

The Vinal Voice

Calendar

- 5/18 Last day to submit nursing home video/pic
- 5/20 Vinal Virtual Spirit Day: Imagination Day
- 5/22 Virtual Field Day, 1pm
- 5/22 Mrs. Medairos Facebook Live read aloud, 1:15pm
- 5/25 Memorial Day (Holiday)
- 5/26 Student Government Zoom meeting, 2pm
- 5/27 Vinal Virtual Spirit Day: America Day
- 5/27 Vinal PTO Zoom meeting, 7:30pm
- 5/29 Virtual Field day, 1pm
- 5/29 Mrs. Carpenito Facebook Live read aloud, 1:15pm



We are excited to present our virtual Cole and Vinal School **Fun Friday Field Days** between 1-3 pm on **Friday, May 22nd to Friday, June 12th!** Our goal is to create fun activities each week that students, family members, classroom teachers, specialists, aides and administrators can safely participate in. There will be no academic support or virtual connections during these times.

Each week we will present, through an email to parents, a flipgrid code for the different activity for everyone to try to safely create at their home. We are encouraging everyone to share a one minute video of their activity on flipgrid. The flipgrid instructions are on the PE teacher grid on weekly learning plans. We have created one specific flipgrid for each grade and online parent consent form for video participation. Our hope is everyone will creatively participate and watch all the videos from their classmates, teachers and entire school community. Once you complete the consent form it will automatically send you to the flipgrid platform. Look for the email sent earlier today!

From the Principal:

Welcome to week 10 of remote learning! Thank you for encouraging your children to attend their Zoom connection times and academic support times. Please remind your children to always review the teacher's expectations prior to the established time. Often, students are expected to have certain materials for their scheduled times. If students are prepared prior to joining the "meeting" everyone can begin with the activity/lesson as planned. Thank you!

Thank you to all of those that dropped off their Vinal School Library books over the past 2 weeks. Please know that Ms. Howard is in no rush to collect books. In fact, we prefer to keep the books in your child(ren)'s hands. However, the library drop off bin will be out each day from 8am-4pm through May 29th. Happy reading!



Wednesday, May 20th is **Imagination Day!** Dress up as something from your imagination and share a picture on the [Vinal PTO Facebook page](#).

If you experience technology issues with a borrowed iPad, or need an iPad, please email tech.support@norwellschools.



In honor of Mrs. Almeida's and Mrs. Thibodeau's retirements in June, we are creating a scrapbook for each of them and are looking for help from students past and present. If you'd like, please submit pictures, poems, notes, favorite memories or stories, etc. that will be incorporated into a **surprise** scrapbook for each of these talented educators. Please email your contribution to Mrs. DeBaggis, mail to Mrs. Asnes, Norwell Public Schools Central Office, 322 Main St, Norwell MA 02061 or drop in the Library book bin at the school. Thank you!

Food Services Update

NPS Food Services has free curbside meals available Monday–Friday for any child preK–12 at the Norwell Middle School drop-off entrance from 11–1pm. Simply email judith.crooks@norwellschools.org or text (781) 820–5319 the day before pickup or before 9:00 am on the day of pickup to ensure they prepare enough meals. Then, pull up to the green recycle barrels, open your trunk/back window, and let a member of food services know how many meals you need.

This week's menu:

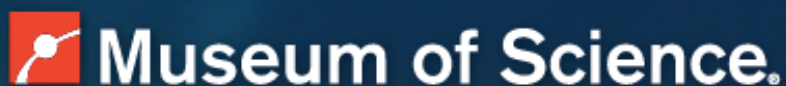
Monday– Chicken Tenders

Tuesday– Hot Dog

Wednesday– Build-a-Burger

Thursday– Hot Turkey Dinner

Friday– Cindy's Fresh Homemade Pizza



Museum of Science building may be closed but science never stops! The #MOSatHome page offers virtual looks at the Boston museum's exhibits, STEM activities as well as daily livestreams and webinars.

COPING CORNER

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! We'll highlight new strategies here each week. Now, let's learn about some small strategies to tame some big feelings!

Share a hug

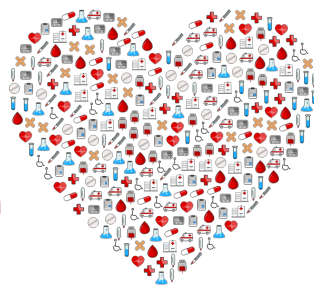
Feeling comforted and loved helps our brain slow down, and activates a part of our brain that feels happy feelings. Even though this may not fit the problem, it is a great reminder that we are not in this alone, makes us feel safe, and it helps our brain remember happy feelings. Give yourself a big hug or get a hug from a loved one, trusted adult, or a peer.

Thanks, Ms. LaSalle!

NEWS FROM THE NURSE: MEDICATION PICK UP

Due to the governor's decision that schools will not reopen this year, plans are being made for medications remaining at school to be picked up. If your child has medication, an epi-pen or an inhaler at school, you will be receiving an e-mail with a date, location and a window of time to pick up the medication. Please let Mrs. Almeida know if you are unable to pick up the medication during this time.

Medications for school year 2020 - 2021 will require new doctor and parent signatures. Forms are available in the health office or the nurses' web page. You may also use your child's physician office form. Don't forget to have these completed over the summer and submit with all prescription medication, epi-pens, and inhalers in September!!! Thank you!!



William Gould Vinal Elementary School
Nathan Thorsteinson, Principal - nathan.thorsteinson@norwellschools.org
Tracy Riordan, Assistant Principal - tracy.riordan@norwellschools.org

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Dear Vinal Families,

We are fourth grade Vinal Student Government representatives, recently we met and decided on behalf of the student body that we would like to focus our initiative to give back to the community on spreading some cheer to the people living at our local nursing homes. In order to do this we ask that you send a 5-7 second video clip or a photograph that shows kindness, appreciation and positive thoughts that will put some love in their hearts and a smile on their faces. Some things that you could do as a family:

- Draw a picture
- Say something positive and inspirational
- Make a poster
- Recite a possible quote
- Write a virtual note
- Still picture with a sign
- Sketch a drawing with chalk on the driveway
- Write a word in sand

When you are done making your video for **"Put a little love in their hearts,"** please submit your video clips to Henry Wheeler at henry.wheeler@students.norwellschools.org by May 18, 2020.

If you have any questions please reach out to Mr. T, Mrs. Fraser or Mrs. Meade.

Sincerely,
Sammy & Travis



Vinal PTO News

**ELECTIONS! ELECTIONS! ELECTIONS! Calling all interested Vinal Parents or Caregivers.**

The Annual Nominations for Vinal PTO Board positions are now open through May 22, 2020. Once all nominations are verified, a ballot will be emailed. The new board members will be announced at the next PTO meeting.

Voting Link: <https://www.surveymonkey.com/r/35CNKX3>

- You may nominate more than one person for each position. Simply type multiple names in any field below separating each full name with a comma.
- You do not have to nominate a person for every position (you do not have to fill all fields).
- You may nominate yourself!
- Responses are anonymous.
- Board responsibilities are outlined [HERE](#). Contact vinalpto@gmail.com with questions.

Next PTO Meeting

Our next virtual meeting will be held on Wednesday, May 27, 2020 at 7:30 p.m. A zoom link will be sent out