

January Weekly Vinal Voice

Week of Monday, January 22 - Friday, January 26, 2024.



Principal's Update

Did You Know?

During the 2018-2019 school year Vinal Student Government led the initiative to name the weekly newsletter, *The Vinal Voice*. Student Government representatives oversaw the entire process and had every class brainstorm potential names, determine the top three choices, and then held a final vote.

Family-School Relationship Survey.

We have partnered with Panorama Education for the 3rd year to survey families about your experiences and perceptions. The results of the survey are completely confidential and will help us identify strengths and areas for growth. On Wednesday, January 24th, please be on the lookout for a survey from Panorama Ed. In past years the survey link often ended up in junk mail. The survey will be open through 3:00 PM on Friday, February 2nd, and should take less than 10 minutes to complete.

Kindergarten Registration

Kindergarten registration is now open for the 2024-2025 school year. All Norwell residents who will be 5 years old before September 1, 2024, are eligible to attend kindergarten. Please click [HERE](#) to be taken to the registration page.

2nd Grade STEM Challenge

Students built boats that could float 25 pennies with limited materials.



What's Happening in the Art Room?

Fifth grade students are working on monochromatic shading.



Breakfast & Lunch Menus

Click [HERE](#) for the January & February menus.

Upcoming Dates

- 1/29: Vinal Outreach Presentation, 7PM
- 2/2: Last day to complete family survey
- 2/2: Community Meeting Hosted by 1st Grade
- 2/5: National School Counseling Week
- 2/7: Elementary Early Release
- 2/7: 100th Day of School
- 2/15: Student Government Mtg.
- 2/16: Spirit Day--Switch Day (kids dress as teachers & teachers dress as kids)
- 2/19-2/23: February Break

Updates from Mrs. LaSalle our School Psychologist

Sometimes our brains have big feelings. Some of those feelings are positive, but some are not so good. And when our brain has big feelings, we can often feel it in our bodies too. We might become tense, or tired, or shaky, or hot, or panicky. In these moments, when the “big, bad feelings” are taking over, it can be helpful to have a toolbox of coping strategies to try! Each week, check in for new strategies. Keep in mind, sometimes a strategy may work, but other times it might not. Don't give up— keep trying that strategy! And if your first strategy doesn't help, never fear. Pick another and give that one a try! Now, let's learn about some small strategies to tame some big feelings!

Read a story: Stories can be a great distraction from big feelings, and some stories may even give us advice for how to feel better. The more imaginative the story is, the better. Think about the characters and the problems they are facing. Can you relate? Do you have any advice for them?

Vinal PTO

The PTO is organizing multiple events as well as the 5th grade celebration! We need all the help we can get. Please consider volunteering on one of the committees!

Boxtops Fundraiser: Did you know you can earn money for your child's school from your normal grocery purchases? It couldn't be easier! Start by downloading the BOXTOPS App from the App Store or GooglePlay. Make an account with the email address you use to shop online then locate the Vinal School. Now your account is set up and ready to accept all your future receipts! Shop like you normally would either online or at your local grocery store and look for specific products with the special BOXTOPS logo. Product brands include: Annie's, Cascadian Farms, Cheerios, Pillsbury, Nature Valley and so much more! Each item with a BOXTOPS logo earns 10¢ for your school! Think of how many packaged items you buy in a week - over time this could really add up! Scan your receipt in the BOXTOPS app within 14 days of purchase, or forward your email receipt to receipts@boxtops4education.com! The schools receive 2 checks per year through this easy, effortless fundraiser! Thanks for supporting your child's school - happy shopping!



Norwell Community Sweetheart Dance will be held at the high school on Feb 10th from 5-7.

This free family event is put on by the Norwell Women's Club and is fun for all ages! There's a DJ with tons of dancing and even The Adventures of Skipper the Therapy Dog will be joining for a photo booth!

Last year's event was a great time and this year is sure to not disappoint!

VOLUNTEERS NEEDED:

Vinal Talent Show - The Vinal Community Events Board is looking to organize a team of volunteers to help spearhead a Vinal School Talent Show to be held towards the end of May. Please email Beth Monticone at beth.monticone@gmail.com or Lauren Previte at Lsarno@jm-a.com if you are interested! We will be firming up the date and time in the upcoming weeks.

5th Grade Celebration: We are looking for volunteers to help with the 5th Grade Celebration Activities! This is open to all members of the Vinal community but especially appropriate for family members of 5th and 4th graders. The kick off meeting will be this Thursday, Feb. 1st from 6-

8pm at 15 OOB and will cover all of the activities and create subcommittees. Please email Susan Davis at susan@shdmarketing.com for more information.

If you haven't already, please join our [Facebook Gr0up](#) or on [Instagram](#). Our website is up to date too! Check it out vinalpto.com to learn about upcoming events, find out when PTO meetings are being held, support the school, and much more!

If you are interested in getting more involved, we'd love to have you! Please email us at vinalpto@gmail.com.

Thank you for all of your continued support! ~ Your Vinal PTO



A free webinar sponsored by the Falmouth, Hamilton/Wenham, Hingham, North Andover, Northbridge, Northboro/Southboro, and Norwell SEPACs

"Anxiety in Relation to Learning/Developmental Disabilities and How to Address in the IEP"



Join Pediatric Neuropsychologists Dr. Erin Gibbons and Dr. Moira Creedon from NESCA's Plainville and Hingham locations for a free webinar and live Q&A

Date: Tuesday, February 6, 2024

Time: 7:00PM - 8:30PM ET

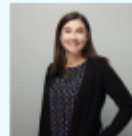
Register: https://nesca-newton.zoom.us/webinar/register/WN_ltkLAiC_TbCe99-KJjmcKA

Anxiety disorders are becoming increasingly common among children and adolescents, especially in the wake of the pandemic. Given the rising numbers of affected children and adolescents, it has become increasingly important that a student's emotional health is addressed both at home through private counseling, as well as through the provision of school-based services. When students experience a high level of unmitigated anxiety throughout the day, they are less able to learn and meet their potential. This presentation will discuss the overlap between anxiety and learning challenges and how to seek services for anxiety through the school district.

About the Presenters



Erin Gibbons, Ph.D., Pediatric Neuropsychologist; Plainville Office Director
Dr. Gibbons evaluates children presenting with a range of attentional, learning, and developmental disabilities. She has a particular interest in children with autism spectrum disorders, intellectual disabilities, and those with complex medical histories.



Moira Creedon, Ph.D., Pediatric Neuropsychologist; Hingham Office Director
Dr. Creedon offers her expertise in evaluating children and teens with a variety of presenting issues. She is interested in uncovering an individual's unique pattern of strengths and weaknesses to best formulate a plan for intervention and success. She tailors each assessment to address a range of referral questions, such as developmental disabilities, including Autism Spectrum Disorder, learning disabilities, attention challenges, executive functioning deficits, and social-emotional struggles.

NESCA
www.nesca-newton.com

The NORWELL SOFTBALL SEASON is Here!

Please visit our website at www.norwellgirlssoftball.com and follow the link to our registration page.

The season runs from early April through mid-June, with girls second grade and older playing 2 games during the week. Divisions are based on the 2023-24 school grade.

For the upcoming 2024 season we will follow the same format as last year. We will be offering a K-1 Program, a Grade 2-3 (Division 1) coach pitch program and a traditional program for grades 4-8 (Grades 4-5 Division 2 & Grades 6-8 Division 3).

K1 Program:

(Kindergarten – 1st Grade) - \$95

Plays Friday evening – starting after April School Vacation

All games are played in Norwell

Tee Ball format

Division 1

(2nd Grade - 3rd Grade) - \$165

Plays Tuesday and Thursday from 6-8 PM

Games are played in Norwell, Hingham, Cohasset, Scituate, or Hull

Practice likely to be 1X/week

Coach Pitch format.

Division 2

(4th Grade - 5th Grade) - \$215

Plays Monday and Wednesday from 6-8 PM

Practices are typically held 1-2 day/week and scheduled by coaches

Games are played in Norwell, Hingham, Cohasset, Scituate, or Hull

Division 3

(6th Grade - 8th Grade) - \$215

Plays Tuesday and Thursday from 6-8 PM

Practices are typically held 1-2 days/week and scheduled by coaches

Games are played in Norwell, Hingham, Cohasset, Scituate, or Hull

Additionally, a \$50 discount will be automatically applied for the third or fourth child registered in the D1-D3 divisions. Please consider registering early so we can get an early read on how many teams we will have for the year to ensure we have enough coaches in place and get our uniform order in.

Thank you!

Norwell Girls Softball



Nathan Thorsteinson

Nathan Thorsteinson is using Smore to create beautiful newsletters