



## Weekly Update | November 15, 2023

Vol. 11 Issue 3



Use the link below to view the Weekly Update in its entirety:

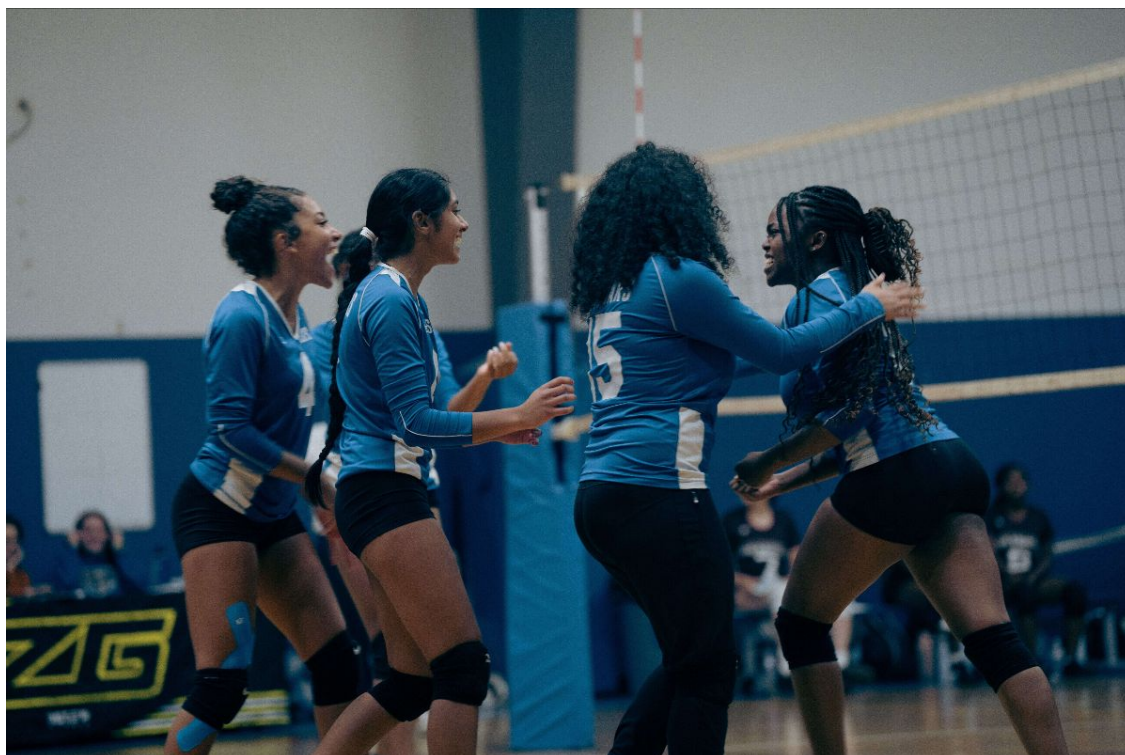
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## A Message from JP

Our Varsity Girls Volleyball team came into the 2023 season led by two-time Coach of the Year Jenn Johnson. Coach Johnson has been a cornerstone of success and consistency since the team's inception in 2013. This season, the team secured an 8-7 overall record, earning the #5 seed in the MCSAO playoffs. The team took the road and traveled to face #4 seed Salem Academy in the opening round. The match turned into a thrilling five-set showdown where the Jaguars stunned the Salem crowd, securing an enormous playoff victory. Advancing to the MCSAO semi-finals, the team was a mere two sets away from their second-ever championship appearance, narrowly missing out as #1 seed Pioneer Charter claimed a hard-fought win. Additionally, the Girls secured a spot in the MIAA Tournament in their debut year and traveled to face Ware High School in the opening round. Ware prevailed in three closely fought sets with scores of 25-18, 25-19, 25-18. Seniors Gabby Louis and Aditi Suryawanshi showcased their stellar skills once again, earning well-deserved spots on the 2023 MCSAO All-Star team. Aditi's remarkable performance included 90 successful serves with 16 aces at a 17% rate, 76 attacks resulting in 22 kills, and 69 digs. Gabby boasted an impressive stat line of 80 successful serves with 15 aces at an 18% rate, 8 attacks resulting in 8 kills, and 2 blocks. With the underclassmen stepping into potential leadership roles, this team exhibits promising potential for the upcoming season.



In his 8th season at the helm of the Varsity Girls soccer team, Coach Matt Goodwell orchestrated a truly memorable campaign. The 2017 Coach of the Year guided his squad to a South Divisional Championship, boasting an impressive 12-5 overall record. During this run, the Girls team managed to rattle off 11 consecutive wins. The team carried this momentum into the MCSAO playoffs, securing a commanding 4-0 win against Salem Academy. The Girls found themselves minutes away from a trip to the championship before Boston Collegiate pulled away with a 3-2 win. Notably, the Girls also secured a berth in the MIAA tournament, marking a monumental achievement in their inaugural year. Junior standout Misha Attardo was not only selected a 2023 MCSAO All-Star but delivered one of the most dominating seasons in school history. Misha's tally of 28 goals and 11 assists amassed an impressive 67 points, backed by an astonishing 7 hat tricks and consistently exceptional performances. Alongside Misha, teammates Adria Sunnerberg and Aayah Zaynune earned well-deserved spots on the 2023 MCSAO All-Star roster. Adria's defensive prowess fortified the team, contributing to a defensive line that conceded only 10 goals during league play. Aayah showcased her versatility, netting 13 goals and providing 9 assists this season.



Coach John Oliva and the Boys Soccer team celebrated another successful season, securing their second consecutive MCSAO South Divisional Championship with an impressive 8-2 record. Since Coach Oliva's arrival, the team has achieved an impressive 14-3 regular season record across the last two years. The Boys program clinched the #2 seed in the MCSAO playoffs but were eliminated by a formidable Salem Academy team in the Quarterfinals. The squad was led by 2023 MCSAO All-Stars JJ Facey and Amogh Athimamula, with additional standout performances from Sophomores Ali Bouih and Sean Barbour, who also earned spots on this year's MCASO All-Star team. JJ, Amogh, and Ali showcased their offensive prowess, ranking among the top point scorers in the charter league, each averaging over a goal and a half per game. Notably, JJ emerged as the state's assists leader, amassing 22 assists in just 9 league games, highlighting his exceptional skill and selfless leadership. Sean's remarkable growth in his new role as a center back earned him peer recognition as an all-star. While the departure of senior leaders will be felt deeply, the team looks to the promising future with returning players for the upcoming season.

Coach Karl Dreyer led the Cross Country program to another successful season in his 2nd year as Head Coach. Cross Country has had a giant surge in interest in the past few seasons and does not seem to be slowing down. The team's performance this season reflected this with numerous top-three finishes throughout the season. Notably, the Girls secured a runner-up position in the championships, while the Boys claimed an impressive third-place finish. Roman Furst, Jaeger Furst, and Gavin Maye were one of the many athletes who shone brightly for the Boys team with standout performances, while Keira Samules, Chloe Eschazier, and Hassana Agbaje displayed remarkable results and consistency for the Girls squad. Recently, the Cross Country team participated in the MIAA State qualifiers, securing a commendable 24th position. The program remains a success for our athletic programs and there is strong excitement for our future teams.



Congratulations to our student athletes and coaches for their achievements and commitment this season. I strongly believe that this season's successes will pave the way for even greater accomplishments ahead. I also want to express my gratitude to John Admirand. John has been our dependable bus driver for the athletic program for many

years, and this year, particularly when transportation became challenging for schools across the country, he truly stepped up for our school. Thank you, John. This gratitude also extends to Lisa Dynan, Rich Boyle, Steve Anzalone and Suzanne Adduci who all drove long and tiresome trips for our kids. Your efforts are cherished and deeply appreciated by our school community.

Love you all,

**Jean-Paul Marcellus**

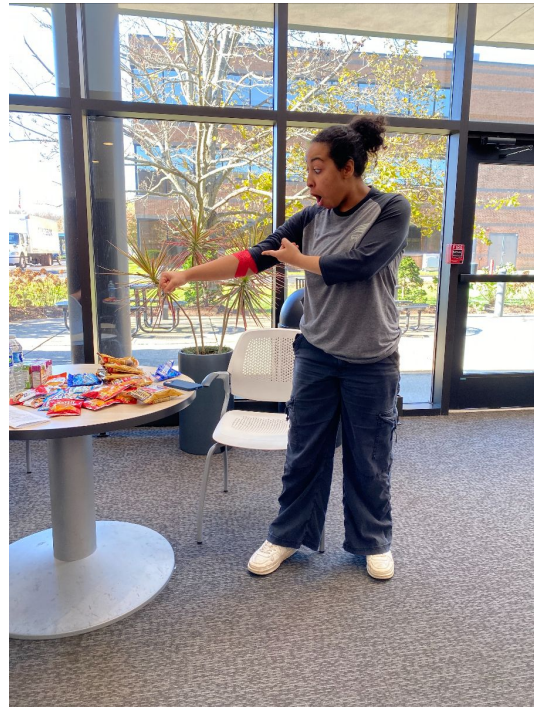
Assistant Principal 5-8, High School Athletic Director

## On the Levels

### NHS Blood Drive



With the most student donors, the blood drive was a huge success.



## Athletics and Extracurricular Activities

### Cross Country Banquet 2023





On November 13, the Cross Country team had their 2023 Banquet at Papa Ginos in Norwell.



# Afterschool Enrichment Program

Levels II and III



# AFTERSCHOOL ENRICHMENT PROGRAM

## REMINDER

THERE WILL BE NO AFTERSCHOOL ENRICHMENT CLASSES NEXT WEEK!

November 20th - November 24th



Catapult Engineering Day in STEM/Craft Enrichment





# SSCPS AFTERSCHOOL ENRICHMENT PROGRAM



## SESSION 1

GRADES 3-6

• NOV 6, 2023 - DEC 22, 2023

MONDAYS AND WEDNESDAYS

TIME: 3:15 - 4:15 PM

## SESSION 1 CLUBS:

### MONDAY

- SPORTS AND PLAYTIME CLUB
- CRAFTY CREATORS CLUB
- ART CLUB
- THEATRE CLUB

### WEDNESDAY

- STORY ILLUSTRATORS CLUB
- THEATRE CLUB
- WEB WARRIORS: CODING AND LOGIC GAMES CLUB
- SPORTS AND PLAYTIME CLUB
- PAINTING PIONEERS CLUB
- YOGA AND QIGONG CLUB



**SESSION 2  
COMING SOON!**

GET READY FOR MORE EXCITING AFTERSCHOOL ENRICHMENT OPPORTUNITIES IN SESSION 2!  
KEEP AN EYE OUT FOR UPCOMING INFORMATION ABOUT THE CLASSES AND ENROLLMENT PROCESS.  
WE CAN'T WAIT TO SPARK YOUR CHILD'S CURIOSITY AND INSPIRE A LIFELONG PASSION FOR LEARNING.

CONTACT NADEEN SULLIVAN  
PHONE: 781-982-4202 EXT. 356  
EMAIL: NSULLIVAN@SSCPS.ORG



BC Splash is a program where middle and high school students can take classes taught by Boston College Students. This semester, we have classes on everything from the history of the Vietnam War to Surfing 101. The program is a wonderful opportunity for students to explore their interests and have a great day on the Boston College campus. This semester, the program will take place on **Sunday, November 19th, from 10 am - 3 pm**, and lunch will be provided. We would love it if you could share this information with your students,

teachers, and parents. You can register by visiting our website at <https://bcsplash.learningu.org> or using the QR code in the poster below.

## What's New in Projects and Workshops

### **Level III Community Service Project**

The Level III Community Service Project thanks you for your generous contributions to our food drive! We were able to deliver many non-perishable items to the Friendly Food Pantry in Randolph just in time for Thanksgiving!

For our next initiative, we are collaborating with a Boston area soup kitchen to reach the homeless community by collecting items they need to put together the holiday gift bags that they distribute. Please see the flyer for details. Thank you!

# DONATE TO THE HOMELESS

WHAT WE ARE LOOKING FOR:

- WINTER HATS
- MENS GLOVES (SIZE LARGE)
- HAND WARMERS
- SNACKS
- GIFT BAGS
- TRAVEL SIZED:
  - KLEENEX
  - LOTION
  - RAZORS
  - DEODORANT
  - SHAMPOO
  - TOOTHPASTE



YOU CAN DROP OFF ITEMS IN THE BINS AT THE FRONT AND BACK DOOR.

STARTING 11/14 & ENDING 12/8




**Donate warm winter coats for children and adults.**

**Front Desk @100**

**Nadeen's Classroom @700**

*All sizes are welcome! Coats only, please.*



**SCHOOL REWARDS**  
  
 With your help, we could win up to \$1,000 in School Rewards donated by Jordan's Furniture!

Donated coats are professionally cleaned by Anton's and given free of charge to local families in need.



## 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](#)

## Upcoming Events



### Counseling Department Newsletter



Supporting an anxious child and reducing school avoidance requires a compassionate and collaborative approach. Begin by openly discussing their fears and anxieties, validating their feelings, and assuring them that it's okay to feel this way.

Create a safe and predictable routine at home, providing a sense of stability. It is important to be mindful that a child's natural tendency may be to avoid stimuli that induce anxiety symptoms. Evidence shows that the habitual avoidance of anxiety-provoking stimuli can exacerbate the child's anxiety in the long run. Collaborate with teachers and school counselors to develop a personalized plan that accommodates their needs and gradually exposes them to school and anxiety stimuli in manageable steps. Encourage open communication between you, your child, and the school to address any concerns promptly. Additionally, consider involving a therapist or counselor who specializes in anxiety to provide coping strategies and support. With patience, empathy, and consistent efforts, you can help your child regain confidence and overcome school avoidance.

## **Resources to Support Your Child with their Anxiety:**

[The Child Anxiety Network](#)

[Worry Wise Kids](#)


[24 Resources for kids and teens with anxiety](#)

[Parent-centered Resources](#)

[Family Resource Center](#)

## **Parent Association and SEPAC**





**7 DEC**  
**THURSDAY**

# SSCPS SEPAC

## PARENTS NIGHT OUT

**The Fours**  
**285 Washington St**  
**Norwell**

We'll be meeting with  
other local SEPAC parents  
RSVP [SEPAC@SSCPS.ORG](mailto:SEPAC@SSCPS.ORG)

**START**  
**7:00 PM**

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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:

**November**

Week of 11/14 - Fold/pics

11/22 - Donate

**December**

Week of 12/11 - Fold/pic (If needed)

12/21 - Donate

**February**

Week of 2/5 - Fold/pic

2/13 - Donate

**April**

Week of 4/1 - Fold/pic

4/9 - Donate

**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.

**From the Health Office**

Students entering K, 4th, 7th and 12th grade are required to submit a current physical form that is less than 13 months old. All students planning on participating in sports must have a current physical submitted to the health office and uploaded to the SchoolID website when registering the student to participate in sports. Students who do not have a current physical form on file will not be allowed to try out or participate in any sports programs.

<https://students.arbitersports.com/organizations/sscps-athletics>

If your student is sick we ask that you keep them home from school. Absences with a

doctor's note will be excused absences. Your student is required to stay home in the following situations:

- **Fever.** Students may return to school once fever has resolved for 24 hours without any medications.
- **Vomiting or diarrhea.** Students may return to school once vomiting or diarrhea has resolved for 24 hours.
- **Contagious illnesses** (such as strep or conjunctivitis). Students may return after starting antibiotics for 24 hours and remain fever free for 24 hours.
- **Positive for COVID-19.** Please contact your school nurse to determine when your student can

Students who develop any of these symptoms during the school day will need to be picked up promptly.

Please do not hesitate to reach out if you have any additional questions or concerns.

Jaime Kjelgaard, RN (K-8th)

[jkjelgaard@sscps.org](mailto:jkjelgaard@sscps.org), x104

Barbara Folan, RN (High School)

[bfolan@sscps.org](mailto:bfolan@sscps.org) x 182

## Weekly Calendar

<b>Wednesday</b>	<b>11/15</b>	<b>Book Fair at 100 Longwater Circle</b>	
<b>Tues-Wed</b>	<b>11/14- 11/15</b>	<b>MCAS Math Retest</b>	
<b>Thursday</b>	<b>11/16</b>	<b>Grade 3 Field Trip to Pilmoth/Patuxet</b>	
<b>Tuesday</b>	<b>11/21</b>	<b>Strategic Planning Meeting at Business Office at 700 Longwater Drive and via <a href="#">Zoom</a></b>	<b>8:30am</b>
<b>Wednesday</b>	<b>11/22</b>	<b>Early Release –Dismissal at Noon</b>	<b>12:00pm</b>
<b>Thurs &amp; Fri</b>	<b>11/23- 11/24</b>	<b>Thanksgiving Break – No School</b>	

## 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](#)

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### Important Links

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

- [Afterschool Enrichment Program](#)
- [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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[www.sscps.org](http://www.sscps.org)

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