

November Weekly Vinal Voice

Week of Monday, November 6 - Thursday, November 9, 2023



Principal's Update

Veterans Day

Vinal Students wrote & illustrated over 350 cards to show thanks and appreciation for our local veterans. These cards were handed out and displayed for veterans attending the annual Veterans Day breakfast at the Norwell Council on Aging. Thank you to all of those that have served our country.

Recess

The weather is cooling and recess continues! Please ensure your child(ren) are dressed appropriately for the cold weather. Also, our Lost & Found is growing. Please label your child(ren)'s warm clothing. When the items are labeled we can return them to your child(ren).

Student Government

Election results are in and participation was incredibly high. I was impressed with the preparedness and thoughtfulness exhibited by all candidates. Every classroom in grades 1-5 will have a classroom representative, and the runner up in each class will serve as an alternate representative.

PreK Lottery Open

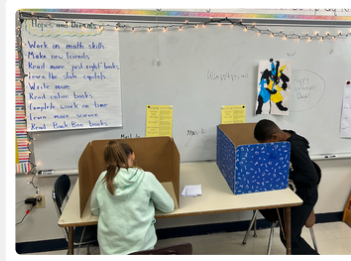
Norwell Public Schools is now accepting registrations for community preschoolers for the 2024-2025 Preschool Lottery. Any preschooler who will be 3 or 4 before September 1, 2024 is eligible to enter the lottery. Visit our website [HERE](#) to learn more.

3rd Annual Teddy Bear Drive

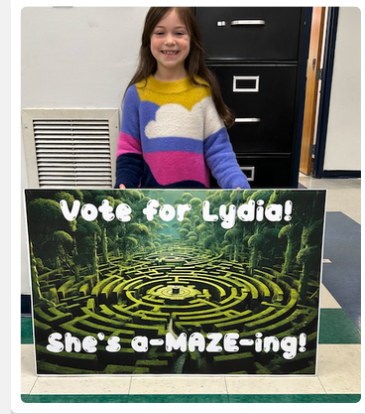
This fall, we will be hosting our 3rd Annual Teddy Bear Drive from November 6th - December 1st. All teddy bears will be donated to the [Wonderfund of Massachusetts](#), which works on behalf of 53,000 children engaged with the department of children and families who have been impacted by abuse and neglect. Please help us to provide comfort to these children by donating NEW teddy bears. There are boxes in each school lobby



Candidate Tristan



**4th Grade
Completing their
Ballots**



Candidate Lydia



**Council on Aging
Veterans Day
Thank Yous!**

Breakfast & Lunch Menus

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

Upcoming Dates

November 15: Early Release--**Middle and High ONLY**

November 15: Student Gov't Meeting

November 17: 3rd Grade Hosts Community Meeting

November 20: Fun Run

November 22: Early Release

November 23--24: No School

November 29: 4th & 5th to Company Theatre

November 29: Vinal School Council, 3:45

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!

Take five slow, deep breaths in and out: When our brain is feeling out of control, oxygen can help calm our bodies down. Breathe in, 1... 2... 3... 4... 5..., breathe out, 1... 2... 3... 4... 5... repeat breathing slowly and calmly.

Mark Your Calendars

You're invited to the

Vinal Elementary Winter Concert

Friday, December 15th 2023 in the Gymnasium

Kindergarten & 1st Grade at 9:15 AM

2nd & 3rd Grade at 10:05 AM

4th & 5th Grade at 10:55 AM

More information to come as the date approaches.

We look forward to seeing you there!

Sincerely,
Stephanie Barry
Elementary Music Teacher



Your PTO Corner

Be sure to check out these upcoming events benefiting our school (including a parent night out!!), parent volunteer opportunities, and of course, shopping!! You don't want to miss out!

- **Rescue & Jess** presentation is today! Students will hear this heartwarming tale from the author! Buy your copy [here](#)
- **Vinal + Cole Parent Night Fundraiser** is this coming Thursday, 11/16 at Tinker's Son featuring Road Soda, a band of Vinal + Cole dads! Tickets are limited and you can buy them [here](#).
- **Fun Run** is **ONE WEEK** away - Monday, 11/20! This is a fun activity for students to participate in and is a great fundraiser for the school! Help us reach our \$10K goal for the school! Parents, we want to see you there with running shoes on and fun signs to support the students! Register your student [here](#)
- **Square1 Art** is open for orders! Select from a wide variety of items to have your child's art printed on! What a great idea for holiday gifts! Deadline is 11/30/23. Place your order today [here](#)

- **Vinal & Narwhal Gear is Now Available**—and the perfect gift for your Vinal student(s)! Don't miss the 20% off sale! Shop [here](#)!
- **Book Bee** is coming next month for 4th & 5th graders! Mrs. Howard is looking for parent volunteers! Sign up [here](#)
- A big **THANK YOU** to all the parents who were able to attend the **PTO Meeting** this past Wednesday (11/8)! The meeting recap will be posted on the PTO website. We don't have a meeting for December but we hope to see you on **January 17th via ZOOM!**
- 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](#) to stay up-to-date on 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





Please join Norwell SEPAC for a

Parent Night Out

You're invited to The Fours-Norwell

Do you want to connect with other parents in our town? Do you need a night out before the craziness of the holidays? We would love to see some new and old faces! Bring a friend too! The more the merrier!

Date: Thursday, December 7th

Time: 7:00 pm

Location: The Fours-Norwell 285 Washington Street,
Norwell

All are welcome! We hope you can join us!

CLIPPER FUN NIGHT

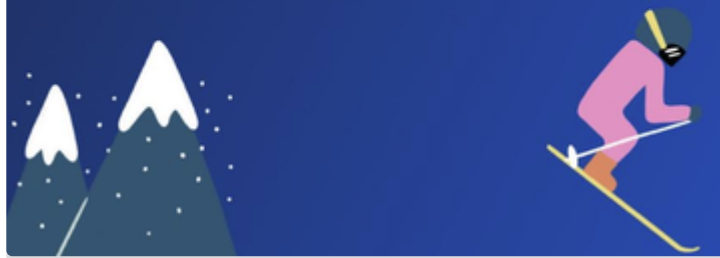
Friday November 17th
6-8pm

Norwell 4th and 5th graders
@Cole School

RUN BY NHS SKI TEAM

Pizza, snacks, drinks,
games, crafts, music
\$25 per student

Click link below to sign up



SIGN UP HERE

Norwell Girls Youth Lacrosse

It is hard to believe, but it is time to sign up for Girls Spring lacrosse! See details below:

Registration: Opens Friday October 27th and closes December 15th – click on this link to register

[Norwell Girls Youth Lacrosse | Home \(norwellgirlslacrosse.com\)](http://norwellgirlslacrosse.com)

Grades: 1-2 (Practices on Monday nights); 3-4 (Practices on Tuesday nights); 5-8 (Practices on Thursday nights)

Fee: \$240 for 3rd – 8th and \$155 for 1st/2nd (no refunds)