

FEBRUARY WEEKLY VINAL VOICE

Week of Monday, February 5 - Friday, February 9, 2024.



Principal's Update

Family Survey

Thank you to all of the families that were able to respond to our Family/School Relationship survey. We had a 31.7% response rate. That comes out to 222 responses out of a possible 701. We will analyze the results as a staff and as a School Improvement Council to create goals for the rest of this year and into next year.

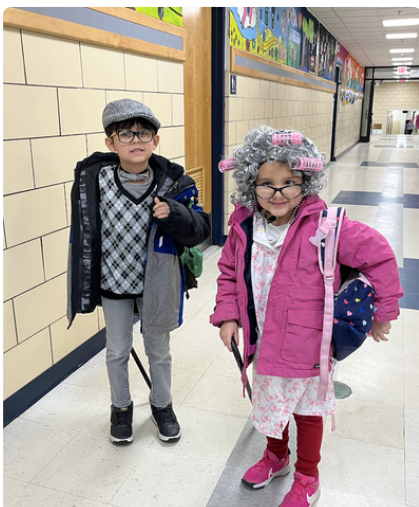
Grades 3-5 Music

Students in grades 3-5 will begin learning how to play the recorder in the coming weeks during music class. This week, all families of students in grades 3, 4, and 5 will receive a *Beginning Recorder Notice* from Mrs. Barry. The notice is also attached below should the notice not make it home in your child's backpack.

Kindergarten Registration

Kindergarten registration is now open for the 2024-2025 school year. All Norwell residents who will be 5 years old before September 1, 2024, are eligible to attend kindergarten.

Please click [HERE](#) to be taken to the registration page.



Lunar New Year Fans in 5th
Grade Music



Updates From the Health Office

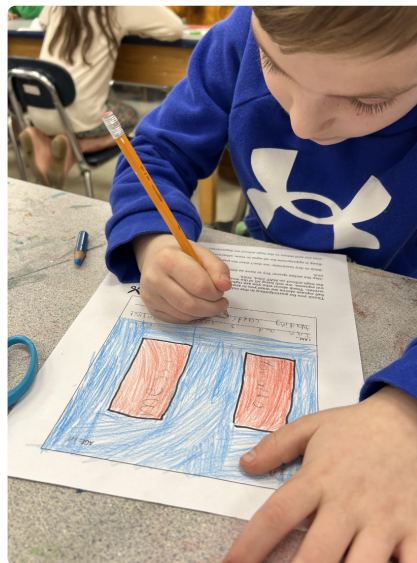
February is American Heart Health Month! Last year I started to teach all the 5th grade hands-only CPR and the Heimlich. This week I started to teach one of the 5th grade classes, and over the next few weeks, the rest of the 5th grade classes will also have their CPR lessons. The teachers will share some photos of the classes, and the students have been the best audience and have enjoyed learning this important life skill.

For more information please reference the American Heart website: <https://www.heart.org/>

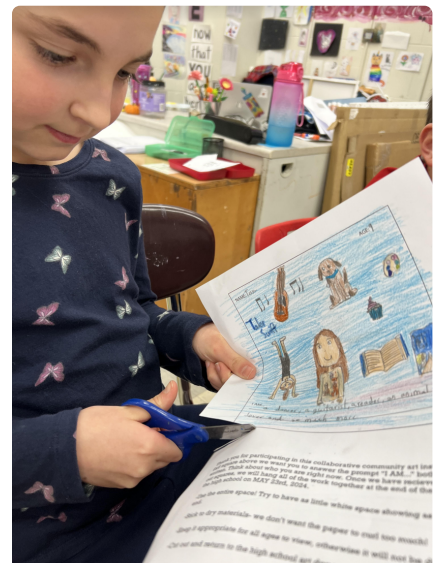
What's Happening in the Art Room?



4th Grade Working on their
Portion of the Community Art
Project



4th Grade Working on their
Portion of the Community Art
Project



4th Grade Working on their
Portion of the Community Art
Project

Breakfast & Lunch Menus

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

Upcoming Dates

- 2/15: Student Government Mtg.
- 2/16: Spirit Day--Switch Day (kids dress as teachers & teachers dress as kids)
- 2/19-2/23: February Break
- 2/27: Crocodile River Music Performance
- 3/6: Early Release
- 3/8: Community Meeting
- 3/12: 2nd Grade Field Trip to Harvard Museum of Natural History
- 3/13: Vinal PTO Meeting, 9:00 AM
- 3/13: Vinal School Improvement Council Mtg.

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!

Candle breath: Pretend you are holding a candle. Now take a deep slow breath in, being careful to not breathe too hard– we don’t want the candle to blow out. Gently and slowly blow your breath out, holding the candle in front of you. Do this four more times. On the last time, take a deep breath in, hold it for 3 seconds, and then breathe out quickly to put the candle out!

Beginning Recorder Notice

2/12/24

Dear Vinal families;

This year we are reintroducing the Vinal School recorder program in general music class. Students in grades 3-5 will have the opportunity to learn the recorder.

This is an important part of the music curriculum as playing the recorder teaches students to use good posture, breath control, enhance fine motor skills, listen to others, play in an ensemble, read music notation, and care properly for an instrument. Recorder will remain a part of music class for the rest of your child’s time at Vinal School.

Each student will need to own a soprano recorder. The cost to purchase a recorder through the Vinal School PTO is \$3.00. If you wish to purchase a recorder, please enclose your payment (cash only) with the form below. If you already own a recorder, please have your child bring it into school in a recorder case or plastic bag with their name clearly labeled. If cost is a concern to you, please contact our principal, Nate Thorsteinson, to make arrangements to receive an instrument.

Thank you and please reach out should you have any questions.

Sincerely,
Stephanie Barry
Vinal Elementary School Music Teacher
stephanie.sousa@norwellschools.org

Fill out, cut off, and send to school with your child by Wednesday 2/28/24.

Print Student's Name (first and last): _____

Print Classroom Teacher's Name: _____

Please Check All That Apply:

_____ I wish to purchase a recorder through Vinal School and I am enclosing \$3.00 in cash.

_____ I do not need to purchase a recorder, as we already own one.

Vinal PTO

Happy Valentine's Day!

Due to the break next week, we won't be holding a PTO meeting this month. However, if you're interested in helping out, please feel free to connect with us!

Boxtops Fundraiser: Did you know you can earn money for your child's school from your normal grocery purchases? It couldn't be easier! Start by downloading the BOXTOPS App from the App Store or GooglePlay. Make an account with the email address you use to shop online then locate the Vinal School. Now your account is set up and ready to accept all your future receipts! Shop like you normally would either online or at your local grocery store and look for specific products with the special BOXTOPS logo. Product brands include: Annie's, Cascadian Farms, Cheerios, Pillsbury, Nature Valley and so much more! Each item with a BOXTOPS logo earns 10¢ for your school! Think of how many packaged items you buy in a week - over time this could really add up! Scan your receipt in the BOXTOPS app within 14 days of purchase, or forward your email receipt to receipts@boxtops4education.com! The schools receive 2 checks per year through this easy, effortless fundraiser! Thanks for supporting your child's school - happy shopping!



VOLUNTEERS NEEDED:

Vinal Talent Show - The Vinal Community Events Board is looking to organize a team of volunteers to help spearhead a Vinal School Talent Show to be held towards the end of May. Please email Beth Monticone at

beth.monticone@gmail.com or Lauren Previte at Lsarno@jm-a.com if you are interested! We will be firming up the date and time in the upcoming weeks.

If you haven't already, please join our [Facebook Gr0up](#) or on [Instagram](#). Our website is up to date too! Check it out 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.

Thank you for all of your continued support! ~ Your Vinal PTO

The NORWELL SOFTBALL SEASON is Here!

Please visit our website at www.norwellgirlssoftball.com and follow the link to our registration page.

The season runs from early April through mid-June, with girls second grade and older playing 2 games during the week. Divisions are based on the 2023-24 school grade.

For the upcoming 2024 season we will follow the same format as last year. We will be offering a K-1 Program, a Grade 2-3 (Division 1) coach pitch program and a traditional program for grades 4-8 (Grades 4-5 Division 2 & Grades 6-8 Division 3).

K1 Program:

(Kindergarten – 1st Grade) - \$95

Plays Friday evening – starting after April School Vacation

All games are played in Norwell

Tee Ball format

Division 1

(2nd Grade - 3rd Grade) - \$165

Plays Tuesday and Thursday from 6-8 PM

Games are played in Norwell, Hingham, Cohasset, Scituate, or Hull

Practice likely to be 1X/week

Coach Pitch format.

Division 2

(4th Grade - 5th Grade) - \$215

Plays Monday and Wednesday from 6-8 PM

Practices are typically held 1-2 day/week and scheduled by coaches

Games are played in Norwell, Hingham, Cohasset, Scituate, or Hull

Division 3

(6th Grade - 8th Grade) - \$215

Plays Tuesday and Thursday from 6-8 PM

Practices are typically held 1-2 days/week and scheduled by coaches

Games are played in Norwell, Hingham, Cohasset, Scituate, or Hull

Additionally, a \$50 discount will be automatically applied for the third or fourth child registered in the D1-D3 divisions. Please consider registering early so we can get an early read on how many teams we will have for the year to ensure we have enough coaches in place and get our uniform order in.

Thank you!

Norwell Girls Softball



Nathan Thorsteinson

Nathan Thorsteinson is using Smore to create beautiful newsletters