

## celebrating Our Achievements!

CHUGGA-CHUGGA CROO-CROO

23rd Annual Benefit for  
Winooski Dollars for Scholars

# TRAIN SHOW

**December 3**  
10am - 3pm

All Gauges  
Railroadiana  
Dealer Tables  
LEGO • TOYS  
Operating Layouts

**ADMISSION**  
Adults: \$5.00  
Under 12: \$1.00  
Under 6: FREE!

Food  
Concession to  
benefit WHS  
Student  
Activities

Winooski Educational Center

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## Election Day is November 8th!

## Do Your Part and Vote!

By Carol Barrett, Winooski City Clerk

## National and statewide elections will be held November 8th.

General Election Polls are open 7:00 a.m. to 7:00 p.m. Voting will be held at the Senior Center at 123 Barlow Street. Also, early voting is available at City Hall (27 West Allen St. - Winooski, Vermont). You can contact the Clerk's Office at 655-6419 to request an absentee ballot or you can come into vote at the City Clerk's Office. Hours are 7:30 a.m. to 4:30 p.m. Monday thru Friday.

Mailed ballots must be received on or before November 7th.

**Note: November 2nd is the last day to register to vote (by 5:00 p.m.)**

The three candidates for the Vermont Legislature (representing Winooski) had a debate on October 10th. They are: Clem Bissonette (Democrat - Incumbent), Diana Gonzalez (Progressive/Democrat - Incumbent), and Robert Millar (Progressive).

If you missed it, you can watch online anytime at [www.cctv.org/watch-tv/programs/general-election-forum-2016-candidates-state-representative-chittenden-6-7](http://www.cctv.org/watch-tv/programs/general-election-forum-2016-candidates-state-representative-chittenden-6-7).

We have information supplied by the candidates to help you get to know them better. See page 18.

**Please do your part and become informed, and vote on November 8, 2016 at the Senior Center on Barlow St. between 7 a.m. and 7 p.m.**

\* DO YOUR PART \*

# VOTE!

NOVEMBER 8, 2016

## TWO Girl Scout Troops Offer Plenty of Choices!

Winooski is lucky enough to have TWO Girl Scout troops in our small city! So how does a girl and her parents choose which troop to join? We asked Amy Lothrop, a troop leader and also the Community 253 Recruiter for Girl Scouts of the Green and White Mountains. Here's what she told us:

Which troop to chose often comes to:

A) **Meeting time:** Troop 30187 meets on Wednesdays and Troop 30167 meets on Thursdays.

B) **Fit:** some girls have a preference to be with their friends.

We do stress that Girl Scouts is a sisterhood not a sorority. We are welcoming to all.

C) **Size:** Girl Scouts requires different girl to adult ratios based on age (for example: two unrelated adults always then one adult for every six kindergarteners) and activity (meeting vs. camping)

D) **Activities:** each troop is girl led. We work to nurture their interests and goals.

Basically, a troop should always include every girl who wants to join. It is challenging when the ratio is near its max. Parents have to be willing and able to join as a chaperone to be in line with Girl Scout USA guidelines. In four years, we've never had to turn a Girl away thanks to many volunteers.

Ultimately, only a parent and girl after talking to us and trying it out can really decide the best troop to begin their life long Girl Scout journey. **Our mission is to build girls of courage, confidence and character who make the world a better place. Either Winooski Troop will help her do just that!**

See pages 20 and 21 for updates and contact information from both troops!



**Girl Scouts®**  
Where Girls Grow Strong™

## Growth, Growth, Growth!

By Sean McMannon,  
Superintendent of Schools

Public schools have spent the last 14+ years operating under the federal *No Child Left Behind* (NCLB) Act of Congress, now called Every Student Succeeds Act (ESSA). ESSA requires all public schools receiving federal funding to administer a statewide standardized test annually to all students in specified grades. This means that all students take the same test under the same conditions. This expanded role of the federal government into local education has resulted in little if any growth in student performance in reading and math. Brian Stecher, RAND's associate director of education, says "There have been some good features of the law: Focusing on accountability has been beneficial," he says. "But the focus on multiple choice testing led to a lot of bad behaviors and the kind of instruction we don't want to encourage." In August 2014, VT Secretary of Education Rebecca Holcombe wrote to parents and caregivers: "Under the No Child Left Behind Act (NCLB), as of 2014, if only one child in your school does not score as "proficient" on state tests, then your school must be "identified" as "low performing" under federal law. This year, every school whose students took the NECAP tests last year is now considered a "low performing" school by the US Department of Education." In my opinion, making students with identified disabilities and any immigrant who has been in the US over a month take grade-level standardized tests is unfair, borderline abusive and does not provide schools, teachers and parents with any useful data.

We can now begin to look forward to a new method of measuring student learning--GROWTH! According to A Practitioner's Guide to Growth Models, *Growth describes the academic performance of a student or group of students over two or more time points.* (Castellano, K. E., & Ho, A. D.

(2013) What does this look like in Winooski? Here are a few ways we have prepared to help our teachers and students embrace the concept of growth:

- Two years ago our community invested in a Data Manager position. His job is to work with teachers and administrators to build a data system that collects, analyzes and reports multiple measures of student progress in reading, math, attendance and behavior such as our own local assessments and the new federally-required Smarter Balanced Assessment Consortium (SBAC) test. In future years we will be adding measures of our Graduate Expectations (GXs) such as communication and critical-thinking. This will allow for individual teachers and students to see their growth over time and adjust instruction as needed. Also, it will provide data on larger groups of students such as grade-level, English Language Learners and students with disabilities.

### Some 2015-16 data points:

- The average unexpected behaviors at JFK declined from 14 per day in the first three months to 7.5 in the final three months of the 2015-16 school year.
- The total number of unexpected behaviors at WMS declined 16% from 2014-15 to 2015-16.
- 68% of our JFK students earned at least 1-year's growth in reading.
- 67% of our WMS students earned at least 1-year's growth in reading.
- WHS students said in the 2015 Youth Risk Behavior Survey (YRBS):
- "Feel like they matter to people in the community": **increased from 42% to 51% since 2011**; VT 2015 Avg. is 50%
- "Teachers really care and give lots of encouragement": **increased from 59% to 77% since 2011**; VT 2015 Avg. is 62%
- "Agree that students help decide what goes on in school": **increased from 46% to 59% since 2011**; VT 2015 Avg. is 48%

### Also:

- "Readiness to Learn": Many of our students are struggling to meet basic needs like food, health, and/or safe shelter. It is hard to concentrate and learn when these basic needs are not met, see **Maslow's Hierarchy of Needs** below for a more detailed explanation.
- We have made great strides in the area of food security by enrolling in the Community Eligibility Provision (CEP) which allows all of our students to eat breakfast and lunch for free. Another investment our community made two years ago was to support a Wellness Coordinator position. Her role is all about increasing student's "readiness to learn". She works with students and staff in growing our mindfulness and movement programs, and coordinating our supplemental food programs like Backpack Weekend, Fresh Fruits & Vegetables, Farm-to-School and VT Foodbank Pantry To-Go. All of these activities help students to move further up Maslow's Hierarchy of Needs, spend more time learning and ultimately, more growth in their academic skills.
- Our middle and high school teachers and students continue to work on constructing a proficiency-based learning continuum which is based on melding student interest with mastery of essential content and skills to achieve college and career readiness. Evidence of our Graduate Expectations (GXs) and essential content can be seen in all courses and students have the opportunity to design their own learning in the iLab and pursue math concepts at their own pace through the flexible Math Lab.
- JFK has embarked upon *Responsive Classroom* which is an approach to teaching that emphasizes academic, social, and emotional growth in a strong school community. It believes that how children learn is as important as what they learn, and that academic success is inextricably

## **SUPERINTENDENT** *(continued from page 2)*

tied to building social-emotional competencies. Independent research has found that the Responsive Classroom approach is associated with higher academic achievement in math and reading, improved school climate, and higher-quality

instruction. Also, JFK is embracing Project-Based Learning (PBL) which will prepare our younger students to grow the Graduate Expectations (GXs) to meet proficiency-based graduation requirements in their later years.

I believe we have the pieces in place to build a responsive system based on the growth of each student. We will continue to stay focused on meeting each student where they are and helping them to improve. Thank you for working with WSD to benefit our students!

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## **ENDS? What's that supposed to mean?**

*By Julian Portilla, School Board*

What is this ENDS statement thing that you see plastered all over the newsletter every month? Well, it's meant to be the thing we are trying to achieve for all our students. I can't tell you why the word seems to be capitalized everywhere (because I don't know, not because I don't want to!), but I can tell you that what we're trying to achieve is this:

"All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community."

You've seen that many times in this publication but what you may not be familiar with is how the board goes about steering the school towards achieving these ENDS. To be clear, what we don't do is tell the teachers how to teach or the principals how to run the school. We certainly don't get involved in the day-to-day operations of the school. What we do is hold the superintendent accountable to making progress towards achieving that ENDS statement while keeping within the budget you approve each year. In order to do that, we (the board and the superintendent—the only employee we supervise in the district) need to agree on and be clear about how to define each portion of the ENDS statement and then how to set reasonable and measurable targets for progress.

One of the ways we do this is by inviting people into our board meetings to talk about the various components of the ENDS statement. Our aim in doing so is to make sure that the education we are providing for our children is

relevant to people who are not in a school building all day, to people in the "real world." So rather than try to make the world fit our education, we are trying to fit our education to what's happening in the world. We've had several panels on various topics related to our ENDS statement. We held a panel on college readiness, on career readiness, on global connections, on local connections and at our next meeting on November 9<sup>th</sup>, we'll hold a meeting on health and wellness. In each of these meetings we ask a group of experts on the topic at hand to help us think through what each of these ideas means. What do colleges think college ready means? What do employers think career ready means? As it turns out, what colleges want from their students looks a lot more like our graduate expectations (GXs—critical thinking, communication, creativity, well-being, persistence, culture and community) and a lot less like what was expected of students when I graduated from high school (can you name the American general who led the charge against the British in 1812?). Interestingly, employers want those things too!

During our panel on global connections we learned a great deal

about the importance of looking at other peoples and places in order to learn about ourselves. We learned about the need to understand the ways in which we are connected with places all around the globe through economics and culture and migration, about the need to understand the ways in which our actions impact people the world over and the ways in which their actions influence us. We learned about the importance of being able to take on other perspectives in order to more fully appreciate the multiple facets of complex problems.

All the board members are very fond of these discussions. They help us focus on what's really important in the education we're building for our kids. It's also a way to build bridges between our school and the community and it's a way to hold ourselves accountable to you as community members, tax payers and parents because it helps us to set reasonable and measurable goals for our teachers and children. I would bet you might like these discussions too. Join us at our November 9<sup>th</sup> meeting when you can watch one these panels for yourself and help us to understand how to promote health and wellness for our children.



### **SAVE THE DATE**

## **Parent / Teacher Conferences!**

*November 21 (8am-8pm)*



Teachers in all three schools look forward to meeting with students and their parent/guardian on **Monday November 21** to review learning and progress in classes this year. Notices will be coming home with students, or you can call 655-0411 (JFK office) or 655-3530 (WMHS office) for more information.



# Winooski Students Continue to Focus on Wellbeing

By Jaycie Puttlitz, Wellness Coordinator

Students at Winooski Middle School now have an opportunity to be leaders in wellness for their school community. Eight students, ranging from grades 6th through 8th, are taking a class that focuses on learning about different aspects of wellness, and gives them leadership in choosing activities to help their fellow students eat healthier and try new activities for fitness and fun.

The Student Leadership in Wellbeing class is a direct result of Winooski school district's intentional focus on wellness as a graduate expectation (GX). The Wellbeing GX calls on students to explore aspects of physical, social and emotional wellbeing, recognize their own challenges and take steps to grow. And that is just what these students are doing. As 7th grader Maymuna Mohamed says, "What I really want for this class is for us to help people know what wellness is."

One example is that the students are taking an interest in the new school garden and using the crops in new recipes in the school kitchen. Recently, students harvested some of the produce for use in a taste test. "I think the best part of this wellness class was the setup of the taste test and preparing all the food for others to enjoy," says Eric Davis, an 8th grade student taking the class. "I also enjoyed going out to the garden and getting all

the crops and making some actual dishes out of them."

Another example of the students leading wellness is by being advisors to the Spartans in Motion program, a 25-minute, organized, physical activity and movement curriculum for all middle school students.

The student wellbeing leaders help set up activity circuits and plan seasonal events like the Spartan Games. The Spartan

Games provides students an opportunity to show their progress in physical activities that they have been working on during the semester.

What else will these student leaders do this year? The class is up to them! They will investigate and plan other wellness activities that they think their classmates want to learn, or want to enjoy, or that



could make their school a better place to learn. "I enjoy the whole class," says Savannah Alger, 6th grader. "And, I think we should talk about stopping bullying." Other ideas they have are planning field trips, more cooking and taste tests, community service projects presenting to their peers at school meetings. A few students are eager to prepare and plant the school garden in the spring.

The class is summarized well by 8th grader, Ana Cote, "I think the best part about this wellness class is that we get to go outside of the classroom and learn about different things and do different things. I also like helping out my friends in the school."

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## "To Teach, or How to Teach"

By Hal Colston, Director, Partnership for Change

I believe that teachers are our greatest asset in our communities and our country. Second to parents, no other group of professionals has such an impact on our future, our young people. My life was shaped by so many unsung heroes - teachers who believed in me and expected me to succeed.

It was a dog day afternoon with air too hot to swallow, August 1963. Across the street where I grew up in York, PA was the York Redevelopment Authority. It was a tidy brick building painted a cream color with light blue trim on the corner of Penn and Codorus Streets. Hugh Graham was its director, a stout white man dressed in a

tight fitting linen suit that was soaking his sweat but not his perspiration mustache. You might have mistaken him for a plantation owner. To the contrary, Mr. Graham was a very kind man.

My father worked several real estate deals through Mr. Graham's office and that afternoon I stopped by to look for Dad. "No, he is not here," said Mr. Graham. I thanked him and was about to leave but this checkered board behind his desk with different looking pieces caught my eye. He asked me, "Do you play chess?" I said no. "Well, do you want

to learn," asked Mr. Graham? I said yes and three hours later along with several glasses of ice water, I fell in love with chess. I will forever cherish this gift from Mr. Graham. He had planted the seed of critical thinking, strategy, being tough on accomplishing goals, and knowing your competition. This continues to serve me well in life.

Making teaching personal and relational produces lasting outcomes. Our students are best able to learn when they know the teacher cares. How do you bring care to your teaching craft?



**PARTNERSHIP FOR CHANGE**  
OUR SCHOOLS • OUR COMMUNITIES • OUR FUTURE

## CITY AND SCHOOL ANNOUNCEMENTS

### Free Internet Safety Classes

HealthSource education programs and healthy lifestyle classes are offered by Community Health Improvement at The University of Vermont Medical Center. The Internet Safety Courses listed below are free. Pre-registration is required by calling (802) 847-7222 or registering online at [UVMHealth.org/MedCenterHealthsource](http://UVMHealth.org/MedCenterHealthsource).

#### **Internet Safety Series Part 2: A Compassionate Approach to Discussing Tough Topics with Teens: Navigating the World of Social Media, Sex and High-risk Behaviors**

Kathy Batty, LICSW/Middle School Counselor and Angela Arsenault, Editor at Parent.co and author of "Teens, Sex, and Social Media." Growing up in 2016, adolescents experience a large portion of their social life and interpersonal interactions online. This workshop will teach parents how to talk to their kids about the digital footprints that they leave behind. Caregivers will learn how to set boundaries and create respectful expectations while maintaining an open line of communication. Light refreshments will be served and childcare may be available based on demand.

**WHEN:** Monday, November 14

**TIME:** 6:00 – 7:30 pm

**WHERE:** Winooski School District

### A Warm Thank You!

*By Kristi Theise, MS, Home School Liaison*

Winooski and the larger Vermont community have come together to ensure children are warm this winter season! We have been busy collecting new or gently used coats for our kids and would like to thank the following people for their generous donations: Heather Win, Callie Reinker, Elise McCormick, Tim Rich, Mike Decarreau, Sean McMannon, Kari O'Shea, Hilary Rivers, Cheyne Racine, Grand Knight Greg Clairmont and the Knights of Columbus, and St. Stephens Church of Winooski. We are still accepting donations, please contact me at 316-6997 or [ktheise@winooski.k12.vt.us](mailto:ktheise@winooski.k12.vt.us).

### Rice Memorial High School Open House

*By Christy Bahrenburg*

Could Rice be the right fit for your student? Choosing a high school is one of the most important decisions your family will make.

**Join us at our annual Open House on Sunday, November 13 from 1-3pm** to meet our teachers, current students and their parents, as well as our coaches and club representatives.

Learn what makes a Rice education truly unique. It only takes a couple of hours to see the rewards of a lifetime. Register at [www.rmhsvt.org](http://www.rmhsvt.org) to register and customize your visit.

For more information, contact Christy Bahrenburg in the Rice Admissions office at (802) 862-6521 ext. 235 or [bahrenburg@rmhsvt.org](mailto:bahrenburg@rmhsvt.org).



### Carpooling in Winooski

This school year, as we continue to search for solutions to the school transportation issue in Winooski, Parents & Youth for Change and other stakeholders will be organizing a morning carpool to try and address the immediate needs of families that are seeking support for their children to make it to school safe, on time and ready to learn.

We will be offering gas cards to volunteers who can commit to participating in the carpool at least two days per week, and complete background checks with the Winooski Police Dept. Everyone needs to make an appointment with Lt. Scott McGivern that works with his schedule, it only takes about 15 minutes.

For more information, please contact Infinite Culcleasure at: [infinite@parentsforchangevt.org](mailto:infinite@parentsforchangevt.org)

### Our Famous Calcutta Is Here Again!

**Don't Miss This Fabulous Chance to Win \$1,000**

**Friday, November 4, 2016 at the RVA In Winooski**

**Happy Hour Begins At 5:30 pm — First Ball At 6:30 pm**

Each ticket admits (2) two and is the same price as last year \$50

Appetizers served during Happy Hour

Don't worry if you can't make the event, You Can Still Play!

For more information – To buy a ticket or to get involved, contact us -

Website - [www.Winooski.dollarsforscholars.org](http://www.Winooski.dollarsforscholars.org); on Facebook!

Or Email us at [winooskidfs@gmail.com](mailto:winooskidfs@gmail.com)

*We Look Forward To Helping Our Graduating Students Succeed With Your Support!*

DFS of Winooski is one of the two chapters in Vermont!

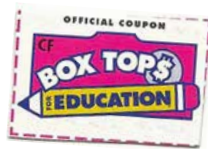
Winooski  
**Dollars for  
SCHOLARS®**  
A Program of Scholarship America®

## Join the PTO and Help Our School!

The Winooski School District would love to have YOU be a part of the K-12 PTO. If you are interested in being a part of this really fun committee, please e-mail Lisa Goetz at [lgoetz@winooski.k12.vt.us](mailto:lgoetz@winooski.k12.vt.us).

Our next PTO meeting will be held on Nov. 16th from 5:30 - 7:30 in the JFK conference room. Meetings for the remainder of the year will be as follows: Jan 18, Feb 15, March 19, and April 19. All meetings will be held in the JFK conference room.

Please continue to send in Box Tops. Pre-school-5th grade can give them to their classroom teachers, 6-12th grades can bring them to the middle/high school office. Last year we earned \$1,000! Funds raised support end-of-year field trips, teacher grants, and much more. Please join us!



## Thank You Lance McKee!

The PTO would like to offer a special thank you to Lance McKee of McKee's Pub & Grill for continuing to generously support children of the Winooski School District. We are grateful for your support!

## Winooski Memorial Library in Partnership with Winooski School District

By Suzanne Skaflestad

Are you looking for help with your homework? Do you want to work with a tutor on math, science, English, or history? Do you want help with your college applications. Come to the Winooski Memorial Library from 6 to 9 pm, Monday through Thursday, for Homework Help. There are computers, school supplies, and tutors ready to help you!

## WHS Online Store Welcomes Your Donations

By Courtney Poquette

The Winooski Business Department students are starting their own online store to learn about business and to raise money for upcoming field trips.

We welcome donations of new and like new small household items. Books, video games, and DVDs are also great donations. We are also still in search of board games which may be sold or used for our Business of Board Games class.

Donations can be dropped off at the school during business hours. You may also contact Courtney Poquette at 383-6192 or [cpoquette@wsdschools.org](mailto:cpoquette@wsdschools.org) with questions about what we will accept. Thank you!

## Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit [www.retn.org](http://www.retn.org) and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.



NEW DATE!!

## STEM Family Fun Night!

Mark your calendars for **Thursday, November 10, 2016** for the third annual STEM (Science Technology Engineering and Mathematics) Family Fun Night for Winooski Middle and High School!

Bring the whole family to enjoy an evening of active learning; from investigating the microscopic world, to hands-on activities for the Junior Scientists, to watching our legendary Egg-Drop Competition. All activities will be hosted by our middle and high school students; future scientists, engineers and mathematicians. Parents, brothers and sisters will get an inside view of what it means to "do STEM" at our school.

**Begins at 6:00 p.m. with dinner and concludes at 8:00 p.m.** Join us in the cafeteria for a smorgasbord of great food and fun—all free of charge!

### Senior Pictures

Winooski Middle High School  
CLASS OF 2017

Senior Pictures are due to Mrs. Bruce, Yearbook Advisor, by  
**DECEMBER 1st, 2016 via email:**  
[jbruce@wsdschools.org](mailto:jbruce@wsdschools.org)

*"All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community."*



### JFK Elementary Update

By Sara Raabe - JFK Elementary School Principal

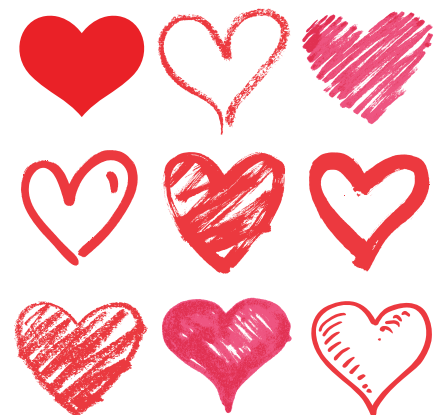
Students and staff at JFK Elementary have been working hard to meet our district-wide expectations of HEART (Honest, Engaged, Appropriate, Responsible, Timely). Students at JFK are acknowledge with a heart for following expectations. When a class fills up their HEART Jar, they get to add their hearts to the school collection in the Heart Monitor, and have a class celebration. It takes about 1,000 hearts to fill a class jar. Some class celebrations so far have been pajama day, bringing in a blanket and pillow from home to use during reading, building forts to read in, or extra recess.

Classes at JFK have been working so hard that they filled the Heart Monitor and earned an All School Celebration. The Heart Monitor takes about 45,000 hearts to fill it. That is a lot of great hard work by the JFK students! To celebrate that hard work, the JFK Leadership team planned a Bubble Party. A team of JFK adults worked together to make homemade bubbles for all 363 students. Students came to the back field to find wading pools filled with bubbles, tennis rackets, pipe cleaners, cookie cutters, and traditional bubble wands. Students and adults had a wonderful time blowing bubbles in the sun for 30 minutes. A huge thank you to all of our families that donated items to make the party such a success!

Students are already working hard to fill the Heart Monitor a second time.



A bubble party for all students at JFK took place to celebrate their hard work!





# Positive Behavioral Interventions and Supports “Tip of the Month”

By Kari Rittenburg, JFK Leadership Team Member

Positive Behavioral Interventions and Supports (PBIS) is most successful when ALL staff and even families recognize students for positive behaviors! Look for ways children are being Honest, Engaged, Appropriate, Responsible and Timely and let them know about it!

Whether it is at school, at home, or in the community students should be

recognized for demonstrating positive behaviors! Here at school we do this by making an observation “I noticed you cleaned up your breakfast when you were finished, that is being responsible” and we reward the student with a heart token. These tokens are collected for a whole school celebration. At home and in the community you can do the same! Let

your child know when they do something positive and be specific about which letter in HEART they are showing you with their behavior. Teaching children that these behaviors are also recognized outside of school helps them to generalize their learning to the world around them.

Stay Positive!



## Pokemon Boot Camp

By Mag Thomas

The Pokemon craze has come to JFK! On Wednesday afternoons, Mr. Neilson and a group of students meet for the afterschool program, Pokemon Boot Camp. During this time, they learn how to play the game, the identifying characteristics and classifications of the Pokemons. They spend this hour afterschool playing the card game and understanding the rules. The students also get a chance to trade cards and draw their favorite Pokemon character.



## Engaged and Empowered

By Andy Schlatter, 2nd grade teacher at JFK

Step into room 10 at JFK Elementary and you won't see many of the sights that might remind most of us of our old second grade classrooms. Gone are rows of desks and the teacher lecturing for an hour of math. You also won't see students reading out loud one at a time to the entire class. Instead you'll find students seated in groups, working in established and trusted partnerships. You'll see students discussing books that they've chosen, driven by notes that they've written, with peers who listen intently and offer genuine feedback. These second graders are learning that they are in fact teachers as well as learners.

From day one we are building relationships in the classroom. Students need to be able to trust each other, to take risks, and to know that it's not only ok to make a mistake, but that it's a learning opportunity waiting to be seized. Our students are sharing their math strategies with their peers, allowing them to develop their ideas while making connections to other students' strategies. They examine each other's work and ask genuine questions. They justify their reasoning by representing and explaining their thinking. Perhaps most importantly, they are engaged in their learning.

By teaching these students to participate in real discourse about literary characters, big ideas, and math strategies, we are putting the power of education in their hands. When they see their thoughts and ideas reverberate through the classroom, they are engaged and empowered. They do not simply participate in the learning; they own it.







*Lumberjack hockey team visits the 3rd grade for goal setting!*

## Third Graders Welcome the Lumberjacks Hockey Team!

*By Lisa Goetz and the Third Grade Team*

The third graders are so lucky to have the Vermont Lumberjacks Hockey team visiting them every Thursday. The Lumberjacks are members of the Eastern Hockey League and play their games at Leddy Park in Burlington.

During their first meeting with the third graders, Coach Doc Delcastillo spoke about setting realistic goals and the importance of school. He emphasized that working hard and never giving up were very important in order to reach your goals. Students and teachers also heard the personal goals and dreams of the hockey players which ranged from going to a good college to being a teacher to running an animal rescue shelter. J.F.K. students were given a lot of good motivation for setting and reaching their own goals and dreams.



After the presentation, the players split into small groups and worked with the third graders on their hopes and dreams. The children were given the opportunity to ask lots of questions to the hockey players. They had a great time getting to know each other!

The Lumberjacks will mentor the third graders in reading and writing this year. As a culminating activity, the children will have a chance to ice skate with the hockey players at Leddy Park in February.

The third graders are very grateful to the Vermont Lumberjacks for spending time with them and wish them much success this season!



## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Giving Hope

By Leon Wheeler, Principal, WMHS

I received an email in mid October from the Proficiency-Based Learning Team Leader at the Vermont Agency of Education. She wanted me to know that a video made last year in Winooski, "We Are the Future of Winooski," is being used at the national Innovation Lab Network's Annual Convening to start a conversation about transformational leadership and the implications for traditional school systems.

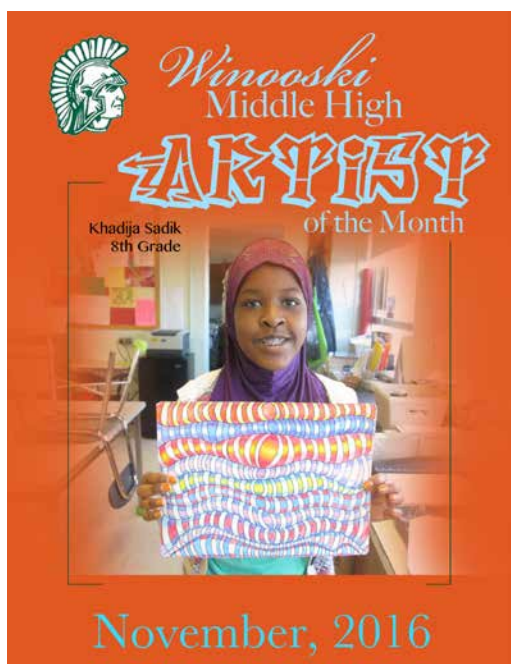
Yes, Winooski truly is a leader among public schools in remodeling systems based on the concepts of skills-centered, personalized, proficiency-based learning. To be clear, this is very much a work in progress. While we have been actively and intentionally working to understand and implement these concepts for four years and are making significant progress, it will require continued effort and feedback to continue improving our school.

The first week of November parents and guardians will receive the 2nd progress report for the year marking the halfway point of the first semester. In the October newsletter article I explained the importance of learning habits in the progress reports. I encourage all parents, guardians, and students to attend the student conferences on Monday, November 21st, between 8am and 8pm. This is a valuable opportunity to learn about the work students are engaging in, their work habits, and their progress toward MS gateway skills and HS graduation skills. Kate Grodin and I will be around all day as well, and available to talk with you as is helpful.

Finally, the tragic events surrounding the deaths of 5 Harwood students have impacted schools, parents, and students around the state. These words from Harwood principal Amy Rex speak powerfully about compassion and caring especially during times like these.

"...Your Words, Your Care Packages, Your Random Acts of Spirit; They have all contributed in ways you may already understand due to similar experiences, or you may not understand, because to date, you have been spared of such tragic school events; regardless, all you need to know is that you have encouraged us, fueled us, lifted our spirits, and touched our hearts. Most importantly, you have given us hope – we shall pass through this darkness, and our days will get longer and brighter. We are Harwood Strong – We are Vermont Strong."

Blessings to you and all you love this November!



### Artist of the Month

By Jessica Bruce, Art Teacher

Congrats to Khadija Sadik for being recognized for her excellent artistic practices in arts rotation! She has shown great progress and dedicated skill in working on her crafts.

### Guidance News

By Tony Settel

Attention students: Welcome to the second half of the Fall semester! Please check your email for all sorts of useful information from your guidance counselor.

Seniors, please schedule a time to meet with Tony and the VSAC representative, Liam Danaher, to begin the college exploration / application process and answers to the all important question, "How am I going to pay for college?" We will tell you and let you know about sources for FREE money.

### Band Notes & Calendar

By Randy Argraves

All the Band, Chorus and Orchestra members are putting a great concert program together for our first performance of the 2017- 2018 season. It will be on **Thursday, November 17th** in the Performing Arts Center. All of you are welcome to come hear our talented, young musicians play music ranging from Vivaldi to AC/DC. Please add the rest of our concert dates, which are listed below, to your calendar. Hope to see you on November 17th!



- **WMHS Band, Chorus and Orchestra Concert:** Thursday, November 17 at 7PM in the PAC
- **WMHS Band, Chorus and Orchestra Concert:** Tuesday, March 14 at 7PM in the PAC
- **All State Parade:** Wednesday, May 10 at 6PM in Brattleboro
- **WMHS Band, Chorus and Orchestra Concert:** Tuesday, May 23 at 7 PM in PAC
- **Memorial Day Parade:** Saturday, May 29 at 12PM on Main St.
- **Discover Jazz Festival on Church Street:** Time and exact location to come.





## Varsity Boys Soccer

By Stephen E. Feiss, Coach

The Spartan Varsity Boys' Soccer team has started the season with an 8-2 record and is working towards finishing the year with one of the strongest defensive efforts in school history including 5 shutout wins already.

We are excited about the possibility of hosting our playoff games this season. Keep an eye on the school district website ([www.wdschools.org](http://www.wdschools.org)) for any announcements regarding playoff games and times. We would welcome support from family and friends at any of our games!



## Kempo Ju-jitsu for Girls

By Nancy Keller

Since September, eleven middle school girls have practiced the forms, techniques, and skills of Kempo Ju-jitsu in the CCLC Afterschool Program, Martial Arts for Girls. Soon these students will test for their first belt promotion by demonstrating the physical moves they have learned over the past 7 weeks. In addition to these physical moves, though, they have grown in confidence, self-control and strength, attributes that will help them develop the courage to take positive risks and pursue hopes and dreams beyond this afterschool program.

Winooski School District's expectation for well-being is that all of our students are able to identify their social, emotional and physical strengths and weaknesses, and take intentional steps to grow. Through the martial arts, these middle school girls are practicing just that--learning to set and achieve physical goals in the belt-ranking system, and as they do so, understand how this impacts their social and emotional well-being now and in the future.

Martial Arts for Girls will continue into the next session, too, meeting on Fridays from 3:00 to 4:00 pm each week, beginning the first week of November, and it's not too late to sign-up! Contact Suzanne Skaflestad, Director of the 21st CCLC Afterschool Programs for details.



A picture of Ms. Keller and Ana demonstrating a block in the Kempo class offered to middle school students.



## Math Lab — An Interview with Som Khatiwada

By Tom Payeur

The Math Lab at Winooski High School is an exciting place for students to master math skills at their own pace with the support of teachers and peers. The activities students work through in our online system are set in real-world situations and support growth in our Critical Thinking GX. This is the second year of our Math Lab in action, and already we're seeing changes in students' beliefs in their ability to learn mathematics deeply. An interview with Som Khatiwada captures his outlook:

### What do you like about the Math Lab?

What I like about the math lab is we get to be on our own and do the work independently. It gives us time to think privately, so that way you're more engaged with learning by yourself.

### What is difficult about the Math Lab?

Sometimes I get stuck in an activity and even after I ask the teacher for help I still can't figure it out. But I put my best effort into doing it and try to understand the concept of the problems, so that makes the problems easier for me to do. I mean when I first looked at this standard deviation problem I had no idea what to do, but when I went through the instruction and the material that the teacher gave me I was able to do it.

It's like people who are interested in working independently, it's easier for them to be in Math Lab and do the work. It's hard for people with a fixed mindset to work independently. Like last year I had a fixed mindset, I didn't even complete one unit in one whole year. But this year I have a growth mindset and I've completed like two units in one quarter. So I believed

in myself that I could do it and I did it.

### How much time do you spend working on math at home?

I spend one to two hours on math at home over the weekend.

### What advice would you give to someone who is working to have a growth mindset?

I would give this advice to my friends: I will say you have to believe in yourself. Work hard. You will learn.





## Middle Schoolers Explore Hip Hop

By Heather Win

On Thursday, October 6th, a selected group of Winooski Middle and High School students participated in a dance workshop hosted by the world-renowned hip-hop dance theatre group, Rennie Harris Puremovement. Three incredible dancers from the company taught a hip-hop routine to high school students interested in dance and middle school students who have given high effort in their Theatre Arts and Slam Poetry Arts Rotation classes. The students

stepped out of their comfort zones and enjoyed an hour of challenging and invigorating dance.

The following day, this same group headed to The Flynn to take in an educational performance by the Rennie Harris Puremovement company. They explored the history of hip-hop dance, and amazed us with their incredible moves! Some students even took the opportunity to see the evening performance at The Flynn with family

and friends.

Special thanks to The Flynn for their very generous offering of the workshop, subsidized matinee tickets and discount vouchers for the evening show. We are inspired!

## Pretty Darn Cool

By Nancy Keller

“The boat was pretty darn cool,” answered seventh grader, Alex Gaudet, when asked about Team Journey’s most recent science field trip.

A beautiful Fall day in October greeted 83 middle school students and their teachers, as they visited the ECHO Science Museum on Burlington’s waterfront, took a guided walking tour of the Lake Champlain shoreline, looked for macroinvertebrates in leaf packs, performed chemical water quality tests, and collected plankton while aboard UVM’s research vessel, the Melosira.

Since the start of the school year, Winooski Middle School students have been learning about ecology through the lens of human impact on our freshwater ponds and lakes. This study has included water quality testing of the pond next to the WMHS softball field to completing quadrat studies of the plant and animal life on the school’s grounds to the most recent field trip to Burlington’s Waterfront.

“I really enjoyed exploring ECHO,”



added eighth grader, Eric Davis, “and seeing the different variety of fish and turtles that live in Lake Champlain.”

“It was like watching TV,” commented eighth grader, Halima Hassan, when she saw the large freshwater aquarium that was home to Sturgeon, Catfish and Sheepshead, some of the largest fish found in Lake Champlain.

“Collecting samples of plankton on the Melosira was my favorite part of the trip. It was fun to be out on the water and

learning more about our Lake,” concluded sixth grader, Makayla Parrott.

This day of hands-on science was made possible by funding from the ECHO Science Museum, who not only hosted our trip to their museum free of charge, but purchased science equipment and supplies for use in our classrooms. A special thanks, also, to Winooski’s PTO, who underwrote our trip on the Melosira.

“We really enjoyed your students!” said Steve Cluett, Captain of the Melosira, after four one-hour trips with our middle schoolers, and if the excitement and smiles are any indication, our students enjoyed the day, too.



## COMMUNITY NEWS

### City Council Update

By Mayor Seth Leonard

Happy fall! While budget season is approaching in December and January, our community is engaged in a number of major project discussions. There will be additional opportunities to be part of the conversation around each of these items, so please keep an eye out for surveys and meetings.

The city's Pool Committee continues to develop a proposal for what a future community pool may look like. As the space and design review move forward, we are looking forward having proposals and updates to share with the community for consideration.

Over the summer we also conducted a feasibility and massing overview of potentially relocating City Hall to the O'Brien Community Center property. The plans reviewed are still very preliminary, and Council will continue to consider opportunities to ensure the city is using our property and facilities in the most efficient and effective way to provide services for Winooski.

In late October we also kicked off a parking study to look at our inventory and management of parking spaces in the city. We continue to see a strong interest for growth and investment into our community, so we are trying to manage that demand and look towards future needs including whether additional parking may be needed.

The City Manager Search Committee has wrapped up initial position description and qualification considerations, and has moved on to building a candidate pool for the position.

While the leaves are still falling, it is a great time to remind you that snow is likely not far behind. Please continue to monitor the city's snow removal and parking ban notification opportunities via the city's website. There may be some changes upcoming, so please stay tuned! You can sign up for text and email alerts using the Nixle notification system on the city's website to know when streets are closed and snow removal will be taking place. See page 14 for complete details or call us at City Hall and we'll help you.

Finally, our entire community has experienced a challenging stretch of events over the last couple months that have left very few untouched. Winooski is a special place, and will never be defined by a single or series of events – no matter how traumatic or difficult they may be. There is no doubt it takes time to heal. The response by our community I am observing is defined by strength, resiliency, and an incredibly strong sense of togetherness and care for our neighbors. In these difficult times, Winooski has responded with expressions of the wonderful community character that is on display each and every day. Our community conversation around how we continue to evolve into a city where every resident feels safe, healthy, and connected is not closed ended. It will not always be easy, but I believe we will continue to work towards those goals together.



### What is YouthBuild?

YouthBuild is an alternative high school completion program that serves men and women ages 16-24. YouthBuild students have the opportunity to gain meaningful job skill training in construction and weatherization, engage in leadership development, and complete 675 hours of community service. While fulfilling their high school completion requirements, YouthBuild members earn industry recognized certificates, like NCCER, OSHA-10, First Aid and CPR, and Work Keys. Additionally, students serve their community as part-time AmeriCorps members, and can qualify for an education award to use towards college or training programs.

### What's happening at YouthBuild?

8 new students joined YouthBuild this September, and formed F-Crew. New students spent the last month completing construction and safety training, taking part in team building activities, and re-engaging in academics while exploring their individual learning styles. They will complete their orientation period with a group hike up Mt. Mansfield.

**Construction:** YouthBuild students are working on building a storage structure at the Robert Miller Community and Recreation Center. Over the past month, students have constructed the bare-bones of the building and have worked as a team to assemble and raise the walls.

**AmeriCorps:** In the past few months, students have spent days serving the community by gleaning vegetables on the Intervale, maintaining bike trails with Fellowship of the Wheel, and building a fence with Parks and Rec, to name a few. We even built a cob pizza oven at The Rock Point School!

**Recruitment:** YouthBuild is recruiting for our crew, if you are interested in learning more about YouthBuild, contact us today at (802) 658-4143 x 27 or email aweinstein@resourcevt.org.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooskivt.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooskivt.org	802-999-9270
Councilor Nicole Mace	nmace@winooskivt.org	802-363-7777
Councilor Robert Millar	rmillar@winooskivt.org	802-238-0089
Councilor Brian Sweeney	bsweeney@winooskivt.org	802-734-6902
Interim City Manager Ray Coffey	rcoffey@winooskivt.org	802-655-6410
Visit the city website at <a href="http://winooskivt.org">winooskivt.org</a> or call 802-655-6410.		

Keep up to date with announcements and news:



**LIKE US ON FACEBOOK** We are "City of Winooski - Government"  
**FOLLOW US ON TWITTER** We are @winooskivt

# Community and Economic Development

By Heather Carrington



Heather Carrington

I'd like to introduce myself as the new Community and Economic Development Officer for the City of Winooski.

As an economic development professional, I am committed to building on Winooski's assets and working for a sustainable economic future for the City, its businesses, and its residents. As a Winooski resident, I truly feel that this is an exciting time for the City!

We continue to see new investment and a growing interest in our vibrant city:

- Commodities, the new downtown grocery store is preparing to open its doors in the coming months.
- The Strand, the proposed new mixed-use performing arts center slated for the top of Winooski's downtown circle, recently received state funding support through the

Vermont Agency of Commerce and Community Development.

- Further state funding has been committed right across Main Street for improvements to the iconic Winooski Block.
- The City Lights project at 106 East Allen Street is well underway, bringing 27 new housing units to the downtown district.
- The recently completed \$1 million VTrans project on the Winooski Circle has improved walkability with narrowed vehicle lanes, new signage, sidewalks and crosswalks thus re-establishing community access to Rotary Park.
- 2016 Form Based Code Regulations have been adopted for the newly created Gateway Districts along Main Street, Malletts Bay Avenue, and East Allen Street.
- New mixed-use development plans are already being proposed for Main Street, drawing the energy and vibrancy of downtown Winooski

further up into the Main Street district.

- Our grand list continues to grow, adding to our tax base and creating a sustainable economic future for the City of Winooski.

This is indeed an exciting time for the City, and now is the time to spread the word about Winooski. We can all play a role in promoting our economic future. Winooski is a community of people who know their neighbors, feel a strong sense of community pride and ownership, and actively engage in continuously building the high quality of life found in the City. It's time to promote ourselves as an innovative, visionary community. Let's collectively share our story! If you would like to be part of the momentum, consider bringing your skills and talents to one of our committees: [www.winooski.org/boards-and-commissions/](http://www.winooski.org/boards-and-commissions/), or volunteer your time for Winooski events [www.winooski.org/volunteers-needed-halloween-winooski/](http://www.winooski.org/volunteers-needed-halloween-winooski/).

## Got Nixle?

By Paul Sarne, Community Outreach Coordinator, AmeriCorps VISTA

Here's a friendly reminder from the City of Winooski: to receive winter parking ban notifications on your cell phone or by email, you must sign up for NIXLE.

The winter parking ban remains in effect from Dec. 1 - March 15th for the Downtown Core (2:30 am - 6am) but in the rest of the City a ban will only be enforced during weather events, snow removal, or street repair.

To receive up-to-date notifications, text 'WINOOSKI' to 888-777 or register at [winooski.org](http://winooski.org). **Voicemail notifications are no longer available! Residents without text messaging capabilities or internet can retrieve an update by calling 802-655-3908.**

To receive up-to-date  
winter parking ban advisories  
text **WINOOSKI** to **888-777**  
or register at  
**WINOOSKI.ORG**



xafada winooski waxay isbadal kusamaysay mamnucidi  
baabur dhigashada wadada waqtiga qabobaha ama barafka,  
macluumaad dheeri ah booqo [winooski.org/winterparking](http://winooski.org/winterparking)  
ama wac 802 655 6410

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# News from the Winooski Coalition for a Safe & Peaceful Community

By Jackie Hoy, Communications Coordinator with WCSPC

Exciting news from the Winooski Coalition: we've expanded! The Winooski Coalition has recently added two new staff members and one new board member. We're looking forward to all the positive work we can accomplish together, and to a brighter and healthier future for the city of Winooski. For information about the newest members, please see the bios below.

## National Drug Take-Back Day

The Winooski Police Department collected unused or expired medications for safe disposal on Saturday, October 22nd. If you missed it, you should know that the Police Department has a 24-7 prescription drop-box in the front entryway for immediate or future disposal. Keep your eyes out for other permanent, year-round drop-off locations in the future.

Why safe disposal? Prescription drugs can be accidentally ingested, misused, or abused by someone for whom the medication was not prescribed. National Drug Take-Back Day raises awareness about the dangers of unlocked, unused medications in the home, and aims to reduce the abuse of prescriptions across the country.

## Staying Above the Influence

The Vermont Department of Health has released recent information regarding e-cigarette use among youth in Vermont: 15% of high school students reported using e-cigarettes within the previous 30 days, and 30% of students reported having tried e-cigarettes before (Youth Risk Behavior Survey, taken in 2015).

Smokeless tobacco use is on the rise, fed in part by the marketing tactics of tobacco companies that portray alternative smoking as harmless, healthy, and cool. Most e-cigarettes still contain nicotine, which can lead to addiction, may harm brain development, and can increase the likelihood of use of other tobacco products.

## Welcome New Members!

*Katie Miller, Board Member:* Katie comes to WCSPC from almost five years of work at another prevention coalition in Chittenden County. A Winooski resident, she's passionate about healthy communities and helping Winooski continue to grow and thrive. Katie has a BFA in photography from Rochester Institute of Technology, an MA in arts administration from Savannah College of Art Design, and a graduate certificate in non-profit management from Marlboro College. She's also a trained Results Based Accountability trainer and has years of experience in program development, communications, and fundraising at youth-focused organizations in the arts and beyond. When not at work or volunteering, you're likely to find her with either a camera or a spatula in her hand and her dog at her side, finding some way to be creative.

*Rachel Swanson, Youth Engagement Coordinator:* Rachel is a recent college graduate from Bard College with a degree in psychology and gender studies. She grew up in South Hero and is currently living in Burlington. Rachel has been working with youth ranging from ages 5 to 14 for about four years. Previously, she has worked as an educator and camp staff member at ECHO Leahy Center for Lake Champlain in Burlington. She also tutored for an after school program in rural upstate New York for English Language Learner students who primarily spoke Spanish at home. In these positions, Rachel developed public programs, camp curriculums, and a variety of activities to create a fun and engaging environment for kids from all backgrounds. Rachel loves working with kids and offering them opportunities to grow to their full potential. She is excited to join



Katie Miller



Rachel Swanson



the WCSPC team, learn more about prevention work in Winooski, and engage with the youth in the local community. Outside of work, Rachel enjoys hiking, listening to live music, and petting cute dogs she sees on the street.

*Jackie Hoy, Communications Coordinator:* Born and raised just outside of Chicago, Jackie Hoy received her BA degree from the University of Iowa with a double major in English and German. In 2011, she moved from Chicago to New York City to study creative writing at NYU. It was while on vacation that she decided NYC was too big for her, and she made the permanent move to Vermont. Jackie has been a freelance writer for the past three years, where she has written digital content and marketing materials for varying industries, including nonprofit. She is a member of the Editorial Freelancers' Association and served as the Grant Editor for Washington Square Review. In her free time, Jackie enjoys reading and writing, cooking, swimming, and skiing. She's looking forward to working with everyone in the WCSPC community!



Jackie Hoy

## Free Coffee and Socializing!

The WCSPC, UVM Medical Center, and Starbucks sponsor:

- Free coffee hour at the O'Brien Community Center every Friday from 9am-11am
- Blood pressure screening on the 1st Friday of the month from 9am-11am.

It's a great opportunity to meet and greet your neighbors, and we hope you'll join us!



## Weekend Islamic School

By Janice Battaline

The first month of the Weekend Islamic School has been an exciting and fun one for students and teachers. With over 90 students currently enrolled, Sundays at the school are very active!

Our community service activities are up and running! During September, the younger students participated in a community service activity where they colored a variety of home made greeting cards. These cards were delivered to the elderly at the Pines Retirement Community in South Burlington. Later this month, the middle and high school girls will participate in the walk, Making Strides Against Breast Cancer, on October 16.

Our Sunday school classes are progressing well with eager students settling in well with their studies of the Arabic language, Islamic knowledge, character values, Quran memorization and meaning, and the importance of working together to respect and benefit our community.

On October 1, and each Saturday this month and in November, the girls participate in swimming at the YMCA. This gives so many the opportunity to have fun and learn to swim in a safe environment for girls/women only.

With most of the school year yet ahead of us, everyone at the Weekend Islamic School is looking forward to more fun, activities, and learning!

For any information about the Weekend Islamic School, please contact us any time at: [board@vtweekendschool.org](mailto:board@vtweekendschool.org).



## Police Department Outreach – November

By Scott D. McGivern, Lieutenant,  
Winooski Police Department

This month I would like to make you aware of some of the services the department offers. But first, I will start by telling you that we have officers assigned to a variety of positions. We have a **school resource officer** who has an office in the school. We have our **patrol division**. These are the officers you primarily see on the street. We have **detectives** who are in plain clothes who follow up on investigations. An officer is assigned to the **Chittenden Unit for Special Investigations**. We also have an officer working in the State's Attorney Office as a **domestic violence investigator**. We have **two instructors in RAD**, a self defense training for women.

If you will be away from your home for an extended period of time, call the department and ask for a **vacant house check**. The dispatcher will make a report notifying the officers so your property will be checked while you are away. **Security surveys** are also provided. This is where an officer will come to your house or business and make recommendations on how to improve the safety and security of the property. If you are interested in this, please contact me, Lieutenant Scott McGivern, and we can set up an appointment.

The department also participates in functions throughout the city, including Public Service Day, Halloween night at the Community Center, "Coffee with a Cop", and other events that allow the public to meet and interact with officers. There are other programs that are being developed and organized.

Keep up to date by viewing the Police Department's web site and Facebook page.



## Free Weekly Playgroups offered at Winooski Family Center!

Playgroups are an opportunity for children to build social and literacy and skills and engaging in fun activities that will help build a foundation for future learning and Kindergarten readiness.

It is also a place where parents can gain support, learn about and access resources and meet other parents from their community.

All parents, caregivers, grandparents with children 0-5 years are welcome.

Playgroups are held **Tuesdays** and **Thursdays** from 9:30-11:30am at the Winooski Family Center in the O'Brien Community Center at 32 Mallets Bay Ave.

Please call us at 655-1422 or email [mkerkering@howardcenter.org](mailto:mkerkering@howardcenter.org) for more information.

## Welcome To Our New Recreation and Parks Manager!

By Kirstie Paschall

Hello Winooski! We are pleased to be kicking off November by welcoming our new Recreation and Parks Manager, Alicia Finley! Alicia comes to us most recently from Orchard Valley Waldorf School, and has a background in wilderness therapy, adult recreation with the City of Moscow, Idaho, and has a Masters Degree in Movement and Leisure Science.

We are so excited to be welcoming her aboard in time for our winter youth sports, and are looking forward to the exciting ideas and opportunities she will be bringing to this position. Be on the lookout for Alicia in the community around the start of November, and join us in welcoming her aboard!

## Library Update

By Amanda Perry, Library Director

With the Winooski Memorial Library's Mango Languages subscription, you can access over 70 language learning courses, including English for Somali Speakers, Hebrew, Mandarin and Spanish. Access this and other resources free with your library card.

Homework Help is available to Middle and High School students Monday through Thursday from 6:00pm to 9:00pm. Get help with assignments, learn study skills and prepare your college admissions essays. Tutors are available to work with you!

The Winooski Memorial Library is located at 32 Malletts Bay Avenue. Library hours are Tuesday through Friday 10:00am to 6:30pm, and Saturdays 10-2. Call us at 802.655.6424.



## Community College of Vermont (CCV) Winooski News

By Amy Stuart, Coordinator of Academic Services

**REGISTER NOW!**  
Classes start Jan. 26th!  
Registration runs  
Oct. 31 - Jan. 23  
**[www.ccv.edu](http://www.ccv.edu)**  
**(802) 654-0505**

### Empty Bowls Event Benefits Winooski's Little Green Pantry!

Please join the CCV Winooski community for the 7<sup>th</sup> Annual Empty Bowls dinner on Wednesday, November 16<sup>th</sup> from 11a.m. – 1p.m. at CCV. Minimum suggested donation is \$5.

### Free College Credits are a Terrible Thing to Waste!

<http://ccv.edu/apply/high-school/>

Do you know that you may take college classes as a high school student? The Community College of Vermont (CCV) offers several opportunities to

current high school students free of charge.

**Introduction to College Studies** is a free class designed to prepare high school students to be successful in college. You will learn how to search for and apply to the right college, pick up a few good study habits and explore career options connected to your academic interests.

Juniors and seniors are also eligible for **Dual Enrollment** vouchers, each good for **one free college course**. The free credits earned at CCV may also count as credit toward your high school graduation – that's why it is called Dual Enrollment.

Rising seniors can apply to CCV's **Early College program** which allows you to spend your final year of high school at CCV earning college credits

that help you graduate and get a jump on your college degree, tuition free!

Contact your guidance counselor or the Community College of Vermont for more information.

### Have you ever been to Scotland?

Would you like to learn about travel writing? CCV will offer Travel Writing (ENG 2090) during the spring 2017 semester culminating in a 10 day trip to Scotland during May, 2017. Course meetings will take place on the last Saturday of the month January – May at the CCV Upper Valley academic center. Check our website for additional details, application, <http://ccv.edu/explore-ccv-programs/study-abroad/>



## Meet The Candidates for Vermont Legislature

There are three candidates running for two seats this fall. Here is information submitted by the candidates to help you get to know them better.

**Please do your part and become informed, and vote on November 8, 2016 at the Senior Center on Barlow St. between 7 a.m. and 7 p.m.**

### CLEM BISSENETTE

**Contact:** clembi@comcast.net

**Work:** retired from IBM

**Education:** Associate Degree in Management from Champlain College

**Community Service:** Winooski Model City committee, Winooski Housing Authority, Winooski City Council, Winooski School Board, Mayor of Winooski and Winooski's State Representative

**Reason for Running:** I enjoy serving the Citizens of Winooski and Burlington and I understand the needs of the communities. In the next year there will be much discussion on Health Care costs and dealing with the opiate crisis in Vermont and the nation. I want to be involved in these discussions. Also we have to continue to find ways to fund the budget without raising taxes and to continue improving our bridges and roadways.

### DIANA GONZALEZ

**Contact:** diana@dianagonzalez.org, 802.661.4053, facebook.com/gonzalezforstaterep

**Work:** Educational consultant and doctoral student

**Education:** B.A. in Literature and Cultural Studies, M.A. in Conflict Transformation, Ed.D. candidate

**Community Service:** State Representative, COSA member, Restorative Justice panel member

**Reason for running:** We need progressive policies that meet the needs of our diverse community and our dynamic state. I was able to support legislation, such as paid sick days and "ban the box," in my first term in the state house. I hope to continue to this work to represent Winooski!

### ROBERT MILLAR

**Contact:** Robert@RobertMillar.org, 802-238-0089

**Work:** Self-Employed. Most recently worked in Operations on Senator Sanders' Presidential Campaign

**Education:** BA in English from UVM. Minors in Political Science and Vermont Studies.

**Community Service:** I'm very proud to have called Winooski my home for more than seven years. In that time, I served two years on the School Board, three terms as a Justice of the Peace and member of the Board of Civil Authority, and last year I was elected to the City Council. Prior to being elected to the Council I was on the city's Development Review Board. I have also represented Winooski on the Green Mountain Transit (formerly CCTA) Board of Commissioners for the last two years.

**Reason for Running:** It has been an honor to be involved in the Winooski community in many ways in recent years, to be a part of the recent renaissance in our city. As Winooski continues to grow and thrive, I feel the best way I could continue serving would be to represent our community in Montpelier. Winooski needs a strong voice for working families and the middle class, who can continue Senator Sanders' Political Revolution here in Vermont.



## Learn More Before Voting

*By Meghan O'Rourke*

November is not just for Presidents: Local elections for the VT Statehouse and who we send to Washington will also have a huge impact on our lives. Starting October 4th, get to know the candidates up close and LIVE on Channel 17/Town Meeting TV and [www.CH17.TV](http://www.CH17.TV)

**Tune in on November 8 at 7:30 p.m. for LIVE election results.**

## Miss a City Meeting? Watch Online!

Channel 17/Town Meeting TV regularly covers and airs **Winooski City Council** and **Development Review Board meetings**. Tune in to Channel 17 on Thursday nights at 8 for regular Winooski community content or visit [www.cctv.org/watch-tv/municipalities/winooski](http://www.cctv.org/watch-tv/municipalities/winooski).

**Do you want to learn to make your own video programs about life in Winooski?** Contact [morourke@cctv.org](mailto:morourke@cctv.org) to find out about group or one-on-one trainings.

**\* DO YOUR PART \***  
**VOTE!**  
**NOVEMBER 8, 2016**



# Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

Autumn... a wonderful time of change and transition. One of the biggest transformations comes from our local service provider and community partner CVAA, now known as Age Well. Since 1974, Age Well has carried out programs authorized by the Older Americans Act - federal legislation that calls for local organizations to take the lead in creating a coordinated system of services for older persons across the country. According to Executive Director, John Michael Hall "Our new name, Age Well connects with the universal desire to age with purpose, vigor and confidence. Age Well expresses the belief that people should embrace the aging process, entering their later years with determination, grace and spirit. We're committed to helping seniors thrive, not just survive."

Age Well will continue to support and deliver services to our community. They do not charge for services provided. As a nonprofit, Age Well relies on donations and encourages clients to contribute if they are able to do so. This giving season, please think of Age Well and if you are able, and make a donation so that seniors in our community can participate in programs that enhance quality of life and improve health outcomes.

## Other developments at the WSC:

**New Qigong Class:** Beginning October 17 at 11am, our Age Well volunteer and Tai Chi instructor Elizabeth Wirls will be offering a new simple class of Qigong with a variety of breathing and stretching movements. She will begin with a very simple introductory form, without stress or flourishes. Qigong resembles Tai Chi, but is easier to learn, and simple and natural to practice. You can be seated while you exercise and it will help you improve your posture and balance. Mondays 11am-12pm. FREE!

**Senior Showcase Gallery:** Our walls received a fresh coat of paint from an amazing senior volunteer and now there are two wall areas designated as gallery spaces that will showcase works that support and engage seniors and the community.

Current shows include Althea

Garceau's photo assemblage titled "Faces of the Center". As the "official Senior Center photographer" she has single-handedly documented events, programs and faces for over two years, creating copious amounts of prints and files for our enjoyment...culminating in this show!



*Karna Maya Gurung proudly stands beside her mandala artwork that is currently hanging in the Senior Showcase gallery.*

Our other wall features the colored pencil mandala art of Karna Maya Gurung. Karna is a New American from Bhutan/Nepal. She comes to the Center on Fridays thru an Age Well grant that provides New Americans a Lunch & Learn experience.

Other upcoming exhibits will include works of poetry, adult colorings by our Open Art Studio group, a "Bingo" themed assemblage, a MLK graffiti art exhibit, New American colorings and a special pictorial history of Winooski exhibit.

Research finds that senior centers need to continue to adapt, drawing on their strengths and relationships with community partners and organizations to become more of a hub, linking individuals to a wider range of activities and services in the community. We hope you'll stop by the Senior Center and check out all of the transformations. We are always looking for folks to participate or volunteer, either way we'd love to see you!

## COMING UP

**NOTICE:** The Center will be Closed Nov 7-11 for cleaning

- **Nov 15** - Senior Lunch & Meeting
- **Nov 16** - Thanksgiving Lunch RSVP

*You may not be able to  
turn back the clock but you  
can wind it up again.*

— Barbara Johnson

- **Nov 22/23/24** - Center closed for Thanksgiving
- **Dec 8** - Door Prize Extravaganza BINGO!
- **Dec 13** - Senior Lunch & Meeting RSVP
- **Dec 14** - Holiday Lunch RSVP
- **Dec 26** - Center Closed for Christmas
- **Jan 2** - Center Closed for New Year's

## EVERY MONTH

- Senior Lunch & Meeting - (2nd Tuesday 11:30a lunch, 12:30p meeting) Prices & menu vary. RSVP
- Do Drop In - (Mon 9-11a) Join us for coffee, treats and great conversation! FREE!
- Tai Chi - Mondays - (10-11a) Advanced, (11a-12p) NEW! Qigong, (5:30-6:30p) Wellness FREE!
- Exercise Group - (T/Th 10-11a) Exercise along to Barbara Jordan's video for Senior Fitness. FREE!
- Open Art Studio - (Wed 9-11a) Try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- Community Lunch - (Th 11:30a) Join us for a great lunch and great company! \$4 over 60yr, \$5 under 60yr RSVP
- BINGO! - (Th 12:30p) Always a blast! Free Popcorn! \$10.00
- Senior Birthday Lunch - (Last Tu 11:30a) Lunch & Birthday celebration \$4.00. RSVP
- Van rides to The Food Shelf, Hannaford's & the Mall and the Winooski Memorial Library. Call for times. FREE!

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. Office hours: Monday - Friday 8:30am - 12:00pm, Thursdays until 2:30pm. You can reach us by phone at 802-655-6425 or by email at [seniorcenter@winooskivt.org](mailto:seniorcenter@winooskivt.org)





## Leaders Gather to Celebrate Farm to School Awareness Month at Winooski School District

By Nina Hansen, SNS, Food Service Director, The Abbey Group

In honor of Farm to School Awareness Month, which began October 1st, the Vermont Agency of Agriculture, Food & Markets (VAAFM) gathered together with Vermont Farm to School leaders at Winooski School District to celebrate the impacts of Farm to School programming and to announce new grant funding for Universal Meals in Vermont schools. Among the celebrants were Secretary of

Agriculture Chuck Ross, State Senators Sirotkin and Zuckerman, Winooski Schools Superintendent Sean McMannon, Farm to School partners, teachers, students, and administrators. Following the celebratory remarks, event attendees were treated to a "local food taste test" featuring Nepalese and Somali cuisine served by Winooski students.

The Vermont Farm to School

Grant Program is made possible by collaboration between the Vermont Agency of Agriculture, Agency of Education, Department of Health, and the Vermont Farm to School Network.

If you have questions about Vermont's Farm to School program or the 2017 funding, contact Ali Zipparo at 802-505-1822, or [Alexandra.Zipparo@vermont.gov](mailto:Alexandra.Zipparo@vermont.gov).

## Girl Scout Troop 30187 Update

By Amy Lothrop

Troop 30187 started our Girl Scout year learning about women's right to vote in the United States. They had lots of questions and were surprised to learn how many restrictions have been and still are placed on voting from poll taxes, literacy tests, residency restrictions, property ownership and more. We learned about Suffragists Alice Paul, Lucy Stone, and Harriet Tubman. They were amazed that the Silent Sentinels stood in front of President Wilson's White House silently for 2.5 years protesting for a woman's right to vote until the 19th Amendment to the US Constitution passed to give women voting rights in 1919. It was ratified on 08/18/1920.

There is a lot our scouts would like you to know about voting but here are just a few thoughts they have on why it is important:

- Women and men were jailed, beaten and killed protesting for the right to vote
- Every vote counts and can change lives
- Voting is a chance to decide who makes the laws



- Voting lets you fight for what you want for your country

While we do not advocate for any one political party or candidate, the Girl Scouts would like to remind you that your vote is your voice. **Please vote on November 8th.**

For more information about our troop, please contact me at 802-373-7288.

*Troop 30187 celebrated the UN International Day of Peace by making pinwheels for peace. It was a great opportunity to think about our world and what peace means to us.*

## Mindfulness Continues, Available Online, Too!

- **What:** Guided Mindfulness Practice and Discussion
- **Where:** Winooski Senior Center
- **When:** Thursdays, 6:30-7:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. Since January of 2016, these sessions have been recorded and uploaded to the school website. Now you can listen to them by visiting this link: [www.wdschools.org/mindfulness-in-winooski/](http://www.wdschools.org/mindfulness-in-winooski/)

## Winooski Library Update

By Amanda Perry

Did you know that with your library card, you can now access OneClickDigital Ebooks and Downloadable Audiobooks? There are over 2600 adult books and 900 children's books. You may check out up to 15 audio books at one time for up to 21 days. Visit [winooskilibrary.wordpress.com](http://winooskilibrary.wordpress.com) to get started!



## Stay in Touch: Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood.

Go to **[www.frontporchforum.com](http://www.frontporchforum.com)** to sign up for this free community resource. You'll get a daily email with news and announcements from neighbors and city officials. It's a great way to stay connected with everything that is going on in our city. And it's FREE!

## Girl Scout Troop 30167 Update

By Sarah McGowan-Freije and Kristin Ryan

Troop 30167 started off the year with a bang. First the girls earned their hiking badge. This involved planning what to wear and bring on a hike, learning what to do if they get lost, and following trail markers (blazes) around the school. We finished the badge by hiking up Mt. Philo and having lunch at the top.

The following week we were on the live show *In The World of Winooski*. Mayor Seth Leonard interviewed the girls about their Girl Scout experiences, and we got a tour of the studio. You can watch the interview at this link - <https://www.cctv.org/watch-tv/programs/winooski-girl-scouts-troop-30167>

We were also busy over the summer. In June we went camping at Grand Isle State Park. The girls planned the menu, which of course included s'mores. We made a universe in a jar ecosystem, took a hike and slept out in tents. In July we got to go on the field at a Lake Monsters game during the singing of the National Anthem, and three lucky girls got to throw out the first pitch.

The Girl Scouts in Troop 30167 are in second and third grade. We empower girls by teaching them to become independent and self sufficient. For more information about our troop, please contact Sarah McGowan-Freije at 802-598-4280.





# Winooski Food Shelf Schedule for November

By Linda Howe

The November schedule is different from all other months so that Food Shelf volunteers and Food Shelf clients can all enjoy Thanksgiving. For November, the Food Shelf pantry will be open the second and third Wednesdays and not the 4th Wednesday. We will also be open on Monday, November 21st from 1-4 p.m. to hand out turkeys and fixings for the Thanksgiving meal. There is no change to the Saturday fresh food distribution.

<b>Wednesday, November 9th</b>	2p.m. to 4:30 p.m.	Pantry staples, meat, and eggs
<b>Saturday, November 12th</b>	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, November 16th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, and eggs
<b>Monday, November 21st</b>	1 - 4 p.m.	Turkey and fixings available
<b>Saturday, November 26th</b>	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items

**Food Shelf policy:** Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill.

Any Winooski resident in need is welcome. You might have just lost a job, become ill or injured and can't work, had a new baby or have large medical bills. We all have experienced sudden life changes. The Food Shelf is here to help support you. For questions call 318-0460.

**Where to find us:** The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

**Sign up for a turkey:** Low income Winooski residents may phone the United Methodist Church at 655-7371 to reserve a turkey (if you did not already come in person to sign up). Please phone no later than November 4th to be sure we can obtain a turkey for you. The turkeys will be handed out on Monday, November 21st from 1 - 4 p.m.. When you telephone, please speak slowly and clearly and leave your name, address, phone number and number of people you will be feeding at Thanksgiving. When you come to pick up your bird, please bring proof that you live in Winooski -- such as a piece of mail, utility bill, your rental lease, or a note from your landlord. You may have a friend or relative pick up the food, just let us know who is coming.

If you cannot come between 1 and 4 p.m., let us know if picking up some other time that day is possible.

**Donations needed:** The food shelf is growing rapidly. More and more food must be purchased since current food donations cannot meet the demand. Donations can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. Thank you!

**Volunteers needed:** The Food Shelf is a full time effort and since many hands make light work, we are always looking

for more volunteers to join our team! We need to raise funds, write thank you notes, shop for food, unload vehicles and stock shelves, check in and serve clients. We need volunteer translators such as French, Arabic, and Swahili. Please consider this very needy cause. We presently serve about 300 Winooski residents each month.

Happy Thanksgiving everyone! And a Big Thank You to our benefactors and volunteers! You make this work possible.

## Changes to City Hall Hours for November

Regular hours at City Hall are 7:30 a.m. to 4:30 p.m. Monday thru Friday. There are a few changes for November that we wanted to make you aware of:

- **November 11th** Veteran's Day, City offices are closed
- **November 15,** 2nd installment of taxes and water/sewer bills due
- **November 24th and 25th** – Thanksgiving Holiday, offices are closed



## TAKE ACTION TO IMPROVE HEART HEALTH

**Blood Pressure Self-Monitoring.**  
Work with a Healthy Heart Ambassador to learn how to manage high blood pressure.

Greater Burlington YMCA, Winooski Branch  
32 Malletts Bay Ave, Winooski, VT 05404

**FOR MORE INFORMATION CONTACT :**  
Denise Schomody, [dschomody@gbymca.org](mailto:dschomody@gbymca.org)  
or (802) 652-8195  
OR Kristin Magnant, [kmagnant@gbymca.org](mailto:kmagnant@gbymca.org)  
or (802) 652-8196



## HEALTH CORNER

### Health Office News

By Liz Parris, RN BSN,  
Health Office Coordinator

Hats, mittens and coats oh my! It is that time of year again when we need to start thinking about sending our children to school with their winter gear. Please make sure to send these items in daily with your children. Our office has a limited supply of these items. If you are in need of clothing assistance, you can contact our new home/school liaison Kristi Theise at [kttheise@wsdschools.org](mailto:kttheise@wsdschools.org) or at 316-6997.

In other health office news, we have been seeing an increase in upper respiratory infections and stomach bugs. On average, we are seeing about 120-140 students per day and most are suffering from ear, nose, throat and stomach issues. Please remember that students with fevers of 100 degrees or higher will be sent home and instructed to remain home until they are fever free for 24 hours without the use of fever reducing medications. Students with stomach bugs are instructed to remain home for at least 24 hours regardless if their tummys are feeling better. Help remind your child to wash their hands and cover their coughs and sneezes.

We encourage all students and their families to get the flu shot. Call your primary care doctor's office and see if the flu shot is right for you.

As always, Katharine and I are available to answer any questions you might have. Feel free to contact us at 383.6094

### Tooth Tutor Update

By Diane Polson, RDH

Did you know your ORAL HEALTH can affect your overall health? Problems in your mouth can create problems elsewhere in your body. Researchers have found a possible link between Gum Disease and conditions like Diabetes, Heart Disease and Pre-Term low birth weight babies. FLOSS, Brush and see your Favorite Dentist regularly!

Remember, Good Oral Health MEANS Good Overall Health!

## ELEMENTARY SCHOOL LUNCH MENU — NOVEMBER



USDA is an equal opportunity provider and employer  
Menus are subject to change

Winooski Elementary School Breakfast November 2016				
Tues., Nov. 1	Wed., Nov. 2	Thurs., Nov. 3	Fri., Nov. 4	
Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ 1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	
Mon., Nov. 7	Tues., Nov. 8	Wed., Nov. 9	Thurs., Nov. 10	Fri., Nov. 11
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release K-12 Asst. Cold Cereal w/ 1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., Nov. 14	Tues., Nov. 15	Wed., Nov. 16	Thurs., Nov. 17	Fri., Nov. 18
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ 1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., Nov. 21	Tues., Nov. 22	Wed., Nov. 23	Thurs., Nov. 24	Fri., Nov. 25
No School	No School	No School	No School	No School
Mon., Nov. 28	Tues., Nov. 29	Wed., Nov. 30		
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ 1/2 English Muffin Fresh Fruit Milk		

#### Breakfast in the Classroom:

100% Juice or Fresh Fruit

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

**Hood Milk: Skim, 1% white or Fat-Free Chocolate**

#### Prices

Community Eligibility Provision

Meals to all Students are Free

Snacks & Snack Milk not included

Adult Breakfast \$1.75 Milk \$0.50

Adult Lunch \$3.50

Pay for meals on-line

For free on-line service go to

<http://www.abbeygroup.net>

Search for Your School and Click the

K12 Payment Center link



Questions or Comments regarding your School Meal Program?

Please contact The Abbey Group Vice President of Operations

Scott Choiniere

[scott@abbeygroup.net](mailto:scott@abbeygroup.net)

Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Go to the link below. You can download an application or see what we have available through Careerbuilder.

<http://www.abbeygroup.net/careers.php>



### Winooski Elementary School Lunch November 2016

#### DAILY LUNCH OPTIONS

#### Entrée Options

Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad

Offered with all Meals:

Fresh Fruit  
Hood Milk: Skim, 1% white or Fat-Free Chocolate

#### Prices

Community Eligibility Provision

Meals to all Students are Free

Snacks & Snack Milk not included

Adult Breakfast \$1.75 Milk \$0.50

Adult Lunch \$3.50

Pay for meals on-line

For free on-line service go to

<http://www.abbeygroup.net>

Search for Your School and Click the

K12 Payment Center link

Taste Test Event Thursday, November 10  
Roasted Sweet Potato Wedges

Harvest of the Month November  
Sweet Potatoes



Local Products Used when available

Items in bold and italicized are Local Products

Items in Bold and Underlined are Harvest of the Month & Feed Items

All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED



USDA is an equal opportunity provider and employer  
Menus are subject to change

Winooski Elementary School Lunch November 2016				
Tues., Nov. 1	Wed., Nov. 2	Thurs., Nov. 3	Fri., Nov. 4	
Taco Bar w/ Soft Shell Rice Pilaf Black Bean & Corn Salad	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Fresh Carrot Sticks Sweet Potato & Black Bean Salad	Oven Baked Goulash Caesar Salad Garlic Bread Stick	Grilled Cheese Sandwich Chicken Noodle Soup Steamed Green Beans	
Mon., Nov. 7	Tues., Nov. 8	Wed., Nov. 9	Thurs., Nov. 10	Fri., Nov. 11
Dress Your Own Burger Seasoned Potato Wedges Baked Beans	Chicken & Cheese Quesadilla Fresh Salsa Rice Pilaf Steamed Corn	Early Dismissal K-12 Chef's Choice Pizzas Pepperoni, Cheese or Veggie Cherry Tomato & Corn Salad	Taste Test Event Spaghetti w/ Meat or Marinara Sauce Spinach Salad Garlic Breadstick	Sweet & White Home Fries Pancakes w/ Local Maple Syrup Sausage Links Fresh Celery Sticks w/Hummus
Mon., Nov. 14	Tues., Nov. 15	Wed., Nov. 16	Thurs., Nov. 17	Fri., Nov. 18
Meatless Mondays Creamy Macaroni & Cheese Homemade Cornbread Caesar Salad Steamed Carrots	Nachos w/ The Works Rice Pilaf Warm Black Beans	Chicken Patty Sandwich Oven Baked French Fries Celery w/ Hummus Dip	Thanksgiving Feast Oven Roasted Turkey Chef's Mashed Potato w/Gravy, Stuffing Steamed Peas Chilled Cranberry Dinner Roll Holiday Dessert Fresh Fruit	Oven Baked Corn Dog Roasted Sweet Potato Wedges Creamy Coleslaw
Mon., Nov. 21	Tues., Nov. 22	Wed., Nov. 23	Thurs., Nov. 24	Fri., Nov. 25
No School	No School	No School	No School	No School
Mon., Nov. 28	Tues., Nov. 29	Wed., Nov. 30		
Dress Your Own Hot Dog Oven Baked French Fries Baked Beans	Turkey & Biscuits Steamed Peas & Carrots	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Celery w/ Sweet Potato Hummus		



**PLEASE NOTE:** Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.

**ALSO:** Middle and High school menu information is available at [www.abbeygroup.net/schoolmenus](http://www.abbeygroup.net/schoolmenus). You can also learn about options for managing your child's account at the website.



## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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**\* DO YOUR PART \***  
**VOTE!**  
**NOVEMBER 8, 2016**



POSTAL PATRON  
\*\*\*\*\*ECRWSS\*\*  
WINOOSKI, VT 05404

### WINOOSKI PUBLIC SCHOOLS

[www.wsdschools.org](http://www.wsdschools.org)

#### Superintendent of Schools

**Sean McMannon:** 655-0485  
[smcmannon@wsdschools.org](mailto:smcmannon@wsdschools.org)

#### John F. Kennedy Elementary School

Principal: **Sara Raabe**  
802-655-0411, 802-655-3530  
[sraabe@wsdschools.org](mailto:sraabe@wsdschools.org)

#### Winooski Middle and High School

Principal: **Leon Wheeler**  
802-655-3530  
[lwheeler@wsdschools.org](mailto:lwheeler@wsdschools.org)

#### Board of School Trustees

**Mike Decarreau**, President: 310-4032  
[mdecarreau@wsdschools.org](mailto:mdecarreau@wsdschools.org)  
**Tori Cleiland**, 655-7678  
[tcleiland@wsdschools.org](mailto:tcleiland@wsdschools.org)  
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[jcorrigan@wsdschools.org](mailto:jcorrigan@wsdschools.org)  
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[mmacneil@wsdschools.org](mailto:mmacneil@wsdschools.org)  
**Julian Portilla**, 399-0241  
[jportilla@wsdschools.org](mailto:jportilla@wsdschools.org)

#### WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

#### ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 410 students attending JFK Elementary (grades PreK-5), 161 attending Winooski Middle School (grades 6-8), and 234 attending Winooski High School (grades 9-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

*"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: [aelston@wsdschools.org](mailto:aelston@wsdschools.org)*