

# The Vinal Voice

## Movie Night This Friday

Vinal Movie Night featuring *Incredibles 2*  
 Friday, February 8th  
 6:30pm NHS Little Theater  
**Sign up [HERE](#) for this free event.**



## Calendar

- 2/6 Kindergarten Registration, 9:30 - 11:30, 3:30 - 6:30
- 2/7 Student Government Meeting, 9:00
- 2/7 Kindergarten Registration, 9:30 - 11:30
- 2/8 2nd Grade Audubon
- 2/8 1st Grade Dentist Visit
- 2/8 PTO Movie Night, 6:30 p.m. at NHS
- 2/12 100th Day of School
- 2/12 Peer Educators visit 4th & 5th Grades

## Vinal Coordinators Looking For Parent Feedback

Do you have questions about curriculum? Are you hearing phrases from your children and aren't sure what they mean? There has been a lot of changes in both curriculum and methodology over the past five to ten years. We are looking to answer all of your questions and more at an upcoming "Coffee with the Coordinators" meeting. To help us make this session meaningful, please take a few moments to complete this survey. [SURVEY](#)



## What's Happening At Norwell High



For all the latest happenings at Norwell High, please click [HERE](#).

## Kindergarten Registration



Walk-in kindergarten registration for the 2019-2020 school year will be this Wednesday and Thursday. On February 6th and 7th parents of students with last names beginning with A-K are asked to come on the 6th between 9:30 - 11:30 a.m.. Parents of students with last names beginning with L-Z are asked to come on the 7th between 9:30 - 11:30 a.m. Registration will be open for any last name on the 6th from 3:30 - 6:30 p.m. If you did 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,

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

## Big Feelings: Small Strategies

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!



### Food/Snack/Drink Items Needed for the Norwell “Warming Center” & First Responders



The NHS Volunteer Corps is working together to collect non-perishable items that will be used to accommodate Norwell residents that utilize the “Warming Center” at the Council on Aging and to support our First Responders in the event of an emergency during the 2019 winter season.

- ◆ Water
- ◆ Juice Boxes
- ◆ Ground Coffee
- ◆ Hot Cocoa
- ◆ Goldfish
- ◆ Granola Bars
- ◆ Nuts
- ◆ Pretzels
- ◆ Cookies
- ◆ Dry Pasta
- ◆ Crushed Tomatoes
- ◆ Black Beans
- ◆ Rice

- DROP-OFF LOCATIONS:**
1. Items for the “Warming Center”  
Norwell High School Main Lobby  
18 South St.
  2. Items for the First Responders  
Norwell Fire Department Main Lobby  
300 Washington St.

\*Donations will be collected until Feb. 13th

\*PLEASE USE THIS LINK TO HELP US MANAGE DONATIONS:

<https://bit.ly/2sOKETH>

\*Any unused items will be donated to the Norwell Food Pantry at the end of the 2019 winter season.



Norwell Girls Softball is excited to announce that 2019 Spring registration is now open for the following divisions:

Grades K-2 instructional

Grades 3-5

Grades 6-8

A \$25 early registration discount will be applied for all Grade 3-8 registrations before March 15, 2019. Please visit our website for more information or contact us at [norwellgirlsoftball@grail.com](mailto:norwellgirlsoftball@grail.com)

[www.norwellgirlsoftball.com](http://www.norwellgirlsoftball.com)