



## Weekly Update | May 1, 2024

Vol. 5 Issue 1

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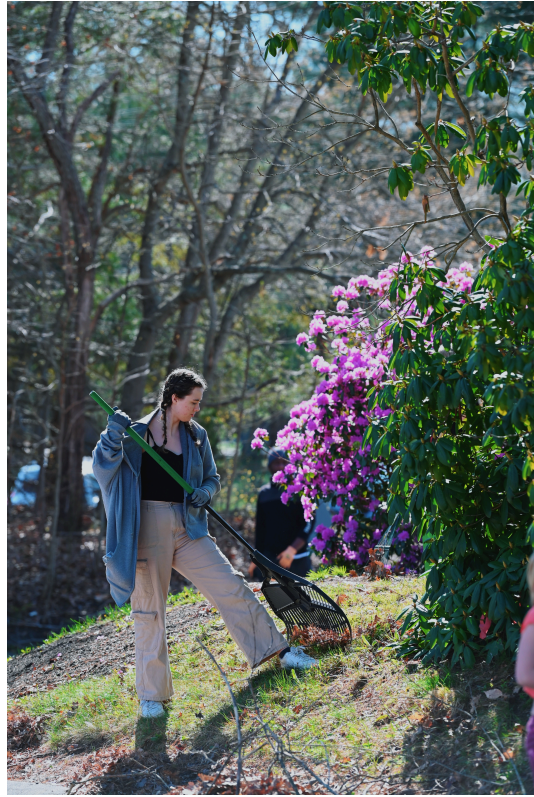
### A Message from Alicia

The first day of May has arrived. Here at South Shore Charter the days leading up to this one have been marked with planning and bringing about wonderful events. One evening forever **stored in our institutional memory** will be last month's Multicultural Food Night. Like an old friend who appears at your door, the return of Multicultural Food Night has renewed who we are and what we truly value. Planning weeks ahead of time, the Multicultural Food Night Committee could not have been more devoted to bringing this event to us all. Their efforts, and the wonderful night that resulted, demonstrates that we work the best when we work together, when we celebrate one another, and that we know what really matters.

Nowhere were these tenets more evident than at the events here at school on Saturday. Students, families, school staff and friends from Kohl's volunteered to help clean up our campus for the Kohl's Community Service Day. It was an arduous morning of raking, weeding, and bagging resulting in a beautiful campus we will continue to enjoy in the days to come. As luck would have it, enjoyment was immediate as one community event flowed into the other.









There's so much to say about our first ever SSCPS Spring Fair. It was an event like none other; one that will go down in the history of South Shore Charter as the first event of its kind, but certainly not the last. For six hours our school community came together to enjoy a beautiful day of celebration and carnival fun.









From kindergarten to high school, students and families spent time together playing games, bouncing and sliding, painting faces, running races, jumping rope, and enjoying being in one another's company. We could not have been more pleased with the outcome. Standing not far from the bouncy house, one parent asked me, "Who do we thank for all of this?"



We owe a tremendous thank you to the SSCPS Fair Committee. This committee, led by senior Jordan Alexandre, brought their vision to life for our school community. The Class of 2024 will hold a special place in our hearts.

**Amogh Athimamula '24**

**Aditi Suryawanshi '24**

**Ethan Lee '24**

**Jordan Alexandre '24**

**Julia Preble '24**

**Lehna Belony '24**



**Naimah Fernandes '24****Samuel Oji '24****Samuel Henrique Santana '24**

The Class of 2024 is truly wonderful. Behind the scenes a group of dedicated high school seniors devoted countless hours of thought and hard work into making the fair a reality. Their work began months ago; first as an idea, then brainstorming sessions, an initial proposal, more discussions, which then evolved into numerous committee planning meetings. Each member of the committee brought their unique talents to the table. As the meetings progressed it was clearly evident how these student leaders were gifted organizers. Every detail of the fair was strategically planned and mapped — lawn games, ping pong, volleyball, face painting, inflatables, cotton candy, right down to the food truck menus. Artistic talent was deployed creating designs for the email campaign, postcards, and campus maps. Students discussed marketing, visual appeal, finances, and everything right down to the food truck menus. Student enthusiasm kept fun in the forefront all the while.







I would like to thank our school community for participating in these wonderful events. The Kohl's Community Service day would not have been possible without the ongoing support of our student and family volunteers who worked tirelessly all morning. A tremendous thank you to kindergarten teacher Melissa Freitas and the team from Kohl's for planning the impactful community service day. The SSCPS Fair was also a community effort. Special thanks to our family and faculty members who volunteered tirelessly. More thanks to SSCPS Trustee Tiffany Brown Grier who was instrumental in planning and supporting our students, and to Trustees Tracy Deveau, Kiki Fluhr, and Alisha Uhlenbrock-Furst for their ongoing support. Special thanks to Kristine Bingham, Kerri Doble, Adriana Diaz, Abby Bingham, Wayne Heuer, and David Griffith for all of their hard work leading up to and during the day's events.



The SSCPS Spring Fair is one example of how the Class of 2024 has left its mark on our school. Every year at this time we get ready to launch our seniors to the next phase of their lives. The Class of 2024 has endured and achieved under circumstances no one could

have imagined five years ago. Out of a challenging time, something strong and resilient grew. Today, college decision day, we are reminded of that. FAFSA delays have made this day more difficult for many of our seniors. No matter what those challenges may be, we will always be proud of our students and all they have accomplished. The world is a better place with them in it.

We are pleased to share with you the list of college acceptances for this outstanding senior class. Achievements as impressive as these are the result of hard work and dedication displayed throughout their time here at South Shore Charter. This is the time for senior families to celebrate and enjoy all that their students have achieved. We extend a special thank you to our faculty and staff who have assisted our seniors in reaching their goals and achieving success. We are excited to celebrate and honor the Class of 2024 at their upcoming Commencement on Friday, June 7, 2024.

Thank you for supporting our mission of inspiring every student to excel in academics, service, and life.

**Alicia Savage**

Executive Director

## SSCPS CLASS OF 2024 COLLEGE ACCEPTANCES

Albany College of Pharmacy and Health  
Science  
Amherst College  
Anna Maria College  
Babson College  
Bentley University  
Bridgewater State University  
Brown University  
California State University - East Bay  
Clark University  
College of Charleston  
Colorado State University - Fort Collins  
Curry College  
Dean College  
DePaul  
Drexel  
Emerson College  
Emmanuel College  
Florida A&M  
Framingham State University  
George Mason University  
Georgia State University  
Hampton University

Harvard University  
Hofstra University  
Howard University  
Husson University  
Louisiana State University  
Loyola University - Chicago  
Mass College of Pharm & Health Science  
Morgan State University  
New England College  
Nichols College  
North Carolina Central University  
Northeastern University  
Penn State University - Berks Campus  
Penn State University - University Park  
Plymouth State University  
Quinnipiac University  
Rochester Institute of Technology  
Rutgers University - Newark Campus  
Simmons University  
Spelman  
Springfield College  
St John's. University  
Suffolk University

SUNY (State University of New York) -  
College of Environmental Science & Forestry  
Temple University  
UMaine - Farmington  
UMaine - Orono  
UMass Amherst  
UMass Boston  
UMass Dartmouth  
UMass Lowell  
University Maryland  
University of Colorado - Denver  
University of Colorado - Colorado Springs  
University of Connecticut  
University of Denver  
University of Hartford  
University of New Hampshire  
University of Northern Colorado  
University of Pittsburgh  
University of Rhode Island  
University of Saint Joseph  
University of Vermont  
Wentworth Institute of Technology  
Western New England University



**Important Save the Date!**  
**High School Commencement and Elementary/Middle  
 School Awards Ceremonies**

Event	Date	Location
Class of 2024 Graduation	Friday, June 7th	UMass Boston Campus Center Ballroom
Level IV (8th grade) Awards Ceremony	Monday, June 17th	PE Space
Level II (4th grade) Awards Ceremony	Thursday, June 13th	PE Space

The countdown to graduation, the most important event of the school year, is on. We look forward to celebrating student learning and growth not just at graduation but throughout the building and for all of our students. SSCPS has traditional special events that mark significant student transition points with ceremonies and we encourage families to attend these events to celebrate with us. Please mark your calendars with the dates for the following school celebrations of student achievement. Further details about these events will be forthcoming.

## From the Counseling Department



May is Mental Health Awareness Month. Dedicating our focus to such a crucial aspect of our well-being is of utmost importance these days. The World Health Organization defines mental health as:

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.” ([source](#))

Putting mental health in the spotlight is important for many reasons. People, especially young people such as our students, might feel hesitant to seek timely support for mental health issues if barriers such as embarrassment, shame or judgment are at play. They are more likely to confide in a trusted friend or adult if they feel understood, accepted and supported. Normalizing the fact that our mental health is as important as our physical health eases the process of seeking necessary treatment.

“Mental Health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. Often because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated.” ([source](#))

The National Institute of Mental Health website shares some of the following tips:

### **How can I take care of my mental health?**

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

### **When should I seek professional help?**

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

### **(source)**

Though SSCPS does not endorse or affiliate with any specific organizations, here are some commonly shared resources:

Finding a therapist:

- [Psychology Today](#)
- [South Shore Coalition of Independent Therapists](#)
- [Interface Referral Service, William James College](#) (888-244-6843)
- Ask your pediatrician or primary care provider for recommendations

Local Resources:

- [Hope Floats \(Grief\)](#) (781-585-4221)
- [ASPIRE Health \(Crisis Team\)](#) (781-774-6036)
- [Massachusetts Center for Adolescent Wellness](#) (855-940-6229)
- [Mindset Social Solutions, Inc.](#) (617-942-1030)

Additional Resources:

- [National Alliance on Mental Illness \(NAMI\) helpline](#): 800-950-NAMI or text "NAMI" to 741471
- [National Suicide Prevention Lifeline](#): 800-273-8455 or dial 988
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): 800-662-HELP (4537)

The Counseling Department here at SSCPS is available to all students and their families. Please reach out if we can provide any specific support or resources.

Alicia Scafidi x206 [ascafidi@sscps.org](mailto:ascafidi@sscps.org) (K-8)

Ashley Ross x387 [aross@sscps.org](mailto:aross@sscps.org) (9-12)

Karen Foy x191 [kfoy@sscps.org](mailto:kfoy@sscps.org) (K-12)

Mike Dupuis x115 [mdupuis@sscps.org](mailto:mdupuis@sscps.org) (9-12)

Tanya Ames x294 [tames@sscps.org](mailto:tames@sscps.org) (K-8)

**Tanya Ames**

South Shore Charter Public School

Adjustment Counselor, K-8

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**May 29th is Wear Green Day in support of Mental Health Awareness!**



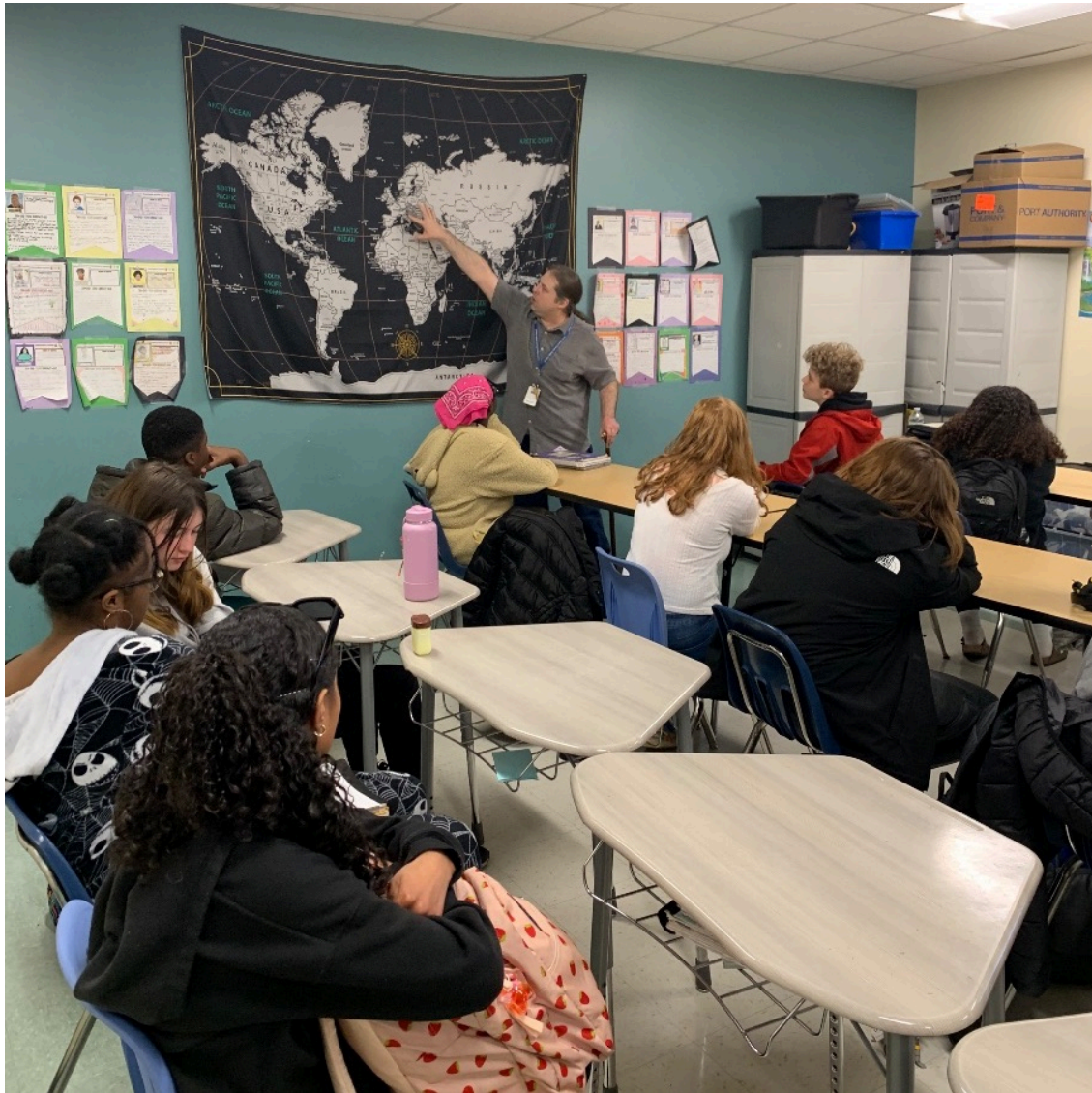


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From the History/Social Studies Department

### **Level IV (Grade 7) | Ancient Greek Artifacts**

On April 24th, SSCPS parent and teacher Sy DuFresne presented various artifacts to seventh graders who are studying Ancient Greece. In addition to teaching, Sy has provided conservation and restoration services to historical societies, museums, and families. As students learned about methods of conservation and restoration, they examined several artifacts from Sy's collection, including pieces from the Peloponnesian War.



## Levels II & III | Ancient Greek Artifacts

Tim Turner, an indigenous educator from Plimoth Patuxet Museums, visited third and fifth grade classes to teach about Wampanoag life in the past and present. Students handled traditional tools and clothing during the presentation.



## On the Levels

# Kindness Matters!

Level III teachers are highlighting kind acts that are observed by awarding students with a "caught you being kind" ticket each time we see a student doing something thoughtful. Each kind kiddo is a winner to us, so we have highlighted those who received tickets last month below. Please ask your Level III student if they were caught being kind today!

### 5th Graders

Stella M, Elijah M, Paris, Mickey, Angeline, Hari, Ben, Anya

## 6th Graders

Elijah B, Lila N, Kenzie B, Naomi, Forrest

# Athletics and Extracurricular Activities

## Afterschool Enrichment Program

Available for students in Levels II, III, IV

### Sports Fusion Squad & Sports and Playtime Club







## What's New in Projects and Workshops

### High School: School Store Workshop

Check out the School Apparel website, created by the High School School

Store Workshop!

## SSCPS SCHOOL APPAREL

### Community Service

#### **Attention Students and Families**

Got some community service hours done?

Use the links below to submit your community service hours!

[LEVEL I COMMUNITY SERVICE](#)

[LEVEL II COMMUNITY SERVICE](#)

[LEVEL III COMMUNITY SERVICE](#)

[LEVEL IV COMMUNITY SERVICE](#)

[HIGH SCHOOL COMMUNITY SERVICE](#)

### From the Foundation

**Make a general donation here and look out for this month's campaign:  
Teacher and Staff Appreciation!**

**DONATE HERE**

### Parents Association, SEPAC, and ELPAC

SSCPS SEPAC PRESENTS

# New IEP Info Session



IEP

Individualized Education Plan



Presented by Director of Learning Services  
Matt Tondorf



June 5, 2024



6:30pm

Please join us to discuss the new IEP form. Let's learn how we can better understand and navigate the changes to this important document.

In Person @ 100 or zoom  
Register [SEPAC@SSCPS.ORG](mailto:SEPAC@SSCPS.ORG)

Tap to REMOVE





Hello Parents/Guardians,

I hope you had a wonderful April break, I have so many important things to share with you!

1. Stephanie Innis is coordinating a Teacher Appreciation Week April 29-May 2<sup>nd</sup>. She has planned a full week of activities that are 100% funded and made possible by parent contributions so she needs your help.
  - Please visit Sign-up genius where you can sign up and donate: <https://www.signupgenius.com/go/10C0F4CA9AB23A2FF2-49225514-teachers>
  - Please visit Amazon to make direct purchases: [https://www.amazon.com/hz/wishlist/ls/1J697CJBFKZYV?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/1J697CJBFKZYV?ref=wl_share)
2. If you haven't already, please complete the PA Improvement Survey <https://forms.gle/wPWgh7PaG4EQN7G59>
3. Please review the proposed revised PA Bylaws which we will vote on during the May 14<sup>th</sup> meeting [https://drive.google.com/file/d/1Pgf1OzmIDRp7Q-pjY9FwMmLsql5yLM71/view?usp=drive\\_link](https://drive.google.com/file/d/1Pgf1OzmIDRp7Q-pjY9FwMmLsql5yLM71/view?usp=drive_link)
4. Please consider running for a PA elected position for the next school year. As soon as the revised bylaws are approved at the May meeting, we will earnestly start the election cycle. There are 5 elected positions being proposed which include Co-Chair Level I&II, Co-Chair Level III & IV, Co-Chair Level V, Treasurer, and Secretary. Position descriptions are included in the revised bylaws #3 above.

Thanks everyone,

**Alisha Uhlenbrock-Furst**

**Interim PA Chair**

**Parents Association Proposed By-Laws**

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## Lost & Found

Last year we donated over 15 industrial sized trash bags full of Lost & Found items. We know that both students and parents alike spent far too many hours searching for those items before accepting they were gone for good.

We are going to try something slightly different this year. As in past years Lost & Found items will be folded, displayed in hallways at 100 Longwater, and photos will be posted in two parent-run Facebook groups including the **SSCPS Parent/Guardian Information** site.

The major change this year is we will follow a schedule for display/donations:

### **May/June**

Week of 5/28 - Fold/pic (if needed)

6/4 - Donate

Help your students (and your wallets!)

## **LOST & FOUND**

**LABEL** everything that comes to school. We check all clothing for names before donating and 95% of the time there is no name.

**OFFER** encouragement to your children to keep track of their items.

**SAVE** your sanity.

**TEACH** your child/ren that while it is great to donate their used coats, they may want to hold onto it for at least one season.

**FOLLOW** the FB sites to see pics of lost items.

**UNDERSTAND** the program is run by volunteers and dates are subject to change.

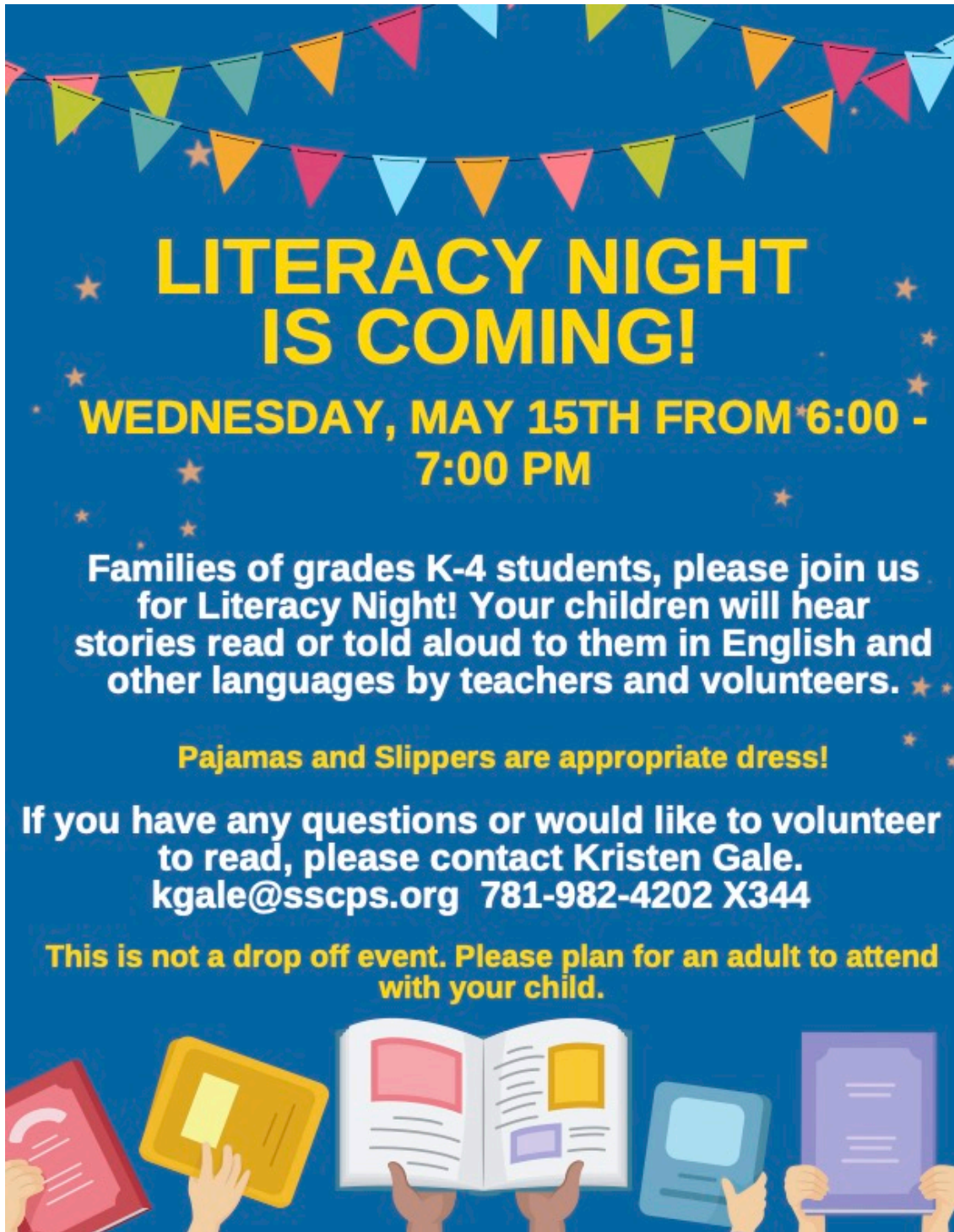
## **Living Wax Museum | May 3rd**

Grade 5 families are invited to visit the Living Wax Museum on Friday, May 3 between 9-9:45AM or 10-10:45AM in the PE space at 104 Longwater Drive. Students will take a break at 9:45AM Please park in the high school parking lot at 700 Longwater Drive.

Please email Deb Sloan ([dsloan@sscps.org](mailto:dsloan@sscps.org)) if you have any questions!

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## **K-4 Literacy Night | May 15th**



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## Upcoming Events

**Dress Your Heritage Day | May 17th**

# DRESS YOUR HERITAGE DAY



CELEBRATE YOUR HERITAGE  
BY WEARING CLOTHING  
TRADITIONAL TO YOUR  
CULTURE ON MAY 17TH

TRADITIONAL PATTERNS, SHIRTS, DRESSES, AND  
SCARVES ARE ENCOURAGED

MAY 17, 2024

ENJOY CULTURAL MUSIC/DANCES/GAMES  
DURING WORKSHOP

From the Health Office

## COVID-19 Guidelines for Massachusetts

[MA DPH Health Guidelines - Updated](#)

## Special School Announcements

### School Picture Orders

Don't Forget to Order This Year's School Pictures

**ENJOY 10% OFF  
your order!**

**CODE: F202310OFF**

EXPIRES: May 1, 2024

[Redeem Now](#)

To order, log in to your account on [mylifetouch.com](https://mylifetouch.com) or create an account using your student's school ID number. Don't forget to order your FREE Digital SmileSafe card!

More about the Smilesafe program [here](#).

### Weekly Calendar

Thursday	05/02	Board Finance and Personnel Meeting via <a href="#">Zoom</a>	8:30am
Friday	05/03	Grade 5 Wax Museum at the PE Space	8:20am
Friday	05/03	Professional Development Early Release	12:00pm
Monday	05/06	AP Chemistry Exam	
Tuesday	05/07	AP Statistics Exam	
Tuesday	05/07	Strategic Plan Committee Meeting	10:30am
Wednesday	05/08	AP Literature and Composition Exam	
Wednesday	05/08	MCAS Science 8 <sup>th</sup> Grade	
Wednesday	05/08	School Council Meeting via Zoom	6:30pm

Thursday	05/09	AP Environmental Science Exam	
Thursday	05/09	MCAS Science 8 <sup>th</sup> Grade	
Thursday	05/09	Board of Trustees Annual & Regular Meeting	7:30pm
		Personnel	5:30pm
		Governance	6:00pm
		Finance	6:30pm
		Development	7:00pm
All meeting held at 700 Longwater Drive and via Zoom			

## Important School Calendar Update

The SSCPS Board of Trustees has voted to amend the school calendar to include an inclement weather makeup day on Monday, June 17, 2024.

Monday, June 17 will be a half day for all students.

Families observing Eid al-Adha may request an excused absence for religious observance in advance at [attendance@sscps.org](mailto:attendance@sscps.org).

## Community Events

**Check the links below for updates on community events!**

- [-PYD Inclusive Music Program](#)
- [-Holly Hill Farm - Spring Programs](#)
- [-Girls Who Code Summer Program](#)
- [-gbSTEM - Free STEM Courses](#)

## Important Links

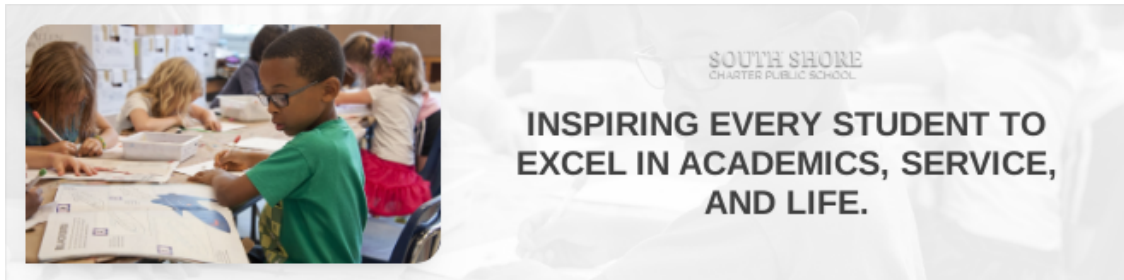
**Weekly Updates are emailed and posted to our website [www.sscps.org](http://www.sscps.org) every Wednesday.**

- [Afterschool Enrichment Program](#)
- DESE Student Attendance Letter Translated: [Arabic](#), [Cape Verdean Creole](#), [Chinese](#), [Haitian Creole](#), [Portuguese](#), [Spanish](#), [Vietnamese](#)
- [Back-to-School Information](#)
- [Food Services](#)
- [Health Office](#)
- [Massachusetts Department of Transitional Assistance](#)
- [Community Service](#)
- Visit the [Parents Association Website](#)

**School Documents:**

- 2023-2024 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](mailto:palgera@sscps.org) to submit SSCPS items for publication.**



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