

FEBRUARY WEEKLY VINAL VOICE

Week of Monday, February 12 - Friday, February 16, 2024.



Principal's Update

The Vinal Voice is going out early this week due to the upcoming break. I hope you all enjoy some quality time with family and friends.

Vinal 3 Year Old Preschool

From time to time slots open up in our integrated preschool program. If you have a child who will be 3 years old before 9/1/24 and wish to have their name added to the consideration list,

please email Janet Asnes at janet.asnes@norwellschools.org.

Crocodile River Music Performance

When we return from break, students will be treated to a performance from the Crocodile River band on Wednesday, 2/27. Thank you to the Vinal PTO for supporting this visit!

PTO's Valentine Estimation Jar

Classrooms have been visiting the Vinal Office over the past week to make a prediction on the number of heart erasers in a jar. Congratulations to Mrs. Lewis's kindergarten class! They had the closest estimate and have won a PJ Party!

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.

Mrs. Cattaneo's Class Estimating



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/>

Switch Day Brought to you by Vinal Student Government



A Lot of Mrs. Carters on
Switch Day



K & 3rd Grade Buddy Classes



The Office was Well Staffed

Mrs. Keefe & her Students on Switch Day



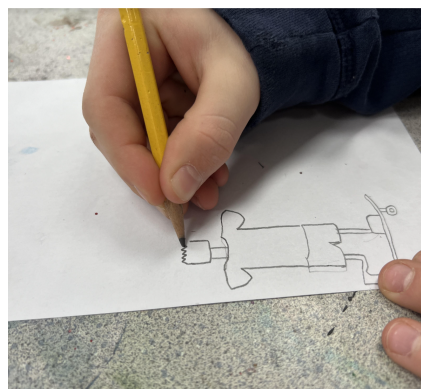
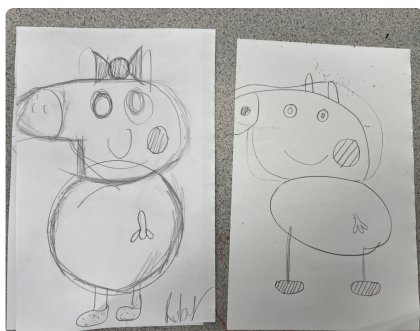
4th Grade Team as Students



Mr. Neefus in K

What's Happening in the Art Room?

Grade 5 Roy Lichtenstein Inspired Cartoon Characters



Breakfast & Lunch Menus

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

Upcoming Dates

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!

The size of the problem: Sometimes, our brains need a reminder that the size of a reaction should match the size of the problem. Think about the size of the problem. Is this a big problem, like an earthquake? A medium problem, like a disagreement with a friend? Or a tiny problem, like forgetting your homework? Now, make sure the size of your reaction matches the size of the problem. It can help to talk this out with a friend or adult if you are unsure how big the problem is!

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

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

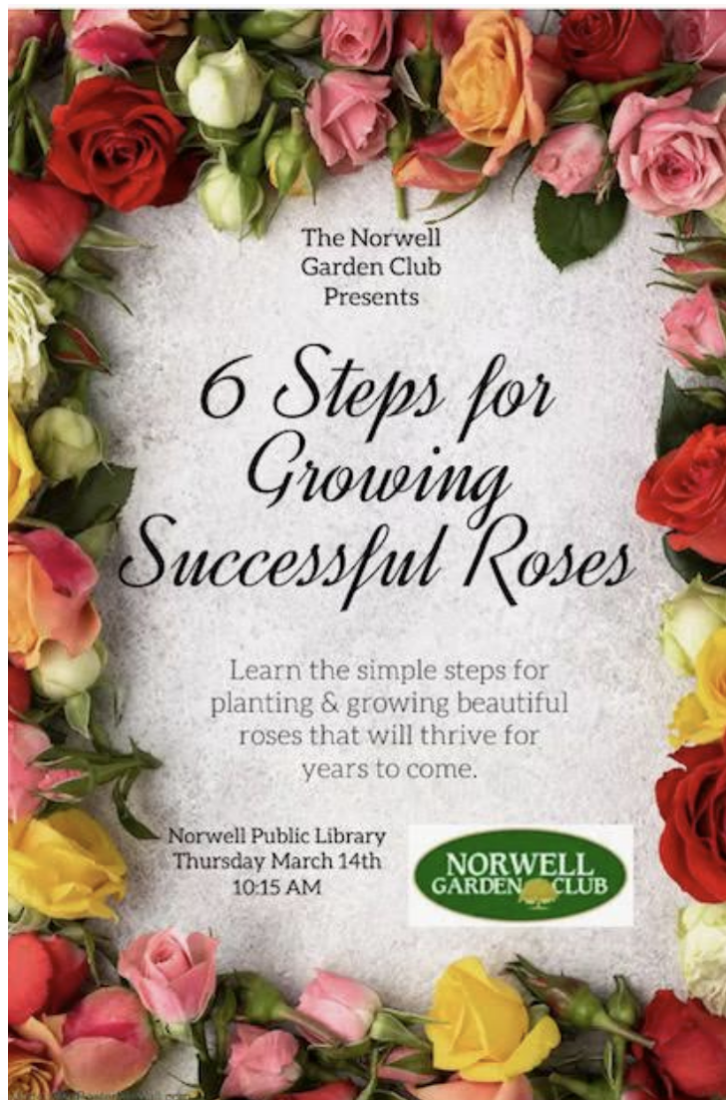
Practices are typically held 1-2 days/week and scheduled by coaches

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

