November Weekly Vinal Voice

Week of Monday, November 20 - Wednesday, November 22, 2023

Principal's Update

Welcome back! We had a short week last week, and kicked it off with the Fun Run followed by many different activities in classrooms. Our Lost & Found is overflowing with items again. Please take a look at the photos below and remind your child(ren) to pick up any missing items before we leave for December break. All unclaimed items will be donated after December 22.

Spirit Day

The students have earned Pajama Day, and all students are encouraged to wear pajamas on Friday!

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.

Lost & Found













Nurse Kristen's Updates

Presently, there are many respiratory and gastrointestinal viruses circulating. Please help keep our school communities 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 have 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.

If your child has flu-like symptoms they must be 24 hours fever free without fever-reducing medication and feel better that they can make it to the school day.

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

Breakfast & Lunch Menus

Click HERE for the November menus.



4th After the Fun Run



2nd After the Fun Run



K After the Fun Run

Upcoming Dates

November 29: 4th & 5th to Company Theatre
November 29: Vinal School Council, 3:45
December 1: Pajama Day
December 13: Elementary Early Release
December 14: Student Government Meeting
December 15: Winter Concerts
December 20: NMS Musical Performance for Vinal Students
Dec. 25 - Jan 1: No School

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!

Do a grounding exercise: When our body is feeling out of control, it is important that we ground ourselves. Slowing our brain down even just a little bit, even just enough to look at the world around us, helps to calm us down when the big feelings start taking over. Look around the room. Name (either aloud or quietly) 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.

Mark Your Calendars



Your PTO Corner

We have some great opportunities this week to support our school! Take a look!

- Square1 Art orders close this week! Deadline is this Thursday, 11/30! Select from a wide variety of items to have your child's art printed on! What a great idea for holiday gifts! Place your order today here
- This Thursday, 11/30, The Well on Main St is hosting a shopping event for our school! They will donate 20% back from all purchases made from 6-8 pm!
- Vinal & Narwhal Gear is Now Available—and the perfect gift for your Vinal student(s)! Items are currently 25% off and they offer free shipping for orders over $75! Shop here!
- The Book Bee is coming next month for 4th & 5th graders! Mrs. Howard is looking for parent volunteers! Sign up 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 stay up-to-date on upcoming events, find out when PTO meetings are being held, support the school, and much more!

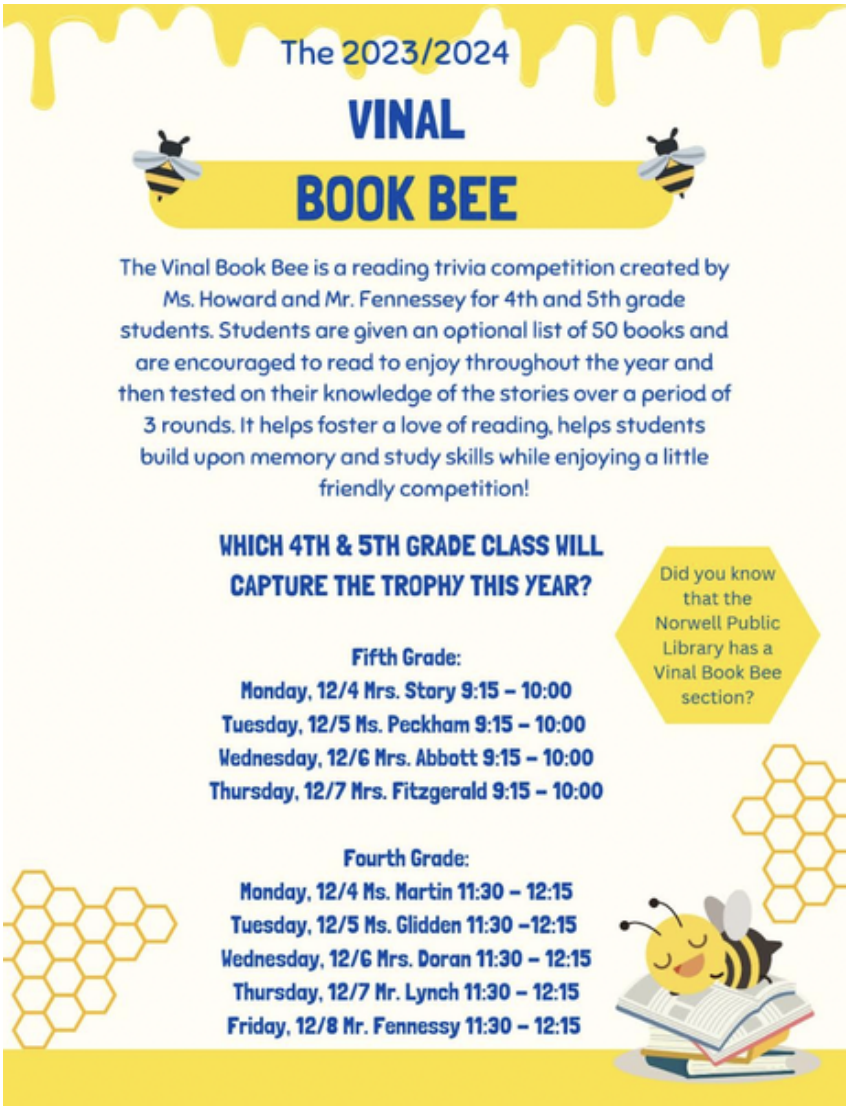
If you are interested in getting more involved, we'd love to have you! Please email us at vinalpto@gmail.com.

Thank you for all of your continued support! ~ Your Vinal PTO


SHOP TO SUPPORT COLE & VINAL PTOS!
see you there!
NOV. 30, 6-8PM AT THE WELL
DEC. 5, 10-5PM AT DOUBLEMINT HOME
DEC. 7, 10-5PM AT PER SIMMONS


VINAL
Holiday SALE
20% OFF
GREAT GIFTS FOR THE WHOLE FAMILY!
Guaranteed Delivery By DEC. 23rd
1ST PLACE Sportswear
ORDER AT 1STPLACE.SALE/42052
SALE RUNS 11/6 - 12/8
SCAN HERE TO ORDER


SQUARE 1 ART
square1art.com/shop/upload
There is still time, if you
UPLOAD ARTWORK & ORDER
Art Keepsakes NOW!


The 2023/2024
VINAL
BOOK BEE
The Vinal Book Bee is a reading trivia competition created by Ms. Howard and Mr. Fennessey for 4th and 5th grade students. Students are given an optional list of 50 books and are encouraged to read to enjoy throughout the year and then tested on their knowledge of the stories over a period of 3 rounds. It helps foster a love of reading, helps students build upon memory and study skills while enjoying a little friendly competition!
WHICH 4TH & 5TH GRADE CLASS WILL CAPTURE THE TROPHY THIS YEAR?
Did you know that the Norwell Public Library has a Vinal Book Bee section?
Fifth Grade:
Monday, 12/4 Mrs. Story 9:15 – 10:00
Tuesday, 12/5 Ms. Peckham 9:15 – 10:00
Wednesday, 12/6 Mrs. Abbott 9:15 – 10:00
Thursday, 12/7 Mrs. Fitzgerald 9:15 – 10:00
Fourth Grade:
Monday, 12/4 Ms. Martin 11:30 – 12:15
Tuesday, 12/5 Ms. Glidden 11:30 –12:15
Wednesday, 12/6 Mrs. Doran 11:30 – 12:15
Thursday, 12/7 Mr. Lynch 11:30 – 12:15
Friday, 12/8 Mr. Fennessy 11:30 – 12:15

NORWELL SEPAC



Please join Norwell SEPAC for a

Parent Night Out

You're invited to The Fours-Norwell

Do you want to connect with other parents in our town? Do you need a night out before the craziness of the holidays? We would love to see some new and old faces! Bring a friend too! The more the merrier!

Date: Thursday, December 7th

Time: 7:00 pm

Location: The Fours-Norwell 285 Washington Street, Norwell

All are welcome! We hope you can join us!

CLIPPER FUN NIGHT

Friday November 17th

6-8pm

Norwell 4th and 5th graders

@Cole School

RUN BY NHS SKI TEAM

Pizza, snacks, drinks,
games, crafts, music

$25 per student

Click link below to sign up

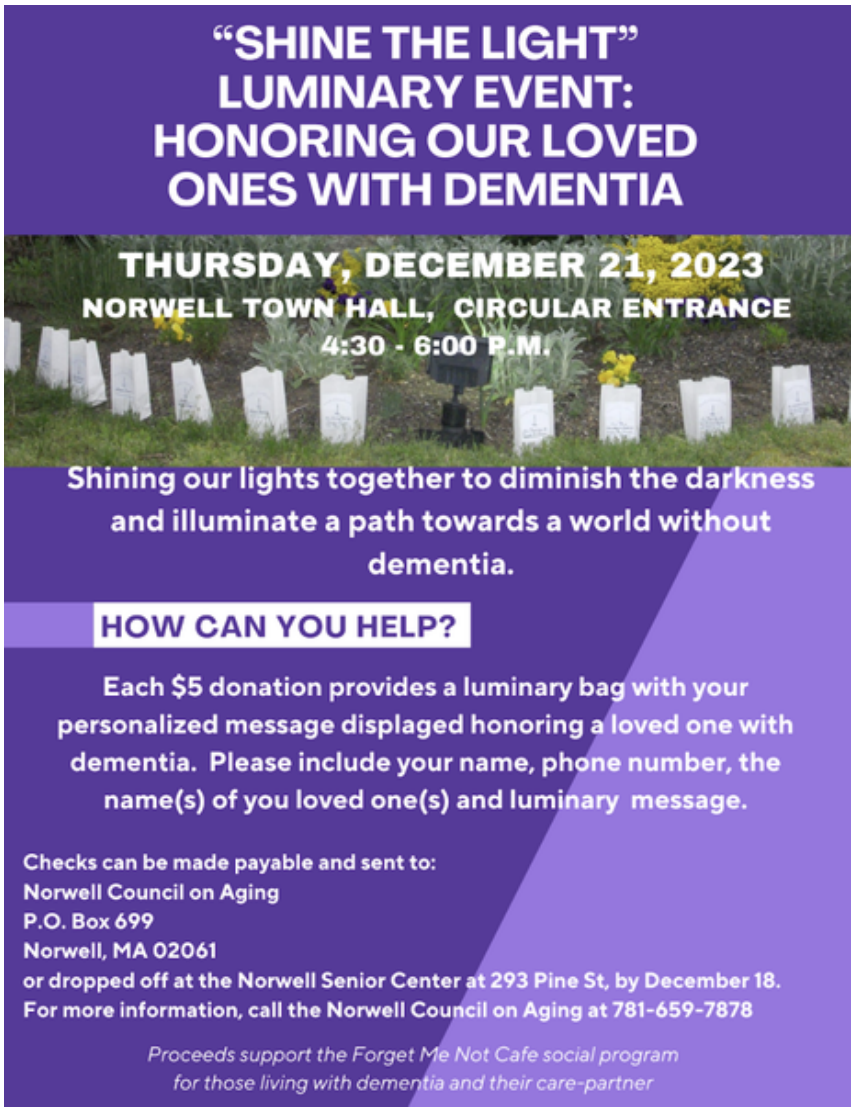




SIGN UP HERE

3rd Annual Teddy Bear Drive

This fall, we will be hosting our 3rd Annual Teddy Bear Drive from November 6th - December 1st. All teddy bears will be donated to the Wonderfund of Massachusetts, which works on behalf of 53,000 children engaged with the department of children and families who have been impacted by abuse and neglect. Please help us to provide comfort to these children by donating NEW teddy bears. There are boxes in each school lobby





Diana DeCoste
Diana is using Smore to create beautiful newsletters