

# FEBRUARY WEEKLY VINAL VOICE

Week of Monday, February 26 - Friday, March 1, 2024.



## **Principal's Update**

### **Read Across America**

We will be celebrating reading all week for Read Across America! Please see the daily activities below.

### **Student Government**

The Vinal School Student Government is leading an initiative to collect as many 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!

Starting on February 26 we will be collecting the boxes of cereal. Please send them in as soon as possible! Cereal must be BOXED to make this work! Thank you in advance for your donations!

-Student Government

### **Crocodile River Music**

Thank you to the PTO for bringing in performers from Crocodile River Music. On Tuesday, February 27th, all students in kindergarten through 5th grade were treated to a 55 minute performance. The performers were interactive and engaging.

### **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](mailto:janet.asnes@norwellschools.org).

### **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.



**Charlotte Joins the Band**



**Tanner Joins the Band**



**Lots of Students Join In**



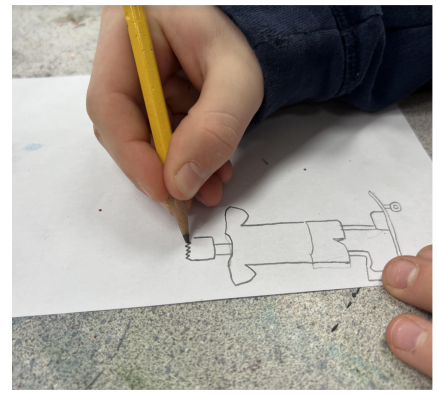
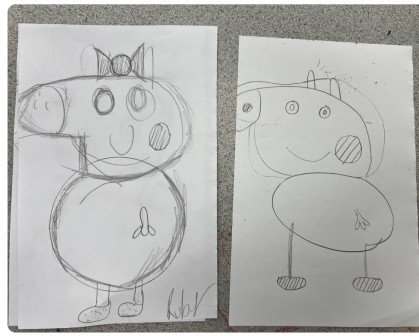
## **Updates From the Health Office**

Last week our 3rd, 4th, and 5th grade classes had Mass Safe Routes to School come and present information about bike safety. Lots of topics were covered from how to wear helmets appropriately, how to ride on the road safely, and how to make sure your bike is ready to ride safely. The students enjoyed the presentation and hopefully, they can take away some bike safety tips for the spring!

## **What's Happening in the Art Room?**

Grade 5 Roy Lichtenstein Inspired Cartoon Characters





## Breakfast & Lunch Menus

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

## Upcoming Dates

- 3/6: Early Release
- 3/8: Community Meeting
- 3/10: Daylight Savings Starts
- 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)




## 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!

**Move it to lose it:** When our bodies feel big feelings, it is helpful to get them moving. This helps our blood flow to our brain, giving it more energy to start calming down, and can be a good distraction. Play “keep it up” with a balloon, or try some yoga poses. Take a walk or even take a shower/bath. Think of a fun outdoor activity, or leave the house to go on an adventure. Jump on a trampoline, or just run around. Do whatever feels good to get your body moving!

**Read Across Vinal Week**

Here is the schedule for Vinal's celebration of Read Across America, which will begin on Monday, March 4th. Also, families are encouraged to take a stroll on the Story Walk to read **What If...** Thank you to the PTO for swapping out the story.

Monday, March 4th	<p><b>Kick Off</b></p> <p>Students will be greeted by a storybook character friend during drop off, &amp; begin designing book covers for one of their favorite books. Book covers will be displayed on classroom doors.</p> 
Tuesday, March 5th	<p><b>Drop Everything and Read</b></p> <p>Grade levels will set aside time so that all students may read a book of their choice at the same time.</p>
Wednesday, March 6th	<p><b>Character Day</b></p> <p>Dress as your favorite book character!</p> <p><b>Book Character Dress Up Day!</b></p> 
Thursday, March 7th	<p><b>Book Scavenger Hunt</b></p> <p>Book quotes and emojis will be posted in the Vinal halls and students are encouraged to guess the title. Can you identify the correct book?</p> 
Friday, March 8th	<p><b>Flip-Flop Friday &amp; Book Cover Displays</b></p> <p>Classroom teachers will "Flip-Flop" with another teacher in a different grade to be a guest reader. Student designed book jackets will also be on display on classroom doors.</p> 

## 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](http://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



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](mailto: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](mailto:beth.monticone@gmail.com) or Lauren Previte at [Lsarno@jm-a.com](mailto: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](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

## **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](mailto: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->

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

## Norwell Arts Launches [Norwellarts.org](http://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](http://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](http://norwellarts.org) for more information.





## 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](https://gsema.org/trygirlscouts)



©2023 Girl Scouts of the USA. All Rights Reserved.

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/eventsrsvp4](https://www.gsema.org/eventsrsvp4)

girl scouts  
of eastern  
massachusetts

The Norwell  
Garden Club  
Presents

## 6 Steps for Growing Successful Roses

Learn the simple steps for  
planting & growing beautiful  
roses that will thrive for  
years to come.

Norwell Public Library  
Thursday March 14th  
10:15 AM







**Nathan Thorsteinson**

Nathan Thorsteinson is using Smore to create beautiful newsletters