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## Weekly Update | May 13, 2020

Vol. 5, Issue 2

### A Message from Angie

Last Friday, May 1st, was National College Decision Day, a day which in most years marks an important milestone in the life of a high school Senior. National College Decision Day is traditionally the date by which students submit their college deposit checks in order to reserve their spot for the fall. As with most things, this year is a little different. Some schools have stuck to this traditional date, while many others have extended the deadline to June 1st, or even into the summer. Most of the schools that chose to retain the May 1st deadline have been generous in granting extensions due to the national crisis. While many of our graduating students have made decisions about where they will land in the fall, others are taking advantage of the additional time to weigh their options and continue to work with the financial aid departments of the schools where they have gained admission. Financial aid packages are negotiable.

The current level of economic uncertainty and concerns about whether college classes will be held in person come the fall has made this difficult decision even more challenging for the class of 2020. Part of that challenge is due to having some excellent choices. Our students have worked incredibly hard to get to this decision point and the result is an impressive list of college acceptances. Congratulations Seniors! **We are so proud of you!**



Grace Hicks, Class of 2020!

### Class of 2020 College Acceptances

Assumption College

Becker College

Boston University (College of Arts and Sciences)

Bridgewater State University

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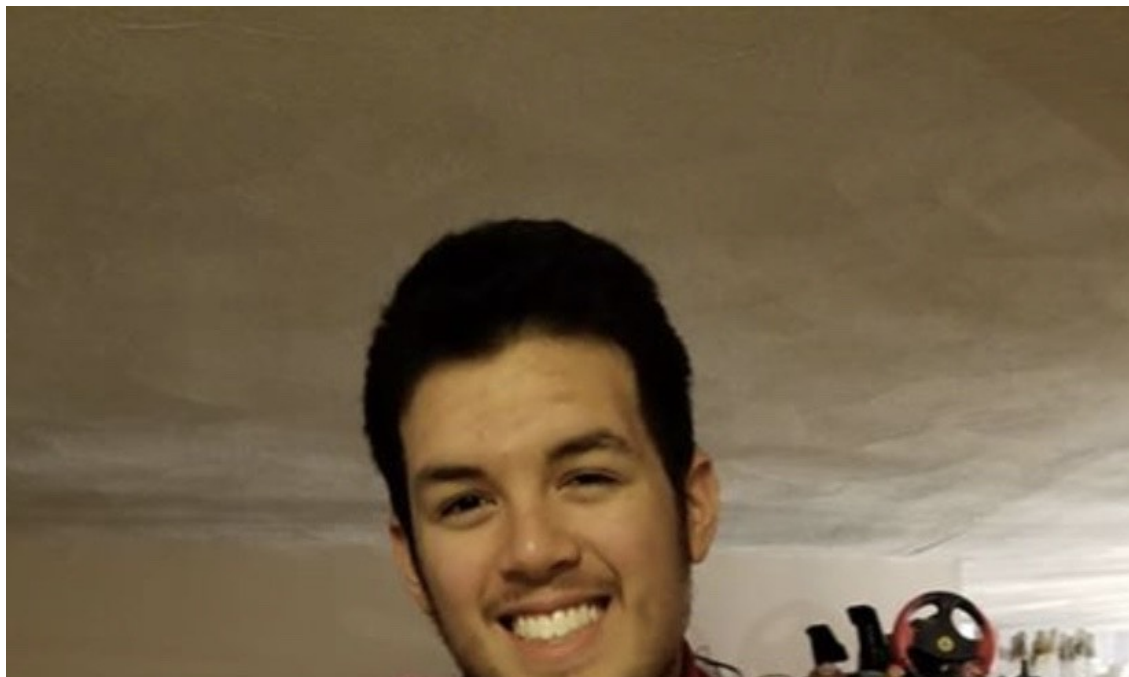
Columbia College Chicago  
Curry College  
Dean College  
DePaul University  
Eckerd College  
Emerson College  
Florida Institute of Technology  
Franklin Pierce University  
Gordon College  
Hampton University  
Hawaii Pacific University  
Hofstra University  
Howard University  
Johnson & Wales University, Providence  
Landmark College  
Le Moyne College  
Maine Maritime Academy  
Marquette University  
Massachusetts College of Liberal Arts  
Massachusetts College of Pharmacy and Health Sciences (MCPHS)  
Massachusetts Maritime Academy  
Merrimack College  
New England College  
Nichols College  
Norwich University  
Nova Southeastern University  
Oregon State University  
Pennsylvania State University  
Plymouth State University  
Quincy College  
Quinnipiac University  
Regis College  
Rochester Institute of Technology  
Roger Williams University  
Rutgers University-New Brunswick (School of Engineering)  
Saint Anselm College  
Salem State University

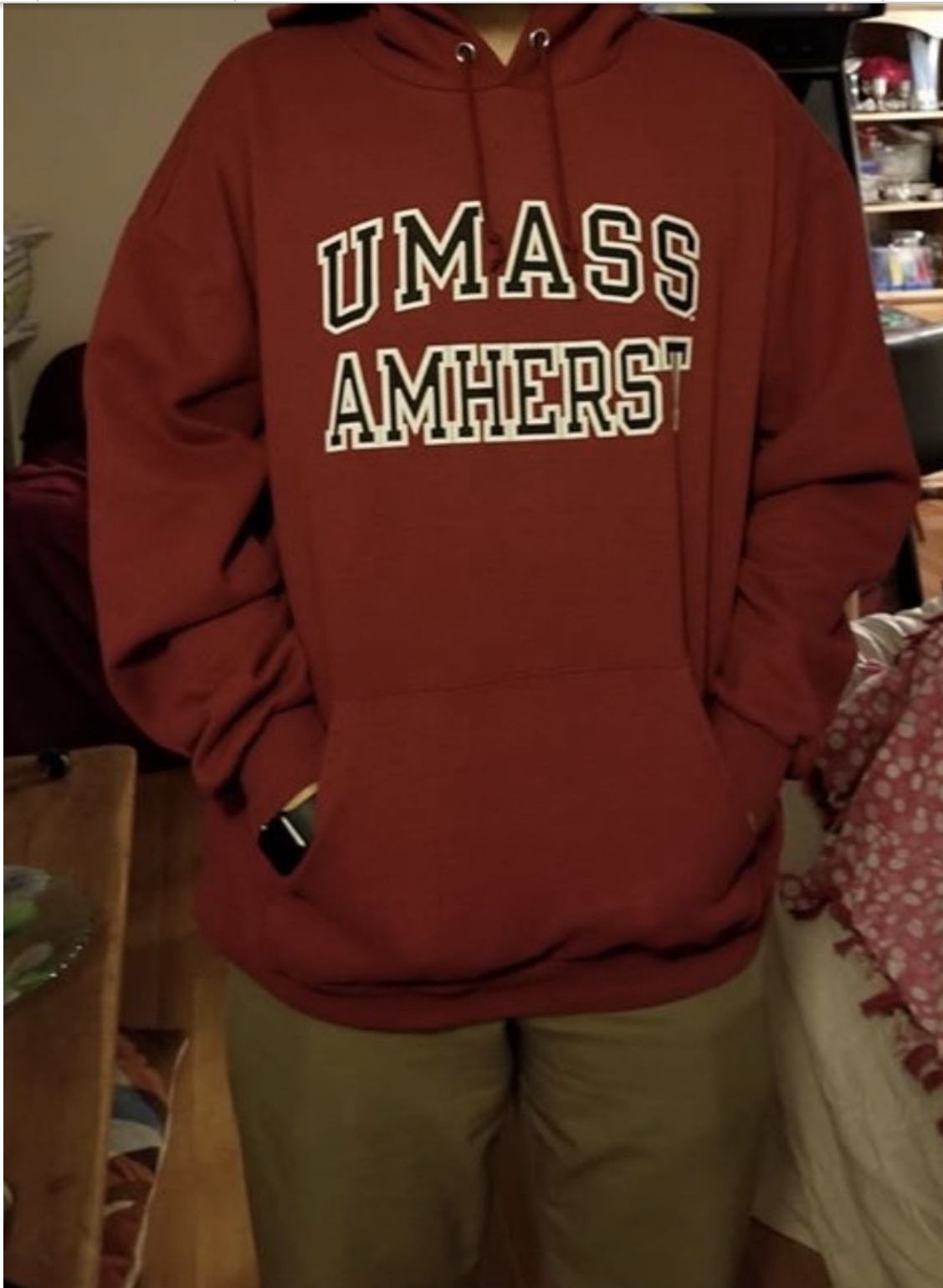
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- Stony Brook University
- Stonehill College
- Stony Brook University, State University of New York
- Suffolk University
- SUNY College at Cobleskill
- Syracuse University
- The American Musical and Dramatic Academy
- The University of Scranton
- University at Buffalo The State University of New York
- University of Connecticut
- University of Hartford
- University of Maine
- University of Massachusetts Boston
- University of Massachusetts-Amherst
- University of Massachusetts-Amherst (College of Engineering)
- University of New England
- University of New Hampshire-Main Campus
- University of New Haven
- University of Rhode Island
- Wentworth Institute of Technology
- Western New England University
- Worcester Polytechnic Institute
- Worcester State University





David Azer, Class of 2020!

Students and their parents have a lot to celebrate when a graduating Senior moves on to a college where they can thrive as they continue to prepare for adult life and their future careers. It is important that students and their parents realize that there are many different places where students can flourish, and that the college experience is

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the challenges ahead. They are proving through this crisis that they are also resilient and adaptable, traits that will serve them well. In the years that I have worked as a high school administrator I have seen the college admissions process become increasingly competitive and complicated while the financial burden has become heavier. This year is certainly no different. I worry that the stress and uncertainty prompted by the current crisis might cause students and their families to forget that this is a time of celebration. Our Seniors are coming to the end of a long journey and we should all be recognizing the joys, achievements, and learning experiences they have found along the way. I hope that our Seniors and their parents take advantage of this time together to find ways to honor that journey. **We are so proud of you, Class of 2020.** I can't say it enough.

We are looking forward to celebrating the accomplishments of the Class of 2020 and honoring them in the weeks to come. The college list above represents only one of those many achievements. As a school, getting students to college is important and is central to our work. It is important, but is not the only measure of success. We require students to gain acceptance to a college and support this process, but know that there are many factors that contribute to the decision students make when they finally decide where they are headed after high school. Whatever that final choice is and wherever that deposit check goes, I hope our students know that they have the full support of our community behind them. **We are so proud of you.**

Angie Pepin

Principal, South Shore Charter Public School

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## Social-Emotional Resources for Levels III & IV

The Counseling Department has created a presence on Google Classroom allowing Level III and Level IV students to independently access helpful social-emotional tools and resources during the COVID-19 school closure. An invitation to join will be emailed directly to students via their school email accounts. Participation in this Google Classroom is completely optional. If you have any questions, please do not hesitate to reach out to Tanya Ames ([tames@sscps.org](mailto:tames@sscps.org)) or Gabrielle Palmer ([gpalmer@sscps.org](mailto:gpalmer@sscps.org)).

## Tips from Occupational Therapy

Hello, my name is Allison Goff and I am one of the occupational therapy service providers at SSCPS. While working and learning from home continues to be the temporary new “normal” for our students, as well as many family members, it seems appropriate to provide some general tips about ergonomics. But first off, what does the word ergonomics mean? According to the 2020 Merriam-Webster Dictionary, ergonomics is defined as, “an applied science concerned with designing and arranging things people use so that people and things interact most efficiently and safely” ([www.merriam-webster.com](http://www.merriam-webster.com)).

As a school-based occupational therapist, looking at how the environment impacts performance is something that I take into consideration every day while working with students. Providing suggestions in order to create effective and “ergonomically-sound” learning environments is just one of the many fun and collaborative parts of my job. For example, for a student whose feet don’t yet touch the floor while seated in a chair, the simple addition of a footrest could allow for the feet to rest comfortably on the floor, while providing necessary support in order to complete tabletop activities. Or, for the student who has a difficult time sitting at a desk for long periods of time, the provision of an alternative seating option such as a yoga ball or standing desk, might be just what they need to help them focus while learning.

So what does ergonomics have to do with remote learning and why is it important? Since our homes have become the place where our students not only eat, sleep, and play, but now also learn, many families have been left with the task of creating workstations for their children. While this may seem like a difficult task, creating workstations does not require specialized equipment or expensive office chairs; makeshift workstations can be created using many simple, household objects. The important thing to keep in mind is that ergonomics is about fitting the workstation to the child, and each child is different. Below are some general tips for creating an at-home workstation, as well as some suggestions to keep in mind while your child continues with remote learning.

### Creating an At-Home Workstation:

#### Seated Positioning:

- Observe the 90-90-90 rule for seated posture: this means having a 90 degree angle at the elbows, hips, and knees
- Feet should rest comfortably on the floor when sitting back in a chair. Use a footrest if needed. Make your own foot rest using cardboard boxes,

back. Rolled up hand or dish towels work well for providing lumbar support

- When sitting at a desk, the wrists should be in a neutral position so that they are level with the forearm

#### Monitor/Screen Height:

- When using the computer, the screen height should be at eye level. This means that when looking straight ahead, the eyes should be level with the top of the screen. The computer screen should also be about an arm's length away. These positions will help to prevent eye fatigue as well as head and neck pain
- The use of a desktop monitor and external keyboard are ideal for proper positioning, however, modifications can be made if using a laptop
- If using a laptop, you can prop the laptop up onto a platform to achieve the ideal eye-level screen height. This can be done using a stack of textbooks or a shoe box
- If you do prop up the laptop, keep in mind that the keyboard will be raised up preventing a neutral wrist position if typing is required. In this instance, the use of an external keyboard and mouse is ideal, however, alternative options are available. For example, the student could try using speech-to-text to eliminate the need for manual typing

#### Lighting:

- To avoid glare, try not to face or have your back to a window. Instead try to set up your screen about 90 degrees from a window. If this isn't possible, use shades or curtains to filter light coming in from a window
- Use natural light whenever possible and avoid overhead lighting. Task lighting such as table or gooseneck lamps work well when completing tablework

#### Alternative workstation ideas:

- It is important for students to vary their postures throughout the day. To allow for this, students might want to complete some work tasks in different locations of the home, rather than just seated at a desk or table
- For example, students can try standing at a kitchen counter or at a higher dresser while completing tasks like reading or participating in a Zoom session. For tasks involving handwriting, students could stand while using a wall as a vertical writing surface
- Be creative and think of alternative seating options you already have at your home such as yoga balls and hammocks

Make Breaks a Part of Your Child's Learning Schedule!



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- Active breaks should be encouraged every 30 minutes
- Students should be encouraged to get up and move their bodies. This could be as simple as going to get a drink or a snack then coming back to their task
- Keep in mind that many students may not be aware of the need for breaks. They may need a cue from an adult or older sibling to take a break. The use of a timer can also help remind them

Take passive or seated breaks:

- Passive breaks should be encouraged every 60 minutes. These breaks can include breathing exercises and seated stretches
- Stretches can help to prevent muscle strains and/or pain. These can typically be done from a seated position and should focus on the head, neck, shoulders, wrists, hands, and fingers
- Breathing exercises can help to increase focus and decrease stress levels
- Specific stretches and breathing exercises can be found [here](#)

Take eye breaks: To prevent eye fatigue, visual breaks should be encouraged every 20 minutes.

- Keep the 20-20-20 rule in mind: For every 20 minutes of computer or visually intense work, the student should look away from the screen at something at least 20 feet away, for at least 20 seconds

Please feel free to reach out directly to me at [agoff@sscps.org](mailto:agoff@sscps.org) with any questions, or if you would like additional resources related to ergonomics.

Stay well,

Allison Goff, MOT, OTR/L Occupational Therapist

## SSCPS Makes Art History

# Community Art Show

Here we are together working through this strange time in our daily lives. We are making our own history in our own ways. We are asking you to be witness to this time in your life by joining us and sending in a piece of what you are

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Draw and write, compose and sing, paint and assemble, layer upon layer, create a video, design a poster which ever way you choose to express how you are feeling or what you are seeing, doing, hearing.

Please follow this link to the new **SSCPS Arts web site**.

[https://sites.google.com/sscps.org/sscps-arts-music/sscps-makes-art-history\\_](https://sites.google.com/sscps.org/sscps-arts-music/sscps-makes-art-history_)

Submissions are a simple upload away. Please have them in by **June 1** for this year's virtual show. Let us establish our place in the history of today!

All family members welcome!

The Arts Department

## FROM THE PARENTS ASSOCIATION

### Self-nominating closes this Friday (5/15)!

It's that time of year! While every parent is automatically a member of the Parents Association (PA), we have a few positions that require a vote! We are opening up nominations for the 2020-2021 school year and invite you to consider YOURSELF!

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

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

We're kicking off the election process by inviting you to self-nominate for a position. Nominations will be accepted until 5/15/20. Please consider nominating yourself.

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

We plan to close the voting by 5/29/20 and announce in the 6/3/20 weekly.

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

<https://www.surveymonkey.com/r/SSCPSPA2020-2021>

Thank you for your continued support of our children and their school.

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## COVID-19 RESOURCES

### Articles for Families

[PBS](#) | [How to Talk to Your Kids About Coronavirus](#)

[Child Mind Institute](#) | [Supporting Families During COVID-19](#)

[New York Times](#) | [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

[New York Times](#) | [Talking to Teens and Tweens About Coronavirus](#)

[ACEs in Education and COVID-19](#)

[Parenting with ACEs in a pandemic](#)

[Practicing resilience during social distancing](#)

### Podcasts for Families

[The Daily](#) | [A Kid's Guide to Coronavirus](#)

### Books for Children and Families

[My Hero Is You, Storybook for Children on COVID-19](#)

### COVID-19 Government Updates

[CDC Updates](#)

[FDA Updates](#)

[Massachusetts Department of Public Health](#)

[City of Boston](#)

### Remote Learning Resources for Families

[Zoom Information for Parents](#)

[The Parents' Guide to Google Classroom](#)

### Free Multilingual Online Libraries

- [Unite for Literacy: Early Learning eBooks](#): More than 100 original ebooks carefully crafted to connect with young children and their families. Books are written in English and Spanish and include audio narration in 43 languages.
- [Global Storybooks Portal](#): Read, download, toggle, and listen to a wide variety of illustrated stories from around the world.
- [Worldstories](#): A growing collection of short stories including retold traditional tales and new short stories from around the world. The stories can be read and listened to online, or downloaded.
- [Storyline Online](#): Books read aloud by actors.

## IMPORTANT MEAL INFORMATION

### DISTRICT INSTRUCTIONS FOR RECEIVING FREE AND REDUCED MEALS

With school closures due to COVID-19 outbreak, many schools and community partners are preparing to make meals available to students when school is closed.

For the most up-to-date information we have available, please visit this [link](#) or view a map of locations below or via this [map link](#). Please be aware that plans are continuously changing, so continue checking back if you do not find any meals for your community.

For more information and to learn of other food assistance resources available, please contact Project Bread's FoodSource Hotline. The FoodSource Hotline can be reached at 800-645-8333 from 8am-7pm Monday-Friday, and Saturdays from 10am-2pm, and can provide information in 160 languages through our Language Line.

### 211

If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, [click here](#) to find your local 211 or dial 211 to speak to someone who can help.

If you need further assistance from SSCPS, please contact Charlene Salamone at [csalamone@sscps.org](mailto:csalamone@sscps.org).

### ABINGTON

The Abington Public Schools Food Service Program will be providing grab-and-go breakfast and lunch meals to families in need of food assistance. If your family is in need of assistance, please contact Bernie Darcy, Food Service Director, at [meals@abingtonps.org](mailto:meals@abingtonps.org) or at 781-982-2156 to make arrangements for meals.

### ATTLEBORO

Students will have access to a "grab and go" school lunch during this closure. For the safety of participants and staff, our procedure will comply with social distancing expectations. Hours for pick up are 11:30 to 1:00 PM at the Principal's

In addition, The Attleboro Interfaith Collaborative “Food N Friends” Program serves meals daily, to anyone who needs it. The meals are served to go, between 4:00 p.m. and 4:30 p.m. at various locations around the city. Visit their [Facebook page](#) for the schedule.

#### AVON

Butler Elementary School Monday through Friday from 8:00 am-11:00 am. Please come to the door on the left side of the building. Meals will be “grab and go”. Lunches will be brought outside upon your arrival. There will be no admittance into the building.

#### BOSTON

BPS will continue to provide free breakfast and lunch meals to all Boston children beginning Tuesday, March 17. Locations will be open Monday - Friday from 8:30 am - 11:30 am at the schools listed below and shown on this map in blue. A variety of packaged meal options will be available for pick-up. <https://www.boston.gov/departments/food-access/map-meal-sites-boston>

#### BRAINTREE

Offering grab and go meals FREE to all children in Braintree 18 years and under during school closures. Pick up meals between 10 AM to 12 PM Monday and Thursday at Hollis Elementary School (482 Washington St) or Ross Elementary (20 Hayward St). Any questions please contact Sarah Coughlin at [sarah.coughlin@braintreeschools.org](mailto:sarah.coughlin@braintreeschools.org) or at 617-653-7166

#### BRIDGEWATER

Monday through Friday from 9 to 11 at the front entrance of Bridgewater High School 415 Center Street, Bridgewater.

#### BROCKTON

Meals will be available from 11:30 to 1 pm at Brockton High School, North Middle School, South Middle School and East Middle School. Families who plan to pick up meals at Brockton High should use the Belmont Street entrance. Upon arrival, please follow the traffic cones to enter the line. The Food Services team will count the number of children in your vehicle and provide one breakfast and one lunch for each student present. The team will provide reheating instructions when needed. There are several food pantries in the city of Brockton ready to help families cope during this school closure. The Charity Guild on Main Street has a Food Pantry that is open between 10:00 a.m. and 12:00 p.m. Tuesdays, Wednesdays and Thursdays. Learn more on their [website](#).

Here's a [list](#) of other food pantries in the Greater Brockton area.

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Please contact Megan Ahrenholz, RD, School Nutrition Director, 781-582-3556 or [mahrenholz@slrsd.org](mailto:mahrenholz@slrsd.org).

#### HANOVER

Please contact [jvlassakis@hanoverschools.org](mailto:jvlassakis@hanoverschools.org) to receive meals during school closures.

#### HANSON

If you are in need please contact [Jeffrey.szymaniak@whrsd.org](mailto:Jeffrey.szymaniak@whrsd.org)

#### HINGHAM

[Complete Survey Here](#)

#### HOLBROOK

Meal pick up at the Superintendent Office door #3 Monday through Friday 11-12 pm.

#### HULL

Use this link to sign up for weekly deliveries

<https://www.hullpublicschools.org/district/families-students/pages/freereduced-meals-information> or if you have any questions please contact Vinny Harte at [vinny@wellspringmultiservice.org](mailto:vinny@wellspringmultiservice.org) or at 781-925-3211 x110.

#### KINGSTON

Please contact Megan Ahrenholz, RD, School Nutrition Director, 781-582-3556 or [mahrenholz@slrsd.org](mailto:mahrenholz@slrsd.org).

#### MARSHFIELD

Marshfield Food Pantry located at 1837 Ocean Street is opened on Tuesdays 9:30 am to 12:00 pm, Wednesdays 6:30 pm to 8:30 pm and Fridays 9:30 am to 12:00 pm.

If any additional food assistance is needed call 781-837-0359 or [www.marshfieldfoodpantry.org](http://www.marshfieldfoodpantry.org)

#### NORWELL

Please email [judith.crooks@norwellschools.org](mailto:judith.crooks@norwellschools.org)

#### PEMBROKE

Grab and Go meals are available on Mondays, Wednesdays and Fridays at the Hobomock Elementary School 11-1. There will be tables set up so families can truly grab and go.

#### PLYMOUTH

Grab and Go meals are available Monday – Friday from 11:30 am – 12:30 pm at the locations listed below.

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- Indian Brook Elementary School - 1181 State Road
- Hedge Elementary School - 258 Standish Avenue (Please enter the back of the building through blue cafeteria door)

Should you need additional assistance, please do not hesitate to reach out to [food@plymouth.k12.ma.us](mailto:food@plymouth.k12.ma.us).

Delivery is available for families who need it.

Please visit [www.bit.ly/PPSFoodDelivery](http://www.bit.ly/PPSFoodDelivery)

#### QUINCY

Breakfast and lunch will be available Monday through Friday from 11:00 am to 12:00 pm for pick up at Lincoln Hancock Community School, North Quincy High School, Quincy High School, Snug Harbor Elementary, Clifford Marshall Elementary, Montclair Elementary, Parker Elementary and Atherton Hough Elementary. Additional information can be found at [www.facebook.com/quincypsnutrition/](http://www.facebook.com/quincypsnutrition/)

#### RANDOLPH

Randolph Public Schools will deliver meals on Tuesdays and Thursdays at 10:20 am near the rental/leasing offices at Liberty Place, Rosemont Square aka Chestnut West, Pacella Park, Avalon Apartments/Pryne Hills, Franklin Square Condominiums. The buses will stay for 20 minutes. If you can't make it to those sites, the four pick-up sites will still remain from 11:00 am to 12:30 pm on Tuesdays and Thursdays at the Donovan Elementary School, the Lyons Elementary School, the JFK Elementary School and the Randolph High School

#### ROCKLAND

Free bag lunch will be served Monday through Friday at the "Mainstreet" entrance of RHS/RMS between the hours of 11:30 am and 12:30 pm.

#### TAUNTON

Contact Karen Pappa at [kpappa@tauntonschools.org](mailto:kpappa@tauntonschools.org) or at 1-508-821-5859

#### WEYMOUTH

Student meals will be available for DRIVE-THROUGH and walk-through pick up between 11:00-1:00 each day at Seach Primary School and Abigail Adams Middle School. Each student meal will consist of milk and a bagged lunch. The program will be available each weekday during the closure period. This form will be sent out each week for you to complete. These lunch options are FREE for all students. Lunches noted may change due to student participation. We appreciate all families

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**WHITMAN**

If you are in need please contact [Jeffrey.szymaniak@whrsd.org](mailto:Jeffrey.szymaniak@whrsd.org) Information is constantly changing so please check this [list](#) for the most up to date information the state has on meal distribution.

Stay Healthy!

**SSCPS YEARBOOK COMMITTEE**

**Order your 2020 Yearbook Today!**

To order online go to [www.coffeepond.com](http://www.coffeepond.com)  
use school password: bluejaguar.

Online orders will be accepted until June 21, 2020.

Please email Christine at [cbodnar@sscps.org](mailto:cbodnar@sscps.org) with any questions.

Thursday	05/14	<b>Governance Committee Meeting</b> Join Zoom Meeting <a href="https://us04web.zoom.us/j/74748137844?pwd=cmVPQyt0MGlyTjFOM1gwZHE4RWxQdz09">https://us04web.zoom.us/j/74748137844?pwd=cmVPQyt0MGlyTjFOM1gwZHE4RWxQdz09</a> Meeting ID: 747 4813 7844 Password: 026674	6:00pm
Thursday	05/14	<b>Finance and Personnel Meeting</b> Join Zoom Meeting <a href="https://us04web.zoom.us/j/77854794438?pwd=NmNnaUlcZWRQZWlzcU9nZ2dwblc4dz09">https://us04web.zoom.us/j/77854794438?pwd=NmNnaUlcZWRQZWlzcU9nZ2dwblc4dz09</a> Meeting ID: 778 5479 4438 Password: 9WaJrr	6:30pm
Thursday	05/14	<b>Board of Trustees Annual Meeting and May Meeting</b> Join Zoom Meeting <a href="https://us04web.zoom.us/j/75792812187?pwd=TjV1cDdzWnVWczczVy90ZHJDRWZlZz09">https://us04web.zoom.us/j/75792812187?pwd=TjV1cDdzWnVWczczVy90ZHJDRWZlZz09</a> Meeting ID: 757 9281 2187 Password: 001398	7:30pm
Week	5/11 and 5/18	<b>Advanced Placement Testing</b>	



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## Zoom Information for Parents

### **Important Links**

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

- [Free and Reduced Lunch Pick Up Information](#)
- [Massachusetts Department of Transitional Assistance](#)
- Visit our new online option to [purchase](#) SSCPS apparel
- Community Interest: Click here for information on [Team IMPACT](#)

Here are links to upcoming events and other items of interest. Please contact Pam Algera at [palgera@sscps.org](mailto:palgera@sscps.org) to submit SSCPS items for publication.

### **School Documents**

[2019-20 School Calendar](#)[2020-21 School Calendar](#)[Student and Family Handbook](#)[SSCPS By-Laws](#)[Pick-up Procedures](#)

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[www.sscps.org](http://www.sscps.org)

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