

MARCH WEEKLY VINAL VOICE

Week of Monday, March 4 - Friday, March 8, 2024.



Principal's Update

Universal Screening Data

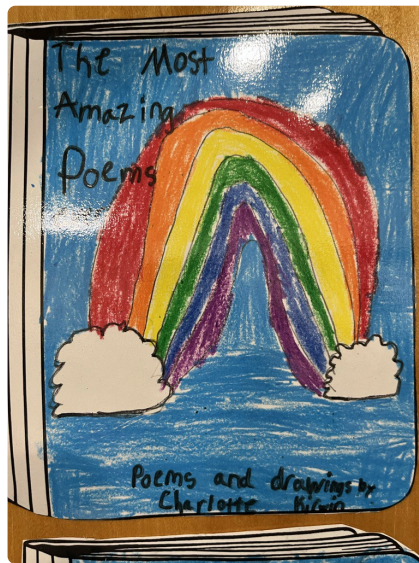
Mid-year universal screening results for students in grades first through fifth are now available in Aspen. Universal screeners are assessments used to identify students who might be at risk for difficulties in learning. They are quick, reliable and valid assessments conducted with all students from a grade level. Kindergarten screening is currently underway, and we will notify kindergarten families once those results become available.

[Directions for accessing universal screening information in Aspen](#)

Student Government

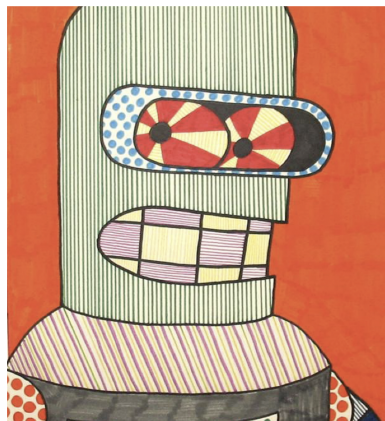
The Vinal School Student Government is leading an initiative to collect as many unopened BOXES of cereal as possible. In conjunction with the PTO and Norwell High School student volunteers, we will be creating a set of dominoes that will flow through the Vinal School halls! Once our community activity is finished, the boxes of cereal will be donated to local food pantries. The video ([Cereal Box Dominoes](#)) shows over 1,300 boxes of cereal being used, so our task is big!

Read Across Vinal Week



What's Happening in the Art Room?

Roy Lichenstein Inspired Art in Grade 5



Breakfast & Lunch Menus

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

Upcoming Dates

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.

3/14: Student Government Mtg.

3/15: David Coffin Performance (3rd-5th)

3/22: *Water All Around* presentation to 5th Graders

3/25: Puberty Information Night for Grade 5 Parents, 6:30PM

3/28: All-Town Band Concert at NHS, 7:00PM

3/29: 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!

Do a calm classroom activity: At school, we have learned how to use calming activities to transition, or recover from stressful situations. Ask an adult to lead a calm classroom activity, or do one that you have liked from class. You might also like to check out the book, “Breathe Like a Bear” by Kira Wiley for some fun and whimsical calming activities.

Vinal PTO

Please join us for our monthly **PTO meeting** on **March 13th at 9 am** in the cafeteria! We'd love to see you there!

Save the date for the next **Stay and Play** happening on **May 17th** right after school (which is an early release day). Just a reminder that students need to be accompanied by a parent or caregiver and siblings are welcome. Stay tuned for more details to come!

The Student Government is leading a **cereal box food drive** on **April 12th!** Their goal is to have at least 536 boxes of cereal donated by April 10th. On April 12th, the boxes will be set up like dominoes

through the school hallways. After they topple, they will be collected and donated to the Norwell Food Pantry! Please send in a box or two if you're able to contribute!

Attention all Pickleballers! Please join us for Vinal's first annual **Vinal vs. Cole Mom's Pickleball Tournament** happening on **May 18th** from 4-6 pm at the Weymouth Club! [Sign up here](#) or at vinalpto.com. The registration fee is \$30 and this is a PTO fundraiser for the school. Don't delay, there are only 24 spots open and will fill up quickly! Not a pro Pickleball player? No worries! Come on out and show your support in the crowd! We'd love to have you there!



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

Student Government Cereal Drive



**CEREAL BOX
DOMINO**
Food Drive
FRIDAY, APRIL 12
DROP OFF BOXES OF CEREAL TO THE
NORWELL VINAL SCHOOL BY 4/10



Basic Rights: Evaluation and Eligibility

A Free Virtual Workshop
for Parents and Professionals

Basic Rights: Evaluation and Eligibility provides an introduction of the complex special education laws and procedures.

Workshop Topics:

- *Individuals with Disabilities Education Act and Massachusetts Laws*
- *Evaluations and Referrals*
- *The Team Meeting*
- *Individualized Education Program (IEP) and 504 Plans*
- *Effective Progress*
- *Transition*
- *Review of Important Timelines*
- *Strategies for Success and more!*



About Your Host:

The Norwell SEPAC is a group of parents who meet regularly to discuss the needs of our students and improve special education in Norwell. We provide a space for families to content and education on topics relevant to our community. Contact us at TheNorwellSEPAC@gmail.com

Handouts will be provided to registered attendees on the day of the virtual presentation.
REGISTRATION IS REQUIRED.

Date: March 27, 2024

Time: 6:30-8:30 pm

Registration Link:

<https://fcsn-org.zoom.us/meeting/register/tZwpfuqpgT4qH9Lm8JKeTCZ4VYzx8-BTOq7->

Norwell Arts Launches Norwellarts.org: A Hub for Community Engagement and Art, Theatre, and Music Enthusiasts



Norwell Arts is thrilled to announce the launch of its new website, norwellarts.org, aimed at uniting the community through the support and promotion of visual arts, theatre, and music programs at Norwell Public Schools.

Why log in?

- Stay updated on art-related events in Norwell through our active calendar.
- Purchase tickets for Norwell Arts and NHS arts-related events.
- Make a difference by supporting our Playbill and making a donation.
- Contribute to our photo gallery and share your artistic experiences...maybe even see your photo!

Purchase your tickets for Radium Girls here too!

(See rating online, for mature middle school audiences and up)



About Norwell Arts:

Norwell Arts, a parent-led organization, supports visual arts, theatre, and music programs at Norwell Public Schools. Through education, fundraising, and community engagement, Norwell Arts enhances the educational experience. Visit norwellarts.org for more information.

Visit [Norwellarts.org](https://norwellarts.org) to explore and contribute



Your Year of Friendship

- ✓ Learn something about your new friends!
- ✓ Learn a Girl Scout friendship song!
- ✓ Make friendship bracelets to share!

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

Scan code or visit
gsema.org/trygirlscouts

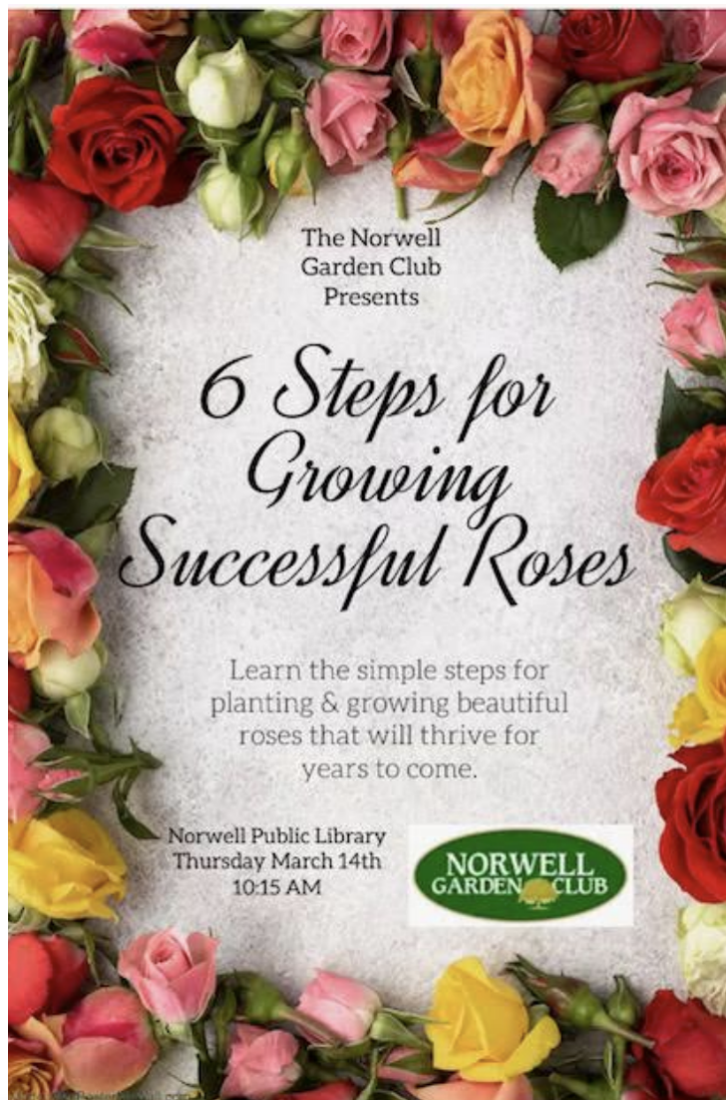


Meet your new
forever friends with
Girl Scouts in
Norwell!!!

Free! Bring your grown-up(s)
along.
Monday April 22, 2024
6 - 7 PM
Norwell Public Library
Meeting Room
64 South St.
Norwell, MA

Please RSVP and let us know
you are coming!
www.gsema.org/eventsvp4

girl scouts
of eastern
massachusetts



Nathan Thorsteinson

Nathan Thorsteinson is using Smore to create beautiful newsletters

