

The Vinal Voice

Kindergarten Registration

Kindergarten registration for the 2019-2020 school year will be on February 6th and 7th. All residents with a child who will be 5 years of age on or before September 1st, 2019 will receive a letter from either the Cole School or Vinal School the week of January 14th with registration information.

If you do not receive a letter or know of someone who is new to town and may not be on the town census, please call or email Vinal School Secretary, Janet Asnes at 781-659-8820, janet.asnes@norwellschools.org.

January Calendar

- 1/10 Student Government Meeting, 9:00
- 1/21 No School, Martin Luther King Jr. Day
- 1/23 Vinal School Improvement Council, 3:45
PTO Meeting, 7:00
- 1/28 School Committee Meeting, Vinal 7:00
- 1/31 Kindergarten Field Trip to NHS
Early Release Day, Dismissal at 12:20



Preschool 2019-2020 Lottery

Norwell Public Schools is accepting registrations for community preschoolers for the 2019-2020 Preschool Lottery. The Preschools, located at Cole & Vinal School, are integrated programs for 3 and 4 year olds both with and without disabilities. Please visit our web site www.norwellschools.org and click on Instructional Services/Early Childhood Education/Preschool Lottery to submit a registration form. The registration period is through January 22, 2019. The lottery will be held January 23, 2019.

Dress for Outdoor Recess

Recess is an important part of our day. It provides an opportunity to take a break from classroom learning. Studies continue to show the positive links between going outside for recess and students' ability to focus during the day. Plus, it's a lot of fun! Please plan for your child to go out every day. .



Check out what's happening at Vinal: [Daily Podcast](#), [FACEBOOK](#), [TWITTER](#)

News From Your Nurse

As most families at Vinal School are aware we have had students and families ill with flu, colds, coughs, sore throats, strep throat and the stomach “bug”. The cases of diagnosed flu are on the rise right now and it is not too late to get a **Flu vaccine**. Some cases of strep throat have occurred and may present without sore throat and fever but with malaise, headache, stomach ache and mild rash. At Vinal School, we hope children will stay as healthy as possible and to do that we are encouraging measures to prevent the spread of illness.



Please help us by reinforcing these practices at home:

- **Good hand washing!** This is the number one most important thing that can be done to prevent the spread of germs. By using warm water, soap and the friction of rubbing the hands together, bacteria and viruses can be effectively reduced. Don't forget good hand washing following shopping or being in public places!
- Coughing into your elbow or a tissue, followed by washing hands.
- **Keeping hands away from the face** and avoiding sharing glasses and utensils.
- **Avoid close contact** with people who are sick and stay away from others if you are sick.
- **A good night's sleep**, lots of fluids and nutritious food *may* help your child avoid infection.

Feel free to call or email me at school to report any contagious illnesses. It is extremely helpful to have this knowledge in caring for the school community.

DON'T FORGET:

- Children **must** be fever free for 24 hours **without** fever reducing medication before returning to school.
- Finish the complete course of antibiotic therapy to prevent relapse of illness.
- Give children time at home to recuperate fully. If a child is not feeling well they are unavailable to learn and may expose others to illness.
- Changing toothbrushes after illness in a family is also a good practice.

Please refer to my website for useful information re: Norwell's infectious disease policy and feel free to call or email me at school if I can be of any help.

Wishing you and your family the best of health this winter!

Cheryl Almeida, R.N.
Vinal School Nurse

School Counselor Notes

Happy 2019!

During the month of January, kindergarten, second and fourth grade students will be reviewing our Social Health Curriculum lessons on privacy with regard to keeping their body safe. Students will be reviewing concepts including practice of refusal skills and their right to privacy.

Please know we take the protection of our children very seriously. Parents are encouraged to reinforce these safety skills with their children. Hearing this information at school and at home will help to reinforce how important these vital lessons are for children, which will empower students to remain safe as they continue to grow.

If you have any questions about the depth of the lessons designed per grade level, please do not hesitate to contact me.

Yours,

Timothy E. Lewis, M.Ed.
School Counselor



All of us on the PTO Board wish you a very Happy New Year! We are excited to see what 2019 brings.

Save the date: **Vinal Movie Night, February 8th at 6:30 in the Norwell High School Little Theater.** Details will be sent out soon.

The **5th Grade Sendoff Committee** will be meeting later this month. All 5th grade parents will receive an email with the date and time of this meeting.

2019 means it is a new tax year and if you would like to make a tax deductible donation to the PTO, click **DONATE** .

We hope to see you at our **next meeting on Wednesday, January 23rd at 7:00 p.m.** in the Vinal Library.



Monday January 7, 4:30 PM to 6:30 PM, Digital Animation (ages 8 to 12)

Create your own short animated films, using digital animation software such as Stykz and OpenToonz!
A limited-enrollment workshop led by an instructor from Empow Studios. Refreshments served after the program. Registration is required: norwellpubliclibrary.org