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Weekly Update | February 6, 2019

Vol. 2, Issue 1

A Message from Angie

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Last week our students engaged in a number of exciting academic competitions. Students on Level III and Level IV completed the second stage of our first annual [spelling bee](#). Students began the process in October, with two spellers from each cohort moving on to the Level-wide competition. Last Monday, during the Level III competition Ayira Cunningham, Ben Whitcomb, Annemarie Muturi, Ella Sharpe, and Hannah Cabrera moved on to the next round. During Wednesday's Level IV bee, Faith Oji, Sam Oji, Jordan Alexndre, Kimberly Ziniti and Maxine Crays moved on. These ten



At the high school Brady Zimmer, Brynae Hall, Orianeh Byron-Gabelus, Molly Sullivan and Honora Sullivan competed in our first [Poetry Out Loud](#) event. Congratulations to Molly Sullivan, our winner, and to all of our inaugural participants.



Last week a group of parents and faculty members came together to learn more about the vaping epidemic among youth at a workshop presented by Mary Cole,

children and teens. Vape use is on the rise in Massachusetts and children are starting young. The e-cigarette industry is aggressively targetting youth using tactics from big tobacco. The products are sweet, cheap, and easy to get; the perfect formula for raising a new generation that is addicted to nicotine.

While the statistics and trends are certainly sobering, Mary did leave us with some concrete things that we as parents can do to help.

1. **Educate yourself.** Make sure that you know not only the dangers and risk factors but what to look for. Acquaint yourself with the products. Many of them look like pens or USB drives and are easy to miss. Excellent resources are available from the Massachusetts Department of Public Health at [GetOutraged.org](http://GetOutraged.org), from the [U.S. Surgeon General](http://U.S. Surgeon General), and from the [Centers for Disease Control](http://Centers for Disease Control).
2. **Talk to your kids.** While it may not always feel like it, parents are the most influential people in a child's life. They may not look like they're listening, but they're listening. Provide your kids with facts. Dispel myths. Ask them what they see and what they think. Explain to them how the tobacco industry is targetting them. This can be especially powerful, as no adolescent likes to feel duped.
3. **Be thoughtful in your approach to the topic.** Be patient and ready to listen. There is no perfect time to talk about the subject. Be open and honest. Dr. Monica Bharel, Commissioner of the Massachusetts Department of Public Health recently contributed an informative article [how to talk to your kids about vaping](#) in the online NPR blog Cognoscenti. This is a good resource to help you prepare for the conversation.

These products are highly addictive and many adolescents quickly find themselves in a situation where stopping is incredibly difficult. While there are many resources available for quitting traditional cigarettes, vaping is relatively new. There are some resources available for quitting e-cigarettes available on the [Truth Initiative](http://Truth Initiative) website. Last month, Truth Initiative released [a new text message based program](#) specifically tailored to meet the needs of young people looking for help with vaping. The program integrates into the already successful [This is Quitting](#) (app) and [BecomeAnEX](#)® digital cessation programs and can also help parents looking for help for their children. Teens, adults, and parents of teens seeking help around quitting e-cigarettes/JUULing can text "QUIT" to (202) 804-9884.

I know that this topic is of interest to many families that were unable to attend last week's workshop. There is a great deal of information available and it can be overwhelming. Mary did an excellent job of consolidating that information for us during her presentation. Her slides can be accessed [here](#). The handouts from the workshop are up on our website [here](#).

Educating parents and teachers is important, but it is critical that we also reach students with the anti-vaping message. Research tells us that the best results come from educating students early, beginning in the middle school grades. With support from [Health Resources in Action](#), we are implementing [CATCH My Breath](#) an evidence-based anti-vaping curriculum beginning in grades 6-8 this

It was wonderful to see a large group of parents and faculty members come together to learn more about this topic. On March 19th, I will be presenting to families about bullying, cyberbullying, and social media use. I hope to see many of you there. As always, please do not hesitate to contact me with any questions and concerns.

Angie Pepin  
Principal, South Shore Charter Public School

#### From the SSCPS Board of Trustees

The Governance Committee is seeking nominations to serve on the Board of Trustees beginning July 2019. Click here for [more information](#) on the process and for the [online application](#). Any questions should be directed to [pgoodale@board.sscps.org](mailto:pgoodale@board.sscps.org)

#### From the Registrar

Yesterday all current families should have received the Intent to Return form sent out annually by email. We ask that all families complete these forms indicating their enrollment intent for the upcoming school year. Please complete and submit one form for each child enrolled at SSCPS by February 25, 2019.

For those of you new to SSCPS this year, families who would like to remain enrolled do not need to reapply. The Letter of Intent is the only form we ask our families to complete.

Families with siblings who remain on the wait list must apply by February 25, 2019, to be entered into the Enrollment Lottery. The Enrollment Lottery will be held on Wednesday, March 6, 2019.

Wednesday	02/06	Professional Development Early Release	12:00pm
Thursday	02/07	<a href="#">School Council</a>	3:40pm
Thursday	02/07	School Council's Parent Engagement Task Force	4:45-6:15pm
Friday	02/08	Level III and Level IV Spelling Bee at the Gym	1:45pm
Monday	02/11	Finance Committee Meeting at 700 Business Office	5:00pm
Tuesday	02/12	High School Skills to Rockland	12:30-2:00pm
Wednesday	02/13	<a href="#">Strategic Planning Meeting</a> at 700 Business Office	8:00-9:30am

Wednesday	02/13	Europe April 2019 Trip Meeting – Music Room at 100	6:30pm
Friday	02/15	Level II EOM's	

### ***Important Links***

Weekly Updates are emailed and posted to our website [www.sscps.org](http://www.sscps.org) every Wednesday.

Here are links to upcoming events and other items of interest.

- **Congratulations to Level IV's Future City Project!** [Click here](#) to read about their participation in a recent competition
- The **Graphic Design Workshop** is proud to announce Silver Key winners for the 2109 Scholastic Art and Writing Competition, Daniel Vital for his CD design "Hungry" and Elizabeth Daly for her photograph "Bittersweet". Congratulations to them for this accomplishment!
- **Food Service – February Order Forms and Menus** are available!
- **Order your 2019 Yearbook!** Order online at [www.coffeepond.com](http://www.coffeepond.com) and use password: **bluejaguar** or complete an order form available at the front desks
- **SSCPS Counseling Department** offers workshop information and resources for students and families
- Visit our new online option to [purchase](#) SSCPS apparel
- Please visit our [Giving](#) link for information regarding *The Fund for SSCEF*

Please contact Pam Algera at [palgera@sscps.org](mailto:palgera@sscps.org) to submit SSCPS items for publication.

### ***School Documents***

[Accountability Plan](#)

[SSCPS By-Laws](#)

[School Improvement Plan](#)

[School Council](#)

Schedules by Level:

- [Level I](#)
- [Level II](#)
- [Level III](#)
- [Level IV](#)

[Pick-up Procedures](#)



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