **Handling emergencies**
- **Lots of prevention!**

**Saturday, November 18, 2017**

**9:00 – 12noon**

**Cost:** \$45 per person

Location: SSMC, 143 Longwater Dr, Norwell

**Space is limited; Sign up early!**

Call: 781-681-1363

Or email: [southshoresafety2@gmail.com](mailto:southshoresafety2@gmail.com)

South Shore  
Medical Center

South Shore Medical Center has partnered with South Shore Safety to offer your child Safety Education classes.



## Babysitter Safety Training

Grades 6-8

- Is your child mature enough to be a babysitter or a mother's helper?
- Will your child be safe & responsible when babysitting?
- Does your child know what to do in an emergency situation?

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When parents choose to leave their children with a babysitter, they are looking for someone who is mature and fully prepared to handle emergency situations. Children want their babysitter to be lots of fun and creative. This interactive, hands-on, three-hour class, taught by South Shore Safety health educators, will help prepare your son or daughter to be the best babysitter on the block!

- Home safety
- Infant and child care
- Child development
- Basic first aid and choking rescue for infants and children
- Injury prevention
- How to handle emergencies
- Troubleshooting
- Healthy hints for meals and snacks
- Safe marketing strategies

**Saturday, November 18, 2017**

**1:00 – 4:00 pm**

**Cost:** \$45 per person

**Location:** SSMC 143 Longwater Dr. Norwell

**Space is limited; Sign up early!**

Call: 781-681-1363

Or email: [southshoresafety2@gmail.com](mailto:southshoresafety2@gmail.com)

South Shore  
Medical Center

# Holly Hill Farm & Friends

10/10/2017 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/>

#### **NEW EVENT! VINTAGE FARM TRACTOR CELEBRATION! Sat., Oct. 21, 10-2pm**

Holly Hill Farm is home to a collection of unique, vintage tractors – come and learn more about the history of farm tractors and how we use our tractors here at Holly Hill Farm. Hayrides! Free admission for this event – the farm is always open from dawn to dusk with no admission fee. Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

#### **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)

#### **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)

#### **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. Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 [hollyhillfarm.org](http://hollyhillfarm.org)

**SATURDAY, NOVEMBER 4th, 6-10pm: 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. \$125/members, \$150/nonmembers. For online reservations go to [hollyhillfarm.org](http://hollyhillfarm.org). Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565

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

The Farm to Food Pantry Program is a unique opportunity for teenagers aged 13-18. We have already started farming and working in the garden to grow produce. 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 until December 2! 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 17, 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 17, 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>		4	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	<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	<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

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