November Weekly Vinal Voice

Week of Monday, December 18 - Friday, December 22, 2023

Principal's Update

Looking Back

We had a busy week before break. Fourth and fifth grade classrooms were visited by peer educators from Norwell High to work on problem resolution strategies, and they modeled it well considering we lost power when they arrived! Thankfully, we were able to return to school with power on Wednesday. Also, many of our staff members were recognized by parents through a contribution to the Norwell Education Foundation. Thank you to all of those that were able to recognize our "Rock Star" educators.

PreK Lottery Open

Norwell Public Schools is now accepting registrations for community preschoolers for the 2024-2025 Preschool Lottery. Any preschooler who will be 3 or 4 before September 1, 2024 is eligible to enter the lottery. Visit our website HERE to learn more.



Tech Time with Mrs. Ryan in Kindergarten



Silly Sweaters



Guest Reader, Mr. Fraser, in Mrs. Fraser's 1st Grade

Breakfast & Lunch Menus

Click HERE for the January menus.

Upcoming Dates

Jan. 10: World Language Fair at NHS for K Students
Jan. 10: Early Release
Jan. 12: Audubon Visit with 2nd Grade
Jan. 15: MLK Jr. Day--No School
Jan. 17: Vinal School Improvement Council, 3:45PM
Jan. 17: Vinal PTO Meeting, 7PM
Jan. 18: Student Gov't Meeting

Updates from Nurse Kristen

We continue to have many respiratory and gastrointestinal viruses circulating. Please help keep our school community as healthy as possible by following these recommendations if your child is not feeling well.

Fever (>100.0° Fahrenheit or higher), nausea, vomiting, diarrhea:

- Stay home until 24 hours after symptoms resolved AND fever-free for 24 hours without fever-reducing medication.

If your child has tested positive for COVID, please contact the school nurse for guidance on a return date to school.

- They will need to be out of school for 5 days and return on day 6. A mask is required on days 6-10 if the child has not tested negative in that time frame.

Thank you for helping keep our school community healthy this cold and flu season.

2023-2024 MCAS Dates

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!

"Hook it up!": Let's get our bodies involved in helping to tame our minds! Arms out in front, palms facing out. Cross your hands, or put your left hand where your right hand was and your right hand where your left hand was so that your palms are facing each other. Clasp your hands together and then swoop them in towards you. Cross your ankles. Hold it for ten seconds, and then slowly and carefully untangle.

Vinal PTO

As 2023 is has come to a close, the PTO would like to wish everyone a very Happy Holiday Season and Happy New Year!

- 1/6 Dad's Hockey Exhibition Game organized together by Vinal and Cole dads! Free admission. All proceeds will be given to both Vinal and Cole PTOs. Happening at 1-3pm at Lovell Arena, 120 Bill Delahunt Pkwy. in Rockland
- Vinal & Narwhal Gear is Now Available—and the perfect gift for your Vinal student(s)! Items are currently 20% off and they offer free shipping for orders over $75! Shop here!

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







Nathan Thorsteinson
Nathan Thorsteinson is using Smore to create beautiful newsletters

