

ALSO INCLUDES  
**Community News!**  
 STARTING ON PAGE 12

WINOOSKI SCHOOL

# DISTRICT NEWS!

VOLUME 11, ISSUE 7

APRIL 2014

*celebrating Our Achievements!*

## Partnership for Change Supports Innovative Learning on the Stage and at the Farm

This spring, teachers, administrators, and community partners are working together to bring two innovative learning opportunities to Winooski Middle/High School students. These programs will take teaching and learning beyond the classroom and into new environments, such as the stage and the farm. In addition, both programs are designed to increase student leadership and engagement and to strengthen the connection between our schools and our community.

Supported by the Partnership for Change, these programs are part of ongoing efforts to “remodel” our school system for the demands of the 21st century. Projects like these show how putting students at the center of their learning and reaching beyond school walls into the community can better prepare our young people—and our cities—for a bright future. Read on for a brief description of each project!



*Winooski students build real-world skills through a VYCC leadership program in 2013. The program will run again this spring.*

curriculum for future years.

### **Vermont Youth Conservation Corps (VYCC) Leadership Program**

The VYCC Leadership Program will build on work started last spring through a Partnership for Change mini-grant. Participating students will spend afternoons at VYCC’s 400-acre farm in Richmond, VT where they will build leadership skills, explore Vermont-based careers, and work on projects that directly benefit their local community. VYCC and WMHS hope to further strengthen the connection between school and community this year by coordinating additional activities on-site in

Winooski. Some possibilities include local community dinners and urban agricultural projects. If you or your student is interested in taking part in this year’s program, contact Emmy Charron ([echarron@wsdschools.org](mailto:echarron@wsdschools.org)) or Bill Clark ([bclark@wsdschools.org](mailto:bclark@wsdschools.org)).

To follow the progress of these programs and other changes emerging in our schools and community, visit [partnershipvt.org/progress](http://partnershipvt.org/progress). If you are interested in contributing to the work being done to remodel our school systems, join us for our next Implementation Team Meeting on Thursday, May 1 at Burlington High School from 6:00-7:30 pm. It’s our last meeting of the school year, so you won’t want to miss it!

### **Shakespeare as Community-Builder**

This spring, 9th grade humanities teachers and students will work with community partners to bring Shakespeare’s poetry off the page and into the bodies, voices, and imaginations of Winooski students.

This program brings together three disciplines—social studies, language arts, and performing arts—to help students build the skills they need to succeed in today’s world. In particular, teachers and students will explore persistence, one of Winooski’s new Graduate Expectations.

Through collaboration with theater artists and educators from our community, this program is also an opportunity for teachers to learn from local experts and strengthen their

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

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## NOTES FROM THE CENTRAL OFFICE

### Early Learning

By Sean McMannon, Superintendent of Schools

Here is some staggering Winooski data:

- Average of 110 births per year
- 220 three and four year olds in our city
- **Only 58 or ~26% are enrolled in preschool**
- 28 three and four year olds in our city are on a waitlist for preschool

You may have noticed the increasing publicity about the importance of early education. Vermont was recently awarded a \$36.9 million federal “Early Learning Race to the Top” grant. Upon receiving this grant Governor Shumlin said “Early childhood education is extraordinarily important to ensuring that every child in this great state has a strong start and a bright future. Where we fail is moving more low-income kids beyond high school. We do that primarily because they do not get a strong start.” According to a December 23, 2013 report by vtdigger.org, the grant will likely fund:

- \$6.4 million for after-school programs, local food hubs, transportation grants, community centers, and similar efforts designed to improve nutrition, support families, and increase access to early education;
- \$3.5 million to provide annual financial awards for the Vermont Step Ahead Recognition System programs, or STARS, for high-quality early childhood programs and additional awards to provide nutritional food to children in the programs;
- \$1.5 million for T.E.A.C.H. Scholarships for early childhood educators to receive degrees or advance education;
- \$1.3 million to train and support early childhood educators to meet health, nutrition and physical activity needs of all children;
- Other programs include finalizing standards for early education care statewide, expanding training, screening young children, and ensuring appropriate services are available for children and families in need.

One of the reasons early learning is getting a lot of attention and resources is due to the tremendous amount of research that clearly demonstrates the value of this investment. One of the very useful and widely-cited early learning research studies is called The Abecedarian Project which studied the potential benefits of early childhood education for poor children. Four cohorts of individuals, born between 1972 and 1977, were randomly assigned as infants to either the early educational intervention group or the control group. Children’s progress was monitored over time with follow-up studies conducted at ages 12, 15, and 21. The major findings were:

- Children who participated in the early intervention program had higher cognitive test scores from the toddler years to age 21.
- Academic achievement in both reading and math was higher from the primary grades through young adulthood.
- Intervention children completed more years of education and were more likely to attend a four-year college.
- Intervention children were older, on average, when their first

child was born.

- Enhanced language development appears to have been instrumental in raising cognitive test scores.
- Mothers whose children participated in the program achieved higher educational and employment status than mothers whose children were not in the program. These results were especially pronounced for teen mothers.

Rick Davis, co-founder of the Permanent Fund for Vermont’s Children said “Education doesn’t start in kindergarten. It doesn’t start at preschool, or 3 years old. It starts at birth.” It is wonderful that this influx of resources via the “Early Learning Race to the Top” grant is coming to Vermont and I truly believe it will make a difference. However, we cannot rely solely on external supports to improve the start in life for our children in Winooski. Care for our children begins before birth in the prenatal stage and continues into young adulthood. Here are a few research-based suggestions for the various ages and stages of child development:

- **Prenatal:** The health of the mother is of the utmost importance. The greatest gift a mother can give their unborn child is a pregnancy free of smoke, alcohol and drugs with regular visits to the obstetrician.
- **0-12 months:** Physical stimulation such as raising head, rolling, sitting, and grasping objects. Talking, reading and singing with the baby a lot will encourage language! Good nutrition.
- **1-3 years:** Walking and beginning to run. Talking, reading and singing with your toddler a lot will encourage language! Playing with other children and playing make-believe. Good nutrition.
- **3-5 years:** Climbing and kicking/throwing a ball. Sharing with others. Play, play, play with other children! Talking, reading and singing with your preschooler a lot will encourage language! Matching and sorting games. Good nutrition.
- **5-12 years:** Lots of physical activity! Nutritious meals. Awareness of puberty. Frequent communication with child’s teacher(s). Maintain good nutrition
- **12-18 years:** Talk to your teen about their education, dating, substance abuse, and driving safety. Specifically, talk to your teen and school about future plans such as college. Maintain good nutrition and exercise.

A wonderful resource for detailed information on all the ages and stages of child development is [www.healthychildren.org](http://www.healthychildren.org)

Currently, the Winooski School District is exploring the possibilities to expand preschool opportunities and I will update the community on our progress. My hope is that through the collective efforts of Winooski parents and educators, organizations like Head Start, the YMCA and the Winooski Family Center, and increased resources for early learning we can give all of our children a healthy and safe start in life. An essential part of this start is a stimulating preschool experience full of language, physical, social and cognitive growth. Let’s work together to ensure access to high-quality preschool for all 100% of our 220 three and four year olds! Thank you for working with WSD to benefit our students!

# School Budget: Where do we go from here?

By Mike Decarreau, Board of School Trustees

Welcome to April. Warmer times are coming and the glacier in my backyard is finally diminishing.

I would like to start by thanking everyone that cast a vote on Town Meeting day. The School Budget generated much buzz leading up to the vote. If you joined us for the community dinner or at the Monday City/School Informational session on the night before the vote you have some appreciation for the complexities in the Vermont Educational Funding formula. As noted in both of these forums as well as on Front Porch Forum discussions this level of tax increase for education in Vermont is unsustainable.

Some of the factors driving the adder from the State level this year were:

- **A \$19.3M Ed Fund Surplus in FY'14 was made available.** These one-time funds need to be supported this year.
- **The Education Fund is made up of Property tax and broad-based taxes.** The property tax load within the Ed Fund has increased 7 points since 2005 from 61% up to 68%. Slower growth in broad-based taxes and a reduction in transfers from the General Fund during the recession put more pressure on property taxes to fund education
- **The Statewide education Grand Lists is projected to decline for the 4th year in a row.** This depreciation along with a lack of new construction in the state dictate that

the current tax rates must rise to achieve the same level of funding.

As of this writing there has been indications that the State imposed 7 cent adder could be reduced to 5 cents but this won't be confirmed until the final gavel falls on this legislative session. Nearly every other component of the funding formula is under review on the revenue side.

The current push in Montpelier is on the cost side where there is an intense focus on considering changes in the overall structure of education governance.

As members of the Vermont School Boards Association we will stay close to this discussion to ensure we have a voice in the outcome. The charge being taken by the VSBA is as follows:

*"The Vermont School Boards Association will participate in the development of legislation that creates Pre-K-12 Education Systems designed to: provide students with more equitable access to world-class learning opportunities, ensure greater flexibility in the management of public resources and less volatility for taxpayers, and maintain strong community involvement and support for our schools."*

This will be an interesting discussion as there are many competing priorities across this realm of Education funding in Vermont. Stay tuned.

## ALUMNI CORNER:

### Where Are They Now?

Interview by Heidi McLaughlin, VSAC



Tyler Troescher

Our third alumni featured is Tyler Troescher. Here are our questions and his replies.

#### **How many years did you attend Winooski Schools?**

I attended Winooski schools my entire life, K-12.

#### **Were there any adults in the Winooski schools that had a really positive impact on you? (teachers, coaches, other staff)**

Mr. Litterer, Mr. McQuinn, and Mrs. Toland all stand out for me.

#### **What was your favorite learning experience during your time in the Winooski schools?**

Some of my favorite learning experiences took place in the debates and discussions that often came up during class. Especially in Mrs. Toland's and Mr. Litterer's classes we would often get

into some intense thought provoking discussions on religion, politics, current events, etc... My graduating class had its share of strong personalities and opinionated people which led to some really great discussions and few dull moments.

#### **Did you feel prepared for college? work/career?**

I felt prepared enough. I think with anything you get out of it what you put in. If you are willing to take initiative and do the work you can learn as much as you want.

#### **Where do/did you go to college?**

#### **What did you study? Did you get a degree?**

I went to Saint Michael's College. I originally started out as journalism major but figured out quickly it was going to be a pretty difficult field to break into. I switched to Business Administration my sophomore year with a minor in Political Science. However, Saint Michael's is a liberal arts school so I still took classes in religion, mathematics, philosophy, etc... In fact, I enjoyed most of those classes more than the Business ones that were specific to my major.

#### **Where do you work? What do you do (job responsibilities)?**

I currently work at Dealer.com as a Digital Sales Consultant. I am responsible for consulting and upselling to our existing clients within my region. I basically talk to car dealers all day about ways to make their business better by utilizing the power of digital marketing and technology.

#### **What advice would you give Winooski high school students about college and career if you knew then what you know now?**

I would say to try to stay as up to date as possible with current technology. It seems like more and more jobs are technology focused even right here in the Burlington area. I wish I had taken a Computer Science or Digital Marketing Class back in high school or college, it would have helped me immensely.

#### **What other activities were you involved in during college? Did you try anything new? What did you learn about yourself in college?**

I played rugby for 3 years in college which was a completely new experience for me but it ended up being a lot of fun.

## ANNOUNCEMENTS

### SAVE THE DATE

## Kindergarten Registration and Screening

Kindergarten registration and **screening for your child** at John F. Kennedy Elementary School in Winooski, VT, will take place on **Friday, May 9**, and **Monday, May 12**.

Children who will be five years of age prior to January 1, 2015, should attend this screening.

Please call the J.F.K. school office at **655-0411** to make an appointment for one of the two days. You must bring your child's **birth certificate**, (or **I-94 if your child was born in a country that doesn't issue birth certificates**), **updated immunization record** and his/her **Social Security number** to the appointment and **register your child while he/she is being screened**. Thank you.

## Time to Spring into the Arts!

By Jan Willey

The second annual Spring into the Arts celebration will begin on Monday, May 19 at the O'Brien Community Center. Below are dates and times for the various events. Please mark your calendars and plan to join us in celebrating the talents of Winooski's students and teachers:

- **Monday, May 19:** Kickoff event at the O'Brien Center from 4:00 – 5:30 p.m.
- **Tuesday, May 20:** Middle/High school concert at 7:00 p.m. Refreshments will be available at 6:00 p.m. for parents who drop off their kids early to get ready for the concert. Because so many student performers came looking for these refreshments after last year's concert, we will make sure to have sufficient amounts available this year!
- **Thursday, May 22:** Empty Bowls dinner from 4:45 – 6:15 p.m., followed by the JFK concert at 6:30 p.m.

Student artwork will be on display at the O'Brien Community Center during the month of May, so there will be many opportunities to stop in to see it.



## Jump Rope For Heart Success!

By Kyle Blindow

On Wednesday February 12, JFK Elementary School participated in its annual Jump Rope for Heart Event. In addition many students raised money for the American Heart Association this year. All students were able to try many different types of jumps, and had a great heart workout. They learned the importance of keeping a healthy heart, as well as the importance of fundraising for such a great cause. The school raised \$2890! The top fundraisers for the school were the Piette brothers, whose combined efforts tallied \$310, as they split it evenly, fundraising \$155 each. The top solo fundraiser was kindergartener, Ava Olsaver raising \$165! A heartfelt thanks to all of the station leaders for giving up their time to make this a valuable and entertaining experience.



## Making Healthy Choices Presentation Planned for Winooski Middle School

Puppets in Education will be visiting Winooski Middle School on Wednesday, April 2, 2014. The puppets will be presenting in the PAC in four different sessions. The fifth grade classes will be included in the presentations on Making Healthy Choices. This program will be focused on Alcohol, Tobacco and other Drug Prevention. The program is generously being sponsored by Shearer Chevrolet Buick GMC Cadillac. Parents are welcome to preview materials and/or attend the presentations. Please contact Winooski Middle School Guidance Counselor Cheryl Brosnan at 383-6107 for more information.

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## Thank You Winooski Knights of Columbus!

On February 11th Jim Snyder, Grand Knight, of Winooski's Knights of Columbus Council #2284, presented Robin Hood, Director of Support Services, with a check for \$1,000.00. This generous donation is raised through the K of C's annual Tootsie Roll Drive, and is used to fund fun summer opportunities for students with disabilities. Thank you!

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## Missed a Meeting? Watch it online or on TV

Watch **Winooski School Board meetings** on the internet on your own schedule. Visit [www.retn.org](http://www.retn.org) and click on "Board Meetings" under the "School Connections" heading. You can find Winooski at the bottom of the list of area schools.

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).

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## Attention Seniors and Parents: It's Scholarship Season!

*By Cathy Resmer, Winooski Dollars for Scholars Publicity Chair*

Seniors, by now you should be applying for scholarship money for college. Check out Winooski Dollars for Scholars' new, easy-to-use online application at [winooski.dollarsforscholars.org](http://winooski.dollarsforscholars.org) — it lets graduating seniors apply early and quickly for our 19 scholarships.

More importantly, these online applications give Winooski students access to many more scholarships across the nation through the Scholarship for America network. Winooski Dollars for Scholars is the local chapter of a national nonprofit, and can give you access to additional scholarship dollars.

Dollars for Scholars board member Elizabeth Stillwell and Karen Greene will review the online application process with all seniors on April 17. The deadline to apply is May 2. Students who need assistance with this process can contact Karen Greene.

Each year, Winooski Dollars for Scholars distributes between \$15,000 to \$18,000 in scholarship money to Winooski students in pursuit of higher education. These scholarships reward students' hard work and help them defray the cost of seeking a degree or certification. Winooski Dollars for Scholars also pledges to give away 5 percent of our funds each year to middle and high school students seeking enrichment opportunities.

Want to help us raise these funds? We're looking for some parents, educators or community members to serve on our volunteer board of directors. Please contact Cathy Resmer, publicity chair, at [cathy@sevendaysvt.com](mailto:cathy@sevendaysvt.com) to get involved. We're a fun, hard-working group of individuals who are committed to seeing Winooski students succeed. We'd love to have you join us!

## Legislative Report

*By Clem Bissonnette and George Cross*

Since March 1, we have made five in-depth summary reports of bills that are currently being reviewed in committee in the Legislature. Please visit [www.frontporchforum.com](http://www.frontporchforum.com) to read these in their entirety. Search for them under "Legislative Report." You can reach us by email at [clembi@comcast.net](mailto:clembi@comcast.net) (Clem Bissonnette) and [gccrossvt@hotmail.com](mailto:gccrossvt@hotmail.com) (George Cross).

## Save The Date for Green Up Day!

Green Up Day is quickly approaching — this year it's **Saturday May 3**, and it's one of our favorite days of the year. Last year we set a record for participation and trash collected. Let's beat it again this year. Mark your calendars and tell all your friends and family to do the same! Visit the city website at [www.winooski.org](http://www.winooski.org) for more details as the date approaches.

## Child Find Procedures

Under Section 504 of the Rehabilitation Act of 1973, students with disabilities must be given an equal opportunity to participate in academic, non-academic and extracurricular activities. A student does not have to receive special education services in order to receive related aids and services under Section 504. Contact Mary O'Rourke, Principal of JFK Elementary (802-655-0411) or Kate Grodin, Assistant Principal of Winooski Middle & High School (802-655-3530) activate the Educational Support Team for both ESS and Section 504.

### Can You Help?

The PTO is continuing to collect Box Tops this year.

Please save them and bring them to school. Your child's teacher can send them to the office for collection.

Thank you!



## April News from JFK Elementary

By Mary O'Rourke, JFK Elementary Principal

Our fourth and fifth grade STARS did an amazing job as they performed "A Tribute to Dr. Seuss" for us on Friday, March 7th. The acting was outstanding, the set was amazing and the costumes beautiful! The students had many practices over the last three months to prepare for this big day and their practices, and perseverance, paid off! The performance was a huge success!! A big "Thank you" to Mrs. Goetz and all who helped her with this program.

On Friday, March 21st, our annual PTO-sponsored, teacher run, Fun Fair was held at the Educational Center. Teachers were here playing games, painting faces, playing basketball, etc. and socializing with students. It was a wonderful evening for parents and teachers to interact with children. I personally want to thank the teachers for spending personal time with the students and the PTO for their continued support of the elementary school.

While it is early and we still have a few months of school, I know families need to plan in advance for the summer. This year we will be holding our summer school for three weeks: June 23rd-27th, June 30th-July 3rd, and July 7th -11th. More information regarding times will be coming out soon! If anyone has any questions, please feel free to call me at 383-6027.

## Nepali Folk Dancing

By Mag Thomas

There is a new afterschool program happening at JFK Afterschool this session! On Thursday afternoons, we have a group of students participating in Nepali Folk Dancing. Ms. Van Fossen and Mr. Niroula are teaching the students traditional Nepali dances. The students are learning much more than just a dance. They are also learning about the cultural contexts of the dances and their meanings. By watching videos, students will see the traditional dress worn to perform the dances and also hear the music that goes along with the dance. After watching a video of Nepali folk dancing, students will imitate the dance. The students are all excited to learn about a new culture!

## Fantastic Dr. Seuss!

Congratulations to the cast and crew of "A Tribute to Dr. Seuss." You did an amazing job and we appreciate all the parents who were able to help us out during the show. Many thanks to our generous sponsors: NorthCountry Federal Credit Union and the Winooski PTO for making it possible to pay for props and scenery.



## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Thinking of Spring

By Leon Wheeler, Principal, WMHS

I'm writing this article on Thursday, March 13. Pippa's Song is on my mind as I watch a downy woodpecker, blue jays, and chickadees at the feeder outside. Two cardinals leave their perch and pick up seeds on the ground beneath the feeder. The sun has finally broken through as the largest snowstorm of the winter and 12th biggest ever recorded in the Burlington area, has subsided. It's cold and the wind continues to blow, yet even so life is good, and I know spring is right around the corner. It's great to be here!

My dad grew up on a Kansas farm. During this past Thanksgiving break I went with him back to his hometown. As we drove he recounted stories from his childhood; stories of his family, of life on the farm in rural Kansas, of faith and friends. He was proud of his heritage, and the hard work that laid the foundation for rest of his life. My dad knows that good things happen when the conditions are right, and we work persistently to make them happen.

Spring-time: flowing sap, blossoming crocuses, greening lawns, and budding leaves; cleaning house, raking lawns, plowing fields, and planting gardens; baseball, softball, and track and field. This is the season of renewal and rebirth. With the lengthening daylight and warmer temperatures, conditions are right for something beautiful to take shape.

Join us throughout the coming months for the many meetings, celebrations, and events. Happy Spring!

*The year's at the spring  
And day's at the morn;  
Morning's at seven;  
The hillside's dew-pearled;  
The lark's on the wing;  
The snail's on the thorn:  
God's in His heaven—  
All's right with the world!*

— ROBERT BROWNING, *Pippa's Song*



**March's Artist of the Month:**

**Brianna Moore!**

Brianna is such a creative thinking, totally driven, and a natural born leader when she feels passionate (which she often does in Art!). Yeah, Brianna. Great job!

—Jessica Bruce, Fine Arts Educator

### Sisters in Sport Inspires Girls

Now in its eleventh year, the Winooski Middle School "A" girl's basketball team participated in Sisters in Sport, a mentoring program with the St. Michael's College women's basketball team this past season.

Sisters in Sport is a mentoring program coordinated by the Stride Foundation, a non-profit based in Middlebury that provides opportunities for girls and women through sports and sports mentoring. In Sisters in Sport, the two teams visit each other's practices, attend each other's games and build a supportive relationship throughout the season.

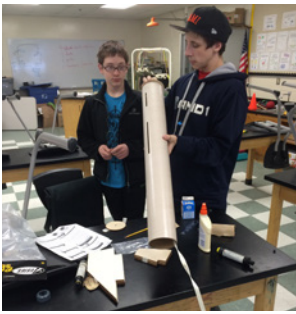
The girls also receive a nutrition talk, and are visited by professional women who are also athletes. This year two officers from the Burlington Police Department came and shared how their experience in sports helps them meet the everyday challenges they face in their work.

The idea of the program is to inspire girls to stay in sports, so they can realize the many benefits sports bring them from better grades to conquering challenges to health benefits that last a lifetime. Mentoring reinforces the message. The St. Michael's player are excellent role

models who take the message to the rim -- helping the girls to envision playing beyond middle school, through high school and in college.

Many thanks to local sponsor Twincraft Soap for helping to make Sisters in Sport possible!





## Who Says Science Can't Be Fun?

By Barbara Russ

Every Tuesday in Room 197 you will find a group of middle school students working on a variety of hands-on science projects with Mr. Forman in his afterschool program, *Who Says Science Can't Be Fun*.

From mousetrap racecars to rockets, these students are learning all about predicting, hypothesizing, experimental design and Newton's Laws of Motion through their afterschool science experiences.

The current rocket that the students are working on collaboratively with Mr. Forman will be launched sometime over the next few weeks, and is estimated to shoot upward 1500-2000 feet!



## Wiring A Room!

Anja Mosehauer

Team Journey in the middle school has spent the past several weeks working on a STEM (Science, Technology, Engineering & Mathematics) project.

Each student designed and built a three dimensional scale model of a commercial or residential room of their choosing that was completely wired to include working lights, fans, and buzzers.

The students began with a room plan on paper that was drawn using a scale factor of 1/24, including all windows, doors, and furniture. They then used these 'blueprints' to build their 3-D model using a scale factor of 1/12, to make it twice as big as their model on paper. The students also needed to maintain a budget and decide on which flooring, window sizes, wall coverings, and carpenters they wanted to spend their 'money' on; all real life skills that adults use every day.

There were many moments of frustration, which encouraged lessons in persistence and culminated in many celebrations of pride! We are very thankful to Lowes for generously donating the batteries that the students used in their models.



## Band and Strings Notes

By Randy Argraves

Here are some quick Band Notes for the rest of the year.



- **All-State Parade**  
Wednesday, May 57 at 6 PM in St. Johnsbury
- **Pops Concert**  
Tuesday, May 20 at 7:00 PM in the PAC
- **Winooski Memorial Day Parade**  
Saturday, May 24 at 12 PM on Main Street
- **Burlington Jazz Fest performance**  
Wednesday, 1:15 PM top of Church Street

The Spartan Band would like to thank the Friends of Winooski for buying an electric violin, electric cello and sound system for all of our string students. Their support for our music programs is greatly appreciated!

## WHS Students Attend Peace Jam

The Winooski PeaceJam Multicultural Club attended a wonderfully inspiring two day conference at the University of Connecticut on March



15th and 16th. The conference was attended by students and adult advisors of PeaceJam groups from all over New England and featured conversations with Nobel Peace Prize Laureate, President of Costa Rica, Oscar Arias.

Seven of our Winooski High School students were privileged with the opportunity to meet President Arias as well as to participate in workshops and service projects at this internationally affiliated event. President Arias spoke of the undeniable value of youth involvement in peaceful movements to bring about positive change in each of their small communities. This change can be accomplished through Global Call to Action Projects of all types and sizes. The students were reminded that their hard work can ultimately affect change in the entire world.

In Winooski, our PeaceJammers hope to educate and design projects around some of the issues they find most essential to creating a safer and healthier community. These issues, all of which were introduced to the community through a door-to-door survey in November, include reducing drug use, depression, and crime among teens. Club members also hope to address the need for more educational opportunities in relation to our community's rich variety of cultural holidays.

The group would like to express their sincere gratitude to the PTO for donating much needed funds to get them to the conference as well as their thanks to everyone who has supported our International Bake Sales. Please feel free to stop by at one of our weekly meetings, held every Thursday afternoon at 3:15 in room 207 at the High School. Club advisors, Melissa Clark and Libby Houghton, are extremely proud of all of the PeaceJam Multicultural Club members and are excited to continue our efforts to bring about a positive change in our fantastic community! For more info, go to <http://www.peacejam.org>.



# What You Need to Know About Mercury

By Samar Shakir, Sam Treadwell, and Connor Drown

Have you heard about mercury poisoning? Do you know the uses of mercury and how it affects our bodies? First, let us talk about mercury itself, where it comes from and how it effects the environment.

Mercury is an element whose symbol is Hg, with the atomic number 80. It was formerly named hydrargyrum which is how its symbol was derived.

## Where does it come from?

Mercury is found naturally in the earth, and exists in a large number of forms. Mercury is usually produced from cinnabar rock, which is mercury ore. Most of the mercury that is produced in the world comes from Spain and Italy. Mercury is released into the environment from the erosion of rocks, eruption of volcanoes, and decomposition of soil. It is synthetically produced in power plants that convert the ore into usable forms.

## What is mercury used for ?

Some objects people can find mercury in include thermometers and thermostats, household lamps, batteries, paints, old chemistry sets and toys, athletic shoes, pesticides, clothing irons, antiseptics, blood pressure gauges, barometers, and microwave ovens. Mercury is also the basis of dental amalgams and preparations. The compact fluorescent light bulb, or CFL, also contains trace amounts.

## Mercury poisoning

Mercury poisoning is a disease caused by exposure to mercury or its compounds. There are huge effects to mercury poisoning such as brain damage, lung damage, and kidney damage. This could eventually result in death if exposed for long enough. Some effects of mercury poisoning include:

- Blindness
- Cerebral palsy
- Deafness
- Growth and developmental problems
- Intellectual disability
- Microcephaly (small head)

For a poison emergency in the U.S., Call 1-800-222-1222 American Association of Poison Control Centers.

## Treatment

Methylmercury damage is irreversible. Treatment is determined by the severity of the condition and is similar to that given for cerebral palsy. The patient should be removed from the source of exposure. Treatment may involve:

- Activated charcoal (if mercury is swallowed)
- Fluids and electrolytes
- Dialysis (kidney machine)

## What is a safe amount of mercury?

Fortunately, for fish lovers, the safe upper limit of mercury consumption is about 0.1 microgram per kg of body weight a day, according to the U.S. Environmental Protection Agency. The U.S. Food and Drug Administration and the World Health Organization, however, think that a safe dose is actually more around 0.3 microgram per kg of body weight a day. To get a sense of the amount of fish you should consume, there is about 4.8 micrograms per ounce in a can of tuna fish.

## Green alternatives to mercury filled products

In the case of thermometers, people may use digital thermometers or scientific ones that use something in mercury's place. One such thermometer is called an alcohol thermometer, which is an alternative to the mercury-in-glass thermometer. It is made of ethanol (hence the name), toluene, kerosene, or isoamyl acetate. There are also alternatives to fillings such as plastic or silver fillings that could be less harmful. Although disposing of the CFL or breaking it may result in the release of mercury in the atmosphere, it is an energy saver which is a plus.

## How do I know if it's in my water?

There are certain mercury test kits you may be able to purchase. You can buy a mercury drinking water test kit (Boris) at: [http://www.filterwater.com/pc-344-9-mercury-drinking-water-test-kit-\(boris\).aspx?gclid=ck\\_m3u2eyrwcfsyoogod2e4amq](http://www.filterwater.com/pc-344-9-mercury-drinking-water-test-kit-(boris).aspx?gclid=ck_m3u2eyrwcfsyoogod2e4amq).

The price for the kit is \$20.99.

## What to do about mercury:

Reduce your exposure to mercury by not buying products that contain it. And if you do buy them, make sure the product is disposed of properly. Call your local landfill or transfer station to find out how.

*Make our Earth a safer, cleaner place to live.*

For references, go to: [https://docs.google.com/document/d/1qZnMI2hVLMHbX3Q6zrhZkQbXRiD0m-9Vqevyro\\_OqDg/edit](https://docs.google.com/document/d/1qZnMI2hVLMHbX3Q6zrhZkQbXRiD0m-9Vqevyro_OqDg/edit)



## Core Support? Use it!

By Nancy Keller

“I get work done,” said senior Kevin Pham, when asked how Core Support helps him.

Core Support, a CCLC Afterschool Program, that is offered every Tuesday and Thursday for high school students, provides extra support in mathematics, science and business classes. Teachers Melissa Clark and Rebecca Mellon both offer mathematics support after school on Tuesdays. When asked if these work sessions help her students, Clark responded, “A lot.” What she enjoys most is the opportunity “to work one-on-one with a student, to learn his or her strengths and weaknesses, to find a student’s mistakes and stuck points.”

Mellon agrees. Mathematics Core Support “is not required, but it’s wonderful seeing the students come through the door [of my classroom] for extra help.” Students will often comment, says Mellon, that “so-and-so student couldn’t make it” to Core Support, but then the student adds, “but I will help him.” While there may be five students in Mellon’s classroom for extra help in mathematics, typically ten students end up benefiting from the additional instruction. “It makes a huge impact,” Mellon concludes.

On Thursdays, the business and science classrooms are also a busy place after school, where students get support from teachers Courtney Poquette and Shannon Bundy. Core Support for business classes gives students the “extra help with computer programs, spreadsheets and simulations. Some students don’t have access to the software at home, and so much of the business coursework is with computers. Core Support is their chance to get caught up,” explains Poquette, as Bundy adds, “Core Support is a great resource and snacks are provided!”

When asked what she would want students to know about Core Support, Clark enthusiastically said, “Use it!”

## Spartan Merchandise Available!

Spartan clothing (sweatshirts, t-shirts, hats) as well as blankets, stickers, and stadium seats is all available for purchase by calling Jen Corrigan at 802-233-7642. View all items on the school website: [www.wdschools.org](http://www.wdschools.org). Payment is due at time of delivery. We have a nice selection of items available, so call today!

## Guidance News

By Emmy Charron, Guidance Counselor, Winooski Middle High School

Here are upcoming April events to mark on your calendars!

- **April 1st:** CTE Step up day for accepted students
- **April 6th:** Last day for Juniors to register for the May 3rd SAT’s
- **April 7th:** College fair for juniors or interested sophomores at CVU
- **April 12th:** ACT test date
- **April 14th:** College visit for Juniors and select sophomores and seniors to Keene State College and Colby Sawyer College

Questions about financial aid? Contact VSAC Coordinator Heidi McLaughlin at [mclaughlin@vsac.org](mailto:mclaughlin@vsac.org). Also, you’ll find lots of information about planning for college, grades and transcripts on the district website at [www.wdschools.org](http://www.wdschools.org). Follow the links under the “Winooski HS” header tab, and you can get more information about graduation requirements, college resources, and much more. You can reach me at 383-6099 (direct), 655-3530 or at [echarron@wdschools.org](mailto:echarron@wdschools.org) to set up an appointment.



## Cheerleading Season Wrap-up

By Courtney Troescher

This basketball cheering season was a fun learning year where our team focused on building our skills. Our team was made up of only one senior Cara Casier, 3 Juniors – Victoria White, Niha Jackson, & Chanefer Nheb, and 2 Freshman – Justice Palmer, & Chanda Pringle. We were also very fortunate to have Keller Longchamp who is a Junior at CVU join our team. We spent many practices focusing on team building, basic skills and preparing for games. The team proudly cheered at every boys and girls home basketball game. The team’s spirit and enthusiasm was evident and supported by the home crowd at each game as the crowd often joined in on the cheers. The team wishes Cara the best in her future endeavors and the rest of the team will look forward to next year’s season.

# Coincidence Leads to Strong Cultural Connections

By Bill Clark, ELL Teacher



An interesting series of coincidences brought ten students from Mt. Abraham together with 18 students from Winooski. U.S. History was one of the connecting threads as was the immigration unit Mr. McQuinn and Mr. Clark designed for their English Language Learners (ELL).

“Originally we had the idea of meeting some of the Graduate Expectations with our students in the area of cross-cultural communication,” said Marc McQuinn. “Students compared their personal immigration stories with the story of Hana, a ‘paper bride’ who came to America in the nineteenth century. Our students made some great connections in their posters and their essays, and we wanted to share that with the community.”

Another coincidence emerged when co-teacher Bill Clark enrolled in a University of Vermont course for social studies methods. A fellow student, Emily Boone, teaches at Mt. Abraham High School and suggested that her students visit Winooski and share experiences about immigration and culture.

“Our sociology class is taking a long look at culture,” Ms. Boone said. “We’re asking our students several basic questions about how to make our community welcoming to everyone. What should we stop doing, start doing, and keep doing? We thought the Winooski students could help us answer those questions.”

With the support of teachers and administrators from both schools, the visit was planned for the morning of February 13<sup>th</sup>. Ms. Boone, Mr. Clark, and Mr. McQuinn worked out the details of the lesson, then Mr. Clark created a PowerPoint presentation that explained how the two groups would come together and discuss culture.

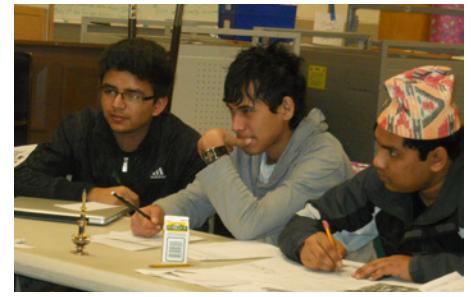
In this plan, a central table of five students modeled introductions and presented an artifact that represented themselves. Then each student introduced themselves and talked about their artifact. Several Nepali and Thai girls wore their

traditional garments and talked about them as their artifact. Another girl brought her first field hockey ball. The manager of the Mt. Abe boy’s soccer team brought a plaque announcing its championship season. Mr. Clark showed pictures of his dog and talked about snowshoeing before coming to school in the morning. A boy from Thailand brought a handmade Thai carrying bag that he had used in his country—and ended up giving it to Ms. Boone as a parting gift. A Nepali student showed his journey from Bhutan to Nepal to the U.S. via Google Maps. A Vietnamese student showed pictures of his life in Vietnam and his role as a counselor in the school there.



The protocol allowed sharing within small groups and with the larger group as well. Conversations revolved around the uniqueness and similarities of everyone’s experiences. The next phase moved on to the Winooski students’ immigration posters. The questions at each table flew around quickly: When did you leave your country? How long did you live in the camps? What do your parents do now? What did you eat? What was it like to arrive in Vermont?

One student talked about her plans to travel in Asia, and perhaps visit Vietnam. Iraqi students explained the upheavals in their country and how they were affected by the war. In a common theme, an African student described her family’s journey from Burundi to Tanzania to America. A Nepali girl felt sad because she had to leave her mother behind when she left her country. Suddenly, place names from a world away—Mount Everest, Khatmandu, Burma, the Middle East, Burundi, Kenya, Bhutan, Great Britain—took on a new familiarity. Seeing the bus stop pictured on Google Maps and the structures in a Nepali refugee camp housing over 100,000



people contributed significantly to everyone’s understanding of diversity and uniqueness.

Truly the diversity of the group contributed to some new ideas for everyone to discuss. Similarly, everyone showed great respect and participated at a high level.

The best part of the day was the potluck lunch. Everyone brought a dish to share and the luncheon tables resembled a bazaar in a far-off city, with Nepali dumplings perched next to a Passover dish, Thai noodles next to American vegetable soup, French lentils next to small pizza rounds. Someone brought a mango milk drink. Someone else a soda only found in their country. There were American cookies and Nepali confections as well as Little Debbie’s cakes and a holiday tea.

As the Mt. Abe students packed up to leave, several students from both schools were exchanging phone numbers and Facebook addresses. One Winooski student said, “We need to keep doing more of this. We need to communicate with other people different from us.” The Mt. Abe students plan to make a video to document the day and share with a sister school in Turkey. A plan that began as a series of coincidences in the fall led to twenty-eight students sharing parts of their lives in Winooski on a frigid February day, with a resulting warm up in the climate of the community as a whole. Already, Ms. Boone is asking “When can you guys come to visit us in Bristol?”

Soon we hope.



**Update from your City Council**

*By Mayor Mike O'Brien*

The City Council wants to express our thanks to the citizens of Winooski for your support in passing our budget on March 4<sup>th</sup>. We welcome our two new members, Brian Corrigan and Brian Sweeney, and say goodbye to John Little and Sarah Robinson. We thank both John and Sarah for their dedication and hard work as members of the City Council.

We have appointed members to the Community Services Commission. The



next two commissions, public safety and public works will be appointed in the next few months. I encourage anyone who is interested in serving the community to apply for one of these Commissions.

As always, if you have any questions about what's going on in the City, feel free to contact any of the city council or call city hall at 655-6410. And again, thank you for your support.

Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	mayer@winooski.vt.gov	802-655-4879
Deputy Mayor Sally Tipson	stipson@winooski.vt.gov	802-655-3894
Councilor Brian Corrigan	bcorrigan@winooski.vt.gov	802-999-9270
Councilor Seth Leonard	sleonard@winooski.vt.gov	802-777-3381
Councilor Brian Sweeney	bsweeney@winooski.vt.gov	802-734-6902
City Manager Deac Decarreau	deac@winooski.vt.gov	802-655-6410

**Visit the city website at [winooski.vt.gov](http://winooski.vt.gov) or call 802-655-6410.**

Keep up to date with announcements and news about City activities:  
**LIKE US ON FACEBOOK** We are "City of Winooski - Government"  
**FOLLOW US ON TWITTER** We are @winooski.vt

**Teen Center Collaborates with School and Co-Hosts Masquerade Dance on April 4**

The Winooski Teen Center and the Winooski Coalition for a Safe and Peaceful Community are collaborating on six student internships that work to educate the community about tobacco, while encouraging substance-free public places and events.

Tobacco companies bombard the American public—while targeting youth in particular—with messages that normalize smoking and use of other tobacco products. As such, 3,000 people nationally will become new smokers each day as reported by the Vermont Department of Health.

In an effort to spread the word about the harmful effects of tobacco, two middle school interns will be collaborating with the Winooski School District to organize a masquerade dance with an anti-tobacco theme for youth in grades 6<sup>th</sup>-8<sup>th</sup>.

The "Revealing the Truth Behind Tobacco" masquerade dance party will be held in the Winooski School cafeteria on Friday, April 4<sup>th</sup> from 6:00-9:00 pm. After receiving a mask, eating pizza, and dancing, youth will watch a short, student-created film about tobacco advertising and product-placement. Once the truth behind tobacco is "revealed", students will remove their masks and continue enjoying the party during this substance-free event.

**Join Us For Global Youth Service Day**

The City of Winooski invites community members to participate in our first Global Youth Service Day on April 12, 2014! This is a time for youth and adults to come together and volunteer at various service projects throughout the city. We'll also be having a barbecue at the O'Brien Community Center (32 Malletts Bay Ave.) where we will celebrate GYSD and our hard work with delicious food, good music, and lots of fun!



**Global Youth Service Day**

Service projects will be from 10AM to 1PM with the barbecue beginning at approximately 1PM.

There are service projects for all ages and abilities, and we hope you'll join us!

Here are the available service projects:

- Trail maintenance at Casavant Natural Area – Ages 13 and up alone; 10 and up w/ parent or guardian
- Invasive species removal at Salmon Hole – Ages 8 and up
- Little Free Libraries construction and decoration at the O'Brien Community Center – Ages 12 and up alone; 6 and up w/ parent or guardian
- Preparing and serving the barbecue at the O'Brien Community Center (11:00-2:30pm) - Ages 13 and up.

Don't see something you're interested in but want to get involved? Contact Alaina at [vista@winooski.vt.gov](mailto:vista@winooski.vt.gov). Sign up here: [surveymonkey.com/s/winooskiGYSD2014](http://surveymonkey.com/s/winooskiGYSD2014)

Global Youth Service Day recognizes the positive impact that young people have to their communities year-round. Held each year in April, Global Youth Service Day is a time when millions of young people come together for celebrations and community service projects, often designed to address and raise awareness around tough community issues. With projects in all 50 states, more than 135 countries, and six continents, GYSD stands as the largest service event in the world. Global Youth Service Day is a campaign of YSA (Youth Service America), an international leader in the youth service movement. Contact Alaina Wermers at [vista@winooski.vt.gov](mailto:vista@winooski.vt.gov) or at 802-655-1392 ext. 10.

# Thrive Summer Youth Enrichment Program Update

By Kirstie Paschall, Thrive Program Director

In spite of the snow and cold weather, we here at THRIVE have begun plans for the 2014 Thrive Summer Youth Enrichment program! We are so excited to take a mini-vacation from cold-weather thoughts to share this information with you.

The Thrive Summer Youth Enrichment program will run seven, week-long sessions from June 23rd to August 8th. We invite all Winooski residents to join the first two weeks, June 23rd-27th and June 30th-July 3rd, completely for free! Below, we have our schedule and fees.



Licensed Program Hours	Notes	Dates	Session
noon – 5:30pm	FREE for Winooski Residents!; Stay tuned for more information about this week!	Jun 23 – Jun 27	Session 1
noon – 5:30pm	FREE for Winooski Residents!; 4 half-days, in conjunction with JFK summer school!	Jun 30 – Jul 3	Session 2
noon – 5:30pm	Half-Days in conjunction with JFK summer school!	Jul 7 – Jul 11	Session 3
8am - 5:30pm	Full-Days	Jul 14 – Jul 18	Session 4
8am - 5:30pm	Full-Days	Jul 21 – Jul 25	Session 5
8am - 5:30pm	Full-Days	Jul 28– Aug 1	Session 6
8am - 5:30pm	Full-Days	Aug 4 – Aug 8	Session 7

Jul 14-Aug 8 Full-Day Fees	July 7-11 Half-Day Fees		Session Fees
FREE	FREE	each child	Full OR Partial Subsidy
\$40	\$40	1 child	No Subsidy: Free/Reduced Lunch Eligible *must still apply for Subsidy to receive discounts
\$20	\$20	each addit'l child	
\$125	\$65	each child	No Subsidy: No F/R Lunch (Full Rates)
\$300 per child		All Sessions maximum rate	

## Registration for Summer 2014 will begin in Early April!

Looking for some ideas for preparing for enrolling your child or children? We highly encourage families to first apply for a child care subsidy through Child Care Resource ASAP (find them at [www.childcareresource.org](http://www.childcareresource.org), or by phone: 802-863-3367). Then, be on the look out at the beginning of April for enrollment forms and information on our website ([www.winooski.vt.org/communityservices](http://www.winooski.vt.org/communityservices)) and for hard copies at the Thrive After School program! Hard copies of summer enrollment and information forms will also be sent to all JFK classrooms in early April.

If you have any questions or would like any information regarding the 2014 Thrive Summer Youth Enrichment Program, email or call Kirstie Paschall (Thrive Director) at [thrive@winooski.vt.org](mailto:thrive@winooski.vt.org) or 802-316-1552.

We're looking forward to seeing you this summer!

## Winooski Senior Center March Highlights

By Jahnine Spaulding, Director, Winooski Senior Center

March has been a fantastic month at the Senior Center! Our St. Patrick's Day Lunch was a HUGE hit - 81 seniors enjoyed a home cooked corned beef dinner, the wonderful music, of Corey Redmond, and an afternoon filled with laughter and prizes. Many hands make light work is an old saying, and never more true than on St. Pat's - so thank you to the following people for their TIRELESS efforts: George Crowley, Rita Martel, Mary Fitzgerald, Blanche Boissy, Norma Audette, Terry Blackstone, Terry Norton, Theresa Kellogg, Dave Kozak, Brenda Dupuis, and Gail Hance.

The fun continued throughout the month with a delicious and exciting trip to the Mount St. Gregoire Sugar Shack and then onto the Montreal Casino for games of chance. March ended on a very life affirming note - community members participated in both the VNA's "Start the Conversation," program that supports and encourages families to learn and talk about end-of-life care before a health crisis or serious diagnosis occurs.

### Programs in April include:

- Every Monday, Wednesday, and Friday morning - Tax Preparation with AARP. Please call to make an appointment. 655-6425
- Tuesday, April 1st at 11:30 AM - Senior Center Participants General Meeting - Open to any Winooski senior (55 or older), POTLUCK FOLLOWS!
- Tuesday, April 1st at 2:30 PM - April Fools Day Party with special guest RUSTY DEWEES! Free but you must have a ticket!
- Every Thursday - Community Meal at 11:30 and Bingo at 12:30 - come join us for good meal, some conversation, and stay for the Bingo fun!

We are located at 123 Barlow Street, and we invite you to come and visit! Call us at 802-656-6425 for more information.

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## Free Weekly Playgroups offered at Winooski Family Center!

By Karen Prosciak

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. Our Thursday Playgroup includes a nutritious lunch prepared by "Fresh Foods". Our playgroups are funded by Building Bright Future and the Children's Trust Foundation.

All parents, caregivers, grandparents with children 0-5 years are welcome. Playgroups are held Mondays from 10-11:30am and on Thursdays from 11am-1pm at the Winooski Family Center in the O'Brien Community Center at 32 Malletts Bay Ave. Please call us at 655-1422 or email karenp@howardcenter.org for more information.

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## Stay in Touch with School and Community News: Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood. The service provides online forums for neighborhoods, based on a successful model six years in the making, and capitalizes on the founders' many years of community development work.

District administrators post information about events happening at school, members share stories, the media reports, and we investigate several ourselves. All of this great community-building is attracting local awards and national recognition. How does it work? Members and others contribute to this effort financially, and local businesses and other entities sponsor many of our neighborhood forums.

Go to [www.frontporchforum.com](http://www.frontporchforum.com) to sign up for this free community resource.

## Why Not Take A Course This Summer at CCV?

Summer 2014 registration is NOW OPEN! Call 802-654-0505 to schedule an advising appointment.



Course descriptions and class schedules can be found at [www.ccv.edu](http://www.ccv.edu).

The Evelyn Hoffman Donovan Learning Center is again open 7 days a week this spring. Check out the schedule and come on in!

## April Fun at the Winooski Library

- **Saturday, April 5** at 10:30, Stories with Jess! Children, Pre-K through grade 2, with their caregiver, enjoy stories with our Youth Librarian, Jessica.
- **Saturday, April 5** 1pm-3pm Come play some of the library's new board games! We've got Ticket to Ride, Get Bit, Pandemic, Settlers of Catan and more for all ages.
- **Monday, April 21**, 6:30-8:30pm, Movie screening of *The Hungry Heart*. *The Hungry Heart* provides an intimate look at the often hidden world of prescription drug addiction through Vermont Pediatrician Fred Holmes who works with patients struggling with this disease. This event is sponsored by the Winooski Memorial Library and will be held in the O'Brien Center Community Room.
- **Saturday, April 26** 1pm, all ages can drop in to play Magic the Gathering! Bring your own deck or borrow one from the library.
- **Tuesdays** at 10:30 join our wonderful volunteer, Marilyn for Storytime! Infants and preschoolers, with their caregivers, enjoy stories, songs and crafts.

The library is located at 32 Malletts Bay Avenue and open Tuesday 10-7, Wednesday 3-7, Thursday & Friday 10-6 and Saturday 9-5.

## HEALTH CORNER

### Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

April is finally here and hopefully that means sunnier days will be as well. Please remember to apply sunscreen to your children whenever they play outside. Encourage your children to drink plenty of fluids to keep them well hydrated. Help keep your children's smile intact by having them wear mouth guards whenever they play contact sports. On behalf of the health office we want to wish all of you a happy spring break!

### Tooth Tutor Update

Diane Polson, RDH, Tooth Tutor

Now that Winter Sports are finished, REMEMBER to ALWAYS wear your Mouth Guard during ALL sports. If a tooth gets knocked out, seek immediate treatment with your dentist within 30 minutes. Do not clean the tooth or touch the wound site. Keep the tooth in a glass of milk, cool water or a wet cloth until your appointment. FLOSS, Brush and see your Favorite Dentist regularly!

If you are in need of DENTAL CARE or have not been seen by a Dentist in the past year, please stop by and see me. I am in the Health Office on alternating Wednesdays and Thursdays or you can reach me at 383-6094.

### SAVE THE DATE:

### Healthy Kids Day

- **Saturday, May 3rd** from 9-2p.m at the Pomerleau Family Y on College Street in Burlington  
Free Family Fun for Everyone! Details online at [gbymca.org](http://gbymca.org).



## ELEMENTARY SCHOOL LUNCH MENU — APRIL

### DAILY BREAKFAST OPTIONS:

Abbey Breakfast Sandwich: Sausage & Cheese on English Muffin – offered daily!!  
 MONDAY: Whole Grain French Toast Sticks • TUESDAY: Whole Grain Cinnamon Bun w/Cheese Stick  
 WEDNESDAY: Scrambled Egg & Cheese Wrap • THURSDAY: Healthy Breakfast Round  
 FRIDAY: Egg & Ham in a Basket OR Cereals w/English Muffin OR Bagels  
 \*\* Fresh Fruit & Milk With all Meals\*\*

Choice of milk served with all complete meals:  
 Low-fat White &  
 Low-fat Chocolate

### Available Daily

1. The Abbey Groups Main Menu Entree
2. Hoagieville Made to Order Deli Bar
3. Garden Fresh Salad Bar
4. Yogurt Parfait & Cheese Bun [substitute your main entrée]
6. Little Italy Pizzeria and Abbey Express Daily Specials

### PRICES:

- Breakfast  
 Regular \$1.25  
 Reduced \$FREE  
 Adult \$1.75  
 Lunch  
 Regular JFK \$2.00  
 Regular WMHS \$2.25  
 Reduced \$FREE  
 Adult \$3.25

### Beverages

- Milk \$0.50  
 Juice \$0.50

Pay for your student's meals with our easy on-line bill pay system. Go to: [www.abbeygroup.net/lunch/prepay](http://www.abbeygroup.net/lunch/prepay)



NOTE: Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.	Tues., April 1	Wed., April 2	Thurs., April 3	Fri., April 4
	Goulash Tomato, Macaroni & Beef Bake  Steamed Broccoli Carrot Sticks Wheat Bread Slice <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Cheesy Breadsticks Hearty Country Vegetable Soup Marinara Dipping Sauce Side Caesar Salad <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Nachos Supreme <small>Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, &amp; Corn Tortilla Chips</small>  Rice Pilaf Warm Black Beans <b>Carrot &amp; Parsnip Salad</b> <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Cancun Chicken Wrap <small>(Chicken, Rice, Beans, Corn, Salsa, Cheese and Spices)</small>  Roasted Sweet Potato Confetti Corn Salad <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small> <b>Brownies</b> Fresh Fruit Fresh Milk
Mon., April 7	Tues., April 8	Wed., April 9	Thurs., April 10	Fri., April 11
Chicken & Bean Enchilada Bake  Warm Black Beans <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Homemade Lasagna  Chopped Green Salad Garlic Bread Stick <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese or Veggie Pizza  Caesar Salad Fresh Carrot Sticks Hummus Dip <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small> <b>Taste Test Honey Parsnips</b>  Fresh Fruit Fresh Milk	<b>Early Dismissal</b> Chicken Patty Sandwich Lettuce, Tomato & Cheese  Rice Pilaf Steamed corn <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	<b>Early Dismissal</b> Dress Your Own Burger  Sweet Potato Fries Baked Beans <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk
Mon., April 14	Tues., April 15	Wed., April 16	Thurs., April 17	Fri., April 18
Dress Your Own Hot Dog On a Bun  Homemade French Fries Baked Beans <b>Maple Seasoned Parsnips</b> <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Macaroni & Cheese  Steamed Green Beans Side Caesar Salad <b>Maple Muffins</b> <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese or Veggie Pizza  <b>Maple Glazed Carrots</b> Chopped Green Salad <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Taco Bar w/ The Works <small>Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa &amp; Soft Flour Tortilla</small>  Rice Pilaf Warm Black Beans <b>Maple Sundaes</b> <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Grilled Cheese Sandwich  Chicken Noodle Soup Spinach Salad w/ Apples & Maple Vinaigrette <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk
Mon., April 21	Tues., April 22	Wed., April 23	Thurs., April 24	Fri., April 25
<b>No School Spring Break</b>	<b>No School Spring Break</b>	<b>No School Spring Break</b>	<b>No School Spring Break</b>	<b>No School Spring Break</b>
Mon., April 28	Tues., April 29	Wed., April 30	<b>PLEASE NOTE: Middle and High school menu information is available at <a href="http://www.abbeygroup.net/schoolmenus">www.abbeygroup.net/schoolmenus</a>. You can also learn about options for managing your child's account at the website.</b>	
Pancakes w/ Warm Syrup  Scrambled Eggs Sweet & White Home Fries Celery Sticks <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Spaghetti w/ Meat or Marinara Sauce  Chopped Green Salad Wheat Bread Slice <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk	Cheesy Breadsticks  Marinara Sauce Minestrone Soup <b>Honey Parsnips</b> <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar</small>  Fresh Fruit Fresh Milk		

## 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](mailto:smcmannon@wdschools.org)

#### John F. Kennedy Elementary School

Principal: **Mary O'Rourke**  
802-655-0411, 802-655-3530  
[morourke@wdschools.org](mailto:morourke@wdschools.org)

#### Winooski Middle and High School

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

#### Board of School Trustees

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**Julian Portilla**, 399-0241  
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#### MISSION STATEMENT

The mission of the Winooski School District is to awaken in its diverse student body, a thirst for knowledge, a passion for learning, and a desire to become responsible members of the world community.

We offer a safe, supportive, educational environment. Our team of professionals recognizes individual strengths and needs and fosters academic excellence and personal growth.

Working together in partnership with families, and the community, we strive to instill shared core values – respect, responsibility, empathy – and a commitment to help every student reach his or her potential.

#### 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 405 students attending JFK Elementary (grades PreK-5), 155 attending Winooski Middle School (grades 6-8), and 227 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](mailto:aelston@wdschools.org)*