

# November Weekly Vinal Voice

Week of Monday, December 11 - Friday, December 15, 2023



## Principal's Update

### Winter Concert

The children did an amazing job during the Winter K-5 Concert! Thank you to Mrs. Barry, students, and staff for coming together to put on this wonderful performance.

### Student Government & PTO

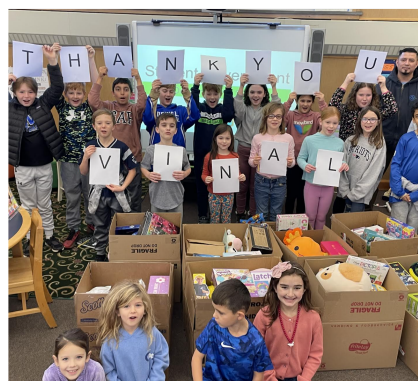
On behalf of the entire student body, the Vinal Student Government and the Vinal PTO collected 209 toys for families in need. Thank you to everyone that was able to donate a gift.

### 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.



1st Grade Winter Concert



Toy Drive



PJ/Stuffy Day in K

4th Grade Mixed Media Art



## Breakfast & Lunch Menus

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

## Upcoming Dates

December 20: NMS Musical Performance for Vinal Students

Dec. 25 - Jan 1: No School

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

Jan. 10: Early Release

Jan. 15: MLK Jr. Day—No School

## Updates from Nurse Kristen

Presently, there are many respiratory and gastrointestinal viruses circulating. Please help keep our school community as healthy as possible by following these recommendations if your child is not feeling well.

*Fever (>100.0° Fahrenheit or higher), nausea, vomiting, diarrhea:*

- Stay home until 24 hours after symptoms resolved AND fever-free for 24 hours without fever-reducing medication.

If your child has tested positive for COVID, please contact the school nurse for guidance on a return date to school.

- They will need to be out of school for 5 days and return on day 6. A mask is required on days 6-10 if the child has not tested negative in that time frame.

Thank you for helping keep our school community healthy this cold and flu season.

## 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!

**These are a few of my favorite things:** By thinking about something we like, we can trick our brain into feeling calmer in moments that are super stressful. Think about your favorite things. What is your favorite place to be? What is your favorite ice cream flavor? Think about it, visualize it. Think about how it makes you feel.





## 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

As 2023 is coming to a close, the PTO would like to wish everyone a very Happy Holiday Season and Happy New Year!

- 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. Happening at 1-3pm at 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





## "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  
for those living with dementia and their care-partner*



**Nathan Thorsteinson**

Nathan Thorsteinson is using Smore to create beautiful newsletters