

# WINOOSKI SCHOOL DISTRICT NEWS!

SEPTEMBER 2016

ALSO INCLUDES  
**Community News!**  
STARTING ON PAGE 8

VOLUME 13, ISSUE 12

*Celebrating Our Achievements!*

## Thrive After School Registration Open

By Kirstie Paschall, Children and Family Programs Manager



Thrive After School, a state-licensed childcare program run by the City of Winooski's Community Services Department, will begin on Tuesday, September 6th! Open to students in grades K-5, Thrive After School offers engaging activities and supervised care from 3:00-5:30pm on all normal JFK school days. With the goal of, "meeting children where they are" developmentally, Thrive emphasizes learning through play and social development while operating on a schedule that's designed to support working parents.

Children enrolled in the program play outside together (weather permitting) at the conclusion of each school day and then receive a healthy snack before moving into reading time, social activities, learning games and free play. Thrive is hosted on site in the Winooski School District building, so kids can easily and safely transition to the Program at the end of the school day or when they get released from 21st Century after-school programs at 4pm.



Thrive After School costs \$16/day or \$70/week per child; however, Vermont Childcare Subsidy is accepted to cover fees. Families interested in pursuing subsidy should contact Child Care Resource (802-863-3367) or download subsidy application forms at [http://dcf.vermont.gov/cdd/child\\_care\\_financial\\_assistance/forms](http://dcf.vermont.gov/cdd/child_care_financial_assistance/forms).

Program registration for the 2016-2017 school year is currently underway. Enrollment can be found online at [www.winooskirec.com](http://www.winooskirec.com), by email, or in person at Winooski City Hall. For forms, questions, or more information, contact Kirstie Paschall at [thrive@winooskivt.org](mailto:thrive@winooskivt.org) or by phone at 802-316-1552.

## Police Department Outreach

By Scott D. McGivern, Lieutenant, Winooski Police Department

It is September and the children are heading back into school. While they may not admit it, there is an excitement generated by returning to school. Children get to meet and make new friends, and get back together with old friends. Yes, there is an excitement in learning something new.

All the excitement reminds me that we need to be alert, especially when driving. Children may run out into the street, sometimes between cars, so we as drivers need to be aware when the children are coming and going from school.

As drivers, we should consciously remind ourselves about the right of way for pedestrians in the cross walks. We need to obey the school crossing guards and be patient so that they can enable the children to cross the streets safely.

School buses were also designed for the children's safety. When the red lights are flashing and the stop sign is extended. Drivers are required to stop. These are only activated when the children are getting on or getting off the bus.

All other traffic laws need to observe as they are implemented for the safety of those using the roadways.

Please stay alert so we may have a safe school year.

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## 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/)

## NOTES FROM THE CENTRAL OFFICE

### Welcome Back to School!

*By Sean McMannon, Superintendent of Schools*

By the time you receive this newsletter our staff and students will have returned to school and completed their first two days together. Hopefully many parents and students were able to attend our WSD Welcome Back-to-School BBQ on Thursday, August 25th and enjoy a delicious dinner prepared by the Abbey Group, socialize and meet their new teachers.

Winooski teachers returned for Pre-Service on Monday, August 22nd and were joined by the rest of the staff on Thursday, August 25th. Our whole staff has been working on our WSD School-Wide Student Expectations. All WSD students will be taught and held responsible for meeting these expectations to create a caring climate and rigorous place of learning.

- Honest
- Engaged
- Appropriate
- Responsible
- Timely

Another update is that we have a new school entry plan. Moving forward we would like to funnel student and adult traffic through the main/middle lobby into WSD. This change will reduce the disruptions to learning we have experienced in the past, and enhance the safety across WSD. School-specific instructions are:

#### **JFK New School Entry Plan:**

- Families and Students coming into JFK should enter through the main/middle lobby this year. The doors on the JFK side will be an exit only.
- Mrs. Casier will not open the JFK door from her desk for people to enter.
- Tardy slips will be given out starting at 8:05 as students enter JFK through the main/middle lobby by the Health Office.
- Students that arrive after 8:30am must enter through the main/middle lobby and come to the JFK office for a late slip.
- All adults entering the JFK side during the school day for meetings or early dismissals must sign in with Cathy Bray in the main lobby.
- Dismissal remains the same. Students will exit the building through the JFK exit and meet their adult outside except for kindergartners who are dismissed in the main/middle lobby.
- If it is cold or raining, adults are welcome to wait in the main/middle lobby. The JFK door will not be opened to let adults in at dismissal.

#### **WMHS New School Entry Plan:**

- High School students may continue to enter through the WMHS office lobby and Middle School students may continue to enter through the gym lobby until 8:05am at which time they should enter through the main/middle

lobby and report to the WMHS office.

- All WMHS adults should enter through the main/middle lobby during the school day for meetings or early dismissals and must sign in with Cathy Bray in the main lobby.

During Pre-Service elementary teachers immediately began working on Responsive Classroom practices. The Responsive Classroom approach to teaching 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 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. All JFK teachers will be trained in this method by the end of the summer.

Middle school teachers have been working diligently on Developmental Designs practices. Developmental Designs believes student success relies on a blend of good relationships, social skills, and engagement with learning. Developmental Designs practices build skills and engagement in three key areas of school life: social-emotional, relationship and community and academic. All WMS teachers will be trained in this method by the end of the summer.

High school teachers continue their cutting-edge work in the area of student-centered learning (SCL). This work is mandated by the State of Vermont and is focused on clearly defining the standards that students must demonstrate to meet our Graduate Expectations (GXs). Our GXs are Creativity, Well-Being, Culture & Community, Persistence, Communication and Critical Thinking. These transferable skills weave through all content areas and allow students to personalize their learning. WHS teachers are grappling with some of the challenges of SCL such as grading and transcripts.

We are very excited about these new learning opportunities for our students and hope you will discuss these new programs and all learning with your student on a daily basis. Have a wonderful September and thanks for working together to benefit our students!

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### **Warning: Destruction of 2009 Special Education Records Begins October 1**

Per the Vermont State Board of Education, the Special Education Office of the Winooski School District hereby gives notification of the destruction of Special Education records of students who graduated or attended the Winooski Schools during 2009.

Be advised that select information from these Special Education records may be useful later for non-educational purposes such as qualifying for social security benefits.

If you wish to collect these records before they are destroyed, please contact Sandy Castle at 655-9575. The deadline is 30 days from this notice.

## Welcome Matt MacNeil!

By Mike Decarreau, Winooski School Board President

In our last newsletter, we let you know that we had found a new school board member to replace Mohamed Abdi who is leaving to pursue a Master's degree. We asked new board member Matt MacNeil to introduce himself and this is what he wrote"



Matt MacNeil

"I am thrilled by the opportunity to join the Winooski School Board. I have been a resident of Winooski for the last 12 years and was born and raised in Saint Albans. Education has always been very important to me. I received my high school diploma from BFA and also have degrees from the University of Vermont, Saint Michael's College and Harvard University. I have worked for the Howard Center since

2003 and currently serve as the Director of Evaluation for that organization. Additionally, I hold other board positions for both Vermont's Agency of Human Service's Institutional Review Board and the Champlain Housing Trust.

I wanted to become involved with the School Board for several reasons. First and foremost, I really love our city. I truly respect and admire all the work being done by the superintendent, school staff, board of trustees, students and families to improve the educational opportunities in our community. I really wanted to join the team and try and help out. I'm looking forward to getting to know more Winooski residents in the process."

## Equity Is Not A Buzzword

By Hal Colston, Director,  
Partnership for Change

Some may say that the word equity is being overused, whether by social justice advocates or educators. Simply put, equality means that everyone has shoes to wear; but equity means that your shoes fit.

Paul Gorski describes educational equity as occurring when adults are able to communicate with youth in an effective and meaningful way, providing them with the necessary support to achieve their educational goals. This mode of communication develops empathy and trust. Education equity is achieved when Equity Literacy, positive socio-cultural identity, and academic achievement are aligned. Gorski defines Equity Literacy as the cultivation of the skills and consciousness that enable us to recognize, respond to, and redress conditions that deny some students access to educational and other opportunities enjoyed by their peers.

Education is relational, as Dr. James Comer, Child Psychiatry Professor at Yale, says: "No significant learning can occur without a significant relationship." It's all about relationships. Today's educators practicing education equity in learning spaces are shifting from teaching to the subject to teaching to the student. This requires a relationship with the student to best understand



## What We Did Over Summer Vacation...

By Rebecca Goulet, Finance Manager

From the final dismissal in June, to the first day of school in August, the Winooski Facility Department has a long "TO DO" List to check off! Planning for summer projects and cleaning takes place throughout the school year and requires a juggling act! The transformation each year still amazes me. Here are some of our highlights from summer 2016:

- Relocation of 14 JFK Classrooms.
- Updating 2 JFK Bathrooms.
- Installation of Moveable Wall Panels in 3 High School Classrooms.
- Installation of a new Walk In Cooler/Freezer in the kitchen.
- Installation of Electronic Sign.

In addition to this list, the entire building has been cleaned top to bottom with fresh waxed floors, many rooms have been painted, bookcases have been built, update furniture has been put together and the grounds continue to be maintained. Please join me in thanking the facility staff when you return this fall and in case you are wondering, the list for the summer of 2017 has been started!



who has shown up for that day to learn and how to best communicate. The likely result is that students will have a strong sense of belonging and that they are smart enough, two critical factors that lead to their educational success.

Education equity, once achieved, allows all students to be successful in meeting their educational goals. Through tenacity and the ability to endure the messiness of building relationships with students, educators may find new meaning in their craft and learn that equity is not a buzzword but accomplished through hard, fulfilling work.



## CITY AND SCHOOL ANNOUNCEMENTS

### Farewell, and Thank You, Ethan Hausman!

By Paul Sarne, Community Outreach Coordinator, AmeriCorps VISTA

This September, the City of Winooski will be saying goodbye to our Parks & Recreation Manager, Ethan Hausman, after 6 years of inspirational service. It has been a pleasure knowing and working with Ethan! He has been a strong advocate for programs and innovative thinking, and has always prioritized families in our community. He has led by example

across all of his roles in the Community Services department, always setting high expectations for himself, his co-workers, and our community partners. Here are just a few sentiments provided by the people who were inspired by his work:

“Ethan helped the City usher in a completely new era for our Community Services efforts. He was instrumental in our shift to a Parks and Recreation model, enabling youth from Winooski to build invaluable bonds and learn from their experiences all while having a great time. Ethan also led many educational and experiential programs that will have a long-lasting impact on the participant’s lives. Years from now his contributions to the lives of Winooski residents will still be felt. Ethan’s service has been a wonderful gift to the community.” *Seth Leonard, Mayor of Winooski*

“Ethan stepped up at a very difficult time, took on extra duties, and managed through changing times. He was always diligent in his responsibilities and tuned into the children he served. Ethan was instrumental in expanding our programming in ways that responded to our needs. Thanks, Ethan.” *Katherine “Deac” Decarreau, Winooski City Manager 2009-2016*

“Ethan, Your dedication to the youth and families in Winooski is admirable. I have truly enjoyed working with you in recent years, most specifically to



*Ethan Hausman*

determine alternatives for programming with Myers Memorial Pool being closed. WE did it and that’s because of YOU. I know the kids will miss you Ethan and I will miss working with you!” *Jess Lukas, Aquatics Director, Burlington Y*

“Always a trooper in many storms! His

energy, motivation and love of the community set a high standard of quality delivery for Winooski Recreation Services. Thank you for being amazing and a delight to work with!” *Barb Pitfido, Winooski Senior Programs Manager*

“Ethan has been an amazing supervisor and mentor. His dedication to serving others is inspiring and will live on through the programs that he grew and established this past year.” *Jonathan Borden, Parks & Rec. Coordinator*

“Ethan is a passionate, hard-working employee and community member who truly cares about the people of Winooski. His dedication to improving the lives of youth is truly inspiring, and I feel lucky to have worked under his leadership this year.” *Colleen Sullivan, Food Systems Specialist*

“Ethan’s attention to detail is unmatched. His ability to see things from every angle was an important skill to learn from during my first year of service with the City. His long standing experience in the community has been inspirational; I wish him all the best!” *Paul Sarne, Community Outreach Coordinator*

We wish Ethan all the best in his new endeavors and will miss him greatly.

From all of us at the City, THANK YOU ETHAN!



### Onboarding Meeting For Dollars For Scholars

by Linda Gregoire

We invite you to join us at our first meeting of the school year to discuss fantastic fundraising ideas and to help us get the ever popular Calcutta going in late October.

**Wednesday, September 7, 6 – 7:30 pm, in the Library at the school (LMC).**

*When we work together every student can benefit!*

Questions? Email us – [winooskidfs@gmail.com](mailto:winooskidfs@gmail.com)

### Child Find

By Robin Hood, Director of Support Services

The Winooski School District is interested in locating preschool age children (birth to 5 years) who live in the city of Winooski, who show a developmental delay in the areas of speech/language, social adjustment, adaptive behavior, self-care, gross/ fine motor coordination and cognitive development.

If you know of such a child between the ages of birth to 5 years, please contact Maybeline Lopez, Early Childhood Special Educator, at the Winooski School District. She can be reached at 383-6063.

The Winooski School District is also interested in locating all school age children/adolescents with disabilities in Winooski, who are not currently attending school, are attending a private school by parent choice or are being home-schooled. If you know of such a child/adolescent, please call Robin Hood, Director of Support Services at Winooski School District at 383-6085.

## September News from JFK

By Sara Raabe - JFK Elementary School Principal

Welcome back to school! The JFK staff have been busy over the summer getting ready for students to come back into the building. We moved 14 classrooms, so now all of our grade level classrooms are in the same location. This helps with co-planning and collaboration among staff. For our 5th graders, it is especially useful for all the classrooms to be in the same location this year.

This year, our 5th grade teachers will be specializing. Students will start and end their day with their homeroom teacher. However, throughout the day they will see all three 5th grade teachers for different subjects. This change allows the teachers to become specialists in specific subjects. It also allows our 5th grade students the opportunity to begin to learn the skills needed to transition to middle school. Students will have a homeroom, and that teacher will be the contact for families, and the homebase for students.

This fall, JFK is officially becoming a Responsive Classroom and PBiS school. All the teachers took a four day Responsive Classroom course. All of our support staff took a one day workshop during pre-service, including our cafeteria and maintenance staff. Responsive Classroom is not only a theory, but also a research based educational practice. The

focus of Responsive Classroom is building a strong school community that supports academic, social, and emotional growth for all students.

In addition to Responsive Classroom, JFK is implementing PBiS this year. Positive Behaviors Interventions and Supports is also research based and focuses on forming a proactive, school-wide, systems approach to improving social and academic learning for all students. This approach, coupled with Responsive Classroom, will be the basis for a positive school community, that focuses on educating the whole student.

Part of developing a positive school community is developing common expectations. Winooski School District is adopting common expectations K-12 this year. Throughout all the schools, you will see the expectations of H.E.A.R.T: Honest, Engaged, Appropriate, Responsible, and Timely. These common expectations will look different at each developmental stage, but creates common language and understanding for all of our students and staff.

There has been a lot of hard work done over the summer at JFK. We are very excited for a positive school year. Please feel free to come by school to see our amazing students and staff in action!

## Exciting Changes for 5th Grade

By Jenny Wright

The 2016/17 school year for 5th graders will have some exciting changes. We will be departmentalizing 5th grade, a common structure used across 5th grades in Vermont. Current research shows this model is very effective for student learning. This also will help prepare them for middle school schedules.

Students will travel between three teachers for Reading/Social Studies, Math, and Writing/Science. Each student will be assigned a homeroom/TA teacher that they will begin and end their day with, go to Unified Arts with, and have lunch and recess with. This teacher will also be the point of contact for parents.

Jacie Knapp will be teaching Reading and Social Studies, Jenny Wright will be teaching Math, and Sally Bissonette will be teaching Writing and Science. This will allow each teacher to focus and go more in-depth in that particular area of study as well as differentiate instruction for students. Students will be building communities in all three classes and will get to know all teachers as their own.

## JFK ELL Newcomer Summer School

By Nancy Devost

This year's Newcomer Summer School was on the go exploring, educating, and enlightening our new arrivals to the world of physics! The summer school week was full of fantastic force and must-have motion learning.

The twelve students learned and reflected on what kinds of force and motion go into bike riding, bowling, swimming, mini-golfing, and kite flying! These experiences were brand new to our students, which expanded their background knowledge exponentially. These opportunities will allow our students to make terrific academic connections as they move through school.

We were sad to have the week come to an end. All had a grand time!





# JFK Summer School 2016

By Katherine Blair

Approximately 100 students participated in three weeks of fun and learning during the JFK Summer School program, which ran from July 11th until July 28th.

Students were broken into grade level teams where they spent time learning about the Olympic games (past and present) which took place in Rio de Janeiro, Brazil this August. Students spent time reading and writing about the Olympics, learning new information through various sources (books, internet, videos).

Each day the students participated in a group physical activity meant to promote not only strong bodies but also team cooperation and the Olympic spirit. Students participated in a daily morning meeting with their teams and practiced their math facts in order to sharpen their math skills.

Student engagement was high, new learning was happening in all rooms, and fun was had by all!



### Innovative Leader in Transformative Education

By Leon Wheeler, Principal

Welcome to the 2016-17 school year!  
This will be my fifth year as principal.

More significantly:

- It's the fifth year we've received funding and support from the Nellie Mae Education Foundation in collaboration with the Partnership for Change;
- It's the fourth year our school board has been fully committed to the Policy Governance model;
- It's the fourth year since we defined our graduation expectations (GX), and made them central to both teaching and learning;
- It's the fourth year of our shared leadership team, who are collectively guiding the improvements underway in the middle/high school;
- It's the fourth year Kate and I have been the middle and high school administrative team and that Sean's been the superintendent;

- It's the third year students will demonstrate GX learning at our end of semester expositions (JanPo and JunePo);
- And it's closing in on 20 years that we've been using the Senior Project as a graduation requirement. Senior Project has been a strength of our education system over the years, and we're using this success as the foundation of our GX approach.

Today, Winooski Middle High School is widely recognized as a statewide leader in proficiency-based, student-centered, personalized learning. Our recognition as an innovative leader in transformative education is quite different from the ways our school has been perceived in the past. The change is profound, the product of both intentional and messy remodeling of our values, systems, and structures, and our commitment to continually improve.

We're well on our way with defining

and embedding the important learning that will prepare our students for college and career. We have good models in place for students to demonstrate their learning and growth. We also have good systems in place for being innovative and flexible with students about what, where, and how they best develop the needed skills.

While we continue to refine these parts of system, we're ready in 2016-17 to focus resources and time on improving: 1) school culture; 2) structures and systems to support learning for each student; 3) information included in progress reports and report cards; 4) student and family understanding of GXs and proficiency-based learning.

With appreciation, and excitement for this next phase of the journey we're sharing together! It truly is great to be here.

### Hybrid Reading Class Promotes Proficiency

By Bill Clark, ELL Teacher

Twelve English Language Learners experienced a "hybrid curriculum" this summer that promoted 21<sup>st</sup> century skills around the graduate expectations. Classes emphasized reading, writing, independent learning, and initiative coupled with computer technology, teamwork, and personal interaction.

Teachers Mrs. Maley and Mr. Clark established goals for weekly writing and bi-weekly reading. Students contacted the teachers on-line during the week. On Thursday's, the class met face-to-face to discuss the reading, write, and receive new books.

"The work ethic of the students amazed me," said Mrs. Maley. "They demonstrated great independence and discipline in their writing and discussions. And they really seemed to enjoy the books."

Using funding from a Title III grant arranged by ELL and curriculum director

Kirsten Kollgaard, this class gave students an opportunity to experience new ways of meeting the graduate expectations of *critical thinking and problem solving* as well as *written and oral communications*.

Several classes were devoted to discussions of book themes, such as friendship and alienation, loss and growing up in a different culture. Students discussed the authors' experiences, reasons for writing, and living as a minority within the dominant culture.

One rising junior appreciated the range of books in the collection, and her growing familiarity with four-way thinking assignments that would match her work in the fall.

A rising senior developed her writing skills for her senior project, and took time with the teachers to review some of her planning for that class as well.

"Our students had to write for understanding after they read their books," said Mr. Clark. "They learned



how to write summaries and analyze what they read. By encouraging independent reading, we connected students with 21<sup>st</sup> century skills of commitment and initiative around Winooski's graduate expectations. In short, this class modeled how perseverance leads to proficiency."

Students who completed this class received one humanities credit as well as a deeper understanding of the work necessary to achieve proficiency. They gained a greater appreciation of books in the children's' literature canon while developing their writing abilities for their September classes.

# COMMUNITY NEWS

## City Council Update

By Brian Sweeney

Summer is nearing an end but things are not slowing down in Winooski. The planning of the new Community Pool is moving forward as well as a Parking Study and the possible relocation of City Hall. There have been many exciting staff changes that really position the city to grow and adapt. Our fearless City Manager, Katherine "Deac" Decarreau has stepped down. Deac has left an impression on this city whether it was with her keen financial and management ability that helped get the city in a good financial position after a checkered past, or her forward and open thinking that encouraged the functions of the city to mirror the demographics of the city so everyone has a voice, or if it was just her friendly wave as she was out for an evening jog. Thank you Deac for everything. You will be sorely missed, but we wish you well in your future endeavors.



Ray Coffey

With Deac's exit we are also excited to announce that **Ray Coffey** is now the Interim City Manager, while the search for the new City Manager begins. Ray has been excellent in



his role as Community Services

Director and has demonstrated his abilities while he was Acting City Manager under Deac. Rays brings a wealth of knowledge and an understanding of the city that allows us to continue business as usual without the city skipping a beat. Please keep an eye out for updates on the hiring process for the permanent City Manager position. There will be opportunity for the public to meet the finalists and ask questions.



Heather Carrington

We are also excited to announce the Community and Economic Development Officer: Winooski's own **Heather Carrington** has hit the ground running and we are very excited to see how this new position will help advance the possibilities for businesses and community as a whole.

Last but not least we have a new Fire Chief! We are honored to have **John Spittle** step up and fill this position. John has been on the Winooski FD for 15 years, most recently as Assistant Chief. He plans on bringing a fresh perspective to



John Spittle

the Fire Department and has plans to bring more visibility to Winooski residence. Keep an eye out for them on social media! The Fire Department is always looking for new members. If you are interested, please reach out.

As always if you have any questions or concerns, please reach out to myself or anybody on the Council.

## Volunteer Grandparents Needed

By Susan Abell

United Way's Foster Grandparent Program needs volunteers age 55 and over to make a difference in the lives of children in Chittenden, Franklin & Grand Isle Counties. Foster Grandparent volunteers serve 15-40 hours a week at preschools, child cares, Head Starts and elementary schools under the supervision of teachers and staff. They may help with tutoring, mentoring, and self-esteem building activities appropriate for the age of the child. A small non-taxable stipend is provided to income-eligible applicants. Contact Susan Abell at 861-7823 or email [susana@unitedwaynwvt.org](mailto:susana@unitedwaynwvt.org).

## Winooski Youth Baseball/Softball League

By Jeff Brosseau

Help support Winooski Youth Baseball/Softball by subscribing to our 32nd edition of the Community Birthday Calendar.

Calendar's are \$8.00 for (5) listings, listings could be a birthday, anniversary, in memory of or military service, each additional listings would be .25 cents. Advertisement spaces are also available, ad blocks are 1 3/4"x 1 1/4" in size for \$75.00. Calendar orders will be place October 1st for arrival around Thanksgiving, makes a wonderful Holiday Gift. For more information contact Jeff Brosseau at 802-233-5530, or Jeffrey. [brosseau@greenmountainpower.com](mailto:brosseau@greenmountainpower.com).

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	<a href="mailto:sleonard@winooskivt.org">sleonard@winooskivt.org</a>	802-777-3381
Councilor Brian Corrigan	<a href="mailto:bcorrigan@winooskivt.org">bcorrigan@winooskivt.org</a>	802-999-9270
Councilor Nicole Mace	<a href="mailto:nmace@winooskivt.org">nmace@winooskivt.org</a>	802-363-7777
Councilor Robert Millar	<a href="mailto:rmillar@winooskivt.org">rmillar@winooskivt.org</a>	802-238-0089
Councilor Brian Sweeney	<a href="mailto:bsweeney@winooskivt.org">bsweeney@winooskivt.org</a>	802-734-6902
City Manager Deac Decarreau	<a href="mailto:deac@winooskivt.org">deac@winooskivt.org</a>	802-655-6410

Visit the city website at [winooskivt.org](http://winooskivt.org) 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



# Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

We're looking for a few brave souls to join our Meals on Wheels delivery team... are YOU up for the challenge? Five days a week, the WSC team delivers to folks in Winooski who are in need of a hot meal, some compassion and a smile. Your 1 hour a month donation of time can be a lifesaver for our community. Meals on Wheels only works when volunteers go door-to-door to support seniors and neighbors with limitations. As part of a wellness initiative, the WSC invites you to engage in volunteerism for health benefits! A growing body of research shows that in particular, older volunteers report lower mortality rates, lower rates of depression, fewer physical limitations, and higher levels of well-being. See the full article here: [http://www.nationalservice.gov/pdf/healthbenefits\\_factsheet.pdf](http://www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf)

Volunteering can be part of a healthy lifestyle... give us a call and we'll get you started!

## COMING UP

- Sept 13 - Senior Lunch & Meeting
- Sept 15 - Pirate Day BINGO!
- Sept 27 - Senior B'day Lunch
- Oct 11 - Senior Lunch & Meeting
- Oct 22/23 - Pumpkin Carving
- Oct 25 - Senior B'day Lunch
- Oct 27 - Halloween BINGO!

## EVERY MONTH

- **Senior Lunch & Meeting** - (2nd Tuesday 11:30am lunch, 12:30pm meeting) Prices and menu vary. Call for details.
- **Do Drop In** - (Mon 9-11a) Join us for coffee, treats and great conversation! FREE!
- **Tai Chi** - Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness FREE!
- **Open Art Studio** - (Wed 9am-12pm) Try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- **Community Lunch** - (Thurs 11:30a) Join us for a great lunch and great company! \$4 over 60yr, \$5 under 60yr RSVP
- **BINGO!** - (Thurs 12:30p) Always a blast! Free Popcorn! \$10.00

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*Treat life like a ferris wheel ride...  
 you must get past the fear  
 to enjoy the view."*

— Linda Poindexter

.....

- **Senior Birthday Lunch** - (Last Tuesday 11:30a) Lunch and Birthday celebration \$4.00. RSVP
- **Van rides** to The Winooski Food Shelf, Shaws, 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)



*Celebrating our own Hometown Hero!  
 Ken Lauritzen receives his United Way  
 award at the Echo Center on WPTZ live!*



*Above: "Bon Appetit!" Althea Garceau  
 and Irene Bowman serving French  
 cheese plates at our Bastille Day  
 Theme Lunch & Bingo.*



*Left: Enjoying a French inspired lunch  
 and saying "Au Revoir" to Romaine  
 Dusart, our volunteer from Belgium.*

*STEP, VISTA and  
 Operation Bloom  
 working hard on  
 our new Memory  
 Garden.*



# Winooski Food Shelf Schedule for September

By Linda Howe

<b>Saturday, September 10th</b>	9:30 am to 11:30 am	Fresh fruit and veggies, bread, pastry and deli items
<b>Wednesday, September 14th</b>	2 pm to 4:30 pm	Pantry staples, meat and eggs
<b>Saturday, September 24th</b>	9:30 am to 11:30 am	Fresh fruit and veggies, bread, pastry and deli items
<b>Wednesday, September 28th</b>	2 pm to 4:30 pm	Pantry staples, meat and eggs

**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.

## HEALTH CORNER

### Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Welcome back! I hope that you had a wonderful summer break. While we have a lot of health office information to cover let me first start by saying I am thrilled to announce that we have hired a new school nurse! Katharine Monje, RN, BSN is joining our Winooski School District family full time. Katharine comes to us with previous school nursing and mental health experience. Please stop by the health office and welcome her to the district!

Here are some helpful hints and reminders about the health office for our new and returning school families this year:

- The health office is staffed with 2 full-time school nurses, Katharine and myself.
- Our office hours are Monday to Friday, 8am-3pm. The office does close daily for prep time, but will still administer timed prescription medications and assess emergencies if needed.
- The health office is able to administer prescription medication with a doctor's order and written parent permission. See either Katharine or myself for more information.
- If your child has a diagnosed medical condition (i.e. asthma, seizures, diabetes etc) we ask that you make the health office aware. The health office will need action plans from the doctor's office so please come and speak with us directly.
- If your child has a fever of 100 degrees or higher they will be sent home from school and not be able to return until they have been fever free for 24 hours without the use of fever reducing medications.
- Please make sure that your child is up to date on their immunizations. If you prefer to exempt your child from any vaccines, please come to the health office to fill out an exemption form. These forms must be completed annually.
- Hearing and vision screenings will begin around October 1st. Please refer to the school handbook for a list of grades that get screened.
- Please fill out and return to our office ASAP the emergency/medical form located in the 1st day back packets. Please remember to check YES or NO if you do or do not want your child to have over the counter (OTC) medications while at school. Without written or over the phone consent we will NOT be able to administer medications to your child.
- Our office is always in need of clothing including undergarments size 5-8.

We are so excited to be back and get this school year started. If you have any questions throughout the school year please feel free to contact us at 383-6094.

# ELEMENTARY SCHOOL LUNCH MENU — SEPTEMBER



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



## Winooski Elementary School Breakfast August/September 2016

Mon., Aug 29	Tues., Aug 30	Wed., Aug 31	Thurs., Sept 1	Fri., Sept 2
		Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
<b>No School</b> 	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
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	<b>Early Release</b> 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
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
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

### Each Meal Served With:

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 \$5.50  
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

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>



## Extra Info!

1

Lunch is available for all students on early dismissal days!

Pick up yours at either door on your way out.

2

Middle and High School menu information is available at [www.abbeygroup.net/schoolmenus](http://www.abbeygroup.net/schoolmenus).

3

You can learn about options for managing your child's account at the Abbey Group's website at [abbeygroup.net](http://abbeygroup.net).



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



## Winooski Elementary School Lunch August/September 2016

Mon., Aug 29	Tues., Aug 30	Wed., Aug 31	Thurs., Sept 1	Fri., Sept 2
		Chicken Patty Sandwich Oven Baked French Fries Fresh Fruit & Veggie Bar	Taste Test Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Sweet & White Home Fries Pancakes w/ Local Maple Syrup Sausage Links Fresh Fruit & Veggie Bar
<b>No School</b> 	Dress Your Own Hot Dog Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <u>Zucchini Parmesan</u> Fresh Fruit & Veggie Bar	Oven Baked Goulash <u>Roasted Zucchini</u> Garlic Breadstick Fresh Fruit & Veggie Bar	<b>Birthday Celebration</b> Chicken Caesar Salad Wrap Creamy Coleslaw Fresh Fruit & Veggie Bar
Meatball Sub <b>Local Baked Potato</b> w/Sour Cream & Chives Fresh Fruit & Veggie Bar	Nachos w/ The Works Rice Pilaf Fresh Fruit & Veggie Bar	<b>Early Release</b> Minestrone Soup Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	<b>Apple Fest</b> Sweet & White Home Fries <b>Maple Apple French Toast</b> Bake w Local Syrup Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Combread Fresh Fruit & Veggie Bar
Oven Baked Chicken Nuggets w/Dipping Sauce Seasoned Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell <b>Homemade Salsa</b> w/Fresh Tomatoes Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Local Corn on the Cob</b> Fresh Fruit & Veggie Bar	Homemade Shepherd's Pie <b>Local Mashed Potato</b> Homemade Dinner Roll Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich Chicken Noodle Soup Fresh Fruit & Veggie Bar
Dress Your Own Burger Seasoned Potato Wedges Fresh Fruit & Veggie Bar	Chicken & Cheese Quesadilla <b>Cherry Tomato &amp; Corn Salad</b> Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <u>Roasted Zucchini</u> Fresh Fruit & Veggie Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Chicken & Biscuits Steamed Peas & Carrots Fresh Fruit & Veggie Bar

### DAILY LUNCH OPTIONS

#### Entrée Options

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

Offered with all Meals:  
Fresh Fruit & Veggie Bar  
**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 \$5.50  
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,  
September 1  
Zucchini Parmesan

Harvest of the Month  
August  
Tomatoes  
September  
Summer Squash



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

#### We Support Local New England Companies

Koffee Kup Bakery/VT Bread Co.—Breads & Rolls  
Cabot Cooperative—Yogurt, Sour Cream  
King Arthur Flour—Dinner Rolls, Pizza Dough  
Chappelle's Potatoes  
Georgia Mtn. Maples Syrup—VT. Maple Syrup  
Sunrise Orchards-Apples  
Mazza Farm Stand—Local Produce  
Green Mtn. Farms—Cream Cheese  
Hood-Milk  
Green Mtn. Farm Direct-Local Produce



## Go Green!

- **Reduce:** We are dedicated to purchasing locally, and cooking and baking from scratch is a hallmark of our meal programs.
- **Reuse:** Our school meal programs are designed to include reusable serving trays, silverware, bowls and cups. This is the best environmental choice, even taking into consideration the hot water used for dish washing.
- **Recycle:** Most waste generated by school kitchens can be recycled. Cardboard boxes, aluminum cans, and plastic bottles are sorted by our staff, and collected by the school's recycling program. We participate in food waste composting programs with great success.



## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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### WINOOSKI PUBLIC SCHOOLS

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

#### Superintendent of Schools

**Sean McMannon:** 655-0485  
smcmannon@wdschools.org

#### John F. Kennedy Elementary School

Principal: **Sara Raabe**  
802-655-0411, 802-655-3530  
sraabe@wdschools.org

#### Winooski Middle and High School

Principal: **Leon Wheeler**  
802-655-3530  
lwheeler@wdschools.org

#### Board of School Trustees

**Mike Decarreau**, President: 310-4032  
mdecarreau@wdschools.org

**Tori Cleiland**, 655-7678  
tcleiland@wdschools.org

**Jen Corrigan**, 233-7642  
jcorrigan@wdschools.org

**Matthew MacNeil**  
mmacneil@wdschools.org

**Julian Portilla**, 399-0241  
jportilla@wdschools.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@wdschools.org*