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Weekly Update | October 18, 2023

Vol. 10 Issue 3

A Message from Mary

Counseling Chronicles - The High School Parent Edition

High school can be a difficult time for parents and their children. But it can also be a time of excitement, future planning, and achieving many milestones - from a first job to getting your license to planning for life after high school. As Director of Guidance at the high school level, I wanted to share with you some of what the guidance team does to support your students in school as well as some tips of what you can do at home to help support your students.

Freshman year is all about transition to high school and learning to be a good student. Our Freshman/Sophomore Counselor Angel St Germain will do a grade check after the first quarter and meet with students who may need some support to improve their grade, study habits, or time management. As a parent, ask your student how things are going in class. Instead of "How are your classes going?" try questions like, "What was something new that you learned today" or "What was your favorite part of the day" (and do not judge if they say lunch or hanging with friends - that is important!). Freshman year is about building relationships with friends, peers, and teachers. This is why the freshman went to Tree Top Adventure last week. Building a positive foundation at school in your freshman year helps to set up students for success in high school.



Sophomore year in high school is a pivotal stage in a student's academic journey, setting the foundation for their future success. While not as academically intense as junior and senior years, it is a time for students to consolidate the knowledge and skills they acquired during their freshman year and prepare for the challenges ahead. During this year,

students often select elective courses that align with their interests and career goals, helping them explore potential areas of passion. Additionally, it's a year to solidify friendships, establish a sense of belonging within the school community, and engage in extracurricular activities that can be continued throughout high school. This is a big year for the MCAS exam as well.

Junior year in high school is a pivotal and transformative period in a student's academic journey. It holds significant importance for several reasons. Firstly, it is the year before students begin the college application process, making it a critical time for building a strong academic record and taking standardized tests like the SAT or ACT. Secondly, it is a time for students to explore their interests and potential career paths through elective courses, extracurricular activities, and internships, helping them make informed decisions about their future. Finally, junior year is when students develop important life skills, including time management, critical thinking, and decision-making, which will serve them well in both their remaining high school years and beyond. To help with Junior year, guidance runs a Junior Seminar for quarter 3 to support students starting the college process.



Senior year in high school carries immense significance as it marks the culmination of a student's secondary education journey and serves as a bridge to their future endeavors. This is the year when students complete their college applications or make a plan for life after high school. Beyond academics, it's a year of self-discovery and personal growth, as students prepare to enter the next phase of their lives. Senior year teaches important life

skills such as responsibility, time management, and decision-making, which are invaluable in the transition to college or the workforce. In essence, senior year serves as a crucial stepping stone to adulthood, making it a year of great importance in a student's life.

I look forward to working with you and your students through all the stages of high school!

Mary Carter

Director of Guidance

NHS INDUCTION CEREMONY

The NHS Induction Ceremony welcomed 16 new students, bringing the SSCPS chapter up to 38 members.

Congratulations to our newest inductees:

Hajar Abouyoussef

Sara Akonkem

Maheen Chowdhury

Alexandre Clement

Amelia Daniel

Nevaeh Eddins

Uchenna Ejiogu

Anaiya Faison

Emily Houghton

Wunyoh Loc

Esther-Faith Manigat

Esther-Hope Manigat

John Olaoye

Esosa Osasere

Benjamin Walker

Abigail Weir



Photo credit: SSCPS Photography/Yearbook Workshop

NEWS FROM THE COUNSELING DEPARTMENT

The Counseling Department is very excited to share that we will have a canine visitor coming to spend time at our school!

MEET GINGER!



Ginger is a therapy dog certified through Alliance of Therapy Dogs. Alicia Scafidi, Adjustment Counselor at 100 is her handler. The handler is with the dog at all times and assumes full responsibility for the dog's care, behavior and assessment of ability to interact with students.

Ginger was rescued 7 years ago and is a Boxer mix. Her favorite things are the beach, snuggles with humans, and her rubber chicken. She will be spending time at 100 initially and then hopefully we can schedule some visits at 700.

The Counseling Department is always looking for different ways to alleviate students' stress and improve students' mental health.

Based on research, the benefits of having a therapy dog in schools are many.

A 2019 study published by the National Institute of Health found that a dog present in the classroom promotes a positive mood and provides significant anti-stress effects on the body.

A study conducted by the University of California on canine reading programs found that students who participated in one program increased their reading fluency by between 12 percent and 30 percent.

In addition, therapy dogs help children learn social skills, preventing social isolation. Interaction with therapy dogs has also been found to cause a social catalyst effect, and this further helps improve the stimulation of social behavior.

We are excited to have Ginger meet our students soon!

If you do not want your student around a therapy dog, please email Alicia Scafidi at ascafidi@sscps.org by 10/19/23. Thank you!

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

BREAST CANCER AWARENESS MONTH

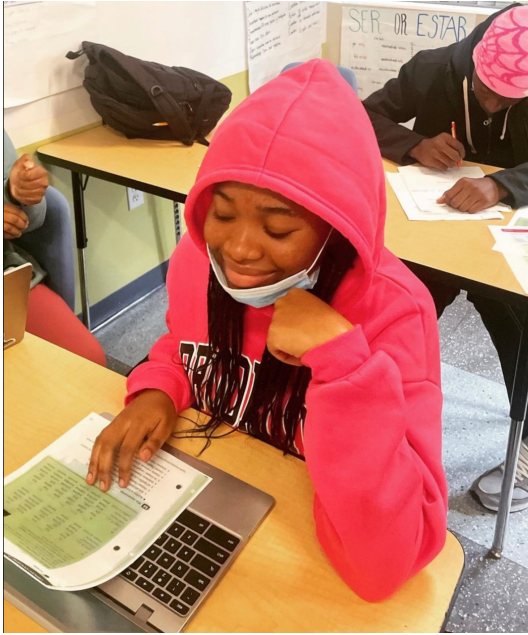




SSCPS students wore pink on Tuesday, October 17th, in recognition of Breast Cancer Awareness Month.

Photo credit: @sscps25 on Instagram





STUDENT BOARD LEADERSHIP TRAINING

Last Friday, our Student Board members from grades 9, 10, and 11 took a trip to Bridgewater State University for a student leadership training held by the Massachusetts

Aggression Reduction Center. They were accompanied by Mary Carter, Advisor to the Student Board.



MASSACHUSETTS STEM WEEK





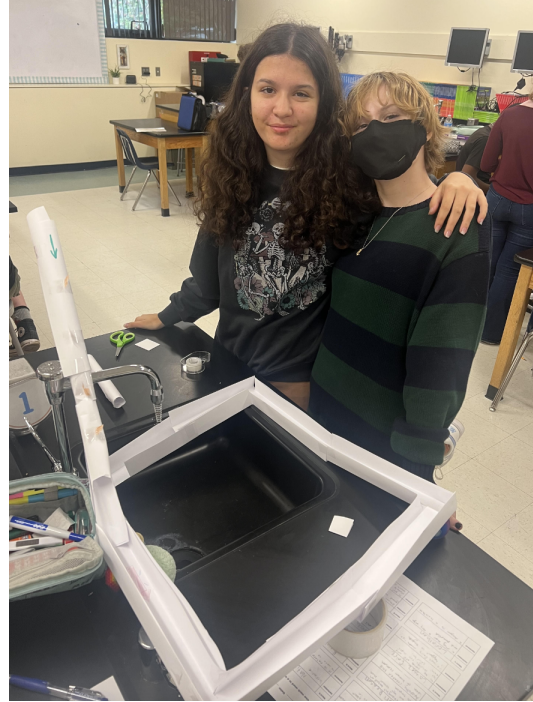
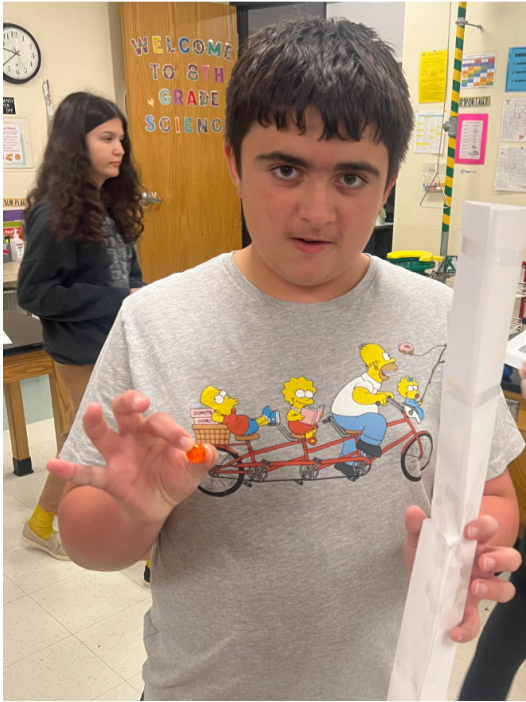
This week is Massachusetts STEM Week, held every third month of October by the state of Massachusetts. It is a statewide effort to boost the interest, awareness, and ability of all students to see themselves in STEM opportunities!

STEM at SSCPS:

"Students in my STEM FIT last Friday were tasked with creating the longest roller coaster for a marble to ride using paper, tape, markers, glue, and scissors. The group of Stella V, Ellie D, and Nick D were voted as our champion engineers with the strongest and most complex course. It was a very successful day with all students participating in the build and critiquing other groups' prototypes."

- Angie Williamson, Middle School Science Teacher





AFTER SCHOOL ENRICHMENT PROGRAM



Dear Families,

Unlock your child's potential with our dynamic afterschool enrichment program, tailored for students in grades 3-6! Our engaging activities and expert instructors provide the perfect

blend of learning and fun. Your child will have the opportunity to explore their interests, develop new skills and make lasting friendships in a safe and supportive environment. By offering students a range of enrichment classes, they can grow their skills and improve their social emotional learning. The program will run throughout the year in 3 sessions. Session 1 runs from November 6th - December 22nd 2023 on Mondays and Wednesdays. Please note that there are limited spots available. If your student is not selected for Session 1, there will be other opportunities to attend an enrichment class in Sessions 2 and 3.

Enroll today to spark your child's curiosity and inspire a lifelong passion for learning!

Please find a description of the enrichment clubs running during Session 1 [here](#). Use [this form](#) to register your child.

We are excited to get started!

Sincerely,

Nadeen

nsullivan@sscps.org

ATHLETICS

Come cheer on the Jaguars in their upcoming games:

[Wednesday | October 18, 2023](#)

Varsity Boys Soccer @ Carver High School | 6:30pm, Carver High School

[Thursday | October 19, 2023](#)

Varsity Boys Soccer @ South Shore Christian Academy | 3:30pm, Lovell Field

Varsity Girls Volleyball @ APR | 6:15pm, Archdale Community Center

[Friday | October 20, 2023](#)

High School Cross Country Championships | 3:30pm, Franklin Park Zoo

#GoJaguars 

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](#)

National Honor Society Hosting Blood Drive



**NORWELL COMMUNITY BLOOD
DRIVE**

**SPONSORED BY SOUTH SHORE
CHARTER PUBLIC SCHOOL**

700 LONGWATER DRIVE, NORWELL MA 02061

WEDNESDAY, NOVEMBER 8TH, 2023,

11:00 AM - 4:00 PM

PLEASE CALL 1-800-RED-CROSS (1-800-733-2767) OR VISIT
REDCROSSBLOOD.ORG AND ENTER NORWELL TO
SCHEDULE AN APPOINTMENT

STREAMLINE YOUR DONATION EXPERIENCE AND SAVE UP TO 15 MINUTES BY VISITING
RED CROSS BLOOD.ORG/RAPIDPASS TO COMPLETE YOUR PRE-DONATION READING AND
HEALTH HISTORY QUESTIONS ON THE DAY OF YOUR APPOINTMENT

GIVE SOMETHING THAT MEANS SOMETHING® | RED CROSS BLOOD.ORG | 1-800-RED-
CROSS

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PARENTS ASSOCIATION

PARENTS ASSOCIATION UPCOMING FOCUS GROUP

Dear Parents,

I hope this message finds you in good spirits. As the Chair of our dedicated Board of Trustees and the help of Alisha Uhlenbrock Furst, I am thrilled to invite you to an important in-person focus group meeting aimed at revamping our parent association to make it more engaging and easier for everyone to participate in.

Date: Oct 25, 2023

Time: 6:30 PM

Location: 100 Longwater Circle (Music Room)

At our upcoming focus group meeting, we will gather to discuss and brainstorm ideas on how we can enhance the parent association experience for everyone involved. Your valuable input and insights are essential in shaping the future of our association, ensuring that it meets the needs and expectations of all parents.

During this session, we will focus on several key areas, including:

Identifying Challenges: What makes it hard to participate and how can parents spend more time being a part of the community?

Engaging Activities: Brainstorming fun and interactive activities that will encourage more parents to participate actively.

Effective Communication: Exploring new communication methods and platforms to keep everyone informed about upcoming events, meetings, and important updates.

Volunteer Opportunities: Identifying volunteer roles and tasks that match different skill sets and time constraints, making it easier for everyone to contribute meaningfully.

Inclusivity: Discussing ways to ensure that every parent feels welcome and valued within our association, regardless of their background or circumstances.

Fundraising Strategies: Brainstorming creative and effective fundraising ideas to support our school and its various initiatives.

Your presence and input are highly valued. Diverse voices make for smarter choices! So mark your calendars and make every effort to attend this focus group meeting. Together, we can create a more vibrant, inclusive, and engaging parent association that benefits not only our children but also our entire school community.

If you have any specific topics or suggestions you would like to address during the meeting, please feel free to reply to reach out to me directly at jjuste@board.sscps.org. Your ideas are crucial in shaping our discussion.

I look forward to seeing you all there and working collaboratively to make our parent association the best it can be. Thank you for your continued support, and let's make a positive difference together!

Warm regards,

Jimmy Juste

Chair, SSCPS Board of Trustees

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.

UPCOMING EVENTS

Tonight: SSCPS SEPAC Kids & Friendship Event

SSCPS SEPAC presents

Kids & Friendship

Join **Katy Boucher**, founder of **The Accord School**, for an evening of lively conversation on how to help our kids navigate their ever-changing social world.

Wednesday October 18th

7:00-8:30pm

South Shore Charter Public School

100 Longwater Drive, Norwell



Parents will walk away with practical guidance that they can put to use the very next day!



www.theaccordschool.org

**DUE TO INCLEMENT WEATHER
VENUE CHANGE FOR LITERACY LANE**

LITERACY LANE | K-6

LEARN
MORE!

A LITERARY-THEMED TRUNK OR TREAT AT 700 LONGWATER!

Join the SSCPS community for an afternoon of celebrating literature through classroom doorway displays, character costumes, and more! Students will have the opportunity to wander from doorway to doorway at the high school to visit decorations representing a favorite book, character, or literary series. Students are encouraged to dress up as their favorite literary characters. The Community Service Project will also be collecting donations of nonperishable food items for local food banks!



SATURDAY
21 OCT 2023



2:00 PM -
4:00 PM

Activities Include :

- Live Music
- Free Book Fair
- Refreshments
- Photo Booth
- Volunteer Opportunities (7-12)

This is NOT a drop-off event.



UPCOMING EVENTS ON THE LEVELS

A dark blue rectangular poster with a pattern of white dots. At the top, there are four orange pumpkins with different carved faces. The text is centered and reads: "Level III Pumpkin Carving" in large yellow font, "For the New England Wildlife Center (NEWC)" in smaller orange font, "Tuesday, October 24" in white font, "Bring an apron or old t-shirt to school!" in white font, "NEWC NIGHT OF A THOUSAND FACES EVENT" in orange font, and "OCTOBER 27, 6:30PM" in orange font.

**Level III
Pumpkin Carving**
For the New England Wildlife Center (NEWC)

Tuesday, October 24
Bring an apron or old t-shirt to school!

NEWC NIGHT OF A THOUSAND FACES EVENT
OCTOBER 27, 6:30PM

5th and 6th graders at SSCPS will be carving pumpkins for the New England Wildlife Center (NEWC) on Tuesday, 10/24. This is a community outreach program that we have participated in for a number of years. The NEWC of Weymouth will host an event, Night of a Thousand Faces, on Friday, 10/27 @ 6:30-8:00pm where they line a long trail with carved pumpkins. SSCPS Level III helps provide the carved pumpkins.

If you are able to, please send in some carving tools with your student. In addition, if your student has an apron or an old large t-shirt, they can put it over their clothes while they carve.

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](#)

FROM THE HEALTH OFFICE

If your student takes prescription medication during the school day, including epipens or inhalers, the medication will need to be dropped off to the school nurse by an adult. Medication cannot be sent on the bus with students. All medication needs to be accompanied by a prescription medication form. Your doctor may fill out their own medication form, an Asthma Action Plan, Allergy Action Plan, or the school's [Prescription Drug Form](#). No medication can be accepted without the proper paperwork. Parents/guardians will also need to sign the form to give permission for medication to be administered in school. Students can not bring in over the counter medication. All medication needed at school must be held in the Health Office and have the proper paperwork in order for it to be administered at school.

If your student is planning on playing a school sport in the fall they must have a current physical dated within the past 13 months. Students who do not have a current physical will not be allowed to try out or participate in sports. You may submit health forms to:

K-8: Jaime Kjelgaard, RN Jkjelgaard@sscps.org 781-982-4202 x 104

High School: Barbara Folan, RN Bfolan@sscps.org 781-982-4202 x 182

Fax: 781-982-4201

Students entering K, 4th, 7th & 10th grade must submit current physical forms and vaccine records.

The K through 8 school is a **peanut/nut free** building. Please make sure you do not send your child to school with any food that contains peanuts or nuts or the label reads “may contain nuts or traces of nuts”. Caffeinated beverages are not allowed in the elementary school. Please send your student to school with a reusable water bottle as the school does not provide water bottles. Level 1 students should have a full change of weather appropriate clothes that is kept at school.

Please reach out to your school nurse and teacher if your student is sick. Students who have vomiting, diarrhea, or a fever of 100 or above need to remain out of school until the symptoms or fever have resolved for 24 hours. If your student has strep throat, conjunctivitis or any other contagious illness they will need to remain out until they have been on antibiotics for 24 hours. Students who develop any of these symptoms during the school day will need to be picked up from school promptly. Please make sure your contact information with the school is up to date. Absences can be reported to attendance@sscps.org.

If your student tests positive for COVID-19 please reach out to your school nurse so it can be determined when your student is able to return to school. Thank you!

--

Jaime Kjelgaard

SSCPS School Nurse

THE WEEKLY CALENDAR

Wednesday	10/18	SSCPS SEPAC Workshop at 100 Longwater Circle	7:00pm
Thursday	10/19	MCAS Principal’s Coffee via Zoom	8:30am
Thursday	10/19	Board of Trustees Meeting Personnel Committee Governance Committee Development Committee Finance Committee All meetings held at 700 Longwater Drive and via Zoom	7:30pm 5:30pm 6:00pm 6:30pm 6:45pm
Friday	10/20	Professional Development Early Release	12:00pm

Saturday	10/21	Venue Change: Literacy Lane – K-6 at 700 Longwater Drive	2:00-4:00pm
Wednesday	10/25	Parents Association Focus Group at 100 Longwater Circle	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](#)
- [Community Service](#)
- **Visit the [Parents Association Website](#)**

School Documents:

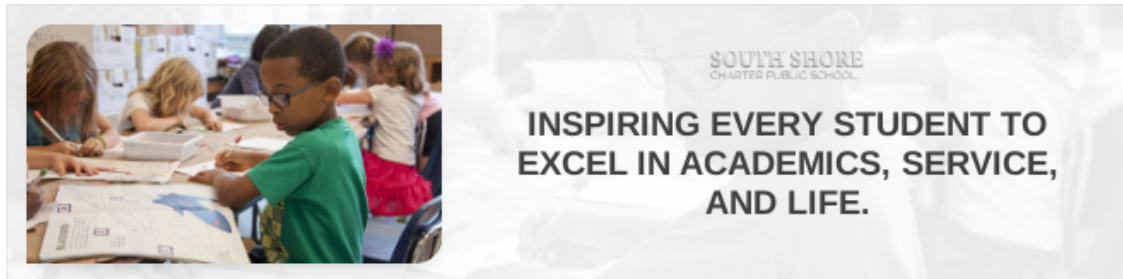
2023-2024 School Calendar

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 to submit SSCPS items for publication.





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