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Weekly Update | September 20, 2023

Vol. 9 Issue 3



A Message from Kristine

Dear Parents and Caregivers,

Last month, Massachusetts became the 8th state to make Free School Meals for all students permanent which means that breakfast and lunch will continue to be served at no

cost to all students for years to come.

Too many children start their school day on an empty stomach. Whether they miss this vital meal simply due to a hectic morning schedule, or because there is not enough to eat at home, skipping breakfast or lunch comes at a high price for all students—research shows this habit negatively impacts academic performance.

Research shows that school meals consumption:

- Boosts students' academic performance, grades, and test scores
- Increases concentration, alertness, comprehension, and memory
- Improves classroom behavior
- Reduces absenteeism and tardiness

The South Shore Charter Public School participates in the National School Lunch and Breakfast Program. It is our privilege to provide breakfast and lunch to your children, supporting them with nourishing and healthy meals to power through the school day!

Even though we offer free meals to all students, ***you must still place orders for your child(ren) for all meals.*** This year we will continue with our online meal ordering system called FamilyID. You are able to order your child's meals online. All families must register each child in FamilyID. Please visit the [SSCPS FamilyID Programs](#) webpage to register your child. To learn more on how to register your child click [here](#) to watch a quick video. If you need any assistance with FamilyID registration, please call (781)205-2800 or email support@familyid.com. All meal orders will be made directly through this online system.

We strongly encourage ALL families to complete the Household Application for Free and Reduced Price Meals for the 2023-2024 school year as it allows us to waive or reduce student fees for athletics, enrichment activities, some field trips, testing fees for those who qualify and serve families most effectively. Completing this form also helps our district to receive more federal grant funding and allows us to keep our Nutrition Program strong. You can view and complete the application [here](#). Instructions on how to complete the form are found [here](#). Please return completed forms to my attention by September 29, 2023.

If you are interested, please consider applying for SNAP, the federal nutrition program that provides eligible residents with monthly financial assistance to purchase groceries. More SNAP information can be found at gettingsnap.org or by calling Project Bread's FoodSource Hotline at 1-800-645-8333.

If you need assistance in ordering meals or completing your Household Application for Free and Reduced Priced Meals, please contact me at csalamone@sscps.org or 781-982-4202 x156.

Charlene Salamone
Food Services Coordinator

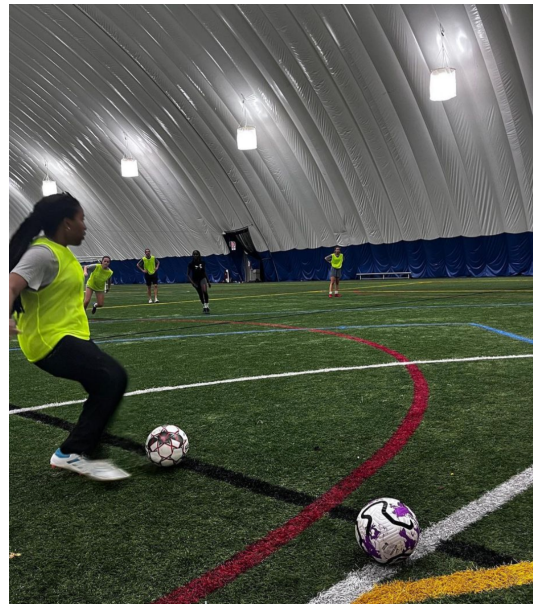
Kristine Bingham
Director of Finance and HR

ATHLETICS

VARSITY SOCCER

Coach Update:

I am the girl's varsity soccer coach here at SSCPS. This year, our fall varsity teams have joined the MIAA for the first time and will play a combination of charter schools and local public and private schools throughout the season. I will do my part to keep everyone updated regarding our progress.



Boys and Girls Soccer at Practice

Photo Credit: @sscps_sports

The girl's soccer team rebounded after a tough 1-0 loss at Boston Collegiate on Friday to beat South Shore Christian Academy 4-0 yesterday in Weymouth. Junior Misha Attardo led the offense against SSCA with a hat trick and Sophomore Muna Eze added a goal to put the game out of reach. Senior goalkeeper Julia Preble was strong in net in both games and the defense, led by senior Adria Sunnerberg, played strong as a unit.

The girls hit the road again tomorrow and Friday with games against Southeastern Regional Voc/Tech and Foxborough Regional Charter. Be sure to wish the girls luck if you see them!

- **Matt Goodell**

VOLLEYBALL

Coach Update:

I am the girls varsity volleyball coach here at SSCPS. Like soccer, we are also now members of MIAA and play both charter and local public and private schools this season. The girls volleyball team had their first match of the season last Thursday 9/14 at Holbrook High School. In volleyball, the team plays the best of 5 sets (all rally scoring) with sets 1-4 being played to 25 points and set 5 being played to 15 points (if needed). The scores of the sets were as follows:

Set 1: 25-17 Holbrook

Set 2: 25-22 Holbrook

Set 3: 25-21 SSCPS

Set 4: 25-23 Holbrook



As you can see, the team found their stride and fought hard through all sets and we look forward to seeing Holbrook again at home at the end of our season. Senior captain and outside hitter Aditi Suryawanshi had an impressive season opener with 14 digs over the 4 sets and 9 serves. Sophomore setter Jalysa Facey had 6 serves with 2 aces in set 3 and had a huge block against Holbrook's middle hitter. Senior Raeven Charles had 9 serves with 1 ace in set 3. Junior Libero and defensive specialist Emily Houghton had a significant impact for the Jaguars and helped us out of some tough situations. Senior captain Gabby Louis' leadership and skill on the court also made a significant impact for the Jaguars.

The girls have a HOME GAME today (9/20) at 4:00 at The U Sports Complex in Hanover (637 Washington St, Hanover) and an away game against Boston Prep tomorrow (9/21). We hope to see you at a match this season!

- Jenn Johnson

Come cheer on the Jaguars in their upcoming games:

Wednesday | September 20, 2023

Varsity Boys Soccer v. Foxborough Regional Charter School (Away) 3:30 - 5:00 pm

Thursday | September 21, 2023

Varsity Girls Soccer v. Southeastern Regional Voc/Tech (Away) 3:30 - 5:00 pm

Varsity Boys Cross Country v. Boston Collegiate Charter School (Away) 4:00-5:00 pm

Varsity Girls Volleyball v. Boston Prep (Away) 4:30 - 6:00 pm [885 River Street](#)

#GoJaguars 

UPCOMING EVENTS

The 2023 Race for Space 5K

REGISTER NOW

**Early registration will take place at 700 Longwater Drive from 2:00PM-5:00PM.
Please use the Business Office entrance.**

2023

RACE FOR SPACE 5K

SUPPORTING OUTDOOR LEARNING AT SSCPS!

SATURDAY, SEPT 30TH
9:00 AM - 10:30 AM
WOMPATUCK STATE PARK



SPONSOR THE RACE!
SPONSOR A STUDENT!
VOLUNTEER!
MAKE A DONATION!

REGISTER TO RUN THE RACE TODAY!



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.

Thursday October 19th

6:30-8:00pm

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!



Remember when kids just worked out problems in the backyard?

It seems like kids are so much meaner than when we were young.

Friendship is just so much more complicated for my kids than it was for me.

When did middle school drama start happening in 3rd grade?!



www.theaccordschool.org

LITERACY LANE | K-6



SCAN FOR MORE
INFO

A LITERARY-THEMED TRUNK OR TREAT AT 100 LONGWATER!

Join the SSCPS community for an afternoon of celebrating literature through car trunk displays, character costumes, and more! Students will have the opportunity to wander from car to car to visit trunks decorated to represent 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.



COMMUNITY SERVICE OPPORTUNITIES

SOUTH SHORE CHARTER PUBLIC SCHOOL

COMMUNITY SERVICE OPPORTUNITIES

The Race for Space 5K needs student volunteers!

SSCPS students are able to run and volunteer at this year's road race to earn community service hours. Students are encouraged to find 2+ personal sponsors to earn more hours and support the race! Use the form below to submit sponsor information.

BREAKDOWN OF HOURS:

- **4 community service hours** will be given to students who run the race and volunteer with set up and break down.
- **2 additional hours** will be given to students who get 2 or more sponsors.



SPONSOR FORM

For more information about volunteering or getting sponsors, contact Joe Kay:
jkay@sscps.org

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	09/20	Level III and Level IV Parent Back-to-School Night at 100 Longwater Circle	6:00-7:30pm
Thursday	09/21	Board of Trustees Meeting Personnel Committee Governance Committee Finance Committee Development/Ad Hoc Facilities Committees <i>All meetings held at 700 Longwater Drive and via Zoom</i>	7:30pm 5:45pm 6:00pm 6:30pm 7:00pm
Friday	09/22	Level III Field Trip to Nantasket Beach	
Monday	09/25	Yom Kippur Observed – No School	
Wednesday	09/27	Junior Parent Night via Zoom	6:00pm
Thursday	09/28	High School Parent Back-to-School Night at 700 Longwater Drive	6:00-7:30pm
Saturday	09/30	2023 Race for Space 5K – Wompatuck State Park	9:00-10:30am

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:

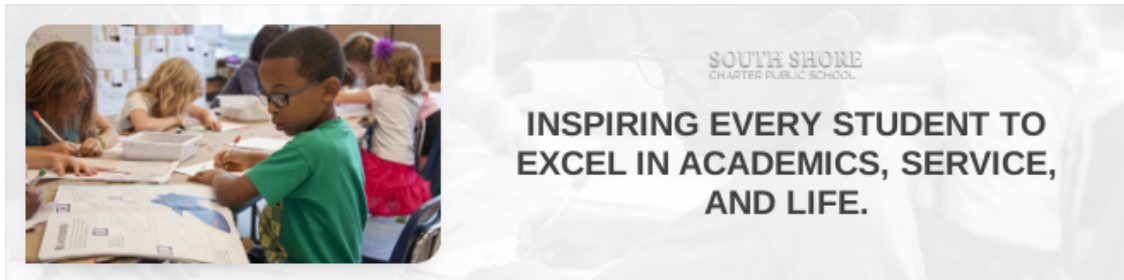
[2023-2024 School Calendar](#)

[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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