



Weekly Update | March 17, 2021

Vol. 3, Issue 3

A Message from Joe

Last week, I sent out an email to the High School Community and school staff that included a document created by Senior Niki Childs and the National Honor Society titled [SSCPS Community Care Resources](#). It outlined different resources within our communities to provide relief, care, and aid during these difficult times. I would like to thank Niki and the National Honor Society for their continued work around providing support and opportunities for our students and families to get through this challenging year. Historically, human beings have come together during times of crisis. Crisis brings out our natural altruistic ways, focusing on compassion and empathy which draws off our survival instincts. It is important that we help others in times of need, but do not forget to prioritize ourselves and our well-being. Today, I would like to share a few simple things students can do to help themselves push through the COVID fatigue we are all experiencing.

Go Outside and Exercise

Put your phone down and go outside and exercise. As the weather is getting better, it is a good time to get outside and exercise. Exercise might be as simple as a walk on a nice sunny day. Studies show that taking walks outside reduces stress, improves mood, and the exposure to sun creates vitamin D which boosts our immune system. On nice days, the High School will be providing outdoor activities in the afternoons during office hours for students in the building.

Develop Routines

Developing and continuing a routine and schedule creates predictability to your day. Once your routine is established, it becomes a habit and tasks seem more attainable and easier to complete. Make sure to build into your routine movement breaks, healthy eating habits, a solid sleep schedule (do not sleep with your phone by you) and things you enjoy like music and art.

Try Relaxation Techniques

Try deep breathing exercises, a guided meditation, or simple stretches. Stretching is always good to do in between classes, but do not use it as an excuse to be late, although it would not be the worst excuse.

Talk to Someone

Whether it is family, a friend or an adult at school, always reach out to others to share experiences. You are not the only one feeling the way you do and communicating those feelings and processing them is a healthy way to approach it. If you need support from the school, please reach out to our adjustment counselors.

Stay Positive

It is easy to get caught up in the negativity of the times, but try to focus on the positive. Smile and laugh. A positive mindset creates positive outcomes. This will come to an end and we will gain perspective on what is important to us and cherish those things moving forward.

Take one day at a time

Focus on one day at a time. If we are always looking at the big picture, things can get overwhelming. So take care of what is in front of you and focus on one task at a time. Give your best everyday. If you have a bad day, you have another chance tomorrow.

Remember, we are here to support you. Please communicate any concerns, so we can use our resources to support you and your family.

Joe Kay
High School Assistant Principal

Learning Model Planning Timeline

- September 2020-June 2021: K-1 Students full in-person
- March 1, 2021: Grade 2 Students full in-person
- March 3, 2021: SSCPS Board of Trustees, Executive Committee Meeting review of DESE intent to return to full in-person learning for students in grades K-5
- March 4 - 17, 2021: Building and learning spaces capacity review.
- March 5, 2021: Faculty and staff review and planning for DESE intent to return to full in-person learning
- March 8, 2021: Communication to SSCPS families for COVID-19 Pooled Testing
- March 15 - 19, 2021: Family surveys for additional data collection
- March 15, 2021: Implementation of the COVID-19 Pooled Testing Program
- March 24 - 30, 2021: Family information sessions for guidance on new learning models
- April 5, 2021: Implement in-person return for students in grades 3-5
- April 7, 2021: SSCPS Board of Trustees Executive Committee Meeting
- April 15, 2021: SSCPS Board of Trustees Meeting
- April 28, 2021: Implement in-person learning return for students in grades 6-8

- April 2021: DESE issues guidance for high school in-person learning return

In-Person Learning Family Information Meetings

All meetings will be held via Zoom

Grades 3, 4, and 5 Meeting

Wednesday, March 24

1:00pm

Grades 6, 7, and 8 Meeting

Thursday, March 25

1:00pm

High School Meeting

Tuesday, March 30

1:00pm

From Food Services

To all families:

Please be aware that all students enrolled at SSCPS qualify for Free Breakfast and Lunch for the 2020-2021 academic year. Please click on this link [FamilyID Online Registration](#) and register for meals.

If you have any questions, contact me at csalamone@sscps.org or at 781-982-4202 x156.

Charlene Salamone
Food Services Coordinator

From the SSCPS Health Office

The Health Office is now running 2 separate COVID testing programs. Both of these tests are voluntary. In order to participate in each program you will need to sign up for them separately.

The BinaxNow Rapid Test is for students/staff that develop COVID-like symptoms while at school. This test can be administered at school and results are available in fifteen (15) minutes. Students/staff will still be required to leave school, even with a negative test result. Students may return to in person school once they have a

negative PCR test. Positive results are presumed positives and students will be required to isolate.

Register your student for Symptomatic Rapid COVID testing with the following link:

<https://app.beacontesting.com/register/with-code?code=EKMBEX>

Pool Testing is a weekly COVID test for students and staff. Students will be tested on the weeks they are in person learning. This program is not available to remote students. Pool testing is when a number (usually 5-10) swabs are put in the same tube and a PCR test is done on the batch/pool.

If the pool comes back negative, it is presumed all individuals in this pool are negative.

If the pool comes back positive, each student is individually tested using the BinaxNow Rapid test done at school. Any positive students will be sent home to isolate and contact tracing will be done. If all students come back negative with the rapid testing, each student will then have an individual PCR test to be sent out from school. All students will be asked to quarantine until the PCR results come back.

When you sign consent for pool testing, you are consenting for all 3 types of testing to be done at school (pool testing, rapid antigen and individual PCR testing).

Register your student for weekly pool testing with the following link:

<https://app.beacontesting.com/register/with-code?code=WPWCQJ>

Please see the [Health Office](#) page on the SSCPS website for more information on rapid and pooled testing, along with other COVID-19 information.

Dear SSCPS Families,

We were excited to launch our first round of pool testing in our K through 8 building this week. The first round of pool testing went smoothly, the students and staff were extremely cooperative and did a great job. Next week we will be adding the High School to our weekly pool testing. If you have not signed up but are interested in having your student participate please follow the below link to register them. You can register at any time, you should register by Thursday if you want to be included in the following weeks pool testing.

<https://app.beacontesting.com/register/with-code?code=WPWCQJ>

As we await for the results of our first pool testing we wanted to review the pool testing procedure. You will only be called if your student is in a positive pool batch.

If your student is in a pool that comes back positive, we will then test the participants in the positive pool with the BinaxNOW Rapid Antigen test at school. If all the rapid tests come back negative, then an individual PCR test will be done at school on all students in the positive pool batch. Students will need to quarantine until the results of the individual PCR test come back.

If the students are in school when the results come in, they will be removed from class and brought to a designated area for the additional testing. If the student's rapid test comes back positive they will need to be picked up and will need to isolate.

If positive pool results are received after hours the on call nurse will contact you and the students will need to report to school the next morning for the rapid testing. Parents will need to remain at the school until the results of the rapid test come back.

If you have any additional questions or need any additional information please do not hesitate to reach out to the nursing staff.

K - 8: 781-982-4202 x 104

High School: 781-982-4202 x 182

Darcie Edwards, RN

Susan Dupras, RN

Jaime Kjølgaard, RN

Barbara Folan, RN

Travel Advisory

We would like to remind families of the health and safety guidelines put forward by Governor Baker and the Massachusetts Department of Public Health in the recently updated [COVID-19 Travel Order](#). The South Shore Charter Public School has enacted a strict travel protocol which requires that all students who return from traveling to high risk states or countries, or students who have been on a plane, must quarantine for fourteen (14) days. Students in grades 2-12 are expected to learn remotely during the 14-day quarantine period. Students in grades K-1 are expected to utilize their learning bins.

Our school policy regarding voluntary travel is stricter than the Massachusetts Travel Order. There is no exemption from quarantine if your child tests negative **prior** to returning to Massachusetts. Because of the nature of COVID-19 transmission, and the chance of exposure within the 72-hour period prior to returning to Massachusetts, the school does not consider the described testing measure to be adequately preventative. A 14-day quarantine is required by our school's [Health Office](#).

Thank you for your understanding and cooperation.

Housing Help

Paying rent or a mortgage can be especially challenging during a pandemic. The Massachusetts Department of Housing and Community Development has centralized information about resources for families struggling to make rent or mortgage payments due to COVID-19. If you or another family you know needs assistance, please go to www.mass.gov/covidhousinghelp for more information.

WiFi Assistance

Please use the buttons below for information regarding low cost internet services in your area.

[Low Cost Internet Services](#)

[NDIA Free and Low Cost Internet Plans](#)

[Lifeline Cell Phone Service Provider](#)

FROM THE YEARBOOK COMMITTEE

The 2021 yearbook is now in progress and all the memories of the 2021 school year will be published forever in print.

To order online go to www.coffeepond.com, to login use school password: bluejaguar.

Parents may submit a special personalized page that will appear in the back of the book for their senior at these rates: Full page \$150, 1/2 pg. \$75, 1/4 pg. \$50. Due date is March 30, 2021. Please email Christine at cbodnar@sscps.org with any questions.

From the Parents Association



FARMHOUSE BAKING CO.

FUNDRAISER IN COLLABORATION WITH SOUTH SHORE
CHARTER PUBLIC SCHOOL PARENT ASSOCIATION

\$8.00

Each kit includes:
5 Sugar Cookies
Piping Bag with Green Vanilla Buttercream
Container of Sprinkles

AVAILABLE FOR PICKUP AT FARMHOUSE CAFÉ
MARCH 10TH - MARCH 17TH
(CLOSED ON MON & TUES)
12 COLUMBIAN STREET WEYMOUTH, MA

NO NEED TO ORDER AHEAD!



PIC | Let's Raise Funds!

Online Pampered Chef Fundraiser for SSCEF - Happening Now!

Facebook party: <https://www.facebook.com/groups/2610933485870540>

Website: www.pamperedchef.com/party/sscps0322

From South Shore Charter Educational Foundation



February 2021

Dear Friends and Families of SSCPS,

We hope this letter finds you well. As we kick off 2021, we want to extend our well wishes to you and your family during these unprecedented times. We thank you for your unwavering support of our faculty and staff as we strive to inspire every student to excel in academics, service, and life in a safe and supportive environment.

Clearly the challenges of COVID- 19 have significantly impacted our community and we've had to adapt. Who knew we would expend so many resources on cleaning products, plexi-glass dividers, tents, Chromebooks, and so much more? Since the start of the pandemic last March, our community has worked together to ensure our kids receive the highest level of academics possible in these unprecedented times. While many schools were not prepared for the sudden shift to remote learning, SSCPS "hit the ground running" on March 16th and we continue to pursue all viable options for high level learning. We are proud to say we remain consistent with the quality education we deliver to all of our students. Unfortunately, many of the changes required to provide the hybrid model we offer are expensive. We are grateful to many of you who have generously donated to the SSCEF Annual Fund, but we need contributions now more than ever.

As someone who has been at Charter for 13 years and a part of the fraternity of 13, I have learned to embrace Charter life. There is a huge sense of community at the school which is developed from a young age through our service projects and sports. Charter helps prepare young kids for life through the internships we do with our amazing guidance counselors. The EOMs we start in kindergarten have been a huge asset to me in life as learning public speaking at such a young age has proven invaluable in my adult life.

-Delaney Alden, Class of 2021

The cost of COVID - 19 was clearly unexpected and like everything else has impacted our fundraising abilities as well.

I have been a student at SSCPS since kindergarten and I will be in the fraternity of 13 when I graduate in June 2021. One thing I love about our school is that I have been on the cross country and track and field teams since I was in 6th grade. I have had the same coach and have been teammates with the same group of athletes. We have encouraged and watched each other progress over the years.
- Caroline Boyle, Class of 2021

In support of our community, we hope you will consider giving a minimum of \$10 per year for each year your family has been enrolled with us, but we appreciate whatever donation you can make. We hope you will check with your employer to see if they will match your donation. When giving you can write your check to SSCEF, or you may go online at www.sscps.org/giving. Thank you for your continued support and we look forward to better days when we can all gather as one community again.

[CLICK HERE](#) to make your gift online. Or please mail a check to SSCEF, P.O. Box 512, Accord, MA 02018.

Warm and healthy wishes,

Laurie Dannison and Leslie Alden
Development Officer Trustee

I have had many positive experiences in my thirteen years at SSCPS. I have never felt like I have not been able to reach out to a teacher for help. I know that when I was struggling last year with my AP Chemistry class my teacher would let me stay after or during FIT time to help me. In a bigger town school, that type of thing would not be possible and I am able to get the help I need in my classes in order to succeed.
-Ryan Benjamin, Class of 2021

Wednesday	03/17	No Classes – Professional Development Day	
Thursday	03/18	Team B In-Person; Team A Remote Learning	
Friday	03/19	Remote Learning for All Students	8:15a-12:05p
Mon-Thurs	03/22-03/25	Team A In-Person; Team B Remote Learning	
Wednesday	03/24	Grades 3, 4, and 5 In-Person Learning Family Meeting via Zoom	1:00pm
Wednesday	03/24	Parents Association Meeting via Zoom	6:30pm

Thursday	03/25	Grades 6, 7, and 8 In-Person Learning Family Meeting via Zoom	1:00pm
Friday	03/26	Remote Learning for All Students	8:15a-12:05p
Tuesday	03/30	High School In-Person Learning Family meeting via Zoom	1:00pm

Important Links

Weekly Updates are emailed and posted to our website www.sscps.org every Wednesday.

- [Food Service](#)
- [Health Office](#)
- [Massachusetts Department of Transitional Assistance](#)
- Visit the [Parents Association Website](#)
- Visit our new online option to [purchase](#) SSCPS apparel

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

School Documents

[2020-21 School Calendar](#)

[2021-22 School Calendar](#)

[Student and Family Handbook](#)

[SSCPS By-Laws](#)



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Our website address is:

www.sscps.org

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