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## **Weekly Update | May 20, 2020**

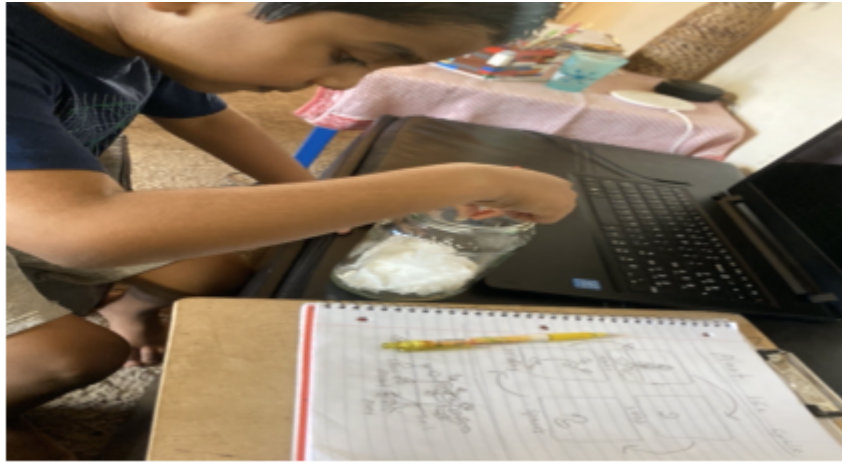
**Vol. 5, Issue 3**

### **A Message from Jamie**

The face of education as we know has changed over the course of the past 2 months. Students and teachers have responded to these circumstances and should be applauded for their hard work, ability to adapt quickly and with minimal disruption to the educational process.

Our science curriculum here at SSCPS fosters an environment in which we let our students tap into their inquisitive nature. Our goal is to provide opportunities for our students to grow and develop as young scientists. With the unprecedented time we find ourselves in during this pandemic, it has been a challenging feat to adapt our instruction to both meet the needs of our students as well as fit the demands of grade level standards.

Our teachers have been working incredibly hard to make sure that not only are our students able to access the curriculum they are teaching, but also ensuring that it is remaining inquiry based, hands-on and making real world connections. Science can prove to be incredibly challenging to deliver through remote education. Please read about how your students are engaging in the world of science through distance learning at SSCPS.



Students in K-4 are engaged in lessons that are composed of standards based content supplemented with diagrams, videos, interactives, and hands-on investigations. Students are encouraged to learn science through observation and questioning and pushed to apply what they know through written responses, carrying out at-home investigations, and by creating models. Students have been introduced to Dr. Jeff, Mystery Science, live streams and so many more great resources.



Our 5-8 teachers have been busy collaborating on a department wide read-aloud. We are excited to announce that the middle school science team has been working to bring you some new science instruction as we enter the final weeks of learning from home. Each week there will be activities around a science-themed picture book. The activities will be focused on cross-cutting concepts, skills, and themes that are

relevant for science students, no matter what their grade level. We hope to build excitement around the texts and their ideas that the whole family can learn about. Prior to this collaboration instruction was carried out with live Zoom experiments, teacher-made YouTube videos, Science based educational games, creative projects like comics and virtual field trips.

### Read Aloud Schedule

5/18	The Crayon Man by Natascha Biebow
5/25	Life in the Ocean: The Story of Oceanographer Sylvia Earle
6/1	You Are Home, An Ode to the National Parks by Evan Turk
6/8	The Story of Life: A First Book About Evolution

In the high school, our teachers are trying to find ways to engage our students and finish out the academic year strong. Our senior science classes are closing out their high school academic careers and our Advanced Placement courses have taken their exams. Teachers are using new technology, making videos of demonstrations, creating screencasts, creating projects that make connections with current events, and promoting at-home science investigations.

As we approach summer, encourage your children to observe the world around them and explore the science in their everyday life. The most important way we can engage students in science is through observation of the natural world. Look to local libraries for science related texts for optional reading and enrichment. Investigate by creating slime or oobleck, grow a garden, or even create a Rube Goldberg machine. Tap into your child's natural curiosity and watch in amazement as they ask questions, learn to solve problems and make conclusions.

Stay safe and healthy!

Jamie Allen

K-12 Science Curriculum Coordinator

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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)).

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### 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, stacked books, or binders
- Use a comfortable chair that provides back support, especially to the lower 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!

#### Take active breaks:

- 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 seeing, feeling, hearing, doing so that together we can compile our history as a community.

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>

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 Extended - Closes this Friday (5/22)!

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 5/22/20. 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.

Questions can be sent to [sscpSPAelection@gmail.com](mailto:sscpSPAelection@gmail.com), or you can contact any member of the PA.

## 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.
- [The Big List of Children's Authors Doing Online Read Alouds & Activities](#)

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## 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 Entrance (on Blue Pride Way) at Attleboro High School. Contact Marc Furtado at [mfurtado@attleboroschools.org](mailto:mfurtado@attleboroschools.org) or at 508-222-0012 x1522 for more information.

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.

#### **HALIFAX**

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.

Families in need are welcome to visit one of these locations on Fridays from 9:30 am - 12:30 pm to pick up a bag of non-perishable food items to take home.

- 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 who complete this form to help us estimate demand but will provide food to all families. [Sign Up Here](#)

#### 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.

Monday-Friday	5/18-5/22	Advanced Placement Testing	
Monday	05/25	Memorial Day – No Classes	
Friday-Monday	05/22-6/1	SSCPS Summer Reading Virtual Book Fair	

## 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](#)
- [May Nutrition Nuggets and Learning Activities](#)
- 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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**Our website address is:**

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

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5/20/2020

Weekly Update

This email was sent to [palgera@sscps.org](mailto:palgera@sscps.org)

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