

# November Weekly Vinal Voice

Week of Tuesday, January 2 - Friday, January 5, 2024.



## Principal's Update

### Kindergarten Registration 2024-2025

Norwell Public Schools will be running both half-day and tuition-based full-day kindergarten programs at both the Cole and Vinal Elementary Schools for the 2024-2025 school year. The kindergarten program is open to all Norwell children who will be five years of age before September 1st of each year. Online registration will open on January 12th, and registration information will be sent to families of all children included in the

January 2023 Town Census.

### Norwell Recycling and Sustainability

We have partnered with the Norwell Recycling and Sustainability Committee to start a new project collecting writing instruments (markers, pens and mechanical pencils) for recycling in partnership with Staples. We will place a collection box in the lobby beginning on Friday, January 12.

### PreK Lottery Open

Norwell Public Schools is now accepting registrations for community preschoolers for the 2024-2025 Preschool Lottery. Any preschooler who will be 3 or 4 before September 1, 2024 is eligible to enter the lottery. Visit our website [HERE](#) to learn more.

## Breakfast & Lunch Menus

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

## Upcoming Dates

Jan. 10: World Language Fair at NHS for K Students

Jan. 10: Early Release

Jan. 12: Audubon Visit with 2nd Grade

Jan. 15: MLK Jr. Day--No School

Jan. 17: Vinal School Improvement Council, 3:45PM

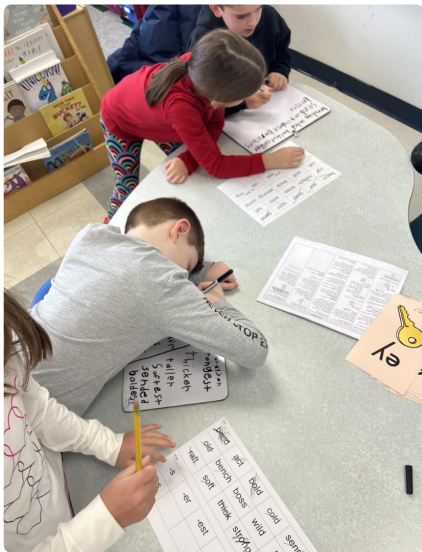
Jan. 17: Vinal PTO Meeting, 7PM



K Working with 2-D Shapes



Calendars in PreK



Word Work in 2nd Grade

### Updates from Nurse Kristen

Head Lice is a common concern of childhood that occurs every year to millions of children across the United States.

Both the American Academy of Pediatrics (AAP) and the CDC advocate for the following practices to be discontinued:

- whole classroom screening,
- exclusion for nits or live lice
- notification to others except for parents/guardians of students with head lice infestations

That being noted, it can never hurt to check your child's hair if they are complaining of it being itchy or if you are notified of a close playmate who did have it. Lice move by crawling; they cannot hop or fly. If you ever have any questions please reach out at any time.

### 2023-2024 MCAS Dates

Norwell Public Schools MCAS Testing Schedule 2023-2024			
	ELA	MATH	SCIENCE
Grade 3	April 9 & 11	May 13 & 14	
Grade 4	April 5 & 8	May 9 & 10	
Grade 5	April 23 & 24	May 15 & 16	May 20 & 21

## Updates from P.E.

We have finished our gymnastics unit, and are moving onto Basketball/Dribbling skills. It is white outside and children are prepared for the winter weather! However, please have them pack their sneakers on their designated PE days.

Thank you,  
Mr. Leonard

## 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!

**Eat a snack:** Just like with water, our bodies and brains also need food to function properly. When our bodies haven’t had enough food, we run low on energy, and our brain gets the message that it should feel more stressed. We get frustrated more easily, and maybe just feel all around not-so-good (think: Hanger!). When you notice a big feeling coming on, think about if your body has enough fuel. If not, find a healthy snack to help your brain and body refuel.

## Vinal PTO

Please join us for our PTO meeting this month from the comfort of your home! We would love to see you!

**1/17** PTO Meeting via Zoom at 7pm. Join with the link [HERE](#)

**1/22-1/26** the Vinal Book Bee returns for 4th & 5th graders! We are looking for parents to volunteer. Please sign up [HERE](#)

If you haven't already, please join our [Facebook Group](#) or on [Instagram](#). Our website is up to date too! Check it out [vinalpto.com](http://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](mailto:vinalpto@gmail.com).

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



The 2023/2024



# VINAL BOOK BEE



The Vinal Book Bee is a reading trivia competition created by Ms. Howard and Mr. Fennessey for 4th and 5th grade students. Students are given an optional list of 50 books and are encouraged to read to enjoy throughout the year and then tested on their knowledge of the stories over a period of 3 rounds. It helps foster a love of reading, helps students build upon memory and study skills while enjoying a little friendly competition!

## WHICH 4TH & 5TH GRADE CLASS WILL CAPTURE THE TROPHY THIS YEAR?

### Fourth Grade:

Monday, 1/22 Ms. Martin 11:30 – 12:15  
Tuesday, 1/23 Ms. Glidden 11:30 – 12:15  
Wednesday, 1/24 Mrs. Doran 11:30 – 12:15  
Thursday, 1/25 Mr. Lynch 11:30 – 12:15  
Friday, 1/26 Mr. Fennessey 11:30 – 12:15

Did you know  
that the  
Norwell Public  
Library has a  
Vinal Book Bee  
section?

### Fifth Grade:

Monday, 1/22 Mrs. Story 9:15 – 10:00  
Tuesday, 1/23 Ms. Peckham 9:15 – 10:00  
Wednesday, 1/24 Mrs. Abbott 9:15 – 10:00  
Thursday, 1/25 Mrs. Fitzgerald 9:15 – 10:00



**Nathan Thorsteinson**

Nathan Thorsteinson is using Smore to create beautiful newsletters