January Weekly Vinal Voice

Week of Tuesday, January 16 - Friday, January 19, 2024.

Principal's Update

Family-School Relationship Survey

We have partnered with Panorama Education for the 3rd year to survey families about your experiences and perceptions. The results of the survey are completely confidential and will help us identify strengths and areas for growth. On Wednesday, January 24th, please be on the lookout for a survey from Panorama Ed. In past years the survey link often ended up in junk mail. The survey will be open through 3:00 PM on Friday, February 2nd, and should take less than 10 minutes to complete.

Kindergarten Registration

Kindergarten registration is now open for the 2024-2025 school year. All Norwell residents who will be 5 years old before September 1, 2024, are eligible to attend kindergarten. Please click HERE to be taken to the registration page.



Number BINGO in Kindergarten



Play Dough in PreK



Stations in 5th Grade

Breakfast & Lunch Menus

Click HERE for the January menus.

Upcoming Dates

1/29: Vinal Outreach Presentation, 7PM
2/2: Community Meeting Hosted by 1st Grade
2/5: National School Counseling Week
2/7: Elementary Early Release
2/7: 100th Day of School
2/15: Student Government Mtg.
2/16: Spirit Day--Switch Day (kids dress as teachers & teachers dress as kids)
2/19-2/23: February Break

Nurse Kristen Updates

MDPH COVID-19 Guidance for K-12 Schools (Summary)

- The rapid antigen test, such as a self-test, is preferred over a PCR test in most situations.
- Those who choose to wear a mask, including those who are at higher risk, should be supported.
- MDPH encourages all individuals to stay up to date with vaccination.
- **Individuals who report they were exposed to COVID-19:**
  - May attend school, as long as they remain asymptomatic.
- **If an individual tests positive for COVID-19:**
  - Isolate for 5 days.
  - Return to school on day 6 if asymptomatic, or symptoms improved and fever-free (without the use of fever-reducing medication) for at least 24 hours.
  - Day 0 is the first day of symptoms or a positive test whichever is first
  - If you do not test negative on day 6, Wear a high-quality mask day 6-10 or until testing negative in that window of time.
- **If an individual has symptoms of COVID-19:**
  - If symptoms are mild they may attend/remain in school if they have a negative test.

- MDPH recommends that symptomatic individuals have a second test within 48 hours if the initial test is negative.
- MDPH strongly recommends symptomatic individuals who have a negative test return to school.
- If the symptomatic individual cannot be tested, they should stay at home and return if they have been fever-free for 24 hours without the use of fever-reducing medication and symptoms are resolving, or if a medical professional makes an alternative diagnosis.

Counseling Updates

During the months of January and February, kindergarten, second, and fourth grade students will be reviewing Social Health curriculum lessons on privacy and personal safety with regard to keeping their body safe. Students will be reviewing concepts including practice of refusal skills and their right to privacy as well as reporting any potential issues.

Parents are encouraged to review and reinforce what their child has learned while it is fresh in their minds. Hearing this information at school and home will help reinforce the vital importance of these lessons, which will empower students as they go through Vinal School and beyond. Please do not hesitate to connect if you would like assistance with your discussions at home.

Please contact me with any questions/concerns you may have.

Mr. Lewis

School Counselor

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!

Talk it out: Did you know that our brain is divided up into two different sections. One side processes our emotions, while the other side tells the story and makes sense of what’s going on. Sometimes, when we have big feelings, the side that is telling the story gets a little tangled up in the details! It can help to talk it out with a trusted adult, a friend, or a loved one. Doing this has actually been proven to calm down that side that’s feeling big emotions, and helps to make sense of what is making us feel so upset. Also, it helps to share your feelings with someone who can comfort you and offer advice.

Vinal PTO

Spring is right around the corner and we have some great events coming up as well as the 5th Grade Celebration! We need all the help we can get. Please consider volunteering on one of the committees below!



Vinal Book Bee returns this week for 4th & 5th graders! Who will win the trophy this year? Good luck to everyone!

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!

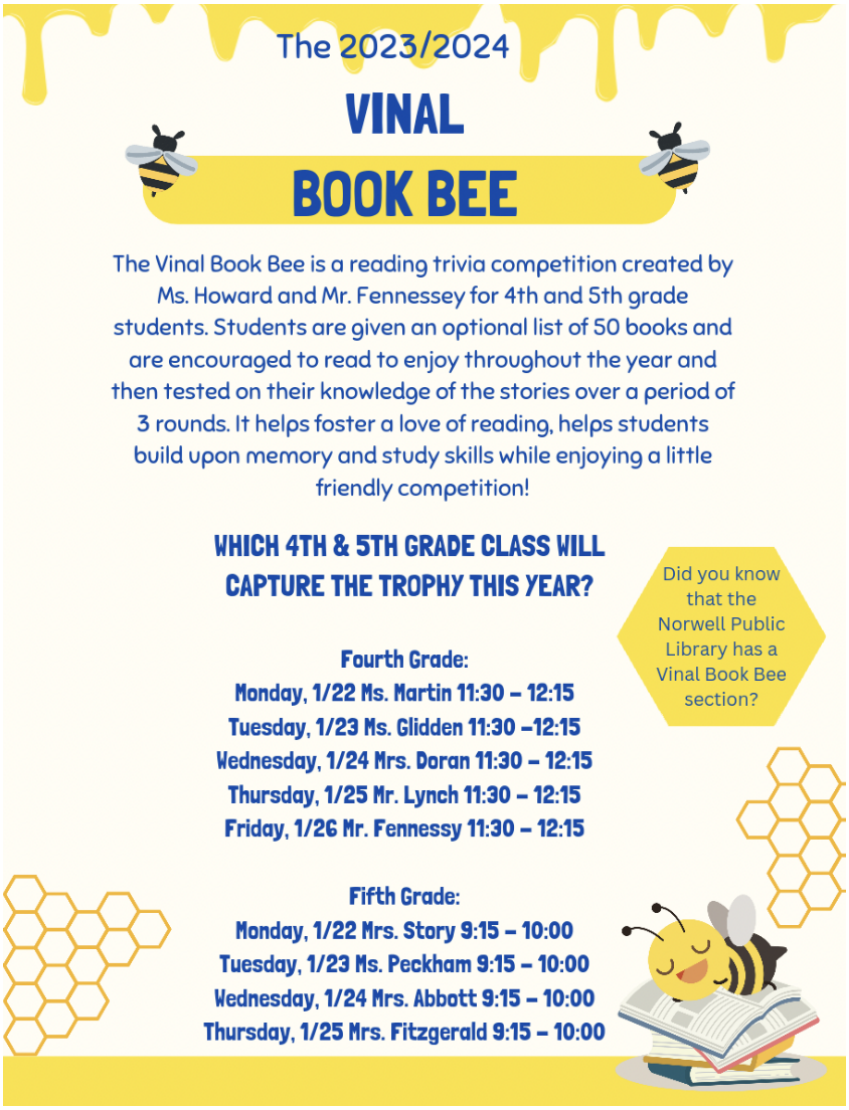
VOLUNTEERS NEEDED:

Vinal Talent Show - The Vinal Community Events Board is looking to organize a team of volunteers to help spearhead a Vinal School Talent Show to be held towards the end of May. Please email Beth Monticone at beth.monticone@gmail.com or Lauren Previte at Lsarno@jm-a.com if you are interested! We will be firming up the date and time in the upcoming weeks.

5th Grade Celebration: We are looking for volunteers to help with the 5th Grade Celebration Activities! This is open to all members of the Vinal community but especially appropriate for family members of 5th and 4th graders. There are lots of fun details so we'll be holding our kick-off meeting in early Feb. Please email Susan Davis at susan@shdmarketing.com for more information.

If you haven't already, please join our Facebook Gr0up 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



HAVE USED OR UNWANTED MARKERS, PENS WOODEN OR MECHANICAL PENCILS?

Last year the Norwell Recycling and Sustainability Committee successfully initiated a project to recycle crayons and continues to collect usedor unwanted crayons. We are now adding markers, pens and wooden and mechanical pencils to our collections for recycling. We are working in partnership with Staples, which has recently added them to their list of materials that can be recycled. Collection boxes are located at-

Grace Farrar Cole School
William G. Vinal School
Norwell High School
New Nursery School
First Parish PreSchool
Ridge Hill School
Nature Center PreSchool at the South Shore Science Center
Bright Horizons
Norwell Public Library
Norwell Recycling Center

A free webinar sponsored by the Falmouth, Hamilton/Wenham, Hingham, North Andover, Northbridge, Northboro/Southboro, and Norwell SEPACs

"Anxiety in Relation to Learning/Developmental Disabilities and How to Address in the IEP"



Join Pediatric Neuropsychologists Dr. Erin Gibbons and Dr. Moira Creedon from NESCA's Plainville and Hingham locations for a free webinar and live Q&A

Date: Tuesday, February 6, 2024
Time: 7:00PM - 8:30PM ET

Register: https://nesca-newton.zoom.us/webinar/register/WN_IttkLAtCTbCe99-KIjmcKA

Anxiety disorders are becoming increasingly common among children and adolescents, especially in the wake of the pandemic. Given the rising numbers of affected children and adolescents, it has become increasingly important that a student's emotional health is addressed both at home through private counseling, as well as through the provision of school-based services. When students experience a high level of unmitigated anxiety throughout the day, they are less able to learn and meet their potential. This presentation will discuss the overlap between anxiety and learning challenges and how to seek services for anxiety through the school district.

About the Presenters



Erin Gibbons, Ph.D., Pediatric Neuropsychologist; Plainville Office Director
Dr. Gibbons evaluates children presenting with a range of attentional, learning, and developmental disabilities. She has a particular interest in children with autism spectrum disorders, intellectual disabilities, and those with complex medical histories.



Moira Creedon, Ph.D., Pediatric Neuropsychologist; Hingham Office 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.

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Nathan Thorsteinson
Nathan Thorsteinson is using Smore to create beautiful newsletters