April Weekly Vinal Voice

Week of Monday, April 1 - Friday, April 5, 2024.

Principal's Update

Cereal Box Update

The students have collected 900 cereal boxes, and are aiming for 1100. If you haven't had a chance to donate, they will be collecting until Thursday. All cereal will be donated to local food banks

Parent/Teacher Conferences

Parent/Teacher Conferences are this week! The link to sign up for conferences was shared last week and can be found HERE. Please make sure to sign up for an appointment before 3:00 PM tomorrow.

Lost Items

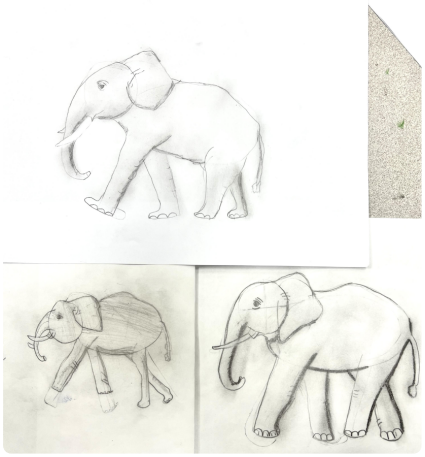
The lost and found has grown considerably. Please take a look at the photos below, or visit the lobby if you child(ren) are missing anything. We will donate unclaimed items over April Break.

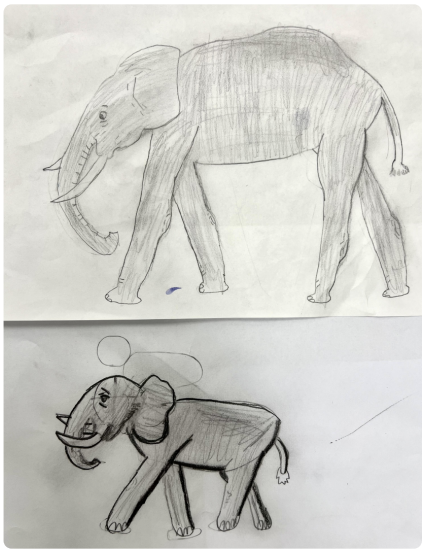
Vinal 3 Year Old Preschool

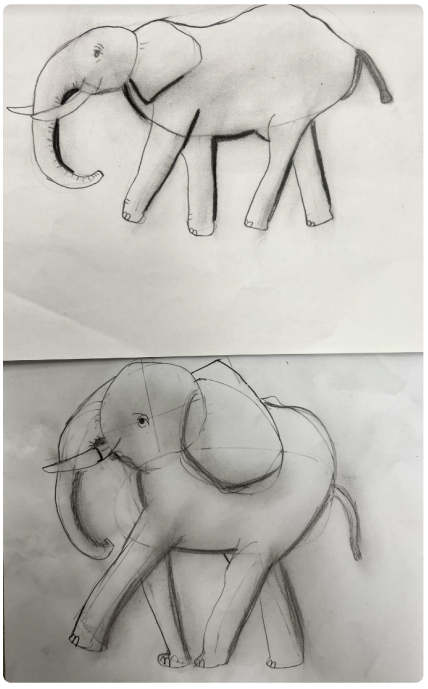
From time to time slots open up in our integrated preschool program. If you have a child who will be 3 years old before 9/1/24 and wish to have their name added to the consideration list, please email Janet Asnes at janet.asnes@norwellschools.org.

What's Happening in Art?

3rd Grade is working on drawing and shading realistic elephants







Lost Items













Breakfast & Lunch Menus

Click HERE for the April menus.

Upcoming Dates

4/10: Early Release Conferences
4/11: Grade 3 ELA MCAS
4/12: Cereal Box Domino Event
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

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!

“Let it go”: This one is like draw-it-out, but upgraded! Write down or draw a picture of what is causing your big feeling. Crinkle it up or tear it to pieces and throw it away. Or, write your worry thoughts on a balloon, and then set it free! It helps our brain begin to let go when we are able to see that feeling, worry, or trigger go away.

Vinal PTO

4/8 - Directory Cover Design Contest! Calling all students! We will be having a contest for students in Pre-K to 4th grade to design the front and back cover of the school's 24/25 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!

4/12 - Cereal Box Dominoes! The Student Government is leading a food drive to provide cereal to food insecure families! Their goal is to have at least **1.100 BOXES** of cereal donated by **April 10th**. We are almost at our goal! We are currently at 900 boxes!! Thank you all so much for your support!
On April 12th, the boxes will be set up like dominoes throughout the school hallways. After they topple, they will be collected and donated to the Norwell Food Pantry! Please send in an **UNOPENED** box or two if you're able to contribute! We are also looking for parent volunteers to help set up the boxes! Sign up HERE



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.
Here is the zoom link: https://us02web.zoom.us/j/85261407140...
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



Student Government Cereal Drive





CEREAL BOX DOMINO

Food Drive

FRIDAY, APRIL 12

DROP OFF BOXES OF CEREAL TO THE NORWELL VINAL SCHOOL BY 4/10





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

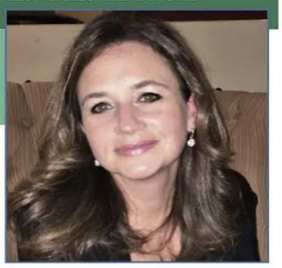
WHAT ARE EXECUTIVE FUNCTIONING SKILLS?

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.


Nathan Thorsteinson
Nathan Thorsteinson is using Smore to create beautiful newsletters