April Weekly Vinal Voice

Week of Monday, April 8 - Friday, April 12, 2024.

Principal's Update

2024-2025 Student Placement

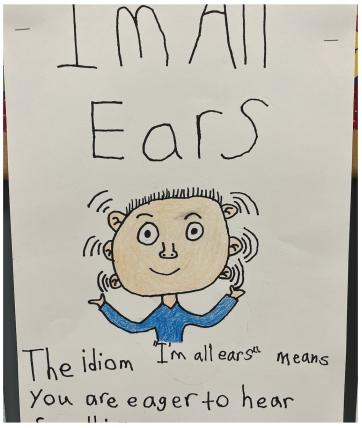
We are beginning the process for the placement of students for the 2024 - 2025 school year. In an effort to gather all pertinent information and create the most balanced classrooms possible, parents are welcome, but not required, to fill out the Parent Survey form by Friday, April 26, 2024. Only parents of current kindergarten through 4th grade students should complete this survey.

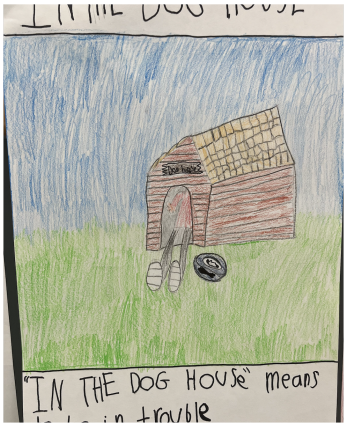
The forms will be reviewed by classroom teachers, specialists, coordinators, special educators, guidance, nurse, and administration as part of the placement process and then kept on file. You are welcome to include any information you feel is important for us as we build each class. Please know we do not take into consideration specific teacher requests. In addition, we will not guarantee that we will be able to separate certain students or place certain students together. The goal is to create the most balanced classrooms for learning for all students.

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.

5th Grade Idioms







Breakfast & Lunch Menus

Click HERE for the April menus.

Upcoming Dates

4/15 - 4/19: April Break
4/23: Grade 5 MCAS ELA 1
4/24: Grade 5 MCAS ELA 2
4/24: School Improvement Council, 3:45
4/24: Vinal PTO Mtg., 7 PM
4/25: Student Gov't Mtg.
4/26: Grade 3 Field Trip: Plimoth Patuxet Museum
4/26: Pedestrian Safety Presentation K-2
5/1: Bike Safety Presentation, 3-5
5/1: Elementary Early Release
5/2: 2024-2025 Kindergarten Orientation, 5PM
5/3: Community Meeting

Norwell Public Schools
MCAS Testing Schedule 2023-2024

	ELA	MATH	SCIENCE
Grade 3	April 9 & 11	May 13 & 14	
Grade 4	April 5 & 8	May 9 & 10	
Grade 5	April 23 & 24	May 15 & 16	May 20 & 21

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!

Get silly: Did you know that you can actually tell your brain to change the way you are feeling just by smiling, or laughing? Think about a funny joke. Make silly faces and laugh. Force yourself to smile, and then look in the mirror and try not to laugh! I know this one sounds a far out there, but it really works!!!

Vinal PTO

APRIL



4/11- Directory Cover Design Contest! Calling all students! We will be having a contest for students in K to 4th grade to design the front and back cover of the 2024/25 School Directory! Two designs will be chosen - one for the front page and one for the back page! Submissions will be accepted until 5/3. 5th grade students will be the committee to choose the winners!

4/22 - Happy Earth Day Vinal Families! Keep an eye out for wildflower seed packets coming home with the kids on Monday, April 22nd - Earth Day! Please help your child plant the seeds and together watch them grow, feed the bees, and make the world a more beautiful place! We'd love to see your student(s) planting their seeds! Tag us on Instagram to share or email meganbhambi@gmail.com!

4/24 - PTO Meeting. We will have Superintendent Matthew Keegan attend our next PTO Meeting which will now be in-person, via zoom, and recorded. (Please note that the zoom access may not allow for live questions). Mr. Keegan will be presenting a budget update and the rationale behind the warrant requests that will be voted on at the next Norwell Town Meeting on Monday, May 6, 2024 at 6:30pm. Click HERE for the zoom link.

4/27 - Dump The Junk and Support our 5th Grade Send Off! Get Rid of Clutter for a good cause!
Where: Vinal School Parking Lot - 9AM Until the Dumpster is Full!
Prices: CAR LOAD/$75 SUV/MINIVAN/$85 PICK UP TRUCK/$100
Cash and Venmo accepted on-site.
OR Take Advantage of our BUY NOW OPTION: $150 Guarantees you a Spot from 8AM-9AM. ONLY 10 Available! Email sara.webby@gmail.com to secure your spot now! ***See Flyer for Restricted Items***
Thank you Troupe Waste & Recycling for donating the Dumpster

MAY

5/17 - Stay and Play is back! Please join us right after school from 12:20 -3 pm! This is an early release day and since lunch won't be served, there are options! Students can purchase pizza, snacks, and drinks OR bring your own lunch and have a picnic on the grass! Just a reminder that students need to be accompanied by a parent or caregiver and siblings are welcome! We're looking for volunteers to help run this event. Sign up HERE!

5/18 - Vinal vs. Cole Mom's Pickleball Tournament Please join us for Vinal's first annual pickleball school fundraiser 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







YOU'RE INVITED TO THE

VINAL ELEMENTARY SCHOOL SPRING CONCERTS

THURSDAY MAY 30TH, 2024

KINDERGARTEN & 1ST GRADE AT 2:30PM

2ND & 3RD GRADE AT 5:30PM

4TH & 5TH GRADE AT 6:30PM

Vinal School Gymnasium

Please join us for the Vinal Elementary School Spring Concerts featuring musical performances by grades K – 5. Family and friends are welcome. More information to come as the date approaches. We look forward to seeing you there!

Sincerely,
Stephanie Barry
General Music Teacher
stephanie.sousa@norwellschools.org

2024/25 SCHOOL DIRECTORY COVER CONTEST!



All Vinal students currently in K-4th grade are invited to enter their drawings in our 2024/25 school directory cover contest!
Two winners will be chosen by the 5th grade class. One will be chosen for the front cover and one will be chosen for the back cover!

Artwork must include:

- Vinal Elementary School 2024-25 Directory
- Student's first and last name in the bottom right hand corner

REQUIREMENTS:

- 11" x 8.5" paper
- Horizontal orientation
- Your OWN artwork

ENTRIES DUE MAY 3RD!

How to submit your artwork:

1. Hand into your teacher
2. Bring to the front office



DUMP THE JUNK!!

SUPPORT OUR 5TH GRADE SEND OFF AND GET RID OF THE CLUTTER!!

SATURDAY, APRIL 27TH

9AM TIL FULL!!

VINAL SCHOOL PARKING LOT

CAR LOAD $75

SUV/MINIVAN $85

PICK UP TRUCK $100

RESTRICTED ITEMS

ADHESIVES, CAR BATTERIES, FLUORESCENT LIGHTBULBS, FOOD WASTE, FREON, HOT WATER TANKS, HOUSEHOLD CLEANERS, INKS & RESINS, MATTRESSES, OILS, FUELS & PROPANE TANKS, PAINT AND LACQUERS, RAILROAD TIES & TELEPHONE POLES, TIRES, HAZARDOUS, FLAMMABLE OR IGNITABLE WASTES, CORROSIVE, REACTIVE & TOXIC WASTES, BIOHAZARDOUS OR INFECTIOUS WASTES

BUY NOW OPTION $150

10 GUARANTEED SPOTS BETWEEN 8-9AM!

CASH & VENMO ACCEPTED ON SITE.

TO SECURE BUY NOW OPTION EMAIL US AT SARA.WEBBY@GMAIL.COM.

Thank you!

TROUPE waste & recycling FOR DUMPSTER DONATION



PRACTICAL STRATEGIES TO BOOST EXECUTIVE FUNCTIONING SKILLS

SPONSORED BY: CANTON PARENT ADVISORY COUNCIL FOR STUDENT SERVICES , LUCE CAPT, WACHUSETT SEPAC, SHARON SEPAC, STOUGHTON SEPAC, MILLIS SEPAC, NORTH READING SEPAC, NORTH MIDDLESEX SEPAC, NEEDHAM SEPAC, WAYLAND SEPAC, DUXBURY SEPAC, WALTHAM SEPAC, PEABODY SEPAC, NORTHBORO/SOUTHBORO SEPAC, MANSFIELD SEPAC, STONEHAM SEPAC, NORTHBRIDGE SEPAC, NORWELL SEPAC, EAST HAMPTON SEPAC, SOMERVILLE SEPAC, FOXBORO SEPAC

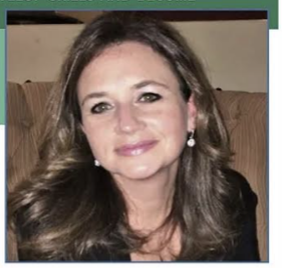
WHAT ARE EXECUTIVE FUNCTIONING SKILLS?

THEY ENABLE US TO PAY ATTENTION, TO ORGANIZE, AND PLAN TASK AND MATERIALS, TO STAY FOCUSED ON THEM AND MANAGE EMOTIONS AND BE FLEXIBLE , AND TO KEEP TRACK OF WHAT WE ARE DOING

LEARN PRACTICAL STRATEGIES TO HELP YOUR CHILD DEVELOP SKILLS AND BECOME MORE INDEPENDENT

SPEAKER

Sarah Ward



Sarah is an internationally recognized expert on executive function skills and regularly presents seminars and workshops on the programs and strategies she has developed with her Co-Director Kristen Jacobsen. Sarah has co-authored the 360 Thinking Executive program and co-developed the educational products the Academic Planner and Tracknets, as well as the Time Tracker Program and Get Ready *Do*Done instructional approach. Described as 'revolutionary' and 'groundbreaking' their 360 Thinking Program received the Innovative Promising Practices Award from the National Organization CHADD. She has presented to and consulted with over 1600 public and private schools in the United States, Canada, Europe, Asia, Australia and Africa.

VIRTUAL WORKSHOP
TUESDAY APRIL 23, 2024
6PM



Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_kNs3z1sfTAGnaQZa3MZ-xQ

After registering, you will receive a confirmation email containing information about joining the webinar.

A free webinar sponsored by the Hamilton/Wenham, Hingham, and Norwell SEPACs

"Fostering Self-awareness and Self-advocacy in Youth with Social Cognitive Deficits"



Join NESCA Director of Transition Services Kelley Challen and Pediatric Neuropsychologist Dr. Moira Creedon from NESCA's Newton and Hingham locations for a free webinar and live Q&A

Date: Tuesday, April 30, 2024

Time: 7:00PM - 8:30PM ET

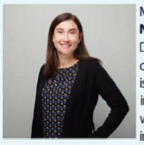
Register: https://nesca-newton.zoom.us/webinar/register/WN_5aZ41jT7TZ2-42a9_1GKDg

In this talk, we will discuss ways that parents/caregivers and educators can help youth, from early ages through young adulthood, to develop increased awareness of learning style, cognition, areas of strength, interests, as well as challenges, disability-related needs, and self-management strategies. We will also discuss disability disclosure and acceptance, including student participation in their team meeting process—which will be important preparation for the NEW MA IEP format that students will be participating in beginning in Fall 2024.

About the Presenters



Kelley Challen, Ed.M., CAS, Director of Transition Services
An expert transition specialist, Kelley Challen directs NESCA's person-centered and highly individualized transition services. She specializes in comprehensive assessment, vocational/life skill assessment for students with complex disabilities, planning/prep for college-bound students, and consultation, program development, and/or case management regarding post-12th grade programming.



Moira Creedon, Ph.D., Pediatric Neuropsychologist; Hingham Director
Dr. Creedon offers her expertise in evaluating children and teens with a variety of presenting issues. She is interested in uncovering an individual's unique pattern of strengths and weaknesses to best formulate a plan for intervention and success. She tailors each assessment to address a range of referral questions, such as developmental disabilities, including Autism Spectrum Disorder, learning disabilities, attention challenges, executive functioning deficits, and social-emotional struggles.

NESCA
www.nesca-newton.com

SCOOPS LACROSSE
LOVE. LEARN. LAX.

Is your child interested in playing lacrosse this Spring? Sign them up for the Learn to Play Program!

Norwell Youth Lacrosse is partnering with the Scoops Lacrosse Program and is offering a 6 week program!

It begins April 28th!

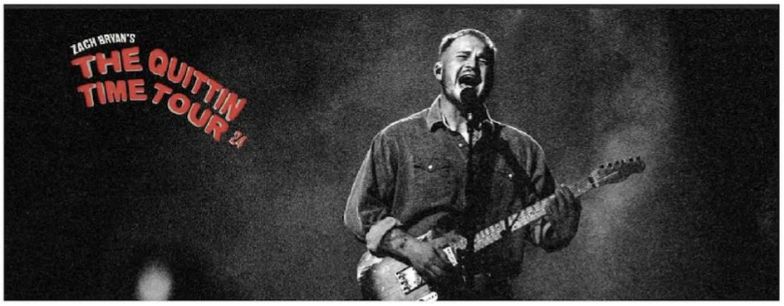
Who: PreK/ K Boys and Girls

When: Sundays 9 am-10 am

Where: Norwell Middle School

Cost: $125/per child

Equipment: lacrosse stick



WIN 2 TICKETS TO SEE ZACH BRYAN IN CONCERT AT GILLETTE STADIUM

Norwell Boosters is raffling off two tickets to the sold-out ***Zach Bryan The Quittin Time Tour 24*** concert at Gillette Stadium on June 26, 2024.

3 ways to enter now ($25 for 1 or $100 for 5 chances):

- TEXT **boosters4zach** to 33100
- SCAN the QR code
- GO TO **http://go.rallyup.com/boosters-zachbryan**

All net proceeds go to Norwell High School Boosters, our athletic programs and student-athletes – Thank you for your support!

Nathan Thorsteinson
Nathan Thorsteinson is using Smore to create beautiful newsletters