

# November Weekly Vinal Voice

Week of Monday, November 13 - Friday, November 17, 2023



## Principal's Update

### Fun Run

The Fun Run happened in grades K-5 today! It was a tremendous success, and the students appeared to have a blast! A huge ***Thank you*** goes out to Mr. Leonard and the PTO for organizing such a fun day.

### Spirit Day

The students have spoken! The Student Government has organized their first spirit day for this Wednesday's half day, and we will have Sports Day. Students are encouraged to wear clothing that represents their favorite team on Wednesday, or the colors of their favorite team.

### 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).

### 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 Grade Hosted Community Meeting on Friday**



**Kiely Shared What She is Thankful For**



**Every Feather Represented a Class & What They Are Thankful For this Year**



**We Have A Lot to Be Thankful For**

## Glowing Pumpkins Created by 5th Grade Using Oil Pastels



## Grade 3 Field Trip on the Norwell Pathways



### **Breakfast & Lunch Menus**

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

### **Upcoming Dates**

November 22: Early Release

November 23: *Sports Day*

November 23--24: No School

November 29: 4th & 5th to Company Theatre

November 29: Vinal School Council, 3:45

November 30: Pajama Day

## 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!

**Breathe in a little bit:** When we are feeling tense, anxious or upset, it helps us to breathe in just a little bit, but breathe out a lot. Sit comfortably and close your eyes. Slowly breathe in for three counts, and breathe out for four counts. Repeat this five times, and then return to breathing normally.

## Mark Your Calendars



You're invited to the

# Vinal Elementary Winter Concert

Friday, December 15<sup>th</sup> 2023 in the Gymnasium

Kindergarten & 1<sup>st</sup> Grade at 9:15 AM

2<sup>nd</sup> & 3<sup>rd</sup> Grade at 10:05 AM

4<sup>th</sup> & 5<sup>th</sup> 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

Here are some upcoming events from your PTO! We'd love to have you get involved! Thank you to all of you who were able to come to the PTO Parent Night with the Road Soda band last week!

- **Fun Run** is today! This is a fun activity for students to participate in and is a great fundraiser for the school! Donations can continue to come in until 11/27. 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. 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 4<sup>th</sup> & 5<sup>th</sup> graders! Mrs. Howard is looking for parent volunteers! 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 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](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?

#### Fifth Grade:

Monday, 12/4 Mrs. Story 9:15 – 10:00  
Tuesday, 12/5 Ms. Peckham 9:15 – 10:00  
Wednesday, 12/6 Mrs. Abbott 9:15 – 10:00  
Thursday, 12/7 Mrs. Fitzgerald 9:15 – 10:00

#### Fourth Grade:

Monday, 12/4 Ms. Martin 11:30 – 12:15  
Tuesday, 12/5 Ms. Glidden 11:30 – 12:15  
Wednesday, 12/6 Mrs. Doran 11:30 – 12:15  
Thursday, 12/7 Mr. Lynch 11:30 – 12:15  
Friday, 12/8 Mr. Fennessey 11:30 – 12:15

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



## NORWELL SEPAC



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**

## 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

### 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 \(norwellgirlslacrosse.com\)](#)

**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)



**Diana DeCoste**

Diana is using Smore to create beautiful newsletters

A close-up, low-angle shot of the side of a yellow school bus. The bus is painted a bright yellow. On the side, there is a black rectangular sign with a white border that reads "SCHOOL BUS" in white, bold, sans-serif capital letters. To the left of the sign is a red, oval-shaped light. The bus is set against a clear blue sky. The bottom of the image shows a dark, textured surface, possibly a road or a building's edge.

**SCHOOL BUS**