

MARCH WEEKLY VINAL VOICE

Week of Monday, March 11 - Friday, March 15, 2024.



Principal's Update

Neurodiversity Week

We are celebrating Neurodiversity Week this week at Vinal School! What is neurodiversity and how do we celebrate? Approximately 15-20% of the population has neurological differences, and we look to recognize and celebrate those differences in how our brains work. Our students have voted to recognize our differences by wearing colors of the rainbow on Friday, March 22nd. Each grade level is encouraged to wear the corresponding color below.

Pre- K & Kindergarten - RED

1st grade -ORANGE

2nd grade - YELLOW

3rd grade - GREEN

4th grade - BLUE

5th grade- PURPLE

Report Cards

Elementary report cards will be available in Aspen on Friday, March 22nd at approximately 3:30PM.

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!



2nd Grade Field Trip to the Harvard Museum of Natural History



Maeve & Arabella Surprised Lunches with an Irish Step Performance on St Patrick's Day



Mrs. Glidden Joined her Students for a Game of Volleyball in PE.

Breakfast & Lunch Menus

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

Upcoming Dates

- 3/22: *Water All Around* presentation to 5th Graders
- 3/22: Elementary Report Cards
- 3/25: Puberty Information Night for Grade 5 Parents, 6:30PM
- 3/28: Brian Lies Author Visit K-5
- 3/28: All-Town Band Concert at NHS, 7:00PM
- 3/29: No School
- 4/4: Community Meeting
- 4/5: Grade 4 ELA MCAS 1
- 4/8: Grade 4 ELA MCAS 2
- 4/9: Grade 3 ELA MCAS 1
- 4/10: Early Release Conferences
- 4/11: Grade 3 ELA MCAS
- 4/12: Cereal Box Domino Event

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!

Take a break: Walking away from something frustrating, or doing a fun activity to shift our brain's focus can help us feel less reactive and more able to face problems head on. Find a quiet and

calm place to sit and brain break (such as reading or drawing), or find a way to move your body and take a movement break.

Vinal PTO

Thank you to all who were able to join us for the **PTO Meeting** last week! Our next meeting will be on April 24th at 7 pm via Zoom! We will share the link closer to the meeting date! We hope to see you there!

This week is **Neurodiversity Celebration Week!** The Student Government voted to celebrate with rainbow colors this Friday, March 22nd! Please wear these colors according to your grade:

Pre- K & Kindergarten - RED

1st grade -ORANGE

2nd grade - YELLOW

3rd grade - GREEN

4th grade - BLUE

5th grade- PURPLE

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/Domino Event** 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 an **UNOPENED** box or two if you're able to contribute!

Please join us for Vinal's first annual **Vinal vs. Cole Mom's Pickleball Tournament** school fundraiser happening on **May 18th** from **4-6 pm** at the Weymouth Club! 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!

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 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





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/join/register/tZwpfuqpgT4qH9Lm8JKeTCZ4VYzx8-BTOq7->

For more information about the educational workshops available from
The Federation for Children with Special Needs,
please visit us at fcsn.org/ptic/workshops or email: workshops@fcsn.org

Spring clothing drive for Cradles to Crayons!



The Giving Factory

Collection dates: March 18 - March 28

Collection locations: Norwell Public Library and Norwell Middle School

We are collecting clothes for kids ages
newborn - 12 in gently used or new condition

This clothing drive will benefit children in
Massachusetts experiencing clothing insecurity

If you have any questions please email:
briana.yee@students.norwellschools.org

This clothing drive for Cradles to Crayons is in partnership with Project351



THE NHS PTO

MARCH MADNESS RAFFLE

FOUR amazing prizes - PURCHASE as many tickets as you'd like
OPEN to anyone - PICK which prize you'd like to win

1

LET'S PARTY!

Busy Bee Jumpers - \$500 gift card



2

TAKE ME OUT TO THE BALLGAME!

Red Sox Tickets - access to private Royal Rooters Club
Field Box 20, Row D, Seats 1-4 \$800 value



3

SPRING CLEANING TO THE EXTREME!

Troupe Waste

30 yard roll off dumpster delivered - \$900 value



4

SHOPPING SPREE!

Amazon \$1,000 Gift Card



TICKETS: \$10 for 1, \$25 for 3, \$40 for 5!

You can purchase as many entries as you'd like!

ALL are welcome to participate - neighbors, family, friends!

venmo



@NHSPTO

Please put your full name and which prize(s)
you'd like to be entered to win.

Dinner and a Movie

The Sandy Houghton Story: An Inspirational Journey

We will be joined by Special Guest Sandy
Houghton via Zoom!

**Wednesday,
March 27th from
6:00-7:30pm.
Registration
Required.**




This 40-minute documentary recounts the life of Sandy Houghton a woman born with severe cerebral palsy, who overcame endless barriers to become a renowned leader in disability advocacy, awareness, and education.

Join us for a pizza dinner and then watch this fascinating documentary followed by a Zoom conversation with Sandy Houghton.

Co-Sponsored by the Norwell Commission on Disabilities Committee.

64 South Street
Norwell, MA 02061

bit.ly/SandyH-NPL
 Norwell Public Library



Nathan Thorsteinson

Nathan Thorsteinson is using Smore to create beautiful newsletters

