

November Weekly Vinal Voice

Week of Monday, October 30 - Friday, November 3, 2023



Principal's Update

We had an incredibly busy week! Thank you to all of the parent volunteers that assisted countless teachers with the many activities that occurred throughout the building. The excitement was high all week!

On Monday, November 13th, students in grades K-5 will be treated to an interactive assembly inspired by the remarkable picture book *Rescue and Jessica: A Life-Saving Friendship*. This illuminating book about life with a Service Dog encourages us to think about how other people experience the world differently.

Dismissal

Please help us in running a safe and efficient dismissal process. If you pick up your child(ren) at the end of the day, please include a visible sign in your windshield with your last name so that we know who you are picking up.

Student Government

Student Government elections will happen tomorrow!

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



Pumpkin Math in 5th Grade



Spooky Science Fun in 3rd Grade



Pumpkin Math in 5th Grade



The Kindness Club Decorated Placemats for Patrons of Haley's House in Boston



Mr. Yazbeck led a Science Lesson in Mrs. Carter's 3rd Grade Class



The Kindness Club Surprised Staff with a Morning Treat

Breakfast & Lunch Menus

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

Upcoming Dates

- November 7: Student Gov't Elections
- November 8: PTO Meeting, 9:00AM
- November 9: Picture Retake Day
- November 9: Grade 3 Field Trip on Norwell Pathways
- November 10: No School in Observance of Veterans Day
- November 13: Rescue & Jessica Assembly
- November 13: NHS Peer Ed with 4th and 5th Grade
- November 15: Field Trip to the Museum of Science

November 16: Student Gov't Meeting
November 17: 3rd Grade Hosts Community Meeting
November 20: Fun Run
November 22: Early Release
November 23--24: No School

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!

Get a drink of cold water: Did you know that our bodies need water to function properly? When we are feeling dehydrated (or like we haven't had enough water) our body can actually feel more stress! Also, drinking water slows our body down and gives us a chance for a break. Take slow and small sips of water.

Your PTO Corner

Check out these great upcoming events!

- **11/8** is the next PTO meeting! Join us in the Coordinator's Room from 9-10 am on Wednesday to hear about upcoming events and how to get involved!
- **11/16** Vinal + Cole Parent Night at Tinker's Son featuring Road Soda, a band of Vinal + Cole dads. You can buy your tickets [here](#).
- **11/20** is the Fun Run! Keep an eye out for backpack mail next week with registration information!
- **Coming soon** - Square1 Art fundraiser using your child's art projects! A great idea for holiday gifts!
- **Vinal & Narwhal Gear is Now Available**—and the perfect gift for your Vinal student(s)! Shop [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 to stay up-to-date on upcoming events, find out when PTO meetings are being held, support the school, and much more!
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If you are interested in getting more involved, we'd love to have you! Please email us at vinalpto@gmail.com.

FUN²⁰²³ RUN

Scan me!



*Sign up
today!*

NOVEMBER 20TH
AT VINAL SCHOOL

Let's get moving!

ALL PROCEEDS BENEFIT NORWELL MIDDLE SCHOOL

5K
Run/Walk

**&
KIDS
TURKEY
CHASE**



\$30

To enter
(Students: \$25)

First 300
Registrants will
receive an
awesome Swag
Bag!

11/15
Entry Fee \$35

Day of: \$40

SUNDAY, NOV. 19TH @ 9:00AM

Norwell High - 18 South Street

Kids Fun RUN- Turkey Chase (\$5) @ 9:00am

5K Walk/Run @ 9:30am

RaceWire Link:

2023nmsturkeytrot.racewire.com

Please Email Questions to:
nmspto@gmail.com

***Please Bring a DONATION for the
NORWELL FOOD PANTRY**





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)



Your Year of Friendship

- ✓ Have a dance-off with your friends.
- ✓ Learn about the galaxy under the stars.
- ✓ Brighten someone's day by lending a hand.

The first step to friendships that last forever? Feeling totally comfortable being yourself. Be part of a crew that celebrates you just the way you are!

Be a Girl Scout

To RSVP, scan code or visit
www.gsema.org/eventrsvp4

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Meet your new
forever friends at a
**FREE Girl Scout
"Try It" Event!**

Bring your grown-up(s) along.

Tues. 11/21/2023 5PM-6PM
Norwell Public Library-
Meeting Room
64 South Street, Norwell, MA

Please RSVP and let us know
you are coming!

www.gsema.org/eventrsvp4

girl scouts
of eastern
massachusetts

