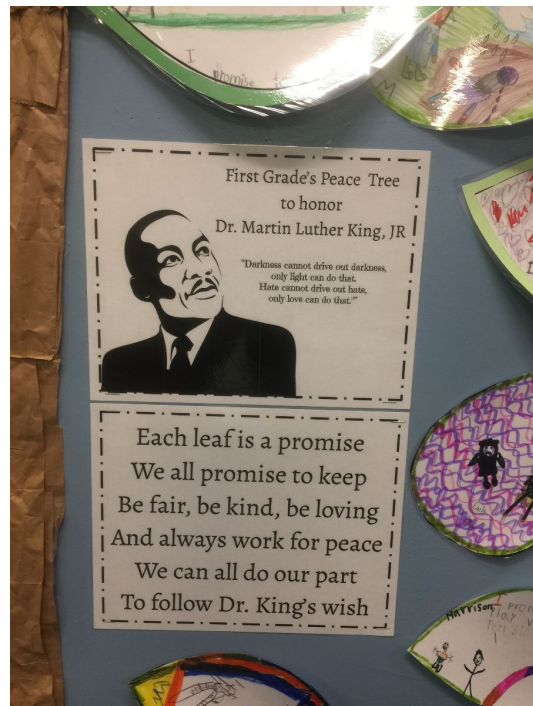


[View this email in your browser](#)



Weekly Update | January 11, 2023

Vol. 1. Issue 3



First Grade Peace Tree

A Message from Michelle

Midyear Exams Preparation Tips from High School Learning Services

Oh no, midyear exams! This is how our students feel, and probably how parents felt when they were their age as well. Learning how to study, stay organized, and take tests is something you can help support at home in a very concrete way. At the high school, we are addressing the organization of preparation for midyear exams. We are not waiting until the

last minute, but instead looking at how to prepare for each test based on the type of content and focusing on general test-taking strategies. Here are my tips for helping your student at home.

General Tips for Studying:

1. Put away your phone - notifications can
2. Put [white noise](#) on in the background
3. Go to your town library
4. Tell the family members you need to study and ask them politely to give you some quiet time
5. Get up early before everyone else and use this quiet time to study
6. Avoid staying up late. Sleep is very important, especially during an exam
7. Avoid too much caffeine

There are specific study techniques that students can investigate to find out what works best for them. It is important to remind your student that using an active technique is best. Often we hear students say, "I will just read over my notes," but that is not active enough. It doesn't help them remember the material or practice applying the information to inquiry-based questions. Testing across grades and standardized tests like MCAS, SATS, etc, has become application-driven. It is not just a recall of information, but rather an assessment of the student's ability to manipulate and utilize the information in a new question they have not experienced before. This is what students should keep in mind when studying.



Here are some specific techniques that can help support your students as they prepare for midyear exams:

Pomodoro Technique - here is a [link to YouTube](#) to keep you on task and taking breaks

- Choose a task for the current Pomodoro.
- Set the timer to 25 minutes.
- Work on the task until the timer sounds, then record the completion of the Pomodoro.
- Take a short break; start with five minutes but know that it can be as little as two minutes.
- After four Pomodoro, take a longer break; this is generally 15 to 30 minutes.

Use Retrieval Practice

- Test yourself! In other words, give yourself practice tests.
- Put away your course materials and try to recall as much as you remember.
- You can practice recall mentally, by writing, speaking, sketching, etc.
- You can use or make practice tests, flashcards, or just cover-recall-and-check.
- Practice tests can often be found in textbooks, online, and on instructors' websites.
- After recalling, find out how well you did by checking your answers with the course materials.

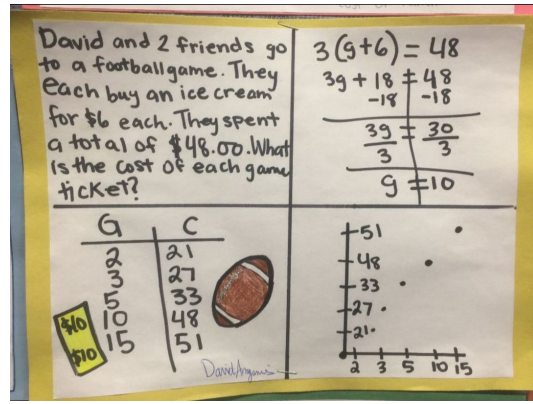
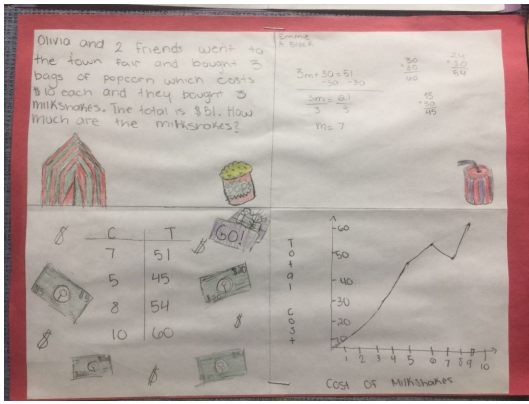
- Be sure to accurately check. Breaking down concepts into chunks or “idea units” can help.
- Depending on the course, you may want to practice recalling definitions, details, examples, etc.

Overall, you should perform retrieval practice on your course materials several times, with accuracy improving over each attempt, in order to be prepared for a future midyear exam or final exam.

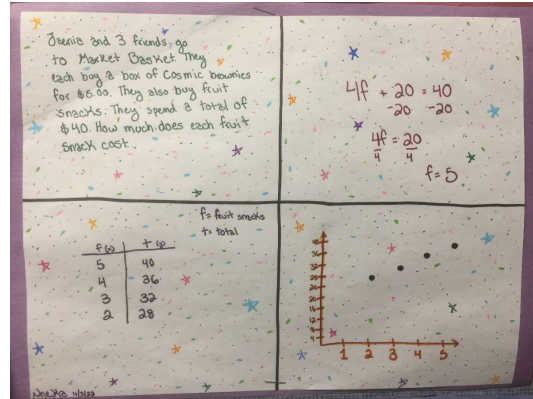
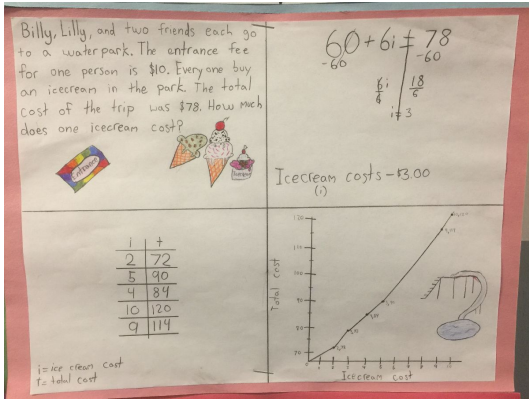


Teach Someone Else

Studies show that when students learn new information with the idea of teaching it to someone else, they remember and understand it better. This makes sense because when you are a teacher, you not only have to learn the information yourself but also figure out how to explain it clearly to others. When students are asked to be the teacher, they are more interested and try harder to remember and understand the information. This is especially helpful for subjects like reading and science. However, it's important to figure out the best way to teach each subject on its own.



Level IV Math



Some testing taking strategies to consider for a variety of testing situations are:

Try the ACE method for short answer questions:

- A - Answer the question. This step is self-explanatory. Make sure you understand the question and provide a clear, direct answer.
- C - Cite the evidence. Provide specific examples or evidence from the text or material you are studying to support your answer.
- E - Explain your evidence. Explain how your evidence supports your answer and how it relates to the question. This step helps to solidify your understanding of the material and shows that you can analyze it critically.
- It's a way to structure your answers in a clear and concise way and makes it easy for the grader to understand what you know.

Strategies for answering multiple-choice questions:

- Eliminate the obviously incorrect answer choices.
- Read the entire question and all answer choices before making a selection.
- Use the process of elimination.
- Double-checking your work can help prevent careless mistakes.

- Use your prior knowledge: If you have knowledge or understanding of the subject related to the question use it to your advantage. It might help you to eliminate some options or understand the context of the question better.

Strategies for answering True/False Questions:

- Read the question carefully: Make sure you understand the question and what it is asking before trying to answer it. True or false questions are often worded in a way that can be misleading, so it's important to read the question carefully.
- Look for keywords and phrases: Some words and phrases such as "always" and "never" indicate that a statement is false, while other words such as "sometimes" and "usually" indicate that a statement is true.
- Check for absolutes: Statements that use absolutes, such as "all" or "none", are often false.
- Consider the context: Consider the context of the question and whether the statement is logical or possible.
- Use your prior knowledge: If you have prior knowledge or understanding of the subject related to the question, use it to your advantage. It might help you to understand the context of the question better.
- Double-checking your work can help prevent careless mistakes.

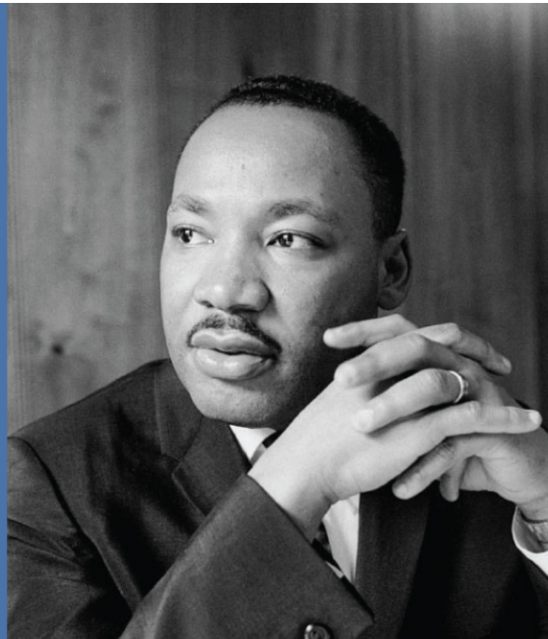
As parents, your support and encouragement can make a big difference in helping your students succeed. Let's work together to make this midyear exams season a successful one for our students! Happy Studying!

Michelle Gallagher

High School Learning Service Teacher and Coordinator

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character— that is the goal of true education.”

— DR. MARTIN LUTHER KING JR.



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.

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

ATHLETICS**BASKETBALL**

Come cheer on the Jaguars in their upcoming games:

Wednesday | January 18, 2023

JV Boys Basketball v. Boston Prep (Home) at Starland Sportsplex 3:00-5:00 pm

Varsity Boys Basketball v. Boston Prep (Home) at Starland Sportsplex 3:00-5:00 pm

Thursday | January 19, 2023

Middle School Girls Basketball v. Brooke Mattapan (Home) at Starland Sportsplex 3:00-4:00 pm

Middle School Boys Basketball v. Brooke Mattapan (Home) at Starland Sportsplex 3:00-4:00 pm

Tuesday | January 24, 2023

Varsity Girls Basketball v. Boston Prep (Home) 3:00-4:00 pm

Varsity Boys Basketball v. Boston Prep at Boston Collegiate 3:30-5:00 pm

#GoJaguars 



SUPPORTING SSCPS THE ANNUAL FUND

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



NHS PRESENTS
NATIONAL HONOR SOCIETY

K-4 Movie Night!

You are invited to our showing of "Puss in Boots," as SSCPS NHS fundraises for Boston's "The Home for Little Wanderers."

We encourage you to send your child with toys, toiletries, school supplies, etc. to support our cause!

Permission slips will be sent home, but you can also register at bit.ly/3GRQgT2

PRICE

\$10.00 per Kid
\$15.00 per Family
Snacks and Drinks provided

DEADLINE:
2/1

Date:
Feb 3, 2023; (12pm to 3pm)
FRONT DOOR PICKUP @ 3
Lower School PE Space

Contact Us for Information on Registration

ssantan101@student.sscps.org
samuel_oji@student.sscps.org
kcianelli@sscps.org

Welcoming All K-4 Students,

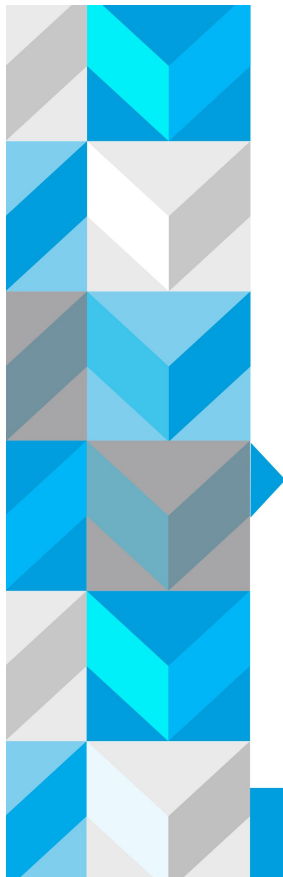
On February 3rd, 2023 following the Professional Development Half-Day, Katie Cianelli's NHS chapter will be hosting a 'Puss in Boots' Movie Night.

The event will be hosted from 12:00 pm - 3:00 pm, ideal for parents who may be inconvenienced by the early release schedule. Snacks and drinks will be provided for all attending kids. For pricing, the fee is set at \$10.00 per kid, and \$15.00 per family. All profits will go towards our fundraising for "The Home for Little Wanderers," a Child Welfare home in Boston.

To contribute to this, sending your child with an unused donation item (toys, toiletries, school supplies, sports equipment, etc.) would be greatly encouraged, but is not required.

Permission slips will be sent home, but you can also register at bit.ly/3GRQgT2

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.
Comunícate 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
YB23USYBPF © 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!

SOUTH SHORE YMCA



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SOUTH SHORE YMCA AFTERSCHOOL

The South Shore YMCA offers a quality Afterschool Program that takes place in a safe, supportive environment that fosters the physical, cognitive, social, and emotional growth of each child. We strive to support the family unit and provide developmentally appropriate enrichment programs that encourage not just learning, but also the love of learning.

- **Monday through Friday from school dismissal until 6pm**
- **Afterschool options, 1-5 days per week**
- **Grades K-8**
- **Early Release programs from school dismissal until 6pm**
- **Homework assistance**
- **Freedom to explore materials, games, and equipment**
- **Engage in daily indoor/outdoor physical activities**
- **Enhance social skills through positive interactions with peers and YMCA staff**
- **USDA approved healthy daily snacks**

We believe in positive methods of child guidance/discipline. Our staff establishes age-appropriate, reasonable yet consistent limits to help children function in their world. We strive to strengthen each child's own cultural identity while reinforcing respect and celebrating differences through play and positive interactions.



Financial assistance is available thanks to the charitable donations made possible through the South Shore YMCA's Annual Campaign. Monies secured ensure that all are welcome to participate. Applications are available at the Emilson Branch and online at ssymca.org. Please consider donating your time, talent and treasure to this year's campaign!

To inquire about our Afterschool Program please contact:

Shirley Carrier
scarrier@ssymca.org
Phone: 781-826-7900 x 5241

Liam McSweeney
lmcsweeney@ssymca.org
Phone: 781-826-7900 x 5240

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

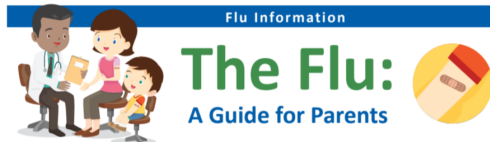
Home COVID tests were sent home with every student prior to Thanksgiving break. Please do an at home COVID test if your student has cold like symptoms (sore throat, headache, cough, runny nose, or fever)

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

You can now access the 2023-2024 school calendar [here](#) and down below under School Documents.

THIS WEEK | UP AND COMING

Wednesday	01/18	Parents Association Meeting at 100 Longwater Circle and via Zoom	6:30pm
Thursday	01/19	High School Mock Trial Competition Holbrook High School	2:30-6:00pm
Thursday	01/19	School Council via Zoom	4:30pm
Sunday	01/22	Ski Club to Wachusett Mountain	
Tuesday	01/24	<i>Talk to Us Tuesday</i> Enrollment Event	9:00-10:00am
Tuesday	01/24	2 nd Quarter Ends for grades 5-12	
Weds-Fri	01/25-01/27	Midyear Exams for grades 7-12	

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](#)**

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:

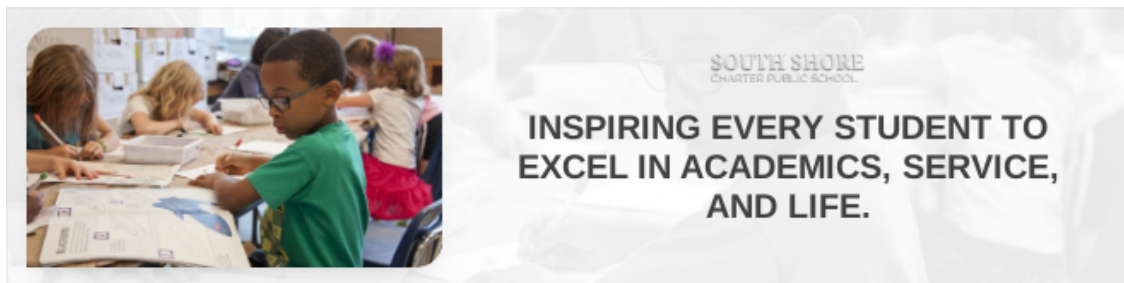
[2022-23 School Calendar](#)

[2023-2024 School Calendar](#)

[Student and Family Handbook](#)

[Arrival and Dismissal Procedures](#)

[SSCPS By-Laws](#)



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