



Update

November 8, 2017
Vol. 11, Issue 2

FROM THE EXECUTIVE DIRECTOR

I would like to take this opportunity to write a message of thanks to our parent community. As many of you know, the Parents Association (PA) has faced some challenges this year. We are a school community that values inclusiveness and treating one another with fairness and kindness. Some of these values may have taken a backseat over these past few weeks, largely through discussion occurring on social media. However, there are encouraging signs that the value we find in one another is returning to the forefront.

Last week members of the PA confronted the leadership transition head-on. I would like to thank all members of the PA who were able to develop a comprehensive plan and timetable for the upcoming mid-year elections for new officers. All members of the PA are volunteers who give generously of their time to make our school better. Thank you to Heidi Aylward who outlined the plan for moving forward within a highly informative presentation and to Kerry Griffin for organizing the mid-year election efforts.

On Friday, parents came to learn about the next generation MCAS assessments. Principal Angie Pepin gave an informative presentation on interpreting test scores and the implications test scores have on teaching and learning. Parents in the audience asked important questions not only about the test but also about the teaching and learning that happens in the classroom every day. The daily teaching and learning is where our attention needs to be placed.

This past Saturday, the PA was able to mark three significant accomplishments. First, it was able to host local author Melissa Schorr who wrote *Shame Nation: The Global Epidemic of Online Hate*. Melissa's talk was important and timely.

During the second half of the meeting, Kerry Griffin provided an outline of the mid-year election and clearly explained the process moving forward. Parents asked some excellent questions about the role of the PA, the role of the Committee of Officers, and the Level Reps. It was a highly informative meeting. Those parents who were not able to attend the meeting should pay careful attention to the email sent out on Sunday evening which outlines the election process.

Running through the day on Saturday was the wonderful craft fair. The Harvest Run, the Annual Auction, and now the craft fair have become events essential to who we are as a school community. At the craft fair, local artists displayed works of jewelry, pottery, home decorations, clothes, and photography. It was an amazing display of artistry and talent. I was excited to see that some of the local artists are our very students! A tremendous thank you to Heidi Aylward PA Fundraising chair, and for all of our parent volunteers who worked hard to put this wonderful day together.

Alicia Savage asavage@sscps.org

Wednesday	11/08	9th Grade Parent Night at 700 Longwater Drive	6:30-7:30pm
Thursday	11/09	National Honor Society Induction at 700 Longwater Drive	6:00pm
Friday	11/10	Veteran's Day Observed – No School	
Tuesday	11/14	MCAS High School ELA Retest	
Wednesday	11/15	Title I Tutoring Information Meeting at 100 Longwater Circle	8:30-9:00am 5:00-5:30pm
Thursday	11/16	NHS hosting Blood Drive at the SSCPS Gym	1:00-6:00pm

IMPORTANT ANNOUNCEMENT FROM THE MUSIC DEPARTMENT

Due to a scheduling conflict there has been a change to the Winter Concert performances.

Thursday, December 7 – Grades 5-12

Thursday, December 14 - Grades K-4

Both concerts will be held at the Hingham High School Auditorium and begin at 6pm.

ATHLETIC UPDATE

Successful Soccer and Volleyball Seasons Come to a Close

In the past week, we have seen the close of the fall sports season for our teams. The volleyball and soccer teams had successful seasons that exemplify the growth and success of our high school sports program. The Volleyball team lost to Foxborough Regional Charter in the championship game, which completed the most successful volleyball season for the Lady Jags. The girls soccer team lost in the quarter finals to Boston Collegiate, while the boys soccer team lost to Prospect Hill in the semifinals. Due to the great efforts by all the players and the leadership provided by the coaches, the SSCPS has had one of its most successful fall seasons in recent memory.

MCSAO Honors SSCPS Student Athletes and Coaches

The Massachusetts Charter School Athletic Organization recognized the performances of many of our student athletes and coaches. Here are the players and coaches that were recognized by the league:

Girls Volleyball

Nicole Rousseau- Honorable Mention All-League

Naomi Zorrilla- All-League Team

Madison Mirabile- Most Valuable Player

Jenn Johnson- Coach of the Year

Girls Soccer

Molly Sullivan- All-League Team

Kylie Schaefer-Flynn- All-League Team

Nani Luciano- All-League Team

Boys Soccer

Frankie Sullivan- All-League Team

Matt Whitman- All-League Team

Lucas Whitemyer- All-League Team

Fall Sports Awards Ceremony

The Fall Sports Award Ceremony is set for November 21st from 4:30-6:00 in the PE Space. The Athletic Department will be provided food and snacks. If you have any questions, please contact the coach of your student athlete's team for more information.

WHAT'S HAPPENING IN PROJECTS AND WORKSHOPS?



Level III Child Development Project

Hello, we are from the Child Development Project on Level 3! We want to thank you for participating and donating to the K-8 PJ Day. All of the money we raised will go to our babysitting certificates. Thank you for all your support!

LIBRARY NEWS



The Library Committee hosted the annual **Fall Book Fair** yesterday **November 7th** and today **November 8th**. This event is a major fundraiser for the library, and profits are used to purchase new books for the library. The fair will be held in the front foyer of the school both days. Teachers bring their classes to the fair to browse and develop their 'wish lists', and students will then bring home their wish list plus an order form for purchases. **The only book that is available for "cash and carry" is the just released Diary of a Wimpy Kid: The Getaway (#12) for \$13.95. If you order this one, we will give it to your child so they don't have to wait until the 21st.**

We have again partnered with local bookseller **Storybook Cove** in the Hanover Mall (www.storybookcove.com) to provide an outstanding selection of titles for K-12 students. The collection is available for browsing on both days, and the list is also available online at the bookstore website. In addition, you can access the browsing booklet and print an order form from the [SSCPS website](#).

The order forms are due Tuesday November 14th.

Please return all sections of the triplicate order form along with payment (cash or check). Checks should be made out to SSCPS. Books will be delivered before the Thanksgiving break- around November 21st.



Holiday Holds: If you would like to order books as holiday presents, mark those titles on your order form with an 'H'. **If you would like to keep this order a secret, we request that any orders with a Holiday Hold be dropped off at the FRONT DESK, not with the classroom teacher.** Those books will be delivered separately from the rest of your order.



Book Donation for Library: If your family would like to donate a book to the library, mark the title/s on your order form with a 'D'. We will put a bookplate with your family's name in the front of the book to acknowledge your donation.

Questions ? Please email them to bbruce@sscps.org.

PARENTS ASSOCIATION

The following information was presented at the November 4, 2017 PA meeting regarding the Parents Association Election.

The current positions that are vacant include Level I grade rep., Levels III and Level IV grade reps. Also vacant are Volunteer Coordinator as well as the Technology and Communications Committee Chair. We must also elect a PA Chair, Vice Chair, Treasurer and Secretary.

The election will be held through Survey Monkey. Please be aware that the Survey Monkey link will be forwarded via email from Alicia to the parent community. In order to be on the ballot, you will need to self-nominate on Survey Monkey. You will submit your name, who your children attending the school are, the position you are interested in, and a brief bio including why you would like to serve in this position.

Election Timeline:

- 11/17/17 Nominations open on Survey Monkey
- 12/01/17 Nominations Close
- 12/05/17 PA Meeting/Candidate Meet and Greet

- 12/06/17 Election Opens on Survey Monkey
- 12/15/17 Election Closes
- 01/17/18 PA Meeting with newly elected officials

If you have any questions regarding the election, you may forward them to sscpspaelection@gmail.com.

Thank you,
The Election Task Force

FROM THE DEVELOPMENT OFFICE

The South Shore Charter Educational Foundation has started the Annual Fund Giving Campaign and donations are coming in. Revenues raised through our Annual Fund allow us to enhance our library, music, athletics, and vital educational programs that benefit our entire student body. A letter was mailed home so please check your mail and feel free to drop off your contribution at either 100 Longwater Circle or 700 Longwater Drive.

Thank you to Heidi Aylward for organizing our Arts and Crafts Fair this past Saturday. We hosted over 20 local artists in our PE building, along with some of our talented students, and raised over \$500 toward SSCEF. The event brought our community together in a positive and festive way.

We also want to thank Melissa Schorr, co-author of the book Shame Nation, for speaking at our Parent Meeting this past weekend. Her discussion was enlightening and insightful for all who attended. Her book is on sale at local book stores and on Amazon.

The Stop and Shop A+ rewards program is ongoing, so please make sure you have registered your card and our school will get a kickback. Additionally, if you shop on Amazon, see this [link](#) to register your account through the Amazon Smile program and .05% of your purchases will benefit the South Shore Charter Educational Foundation Inc.

Thank you for your continued support!

2018 YEARBOOK

Order Your 2018 Yearbook!

The 2018 yearbook is now in progress. To order online go to www.coffeepond.com. To login use school password: [bluejaguar](#). **Parents of seniors may submit a special personalized page** that will appear in the back of the book at these rates: **Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50. Due date is March 15th, 2018.** The yearbook staff can help with any design concerns.

Also there are still a few 2017 books left, please email Christine at cbodnar@sscps.org to get yours!

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.

Guidance Department Update



Class of 2018 - November Update

We made it through the Nov 1st Early Application Deadline! Guidance processed over 117 applications for Early Action and this year with 47% of the Senior Class applying early action. And, we already have two acceptances!

Max Murphy was accepted to Franklin Pierce University and **Cassie Collins** was accepted to UMaine. Great job Class of 2018!

The next Early Action deadline is Nov 15th. Remember, the College Center is open on Tuesday and Thursdays for Common App, essay, activity list assistance.

Happy Application Season!
Mary Carter, Guidance Director

On the Spot Admissions: New this year, we are having college admissions representatives come here to SSCPS for “On-the-Spot” Admissions. Students will sign up with the Guidance Director, receive a scheduled time to meet with Admissions, and then the students will meet Admissions and should hear back if they are admitted within 5-7days.

November/December

Nov 14 Salem State University

Nov 30 Western New England University

Dec 12 Fitchburg State University

Dec 14 Ana Maria College

Coming in January/February 2018...

Quincy College and Massasoit Community College

Senior Pictures: Senior pictures are due by March 1, 2018 to Christine Bodnar, Graphic Design Instructor and Faculty Advisor for the Yearbook Committee. If you decide not use a professional photographer, the school picture of your Senior will be in the Yearbook. Any questions about the yearbook or pictures, please contact Christine Bodnar cbodnar@sscps.org *Please see the School Update for information regarding parent pages with special messages.

Financial Aid: [FAFSA](#) and [CSS Profile](#) are open for completion. Seniors should check their college websites for dates and deadlines for financial aid. If families need assistance completing either form, please contact American Student Assistance [ASA College Planning Center](#) or Massachusetts Finance Authority, [MEFA](#).

SAT/ACT Testing:

SAT Exam Date	Register By:	Late Registration:
Dec 2	Nov 2	Nov 21
ACT Exam Date	Register By:	Late Registration:
Dec 9	Nov 3	Nov 17

Senior families are reminded that students are responsible for sending SAT and ACT score reports directly to colleges that require them. Standardized test scores are not included on the transcript and guidance cannot send them. For SAT Scores [CollegeBoard](#) and for ACT Scores [ACT Student](#)

COMMUNITY SERVICE OPPORTUNITY

TIME TO CLEAR OUT THOSE BOOKCASES FOR THE HOLIDAY!

Shannon Daly is collecting slightly used or new books for children, ages 2 to 14, whose parents are students at the Adult Learning Center in Brockton. Each year, all the adult learners and their children are invited to come and choose books that they can take home to create an at home library. The Learning Center relies on donations from community members to make this give-away possible, a lot of the time this is the only way they receive books. The collection box is located outside in the front lobby at the front desk at 100 Longwater and any donations would be greatly appreciated. For larger donations please contact Shannon Daly at: shandewi@hotmail.com

SHARE THE HOLIDAYS WITH OUR TROOPS!! PLEASE HELP US MAKE THEIR TIME AWAY BRIGHTER!!

Shannon Daly is working in collaboration with her Civil Air Patrol Squadron in Plymouth to collect much needed and appreciated necessities and reminders of home for our troops overseas. We have two new soldiers to send to, we are low on snacks, flavoring for water, etc. We would like to send Holiday treats. If you know any overseas soldiers to support please get his/her address and let us know. These Valiant Troops are the recipients of this collection. When they receive these packages and letters from home, it lifts their spirits and lets them know we are thinking of them, and appreciate their service.

Many service members deployed do not have people from home to motivate and support them. Shannon and CAP want to send as many boxes as possible before the Holidays, (Shipment last call dates are Nov.13th, and Dec 4th for the Holidays) which is a tough time to be away from home.

This is an awesome opportunity for us to show our gratitude for their service!

There is a list of their needs and requests in this notice, and on the collection boxes located in the lobbies of both school buildings as well as pictures of the troops you can check out!

For more information about donations, or CAP please contact Shannon Daly at Shandewi@hotmail.com

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE AT WWW.SSCPS.ORG
EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE CONTACT PAM ALGERA EXT. 103
OR EMAIL PALGERA@SSCPS.ORG**



Homecoming Dance 2017

SSCPS High School

When: Nov 17, 2017

Time: 7:00-10:00pm

Where: Great Pond Manor - Braintree

DJ, Soda Bar, and Snacks

Tickets: \$15.00 per person

Tickets on sale until Nov 9th

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



**American
Red Cross**



South Shore Charter Public School Blood Drive

November 16, 2017
1:00 - 6:00
PE Space

redcrossblood.org | 1-800-RED CROSS

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SSCPS Outing Club



What: Bowling!

Boston Bowl Hanover
58 Rockland Street
Hanover, MA 02339

Who: SSCPS students in grades 5-8

When: November 17, 2017, leaving SSCPS at 3:30 or meet at the Bowling Alley at 4:00; pick up at 5:30

Transportation: Carpool from SSCPS, pick up at the Bowling Alley by parents/guardians

Cost: \$10 (includes bowling, shoes, 15 fun card credits)

Questions: sscpsoutingclub@gmail.com (Parent organizing: Kate Doyle)

Please complete and return your payment and the bottom of this form by 11/14/17 to front desk at 100 Longwater Circle to participate. (Checks can be made out to Kate Doyle with the note: Outing Club 11/17/17)

**Please see Angie Pepin if you want to participate but cannot afford the fee

Student name: _____ grade _____

Parent/guardian name(s): _____

P/G phone numbers: _____ Email: _____

Transportation plan:

P/G, please indicate if you can help in carpooling students to Boston Bowl

_____ I can drive from SSCPS to Boston Bowl Hanover.

I am willing to drive other students from SSCPS to Boston Bowl (# of students _____)

_____ will pick student from the Bowling Alley at 5:30.

Please note any questions or concerns on the back!

This is not a school sponsored event.



WINTER

COLLECTING FROM: 11/02-12/1

CLOTHING

DROPOFF Lobby at 100

DRIVE!!!!

-
- ME AND MY BROTHER ARE DOING A WINTER CLOTHING DRIVE FOR CRADLES TO CRAYONS A CHARITY FOR FAMILIES STRUGGLING TO AFFORD BASIC ITEMS FOR THEIR CHILDREN

-
- WHO'S COLLECTING?? - LILLIAN AND WILLIAM FITCH IN LEVEL THREE AND FOUR

WE NEED YOUR NEW OR GENTLY USED WINTER CLOTHING FOR CHILDREN AGE'S NEWBORN-12YEARS

NEEDED ITEMS:

- MITTENS/GLOVES
- SCARVES/HATS
- COATS
- SWEATSHIRTS
- LONG PANTS
- LONGSLEEVE SHIRTS
- PAJAMAS (NEW ONLY)
- SHOES (GENTLY USED)
- WINTER BOOTS
- SNOW PANTS
- WARM SOCKS (NEW ONLY)





- We submitted **4090** Box Tops for SSCPS yesterday.
- A check for **\$409** will arrive in December.
- Please continue to send in your BOX TOPS, (Envelope behind the front desk).

**THANK
★ YOU**

Special Thank You to:

Corinne & Elli Manning
Chloe Eschazier
Tim Ziniti
Shane Hackett

Sarah Hollowed,
Landon and Jordan Rubio,
Emma Mooney
James McKernan

For volunteering and helping with clipping and sorting.

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2017



South Shore Charter Public School
Susan Dupras, School Nurse

BEST BITES

Count the ingredients

A long list of ingredients on a cereal box or a jar of pasta sauce often means the food is highly processed. At the grocery store, let your youngster compare several brands of an item on your list (say, cereal bars). She can count the ingredients in each—and put the one with the fewest ingredients in your cart.



Explore the great outdoors

Cooler temperatures offer the perfect opportunity to discover outdoor community “gems” with your child. Help him find local plants and animals while you walk along a trail or through a park or botanical garden. For extra fun and exercise, bring along helmets and explore on bikes, skateboards, or scooters (where permitted).

DID YOU KNOW?

November 6 is National Nachos Day. Make this popular appetizer healthier by using whole-grain tortilla chips and swapping plain Greek yogurt for sour cream. Melt real cheese on top (rather than store-bought queso). Then, add vegetables like chopped tomatoes, corn, shredded lettuce, and diced red onion.

Just for fun

Q: What did one plate say to another?

A: Lunch is on me.



Just add water (or milk)!

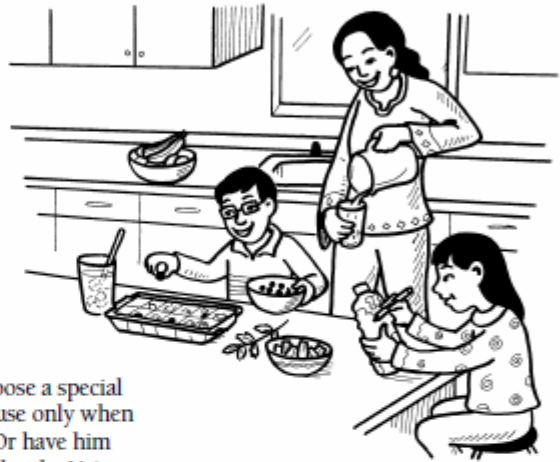
Does your child ask for juice boxes, soda, or sports drinks when he's thirsty? Loaded with sugar and calories, these choices offer little nutrition. The best way to quench his thirst is to drink water or milk. Try the following tips to encourage healthier beverage choices.

Make it motivating

Let your youngster choose a special cup at the dollar store to use only when he drinks milk or water. Or have him decorate a reusable water bottle. Using permanent markers, he can jazz up a plain bottle with his name, colorful pictures, and creative designs.

Add flavor

Enhance the flavor of water and milk with these healthy twists. Fill an ice cube tray with water, invite your child to add a flavor mix-in (a mint leaf, a pineapple chunk, a raspberry) to each compartment, and freeze. Then, he could choose a cube to flavor his water. When



he drinks milk, he might try stirring in a sprinkle of cinnamon or a few drops of vanilla extract.

Go for fizz

Your youngster may enjoy the fizzy effect of plain seltzer or sparkling water. With zero calories, sugar, or artificial colors or flavors, this bubbly water is fun to drink—without all the unhealthy stuff that's in soda. And seltzer is now sold in a variety of interesting natural flavors like mandarin orange, cucumber, and pomegranate. 🍷

Get your groove on

Keeping fit can be as simple as dancing! Put on music, and enjoy these ideas with your youngster.

● **Shadow dancing.** In a darkened room, have your child face a blank wall while someone else shines a flashlight on her from behind. She could create cool moves to make her shadow “dance.”

● **Chain reaction.** Build a dance sequence together. The first person does a simple movement like swinging her arms overhead. The next dancer copies that move, then adds one of her own. Take turns, each time repeating the sequence from the beginning and adding a new move at the end. 🎶



Science in the kitchen

Boost your youngster's enthusiasm for healthy eating with these hands-on experiments that weave in science fun.

"Egg-cellent" snack

Experiment: Let your child fill two glasses with water and add 1 tbsp. salt to one. Place a fresh egg in each. What happens? The egg in salt water will float. Why? (The egg is denser than plain water, but less dense than salt water.) **Note:** If the egg doesn't float, have her add 1 tsp. salt at a time until it does.

Eat: Hard-boiled eggs are a protein-rich snack. Place eggs in a saucepan, and cover with water. Put on a lid, boil 1 minute,



and remove from heat. Let sit covered for 12 minutes. Drain, rinse under cold water, and peel.

Popping perfection

Experiment: Have your youngster observe unpopped popcorn kernels. (They're small, brown, and hard.) Then, she should place $\frac{1}{4}$ cup kernels in a paper lunch bag and fold the top over a few times.

Microwave 2–3 minutes, pour into a bowl, and let her observe again: The kernels are big, white, and fluffy! What happened? (Kernels contain water that turns into steam when heated. Steam expands, making the kernels explode.)

Eat: Popcorn is a healthy whole grain. Instead of salt, sprinkle with Parmesan cheese, garlic powder, or paprika. ●

Q&A

DIY convenience foods

Q: Our grocery store stocks precut vegetables and other time-saving items, but they're too expensive for my budget! Any suggestions?

A: With a little planning, you can make your own convenience foods at home.

On week-ends, ask your child to help you prep vegetables for the week. For

example, wash and dry lettuce, and place in a covered container with a dry paper towel to absorb moisture. You can also wash, chop, and store firm veggies like carrots, broccoli, and cauliflower.

Cook chicken pieces or portions of meat, and seal in zipper bags to use within 2–3 days. You can even make pasta or rice in advance. Toss with olive oil so it doesn't get sticky, and put in an airtight container.

Your refrigerator will resemble the prepared-foods case at the grocery store—but you won't spend any extra money. ●



ACTIVITY CORNER

Fitness: It's in the cards!

Put a clever twist on physical activity by helping your youngsters make their own deck of family fitness cards. Here's how.

Together, come up with at least a dozen active ideas that can be done in less than five minutes. Be as creative or silly as you like! Write each one on the front of a separate index card. For example:

- Hop on one foot for one minute while holding the other foot with one hand and pinching your nose. Switch feet and hop for one more minute.
- Lie on your stomach, and pretend to swim like a frog for three minutes.
- Hold hands with a partner. Skip back and forth across the room five times.

On the back of each card, your children can illustrate the activity. Put the cards into a box, and pull one out whenever it's time for a burst of activity! ●



IN THE KITCHEN

Healthier holiday classics

No need to forgo favorite Thanksgiving dishes. Consider these better-for-you versions.

- **Green bean casserole.** For the topping, toss 1 chopped onion and $\frac{1}{2}$ cup sliced fresh mushrooms with 2 tbsp. whole-wheat breadcrumbs. Spread mixture on a greased baking sheet, and bake 10–15 minutes at 400° or until browned. Microwave 12 oz. fresh or frozen green beans, transfer to a dish, and add topping.
- **Cranberry-orange sauce.** In a medium saucepan, combine 10 oz. fresh cranberries, 1 cup water, $\frac{1}{3}$ cup honey, 2 tbsp. grated

orange rind, $\frac{1}{4}$ cup orange juice, $\frac{1}{2}$ tsp. cinnamon, and $\frac{1}{4}$ tsp. allspice. Boil, reduce heat, and simmer 20 minutes until mixture thickens.

● **Sage-couscous stuffing.** Cook 1 cup whole-wheat pearl couscous according to package directions. Then, heat 2 tbsp. olive oil in a large skillet over medium heat. Add $\frac{1}{2}$ cup each diced onion, celery, and carrots. Saute until soft. Stir in couscous, 1 tbsp. fresh sage, and $\frac{1}{2}$ tsp. each salt and pepper. ●



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 1033-4630



Sensory Processing Disorder

Presented by Alexa Howell, MS, OTR/L

Tuesday, November 28th, 2017

7:00-8:30pm

[42 Winter Street, Pembroke, MA](#)

\$25



This informational and interactive overview will help parents, teachers, and other health care providers identify sensory integration dysfunction in children, adolescents and adults.

Topics of discussion include:

- *Challenges of sensory integration dysfunction and environmental adaptations to enhance performance in daily life activities*
- *Challenges of the upcoming holiday season*
- *Development of practical solutions for coping with this busy and chaotic time*
- *Typical stressors and strategies for creating workable structures and accommodations for family gatherings, shopping trips, etc.*

[Register Now!](#)

For more information or to register please call
South Shore Therapies at (781) 375-6963

**Please Note* Space is limited and is on a first come first serve basis.
Payments due at time of registration*

You can also find us on Social Media!



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



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?

“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

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?
-

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

South Shore
Medical Center

Holly Hill Farm & Friends

11/6/2017 FOR IMMEDIATE RELEASE:

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

UPCOMING EVENTS & ACTIVITIES

**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/>

FARM TO FOOD PANTRY VOLUNTEER WORK DAY, Sat., Nov. 11, 9-12pm

Come help make compost, harvest, build a garden bed, plant and tend at the farm's food pantry garden. Many tasks for willing volunteers. We have lots to harvest for Father Bill's in Quincy and there is garlic to plant as well. We will enhance the fence, construct a few new beds and add nutrients to these hard working garden beds, which have helped with our yield of over 400 pounds of organic produce this season, to local food pantries and kitchens. Hope to see you there. FREE EVENT. If you wish to make a donation, please send to Farm to Food Pantry Program at Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565 hollyhillfarm.org

HOLLY HILL FARM HOLLY DAY FAIR, Sat., Dec. 2, 10-3pm

9th Annual Holly Day Fair! Create your own wreath using freshly harvested evergreens from the woodlands of Holly Hill Farm, add a festive bow and it's ready to adorn your home! Brown Boar Farm's sizzling hot grilled sausages, homemade hot soup and beverages, local artisans in our heated greenhouse to offer unique holiday gifts including Jewelry by Sage, Sommer's Bounty jams, Back to Basics, Inge's Designer Bags and Pillows, Curly Top handknits and more! Holly Hill Farm, 236 Jerusalem Road, Cohasset 781-383-6565 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

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 and other vegetables & herbs! Holly Hill Farm's own HONEY, fresh organic cranberries and dried organic cranberries, maple syrup and more. Freshly baked artisanal breads from Hull's Bread Basket. We have Narragansett Creamery yogurt, feta and mozzarella cheeses, fresh farm eggs when available. Shop early for best selection. **Monthly Winter Farm Stand** - check our website in January for dates! Holly Hill Farm, 236 Jerusalem Rd., Cohasset, MA 02025 781-383-6565 hollyhillfarm.org Send email to friendsofhollyhillfarm@gmail.com for weekly news from our farm stand and other farm events and programs!

SAVE THE DATE: NEW YEAR'S DAY WOODLAND WALK, Mon., Jan. 1, 2018

Plan ahead for New Year's Day! Bundle up, bring family and friends and make new friends as we welcome 2018 with a woodland walk. Explore and discover the diversity of flora throughout the 130 acres of Holly Hill Farm's trails. Your choice of a family hike for those who would like a faster paced guided walk and a stroll with Steve Ivas, who will tell us about nature's signs of winter in the woods. Hot cocoa in the Tomato Barn to warm you up after your hike! No need to pre-register, free event (donations accepted to support our educational programs). Holly Hill Farm, 236 Jerusalem Road, Cohasset. 781-383-6565 hollyhillfarm.org

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.

Breakfast Order Form
Breakfast for the Month of November, 2017
Due to the office by 3:00 pm, ***Tuesday**, November 14, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

~~Week of [] Monday [] Tuesday [] Wednesday [] Thursday [X] Friday~~
~~11/6 – 11/10~~

~~Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday~~
~~11/13 – 11/17~~

Week of [] Monday [] Tuesday [] Wednesday [X] Thursday [X] Friday
11/20 – 11/24

Week of [] Monday [] Tuesday [] Wednesday [] Thursday [] Friday
11/27 – 12/1

Number of Breakfasts ordered _____ X \$1.85

Less credit due _____

Total Amount Enclosed \$ _____

Cash or Checks may be made out to SSCPS.

Lunch Order Form

Lunch for the Month of November, 2017

Due to the office by 3:00 pm, ***Tuesday**, November 14, 2017

Student Name _____

Pod Teacher/Advisor _____ Grade _____

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

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/6 – 11/10	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	NO SCHOOL

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/13 – 11/17	Reg or Salad	Reg or Salad	Reg or Salad	Early Release	Reg or Salad

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/20 – 11/24	Reg or Salad	Reg or Salad	Early Release	NO SCHOOL	NO SCHOOL

Week of	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11/27 – 12/1	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad	Reg or Salad

- Option A = Regular Lunch Choice
- Option B = Salad Lunch Choice
- Can only choose 1 (one) option

Number of **Regular Lunches (A)** ordered _____ X \$3.40

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

Less credit due _____

Total Amount Enclosed \$ _____


Cash or Checks may be made out to SSCPS



Essence of Thyme and Cravings

**SOUTH SHORE CHARTER SCHOOL
NOVEMBER, 2017**

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
6 Frosted Flakes Crackers Fruit Juice Milk	7 2 oz. Cereal Fruit Juice Milk	8 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	9 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	10 NO SCHOOL
13 Cereal Graham Crackers Fruit Orange Juice Milk	14 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	15 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	16 WG Cinnamon Roll Fruit Juice Milk	17 WG Bagel Fruit Orange Juice Milk
20 Cheerios Graham Crackers Fruit Orange Juice Milk	21 2 oz. Cereal Fruit Orange Juice Milk	22 3.6 oz WG Banana Muffin Fruit Orange Juice Milk	23 	24 NO SCHOOL
27 Cereal Graham Crackers Fruit Orange Juice Milk	28 WG Croissant w/Jelly Fruit Juice Milk	29 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	30 WG Apple Roll Fruit Orange Juice Milk	DEC. 1 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 NOVEMBER, 2017

LUNCH Circle A or B
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crunchy Chicken & WG Pita Bread Milk	7 A Tuna Salad on WG Roll Chickpea Salad w/Carrots B Salad w/Crunchy Chicken & WG Pita Bread Milk	8 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crunchy Chicken & WG Pita Bread Milk	9 A Herbed Baked Chicken Green Beans Whole Grain Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	10 NO SCHOOL
13 A Hamburger on WG Roll Vegetarian Baked Beans B Salad w/Turkey & WG Pita Bread Milk	14 A Grilled Chicken Breast Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	15 A Sloppy Joe on WG Bun Green Beans B Salad w/Turkey & WG Pita Bread Milk	16 A Chicken Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	17 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
20 A Pancakes & Sausage Potato Wedges B Salad w/String Cheese & WG Pita Bread Milk	21 A Buffalo Chicken Wrap Chickpea Salad w/Veggies B Salad w/String Cheese & WG Pita Bread Milk	22 No Lunch Early Release	23 Happy Thanksgiving	24 NO SCHOOL
27 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	28 A Ham & Cheese on WG Bun Chickpea Salad B Salad w/Tuna & WG Pita Bread Milk	29 A Chicken Parmesan Sandwich Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	30 A Ziti & Meatballs Broccoli B Salad w/Tuna & WG Pita Bread Milk	DEC. 1 A Cheese Pizza Carrots & Corn B Salad w/Tuna & WG Pita Bread Milk

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

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

"This institution is an Equal Opportunity Employer"

Grade: _____
 Room: _____



No. of Lunches: _____
 Amount Enclosed: _____

SOUTH SHORE CHARTER PUBLIC SCHOOL 9-12
NOVEMBER, 2017

LUNCH Circle A or B
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6 A Oven Baked Chicken Bites Potato Wedges B Salad w/Crunchy Chicken & WG Pita Bread Milk	7 A Tuna Salad on WG Roll Chickpea Salad w/Carrots B Salad w/Crunchy Chicken & WG Pita Bread Milk	8 A Sweet & Sour Chicken Brown Rice Broccoli B Salad w/Crunchy Chicken & WG Pita Bread Milk	9 A Herbed Baked Chicken Green Beans Whole Grain Roll B Salad w/Crunchy Chicken & WG Pita Bread Milk	10 NO SCHOOL
13 A Hamburger on WG Roll Vegetarian Baked Beans B Salad w/Turkey & WG Pita Bread Milk	14 A Grilled Chicken Breast Veggie Pasta Salad B Salad w/Turkey & WG Pita Bread Milk	15 A Sloppy Joe on WG Bun Green Beans B Salad w/Turkey & WG Pita Bread Milk	16 A Chicken Quesadilla Corn B Salad w/Turkey & WG Pita Bread Milk	17 A Cheese Pizza Carrots Potato Wedges B Salad w/Turkey & WG Pita Bread Milk
20 A Pancakes & Sausage Potato Wedges B Salad w/String Cheese & WG Pita Bread Milk	21 A Buffalo Chicken Wrap Chickpea Salad w/Veggies B Salad w/String Cheese & WG Pita Bread Milk	22 No Lunch Early Release	23 	24 NO SCHOOL
27 A Chicken Teriyaki Brown Rice Green Beans B Salad w/Tuna & WG Pita Bread Milk	28 A Ham & Cheese on WG Bun Chickpea Salad B Salad w/Tuna & WG Pita Bread Milk	29 A Chicken Parmesan Sandwich Potato Wedges B Salad w/Tuna & WG Pita Bread Milk	30 A Ziti & Meatballs Broccoli B Salad w/Tuna & WG Pita Bread Milk	DEC. 1 A Cheese Pizza Carrots & Corn B Salad w/Tuna & WG Pita Bread Milk

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