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Weekly Update | January 11, 2023

Vol. 1. Issue 2

A Message from Angie

I hope that everyone was able to relax and enjoy time with family and friends over the December break and has settled back into the school routine. Coming off the break is a busy time for teaching and learning as we approach the midpoint of the school year. Our students and teachers are hard at work! The second quarter closes for 5-12 students on Tuesday, January 24th. Our students in grades 7-12 are not only closing the second quarter but are also preparing for midyear exams. These exams are designed by teachers to test student progress in our curriculum and the results of these exams provide important data about how our students are doing. They are important practice for the high stakes exams students will sit for in college and beyond. Students have been preparing since the start of the year through the work in their classes. They can expect teachers to provide more specific study materials to help them focus their efforts. The approaching extended Dr. Martin Luther King, Jr. weekend provides a terrific chance for studying. Some students may need some encouragement to take advantage of this opportunity.

Scores on midyear exams account for 10% of a student's final grade, a significant portion. Knowledge of that significance is motivating for many students and spurs a healthy level of stress that drives achievement. For other students, exams bring a great deal of stress and anxiety because of the high standards that students have set for themselves. These exams can be particularly challenging for our seventh grade students who are preparing for this type of exam for the first time. Please don't hesitate to contact your child's advisor or pod teacher if you are concerned about the level of stress your child is exhibiting. We have a highly skilled counseling team with a track record of helping students work through such challenges.

The schedule for midyear exams is below. **All students in grades 7-12 will be dismissed at 12:00 pm on Wednesday, January 25th, Thursday, January 26th, and Friday, January 27th.** Please prepare for pickup accordingly. All Level IV students will be dismissed at the front door on those half days. On Friday, January 27th, high school students will be dismissed by 10:00 if they are not taking a make-up exam. Taking exams is exhausting for students. The early dismissal provides students with a well-deserved break. As a reminder, all students in grades K-8 must be met by an adult at the bus stop in the afternoon. If your K-8 child usually walks home with your high school student, please plan for alternative arrangements on the midyear exam dates.

High School Midyear Exam Schedule

	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23
8:15-8:20	Advisory	Advisory	Advisory
8:25 - 10:00	A Block Exam	C Block Exam	E Block Exam
10:00 - 10:25	Break	Break	Break
10:25 - 12:00	B Block Exam	D Block Exam	Makeup Exam Block*

*Students without a makeup exam will be dismissed at 10:00 on Friday.

Level IV Midyear Exam Schedule

	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23
8:15-8:30	Pod Time	Pod Time	Pod Time
8:30 - 10:00	A Block Exam	C Block Exam	E Block Exam
10:00 - 10:30	Break	Break	Break
10:30 - 12:00	B Block Exam	D Block Exam	Project Reflection & Make-ups

As always, please do not hesitate to reach out with questions or concerns.

Sincerely,

Angie Pepin

Principal, K-12

**MID-YEAR EXAM SCHEDULE BUS REMINDER
EXAMS: JANUARY 25, 26, 27**

Please keep in mind that there will be no school buses for the 12 noon dismissal during mid-year exams. All buses will come at their regular dismissal time of 3PM.

Students in grades 7-12 are allowed to get picked up at 12 noon. Those students that do not have a ride to go home at 12 noon will participate in a study block until 3PM. Students will then be dismissed for buses at the regularly scheduled time.



IMPORTANT REMINDER

.....
FRIDAY, JAN. 13th

NO SCHOOL

PROFESSIONAL DEVELOPMENT

MONDAY, JAN. 16th

NO SCHOOL

MARTIN LUTHER KING, JR DAY

LEVEL IV TOP SPELLERS 2022-2023

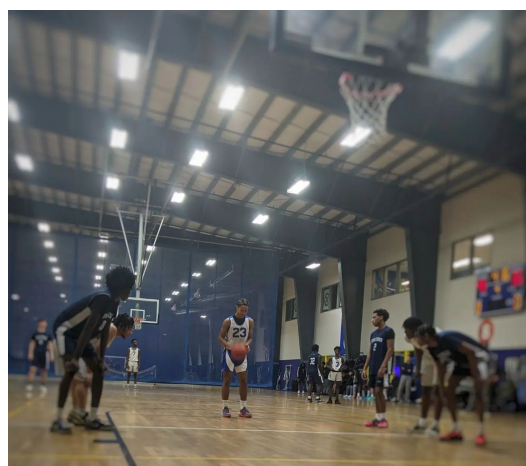
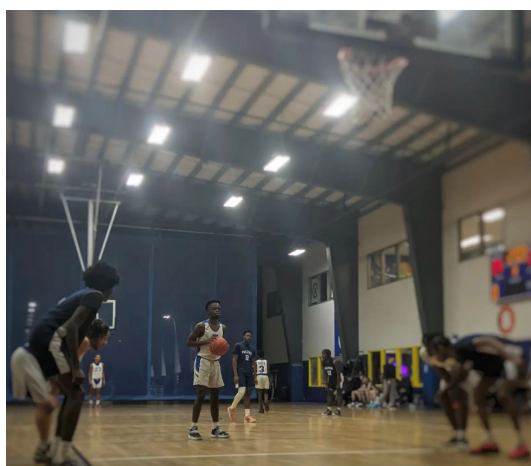


Congratulations to the Level IV Top Spellers!

(Left to right: Amir Rhabane, Galena Nizorkova, Shae Leonard, Chloe Eschazier)

ATHLETICS

BASKETBALL



Varsity Boys Basketball team against Foxborough

Varsity Boys Basketball

The Varsity Boys hosted Foxboro Charter for an important divisional game yesterday afternoon. The Jaguars were efficient early on and watched defensive stops turn to instant offense. Foxboro Charter was able cut the deficit to 5 points in the 3rd quarter with a 6-0 run before the Jaguars took composure and closed out the game with a 16 point win, 61-45. The Varsity Boys sit at top of the South division with a 6-1 record and lead the entire league in wins.

Varsity Girls Basketball

The Varsity girls came into yesterday's contest against Foxboro Charter sporting a 3-2 record and second place in the MCSAO South Division. Foxboro Charter jumped out to an 11-2 lead before the SSCPS Jaguars tightened up on defense and made a run of their own. The Jaguars played an exceptional second half to cut the deficit but proved to be too late as the visitors escaped with a 28-19 victory. The Girls fall to 3-3 on the season but are still on pace to make the playoffs for the first time in several years.

JV Boys Basketball

JV Boys took their show on the road against Codman Academy last Friday. The contest was a back and forth affair as both teams traded leads throughout the game. The deciding bucket was made by JV/Varsity swing player Takai Osgood. Takai made his way into the lane and floated the winning basket with 4 seconds left on the clock. Coach Justin Powers and the promising JV Boys are now 3-2 on the season.

(photos shared by @sscps_sports on Instagram)

Come cheer on the Jaguars in their upcoming games:

Middle School Boys and Girls Basketball

January 12 at 3PM v. Boston Prep at Starland Sports, Hanover

Varsity Girls Basketball

January 12 at 4:30PM v. Boston Prep (AWAY)

#GoJaguars 



JANUARY GIVING CAMPUS FACILITIES

The start of a new year is a time to evaluate progress; it is a time to look back on past weeks, months, and days to learn from them and grow from what we've learned. For many, this evaluation takes place on a personal level by looking inward, but it's also a great time for educational organizations like ours to assess our financial goals for the year ahead.

The South Shore Charter Educational Foundation sets financial goals each school year that we work hard to reach with the help of our community. These goals are set with the intentions of supporting our students, staff, and community to the best of our ability in order to provide the most excellent learning environment possible; we see the wants and needs of our community, and we determine what goals we must reach to meet those wants and needs.

For the 2022-2023 school year, the SSCEF has set a goal of \$50,000 for our Annual Fund. So far, we've raised almost \$8,500, or 17% of this goal. We're able to fundraise in many ways to help reach our financial goals for SSCPS, including well-loved traditions like our annual Harvest Run, student-centered events such as art shows and performances, and of course, these monthly email campaigns. Generous contributions from our community are what make progress and improvement possible; our campus environment can only grow as much as we support it, and we've seen time and time again how much support our community gives.

During the month of January, the South Shore Charter Educational Foundation will be focusing our fundraising efforts on supporting our campus facilities at SSCPS. The

infrastructure of our school provides the basic foundation for our students and staff to learn, grow, and excel at SSCPS, but it is only as strong as the support it receives.

If you'd like to help us reach our fundraising goal this year by supporting our campus facilities at SSCPS, please use the button below to make a contribution.

DONATE NOW!

UPCOMING EVENTS

A promotional poster for an SSCPS event. The background is light blue with white snowflake cutouts and red berries on dark branches. The text is centered and reads: "SSCPS Special Education Parent Advisory Council" in black, "Does your child have an IEP or 504?" in large red font, "Join us! Wednesday January 11th at 630 pm" in black, and a red speech bubble containing the handwritten text "You're not alone! Come be a part of a community that will help support you and your child." in black.

SSCPS
Special Education Parent Advisory Council

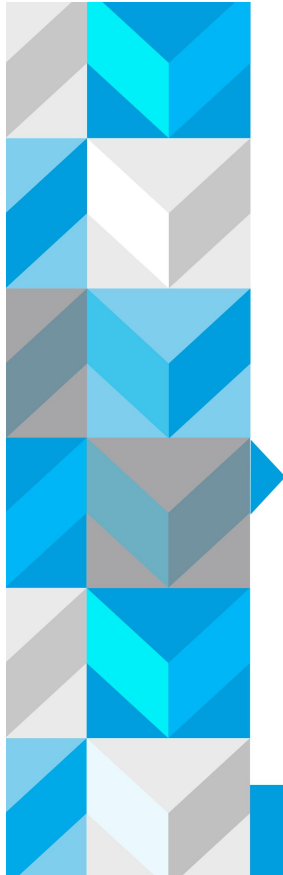
**Does your child
have an IEP or 504?**

Join us!
Wednesday January
11th at 630 pm

You're not alone! Come
be a part of a community
that will help support
you and your child.

This event will take place TODAY in-person at 100 Longwater Drive. If you would like to attend virtually, please send an email request to mtondorf@sscps.org and a link will be provided 30 minutes prior to meeting time.

ORDER YOUR YEARBOOK!



Don't miss out!
¡No te lo pierdas!

Your school memories from cover to cover

Tus recuerdos escolares de principio a fin.

Visit ybpay.com to order your yearbook today!

¡Ingresa a ybpay.com para encargar tu anuario hoy!

Order Deadline:

Fecha Tope Para el Pedido:

04/28/2023

Yearbook ID Code:

Código ID del anuario:

14917723

Contact our Help Center for assistance at lifetouch.com/support-us. Select Yearbook Orders for assistance.
Comunicate con nuestro Centro de Ayuda para recibir asistencia en lifetouch.com/support-us. Selecciona Pedidos del Anuario para recibir asistencia.

EVTG3FX8C South Shore Charter Public School
YB23USYBPY © 2022 Shutterstock Lifetouch LLC

Lifetouch

The Yearbook Design Team kindly requests any interested students to submit a design for the cover page of the yearbook. Students will have the opportunity to choose their first choice from a list. Interested parties of designer students will have until-mid February to submit their creations. The competition is open to the entire school and the theme should be anything SSCPS!

MASSHIRE SOUTH SHORE INFORMATION

Have you ever considered a career in **Carpentry, Culinary and Entrepreneurship, HVAC, or Manufacturing?**



**Free Classes Start
February 13th!**

Monday -Thursday 4-8pm

SOUTH SHORE Technical Institute

476 Webster Street,
Hanover, MA 02339

QUALIFICATIONS:

- Must be 18+ years old
 - Must have HS Diploma or equivalent
 - Unemployed/ Underemployed
 - Be able to commit to completion of program hours
- Actively recruiting Veterans & Military Personnel

FOR MORE INFORMATION, PLEASE CONTACT:

Michael Santos, Upskilling Navigator
MassHire South Shore
MSantos@Masshires.com



Scan to apply!

Carpentry

This 220 hour introductory course is designed to prepare students for entry-level jobs in Carpentry. Students will have opportunities to learn residential, commercial, and industrial construction. This training will give proper use of hand tools and equipment, framing, small projects on a work site and so much more.

- OSHA 10
- Certified Lead Carpenter Credential

Culinary and Entrepreneurship

This 220 hour introductory course is designed to prepare students for the culinary arts industry with a dash of food truck entrepreneurship. The student will learn the art of culinary in a state of the art industrial kitchen and a new food trailer. This will allow the student to start with the essential skills needed for the culinary industry.

- OSHA 10
- Serve Safe
- Food Allergen Certified
- Food Truck Permitting

HVAC

This 220 hour introductory course is designed to prepare students for entry-level jobs in HVAC. Learn to install and service HVAC and refrigeration systems. After completing this course students will be able to torch, braze, and solder pipes and fittings to install or repair compressors, condensers, chillers, and pumps in a wide range of environments.

- OSHA 10
- EPA -608

Manufacturing

This 220 hour introductory course is designed to prepare students for entry-level jobs in Manufacturing. The student will learn in a real machine shop environment that will provide essential skills to secure employment in one of the fastest growing industries in Massachusetts.

- OSHA 10
- MACWIC level -I



**Interested in working?
Need help getting started?**

MassHire South Shore Youth Services introduces

BOOST
Building Our Occupational Skills for Tomorrow

Participants receive:

- Individualized assessment & action plan
- Career readiness coaching
- Financial literacy workshop
- Nationally recognized industry credentials
- 80-hour paid internship

*Applicants must be 16-24 years old and meet eligibility requirements.

FOR MORE INFORMATION CONTACT:
Taylor Fry, Youth Career Counselor
MassHire South Shore
1515 Hancock St., Quincy MA
617-657-4973

FROM THE PARENTS ASSOCIATION



In 2022 the SSCPS Parents Association created a new chair, Diversity and Inclusion. The Parents Association is looking for a few parent volunteers to help design what we want this role to look like. If interested please attend this months PA meeting on 1/18/2023 at 6:30pm or email cindylyons1337@gmail.com.

The Parents Association is working to ensure teachers can fill their classrooms with the items they need. To help support our teachers and their classrooms, please view the wishlists below.

Thank you!

The Amazon logo, featuring the word "amazon" in a bold, black, sans-serif font with a curved orange arrow underneath it.

wishlist

help our teachers!

VIEW WISHLISTS

PA Meeting Schedule | 2022-2023 School Year

Below you will find the meeting dates for the 2022-2023 school year:

- September 21, 2022
- October 19, 2022
- November 16, 2022
- December 21, 2022
- January 18, 2023
- February 15, 2023
- March 15, 2023
- April 26, 2023
- May 17, 2023
- June 14, 2023 (Transition Meeting)

Be on the lookout for upcoming volunteer opportunities. Information on the Back to School Picnic will be coming soon as well.

If you have any questions please feel free to reach out. Our website can be found [here](#).

Cindy Lyons

Parent Council Chair

Cindylyons1337@gmail.com

FROM THE HEALTH OFFICE

With the winter season upon us we wanted to send out some reminders from the Health office. We are seeing an increase in viral illness in our school community and would like to remind everyone of the policy about staying home when ill.

Please keep students home from school for the following:

- Fever greater than 100.0
- Vomiting/diarrhea in last 24 hours
- Not able to manage cough/nasal congestion
- Test positive for COVID

When can my student return to school

- Fever free for 24 hours without medication (if you give tylenol or motrin in the morning, please keep student home from school)
- No vomiting/diarrhea for 24 hours
- Well enough to stay at school for the day

If your student becomes ill at school, please pick your student up within 45 minutes. If it is important to pick up your student

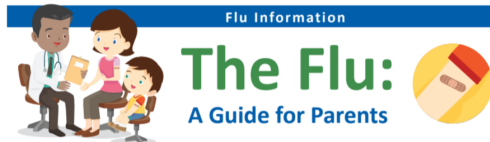
Home COVID tests were sent home with every student prior to Thanksgiving break. Please do an at home COVID test if your student has cold like symptoms (sore throat, headache, cough, runny nose, or fever)

The school does not provide masks. If you would like your student to wear a mask at school, please send them to school with one on and extras

Kids are going out in all weather, please make sure your student has appropriate winter clothing. It is also important to have a change of clothes at school for days they get wet or need to change clothes for other reasons.

All students should be bringing a water bottle to school every day and can refill at the water refill station.

The Flu: A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 7,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Common side effects from the flu shot are soreness where the shot is given, headaches, muscle aches, and fever. These side effects are generally mild and go away on their own within a few days. A flu vaccine cannot cause flu illness. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

Flu vaccine can prevent your child from dying from flu.

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

- Flu vaccination also may make your illness milder if you do get sick.
- Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness. Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older without long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed. Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu-related complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs you should go to the emergency room:

- Emergency warning signs of flu:
- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit
www.cdc.gov/flu
 or call 800-CDC-INFO



Click [here](#) to view this information. Click [here](#) for additional details on how to discuss the flu with your child.

FROM THE DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION

Please see the [attached letter](#) from the Department of Public Health and the Massachusetts Chapter of the American Academy of Pediatrics about steps families can take to prevent illness and stay healthy this season.

You can also find the Spanish version [here](#). These letters will also be posted [online](#).

**Massachusetts Chapter**

INCORPORATED IN MASSACHUSETTS

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN® 

November 1, 2022

Dear Families,

The Commonwealth, the Northeast and much of the US are seeing increases in respiratory illness in infants and children. Some of these infants and children are requiring hospitalization for support with breathing and hydration. Emergency departments and other acute care health facilities have been managing significant increases in the number of patients requiring care.

Most of these illnesses are caused by respiratory viral infections, including common seasonal viruses like respiratory syncytial virus (RSV), rhinovirus and enterovirus, and influenza. Infants and children may be particularly susceptible to seasonal respiratory viral infections during the 2022-2023 fall and winter because they have had limited previous exposure to these respiratory viruses. We anticipate that there could be more respiratory illnesses as RSV continues to spread and influenza season ramps up.

The Department of Public Health and the Massachusetts Chapter of the American Academy of Pediatrics want to remind parents and families about steps to take to prevent illness and stay healthy this season:

1. **Vaccinate your children ages 6 months and older against influenza** as soon as possible.
2. **Vaccinate your children ages 6 months and older against COVID-19**; children 5 and older who had their primary series more than 2 months ago should receive an updated COVID-19 booster as soon as possible.
3. **Remember, you can get a COVID-19 vaccine and flu shot at the same time.**
4. **If your infant has been offered treatment with protective antibodies** due to their prematurity or another condition, keep on schedule with their monthly treatments.
5. **Practice hand hygiene** frequently with soap and water or hand sanitizer. **Cover coughs and sneezes** with a tissue, or if a tissue is not available, cover them with an elbow, not a hand.
6. **Clean high touch surfaces** in your home frequently with household disinfectants.
7. **Keep children home from daycare or school** who have fever, especially with a cough, difficulty breathing or shortness of breath, congestion, runny nose, or sore throat, until they are fever-free for 24 hours without medications that reduce fever.
8. **Avoid social gatherings if you or your children are ill.**
9. **Contact your pediatrician or healthcare provider if you believe your child needs medical care.** Your provider can offer advice on whether your child needs to be evaluated in person, tested for COVID or flu, and the best location (doctor's office, urgent care, emergency room) for care.

Thank you for doing all you can to keep you and your family healthy during this fall and winter season.

A handwritten signature in black ink, appearing to read "Estevan Garcia".

Dr. Estevan Garcia, Chief Medical Officer
Massachusetts Department of Public Health

A handwritten signature in black ink, appearing to read "Mary Beth Miotto".

Dr. Mary Beth Miotto, President
Massachusetts Chapter of the American Academy of Pediatrics

THIS WEEK | UP AND COMING

Wednesday	01/11	High School Mock Trial to Holbrook High School	2:30-6:00pm
Wednesday	01/11	SSCPS Special Education Parent Advisory Council Meeting to be held at 100 Longwater Circle. If you would like to attend virtually, please send an email request to mtondorf@sscps.org and a link will be provided 30 minutes prior to meeting time.	6:30pm
Friday	01/13	Professional Development Day – No classes for students	
Sunday	01/15	Ski Club to Wachusett Mountain	
Monday	01/16	Martin Luther King, Jr Day – No school	
Wednesday	01/18	Parents Association Meeting at 100 Longwater Circle and via Zoom	6:30pm

IMPORTANT LINKS

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

- [Back-to-School Information](#)
- [Food Services](#)
- [Health Office](#)
- [Massachusetts Department of Transitional Assistance](#)
- **Visit the [Parents Association Website](#)**

School Documents:

[2022-23 School Calendar](#)

[Student and Family Handbook](#)

[Arrival and Dismissal Procedures](#)

[SSCPS By-Laws](#)

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.



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www.sscps.org

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