MARCH WEEKLY VINAL VOICE

Week of Monday, March 18 - Friday, March 22, 2024.

Principal's Update

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.

Early Dismissals

While we discourage routine early dismissals, we understand that life is busy and children have appointments and other commitments that can't always be scheduled outside of school hours. That said, we respectfully request that families send Mrs. Warren (christine.warren@norwellschools) and the classroom teacher an email beforehand when planning such dismissals. With advanced notice, we can have your child(ren) prepared.

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.

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



David Coffin's Recorder Performance



Water All Around Us Workshop



Erosion Experiments in 2nd Grade

Breakfast & Lunch Menus

Click HERE for the March menus.

Upcoming Dates

3/25: Puberty Information Night for Grade 5 Parents, 6:30PM
3/28: Brian Lies Author Visit K-5
3/28: All-Town Band Concert at NHS, 7:00PM
3/29: No School
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

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!

Practice Belly Breathing: Deep breathing can help calm down when our body begins to have big feelings by slowing down our heart rate and reminding our body to pause. Lay on your back, take a deep breath in to fill your belly up like a balloon. Hold, count to 5, and release it very slowly, almost like you were letting the air very slowly out of a balloon to make that silly squawking noise! Do this a few more times, and feel free to close your eyes if it helps you relax!

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**. 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! Stay tuned for the Sign Up Genius!

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



FEDERATION FOR CHILDREN WITH SPECIAL NEEDS

Basic Rights: Evaluation and Eligibility

A Free Virtual Workshop for Parents and Professionals

Basic Rights: Evaluation and Eligibility provides an introduction of the complex special education laws and procedures.

Workshop Topics:

- *Individuals with Disabilities Education Act and Massachusetts Laws*
- *Evaluations and Referrals*
- *The Team Meeting*
- *Individualized Education Program (IEP) and 504 Plans*
- *Effective Progress*
- *Transition*
- *Review of Important Timelines*
- *Strategies for Success and more!*



About Your Host:

The Norwell SEPAC is a group of parents who meet regularly to discuss the needs of our students and improve special education in Norwell. We provide a space for families to content and education on topics relavant to our community. Contact us at TheNorwellSEPAC@gmail.com

Handouts will be provided to registered attendees on the day of the virtual presentation.
REGISTRATION IS REQUIRED.

Date: March 27, 2024

Time: 6:30-8:30 pm

Registration Link:
https://fcsn-org.zoom.us/meeting/register/tZwpfuqpqT4qH9Lm8JKeTCZ4VYzx8-BTOq7-

For more information about the educational workshops available from The Federation for Children with Special Needs,

Spring clothing drive for Cradles to Crayons!

Cradles to Crayons

The Giving Factory

Collection dates: March 18 - March 28
Collection locations: Norwell Public Library and Norwell Middle School

We are collecting clothes for kids ages newborn - 12 in gently used or new condition

This clothing drive will benefit children in Massachusetts experiencing clothing insecurity

If you have any questions please email:
briana.yee@students.norwellschools.org

This clothing drive for Cradles to Crayons is in partnership with Project351

Please spread the word to family and friends

THE NHS PTO

MARCH MADNESS RAFFLE

FOUR amazing prizes - PURCHASE as many tickets as you'd like
OPEN to anyone - PICK which prize you'd like to win

1

LET'S PARTY!
Busy Bee Jumpers - $500 gift card

2

TAKE ME OUT TO THE BALLGAME!
Red Sox Tickets - access to private Royal Rooters Club
Field Box 20, Row D, Seats 1-4 $800 value

3

SPRING CLEANING TO THE EXTREME!
Troupe Waste
30 yard roll off dumpster delivered - $900 value

4

SHOPPING SPREE!
Amazon $1,000 Gift Card

TICKETS: $10 for 1, $25 for 3, $40 for 5!
You can purchase as many entries as you'd like!
ALL are welcome to participate - neighbors, family, friends!

venmo

@NHSPTO
Please put your full name and which prize(s) you'd like to be entered to win

Dinner and a Movie

The Sandy Houghton Story: An Inspirational Journey

We will be joined by Special Guest Sandy Houghton via Zoom!

Wednesday, March 27th from 6:00-7:30pm. Registration Required.



This 40-minute documentary recounts the life of Sandy Houghton a woman born with severe cerebral palsy, who overcame endless barriers to become a renowned leader in disability advocacy, awareness, and education.

Join us for a pizza dinner and then watch this fascinating documentary followed by a Zoom conversation with Sandy Houghton.

Co-Sponsored by the Norwell Commission on Disabilities Committee.

64 South Street
Norwell, MA 02061
781-659-2015

bit.ly/SandyH-NPL

Norwell Public Library
Search out – at your library!

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

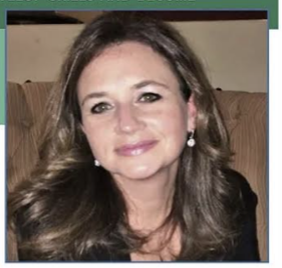
WHAT ARE EXECUTIVE FUNCTIONING SKILLS?

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

