

# November Weekly Vinal Voice

Week of Monday, December 4 - Friday, December 8, 2023



## Principal's Update

### K-5 Winter Concert

We are looking forward to the Winter Concert on Friday! We will have both adult seating and standing space set up in the gym because our bleachers are no longer safe for use. Siblings of those performing will be invited to attend, and we have a designated space for them on the floor as well.

### 5th Grade: Best Part of Me

Our 5th graders completed a writing project, The Best Part of Me, in the fall and were recently featured on Harbor Media. Feel free to watch the video [Get Schooled: Best Part of Me](#).

### Attendance Letters

In line with Massachusetts' compulsory school attendance law, we notify families when their child(ren) are approaching or have exceeded absences beyond 10 percent of enrolled days in school. If you have recently received an attendance letter and need support or have questions regarding your child(ren)'s attendance, please reach out.

### Vinal Entry Reminder

We are fortunate to have such considerate families here at Vinal. That said, we ask that those visiting the school during school hours not hold the door open for other visitors. Thank for helping us ensure safety for all.

### Student Government & PTO

The Vinal Student Government and the Vinal PTO have joined forces to support families in need this holiday season by partnering with the local charity Christmas in the City. If you would like to purchase a gift for a child in need, aged 4-12, feel free to drop it off in the Vinal Lobby before December 14th.

### 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.



**Concert Rehearsal in 5th Grade**

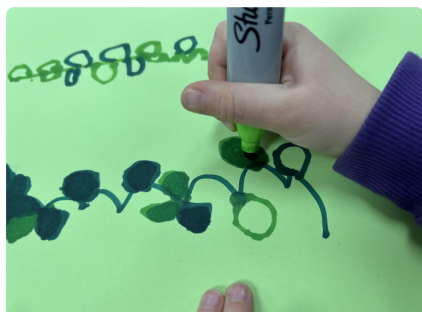


**1st & 4th Grade Buddy Classes**



**K Proudly Displays their Creation**

## Kindergarten Practiced Drawing Lines & Cutting Shapes to Make Mixed Media Art



## Breakfast & Lunch Menus

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

## Upcoming Dates

December 13: Elementary Early Release

December 14: Student Government Meeting

December 15: Winter Concerts

December 20: NMS Musical Performance for Vinal Students

Dec. 25 - Jan 1: No School

## 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 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!

**Share a hug:** Feeling comforted and loved helps our brain slow down, and activates a part of our brain that feels big happy feelings. Even though this may not fix the problem, it is a great reminder that we are not alone, makes us feel safe, and it helps our brain remember happy feelings. Give yourself a big hug or get a hug from a loved one, trusted adult, or a peer.

## 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



**Norwell Education Foundation**

PO Box 711 • Norwell, MA 02061

[www.norwelledfound.org](http://www.norwelledfound.org) • [info@norwelledfound.org](mailto:info@norwelledfound.org)

This holiday season, recognize a ROCKSTAR educator with a personalized certificate and a beautiful poinsettia flower! The certificate and flower will be hand delivered to your ROCKSTAR educator. **To submit your ROCKSTAR recognition request, fill out the form below and donate a suggested minimum of \$50 to the Norwell Education Foundation by visiting <http://www.norwelledfound.org> and clicking on the Donate button at the top of the page.** Each recognition not only uplifts your ROCKSTAR Educator's spirits but donates to the Norwell Education Foundation. Each donation directly impacts the students in the Norwell Public Schools by funding teacher-written grants.



# Rockstar Recognition Form

## Your PTO Corner

We have some great upcoming events! Check them out here!

- **Christmas in the City Toy Drive** is happening now until Dec 15th! Please bring unwrapped toys, sporting goods, craft sets, etc. for children age range 4-12 years old to bring joy to families in homeless shelters. Drop off in the boxes in front of the school lobby.
- **1/6 Dad's Hockey Exhibition Game** organized together by Vinal and Cole dads! Free admission. All proceeds will be given to both Vinal and Cole PTOs. Lovell Arena, 120 Bill Delahunt Pkwy. in Rockland
- **Vinal & Narwhal Gear** is Now Available—and the perfect gift for your Vinal student(s)! Items are currently 20% off and they offer free shipping for orders over \$75! 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](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





## HELP A FAMILY IN NEED THIS HOLIDAY SEASON

BRING IN NEW, UNWRAPPED GIFTS  
FOR CHILDREN AGED 4-12  
BY THURS, DEC 14TH

DROP OFF IN THE BOXES IN  
FRONT OF THE OFFICE



*Christmas  
in the City*

### **“SHINE THE LIGHT” LUMINARY EVENT: HONORING OUR LOVED ONES WITH DEMENTIA**

**THURSDAY, DECEMBER 21, 2023**  
**NORWELL TOWN HALL, CIRCULAR ENTRANCE**  
**4:30 - 6:00 P.M.**



Shining our lights together to diminish the darkness  
and illuminate a path towards a world without  
dementia.

#### **HOW CAN YOU HELP?**

Each \$5 donation provides a luminary bag with your  
personalized message displayed honoring a loved one with  
dementia. Please include your name, phone number, the  
name(s) of you loved one(s) and luminary message.

Checks can be made payable and sent to:

Norwell Council on Aging

P.O. Box 699

Norwell, MA 02061

or dropped off at the Norwell Senior Center at 293 Pine St, by December 18.

For more information, call the Norwell Council on Aging at 781-659-7878

*Proceeds support the Forget Me Not Cafe social program*



**Nathan Thorsteinson**

Nathan Thorsteinson is using Smore to create beautiful newsletters

