March Weekly Vinal Voice

Week of Monday, March 25 - Thursday, March 28, 2024.

Principal's Update

Parent/Teacher Conferences

We will hold elementary Parent/Teacher Conferences next week beginning on Wednesday, April 10th. The link to sign up for conferences will be shared this Wednesday, April 3rd. Please make sure to sign up for an appointment before Tuesday, April 9th.

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.

5th Grade Food Drive

Our 5th grade students have collaborated with the Norwell Food Pantry to collect requested items. The requested items have been assigned to individual grade levels to streamline the collection process. Please see the chart below with the requested items, and if you are able, consider donating an item. The 5th grade students will deliver all of the collected items on Thursday, April 4th.

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.



Author Brian Lies Presented to Students in K-5th



The James Library Donated a Piano



All-Town Band Concert

Message from Ms. Howard

Dear Parents/Guardians,

Grades 4 and 5 will be having the final round or the Book Bee on Friday, May 31. Grade 4 will be from 9:30-11:00 and Grade 5 will be from 1:30-3:00. Parents/Guardians are encouraged to attend as audience members!

The format of the finale will be in the form of a Jeopardy game. Questions will be assigned point values based upon level of difficulty. Grade level classrooms will be competing against one another. Each classroom will have 4 panel members. Each panel member will be grouped with other “crew members” in the class so that all students will be actively participating at all times. The assigned panel member will act as spokesperson for their team and answer the question once it has been agreed upon by all. There will be 2 poster holders per class who will hold up the poster corresponding to each question as it is asked (these students are also encouraged to help answer questions with their team) in order to provide students with a visual and to narrow their choices. Scoring will be done through the projected gameboard so that students are aware at all times what the score is and to enable them to strategize. The classroom with the largest balance at the end of the game wins the rights to the Book Bee trophy until next year!

Students will be shown an example of the game next week during their library class and they will get to test out how it works.The most important thing to do from now until May 31 is to encourage your child to read as many titles as possible! Many of the books are available on Sora for those students who prefer to “read with their ears”. Let the games begin!

5th Grade Food Drive

Food Pantry Donations 2024

Grade Level	Items
Preschool + Kindergarten	School snacks
1st Grade	Dish soap and hand soap
2nd Grade	Toothpaste and mouthwash
3rd Grade	Maple syrup and Hershey Syrup
4th Grade	Parmesan cheese and 1 pound boxes of sugar
5th Grade	Cookies, Cheez-its, Ritz Crackers

Lost Items













Breakfast & Lunch Menus

Click HERE for the April menus.

Upcoming Dates

4/4: Community Meeting
4/5: Grade 4 ELA MCAS 1
4/8: Grade 4 ELA MCAS 2
4/9: Grade 3 ELA MCAS 1

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!

Think about a happy memory: Thinking about happy memories has the power to change our brain’s pattern of negative thinking. Who was a part of your memory? What are the details? How did you feel?

VinalPTO

4/8 - Solar Eclipse Glasses will be distributed to students by their teachers to bring home! Providing these glasses to the students will create a hands-on lesson for teachers to share facts about the eclipse and will give them the opportunity to go outside (weather permitting) and safely observe this rare event!

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**.
If you are interested in volunteering to help set up, please sign up HERE.



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

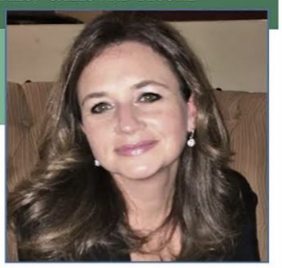
WHAT ARE EXECUTIVE FUNCTIONING SKILLS?

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

