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## Weekly Update | September 14th, 2022

Vol. 9. Issue 2



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### A Message from Angie

We are midway through our full first week and students and teachers are quickly falling into the rhythm of the school year. Since those first days in August our faculty has done a tremendous job of teaching students the expectations for school, setting the stage for a happy and productive school year. We all function best when we know what to expect and when our days follow a predictable routine.

I hope that you are all falling into a routine at home as you juggle the demands of the return to school with family life and activities. The transition from summer to school can be a challenge as social time and screen time have to give way to make room for homework and earlier bedtimes. Many families find it helpful to establish an afterschool schedule and post it somewhere in their home. The schedule should include time for leisure activities, time for schoolwork and studying, and a consistent bedtime.

I strongly encourage families to establish a weeknight cut off time for electronics including cell phones, video games, and any devices connected to the internet. The timing will differ depending on the age of the student but having some time to decompress before going to bed away from the light of a screen is important for all children and adolescents. Research tells us that spending time away from the blue light of a screen before bed leads to better rest. For older children who use social media it is critical that they do not have access to those apps overnight. There is nothing that interferes with a high school student's sleep schedule more than a constant flood of push notifications. I understand that determining what those limits should be and how to set them is a difficult task. We are working on scheduling programming to support families as you navigate that challenge.



Now that the routine is set and teachers have gotten to know the students in their classes, they are eager to forge strong connections with families. Last year we worked hard to strike the right balance between in person and virtual

family engagement. This year we will continue to offer some meetings and events in person and others virtually. Next week we begin our in-person Back to School Nights. These events provide parents and guardians with the opportunity to meet their child's teachers and to learn more about the curriculum. Please find the Back-to-School Night dates below. These events will run from 6:00pm - 7:30pm. Additional information will be available as the events approach.

### **Back-to-School Nights 2022**

Grades K-4 - Thursday, September 22nd

Grades 5-8 - Thursday, September 29th

High School - Monday, October 3rd

We are eager to expand opportunities for parents and guardians to volunteer this school year by bringing parents back into our classrooms. Our school was founded by parents and throughout our history parent volunteers have played a vital role in our community. Teachers will reach out to families as these opportunities arise throughout the school year. Anyone who is working with children or within our buildings must be officially registered as a volunteer. This policy is in place to protect our students. To register as a volunteer you must complete a CORI form on an annual basis, be fingerprinted, and attend a volunteer training session. We will hold volunteer training sessions and have an opportunity for parents and guardians to complete the necessary paperwork on the evenings of our K-4 and 5-8 Back to School nights from 5:30-6:00. If you are unable to attend and would like to complete the paperwork, please email Pam Algera at [palgera@sscps.org](mailto:palgera@sscps.org).





I look forward to meeting with families at our upcoming events and to the full return of volunteers to our buildings. As always, please do not hesitate to reach out with any questions or concerns. I am looking forward to a wonderful school year.

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**Angie Pepin**  
**K-12 Principal**

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# IMPORTANT REMINDER



## FRIDAY, SEPT. 16TH EARLY DISMISSAL: 12PM

### THIS WEEK \* SSCPS ATHLETICS



12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY	17 SATURDAY
3:00 - 4:30 GIRLS VARSITY SOCCER PRACTICE UNION POINT	3:00 - 4:30 GIRLS VARSITY SOCCER PRACTICE @ UNION POINT	3:00 - 4:30 GIRLS VARSITY SOCCER PRACTICE @ UNION POINT	3:00 - 4:30 GIRLS VARSITY SOCCER PRACTICE @ UNION POINT	3:30 - 5:00 GIRLS VARSITY VOLLEYBALL PRACTICE @ PE SPACE	
3:00 - 4:30 BOYS VARSITY SOCCER PRACTICE @ UNION POINT	3:00 - 4:30 BOYS VARSITY SOCCER PRACTICE @ UNION POINT	3:00 - 4:30 BOYS VARSITY SOCCER PRACTICE @ UNION POINT	3:00 - 4:30 BOYS VARSITY SOCCER PRACTICE @ UNION POINT	3:30 HS CROSS COUNTRY	
3:30 - 5:00 GIRLS VARSITY VOLLEYBALL PRACTICE @ PE SPACE	3:30 - 5:00 GIRLS VARSITY VOLLEYBALL PRACTICE @ PE SPACE	3:30 - 5:00 GIRLS VARSITY VOLLEYBALL PRACTICE @ STARLAND	3:30 - 5:00 GIRLS VARSITY VOLLEYBALL PRACTICE @ PE SPACE		
3:30 HS CROSS COUNTRY	3:30 HS CROSS COUNTRY	3:30 HS CROSS COUNTRY	3:30 HS CROSS COUNTRY		

## SSCPS HARVEST RUN 5K

Join us on Saturday, October 1st at Wompatuck State Park as we celebrate the return of our annual **Harvest Run 5K!** The Back to School Picnic, organized by the Parents Association, will also be held at the same time as the Harvest Run.

- Prizes and medals awarded to the top 3 male/female winners.
- Check-in, packet pick-up, and same-day registration 8:30am - 9:30am.

**\*\*Optional packet pick-up Friday, September 30th at Marathon Sports in Norwell 2-6pm\*\*** (enjoy 20% off the store with some exclusions)

*100% of the proceeds from the Harvest Run 5K will go toward the South Shore Charter Educational Foundation.*

**Click the image or the button below to register for the Harvest Run today!**

#TheTogetherRunSSCPS

# 5K HARVEST RUN



**WHEN:**

**Saturday, October 1st  
9:00 AM - 10:30 AM**

**WHERE:**

**Wompatuck State Park,  
Hingham, MA**

**On-site registration from 8:30 AM - 9:30 AM**

**REGISTER FOR THE HARVEST RUN**





VOLUNTEER AT THE HARVEST RUN

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## UPCOMING EVENTS

## Best Buddies | MA & RI

For the first time, Best Buddies MA & RI is partnering with organizations around the Greater Boston area to offer a series of resource fairs geared toward students and families of students approaching transition age. This is the perfect opportunity to explore all of the programs and resources offered through Best Buddies and other members of this wonderful community including PLAN, Special Olympics, Northeast Arc, and Cardinal Cushing Centers. We will be hosting two resource fairs across the coming months, check out the details below!

### **North Shore Resource Fair:**

When: Tuesday, September 20, 4:00pm-6:00pm

Where: Center of Linking Lives, Liberty Tree Mall, Danvers, MA

### **South Shore Resource Fair:**

When: Wednesday October 5, 4:00pm-6:00pm

Where: Cardinal Cushing Centers Café, [120 Columbia Road, Hanover, MA](#)

You will find more information about who will be in attendance and can **RSVP here:** [Greater Boston Resource Fairs - Best Buddies International](#)

Please do not hesitate to reach out with any questions about these events, and feel free to pass this event information on to anyone in your circle that may be interested. We hope to see you there!

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**FROM THE  
PARENTS  
ASSOCIATION**



**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!

**amazon**



wishlist

help our teachers!

VIEW WISHLISTS

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## First PA Meeting of the 2022-2023 School Year

The SSCPS Parents Association would like to invite all parents and caregivers to attend our first meeting of the school year. It will be held on September 21st at 6:30 PM, both at 100 Longwater Ave and via Zoom.

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](mailto:Cindylyons1337@gmail.com)

## This Week | Up and Coming

<b>Friday</b>	<b>09/16</b>	<b>Professional Development Early Release</b>	<b>12:00pm</b>
<b>Monday</b>	<b>09/19</b>	<b>School Picture Day</b>	
<b>Monday</b>	<b>09/19</b>	<b>Freshman Parent Night via <a href="#">Zoom</a></b>	<b>6:00pm</b>
<b>Tuesday</b>	<b>09/20</b>	<b>Sophomore Parent Night via <a href="#">Zoom</a></b>	<b>6:00pm</b>
<b>Upcoming dates:</b>			
<b>Wednesday</b>	<b>09/21</b>	<b>Parents Association Meeting at 100 and via Zoom</b>	<b>6:30pm</b>
<b>Thursday</b>	<b>09/22</b>	<b>Board of Trustees Meeting</b>	<b>7:30pm</b>
		<b>Development Committee</b>	<b>7:00pm</b>
		<b>Finance Committee</b>	<b>6:30pm</b>
		<b>Governance Committee</b>	<b>6:00pm</b>
		<b>Personnel Committee</b>	<b>5:30pm</b>
		<b>All meetings will be held at 700 Longwater Drive and via Zoom</b>	
<b>Thursday</b>	<b>09/22</b>	<b>Level I and Level II Parent Back-to-School Night</b>	<b>6:00-7:30pm</b>
<b>Friday</b>	<b>09/23</b>	<b>Senior Class Retreat – Camp Burgess</b>	
<b>Friday</b>	<b>09/23</b>	<b>Level III Field Trip to Nantasket Beach</b>	
<b>Thursday</b>	<b>09/29</b>	<b>Level III and Level IV Parent Back-to-School Night</b>	<b>6:00-7:30pm</b>
<b>Saturday</b>	<b>10/01</b>	<b>SSCPS Harvest Run 5K and Family Picnic at Wompatuck State Park, Hingham</b>	<b>9:00-10:30am</b>
<b>Monday</b>	<b>10/03</b>	<b>High School Parent Back-to-School Night</b>	<b>6:00-7:30pm</b>

## IMPORTANT LINKS

*Weekly Updates are emailed and posted to our website [www.sscps.org](http://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](mailto:palgera@sscps.org) to submit SSCPS items for publication.**

### **School Documents:**

[2022-23 School Calendar](#)

[Student and Family Handbook](#)

[Arrival and Dismissal Procedures](#)

[SSCPS By-Laws](#)



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



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