

ALSO INCLUDES  
**Community News!**  
 STARTING ON PAGE 13

# WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 14, ISSUE 7

APRIL 2017

*Celebrating Our Achievements!*

## Important Reminder: SBAC Testing Dates

By Kirsten Kollgaard, Director of ELL & Curriculum

This year we will be giving the SBAC (Smarter Balanced Assessment Consortium) standardized test for the third time. This test is the official test that monitors students' proficiency in Mathematics and English Language Arts in grades 3-8 and 11. All students in Vermont public schools in these grades are required to take the SBAC test each spring.

- **Grades 6-8 & 11**, Monday, April 10th – Thursday, April 13th
- **Grade 5**, Tuesday, May 2nd - Friday, May 5th
- **Grade 4**, Tuesday, April 18th – Friday, April 21st
- **Grade 3**, Tuesday, May 9th – Friday, May 12th

For more information on SBAC visit the Vermont Agency of Education's website at <http://education.vermont.gov/sbac> or contact Kirsten Kollgaard, Director of Curriculum and ELL at [kkollgaard@wsdschools.org](mailto:kkollgaard@wsdschools.org) or (802) 383-6098.

## Join Us for our Spring into the Arts Event!

By Heather Win

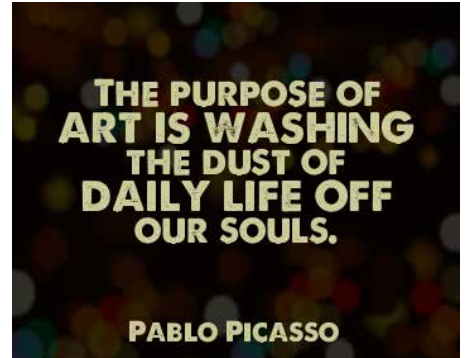
Mark your calendars! This year Winooski's SPRING INTO THE ARTS will be coming to WMHS, festival-style! On April 14th, 2017 the school will be filled with music, food, laughter, and inspiring works of art from students in all three schools. Winooski students and staff know how important the arts are in creating personalized learning pathways, and our students love having opportunities to express themselves as young artists every day. We also know that there is no better way to bring people of all different backgrounds together than through the shared experiences in creating and enjoying the arts. We welcome families, friends, and the entire Winooski community! Your support of our students and the arts matters!

**Come early and stay for it all!** Fun for the whole family! Doors open at 4:00. Ongoing events throughout the school until the Celebrate Winooski Talent Show:

- **Live pop-up music performances** in the lobby
- **Visual Art galleries** from High School, Middle, and Elementary school students
- Hear **readings of student-written plays** for Vermont Young Playwrights Festival
- Choose a Nepali, Somali, or Hip-Hop **dance workshop** led by some of our best high school dancers
- Strike a pose for **unique family and friend photos** from Winooski's best student photographers

**Empty Bowls Dinner from 4:45 to 5:45.** Beautiful soups served in bowls handmade by our JFK students. Free dinner for all. (Donations welcomed for clay bowls.)

**Celebrating Winooski's Talent Show 6 - 7:30 pm** in the Performing Arts Center.



## INSIDE THIS ISSUE

**Notes from the Central Office** 2-5

**City and School Announcements** 6-7

**Notes From JFK Elementary, Health Corner** 8-9

**Middle and High School Highlights** 10-12

**Community News, Menu** 13-19

**District and Contact Information** 20

SAVE THE DATE

## Parent / Teacher Conferences!

April 13th (12-8pm) and April 14th (12-3pm)

Teachers in all three schools look forward to meeting with parents on **April 13th and 14th** to talk about your child's progress at school to date. Notices will be coming home with students, or you can call 655-0411 (JFK office) or 655-3530 (WMHS office) for more information.

### Great Things Are Happening!

By Sean McMannon, Superintendent of Schools

I hope everyone has safely navigated the March snowstorms safely and even enjoyed some winter activities! This month I thought I would just highlight some of the wonderful things happening in our community that support our 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.

#### **Rowland Foundation Grant:**

Winooski Middle/High School teacher Lindsey Cox has been awarded a \$75,000 Rowland fellowship for the 2017-2018 school year. The Rowland Foundation is dedicated to supporting visionary leadership within Vermont high schools to help create systematic change that will improve a school's culture and climate towards learning. Lindsey will be developing learning opportunities that happen outside of the classroom as well as a system for assessing them.

#### **School-Based Health Center**

**(SBHC):** Our School Nurses, Elizabeth Parris and Katharine Monje are working with two local doctors and a pediatric resident to plan for a school-based health clinic in the future. An SBHC can improve access to health care and minimize lost learning time for students. The overall vision is to spend this school year preparing and planning, and to open a SBHC in the fall of 2017. On this timeframe, this will likely involve starting on a smaller scale in terms of hours and services, and expanding as it becomes possible with increasing space and provider availability. Also, Liz and Katharine are working with the VT Department of Health and UVM's Children's Hospital MD Resident Anna Zuckerman to write a grant to the Community Health Investment Fund. This request will support start up-costs (office equipment and furniture, medical equipment, IT services, planning costs)

and yearly costs (supplies, planning, mental health provider) for up to 3 years to support the SBHC.

**Promise Community Grant:** Our committee, now called "Wellnooski!" has developed our Roadmap (purpose, vision, goals) and budget which was submitted to the State of VT's Department of Children & Families. When the Roadmap and budget are approved we will have \$200K to:

- Support Winooski family's access to basic needs and services (stable housing, nutritious food, healthcare and transportation) by providing a community hub at the O'Brien Community Center
- Support Winooski children to succeed in school and in the community by improving access to early education, playgroups and parent support programs.
- Reduce Winooski children's exposure to trauma, violence at home and in the community by reducing the factors that get in the way of a caregiver's ability to be a stable support (mental health, drug use, lack of money)

#### **Vermont Young Playwrights**

**Residency Program:** Middle and high school students with a passion for theatre have been busy writing plays for the past few months through the Vermont Young Playwrights residency program. With a generous Artists in Schools grant from Vermont Arts Council, 35 students have had the opportunity to learn from professional playwrights in a two-day workshop program where students learn how to write their own 10-minute play.

#### **Big Change Roundup Hair**

**Competition:** JFK completed our Big Change Roundup Hair competition on February 24th. O'Brien's Salon volunteered time, people, and space to do the hair dying. We had the "Hair Reveal" and gave Jamie Magowan from WOKO \$1,800 for the Vermont Children's Hospital.

**International Luncheon at the Winooski Senior Center:** On Friday, February 17th the Winooski Middle School English Language Learning (ELL) department sponsored the third annual International Luncheon at the Winooski Senior Center. Aftaba Mezetovic, our ELL program assistant, organized the event that included dishes representative of the cultures of WSD, Bhutanese Nepali dancing and student poetry reading. The senior center hosted close to 100 people for the event.

**Peace Jam:** The last weekend of February, the Winooski High School Peace Jam Group attended the annual Peace Jam Conference in Danbury, Connecticut. This year WHS students presented a workshop on the community service work they have been doing in Winooski around supporting New Americans. Here is a quote from a teacher from another school who attended our students' workshop: "Thank you so much for collaborating with us! We were so blessed by the experience. You have AMAZING kids. I am just blown away! I would love to see how we could collaborate in more ways to get the awareness out there. I will never forget what we learned and shared together. It was almost like you could hear all of our hearts growing with compassion in unison."

**Great Coaches:** Varsity Girls Soccer Coach Roger Prescott was named 2016 State Coach of the Year by National Soccer Coaches Association of America (NSCAA). Varsity Boys Basketball Coach Tom Obbagy will be inducted into the Vermont Basketball Coaches Association Hall Of Fame at Windsor High School on March 25 at the Senior All-Star Classic. Congrats Roger & Tom!

**Future Facility Planning:** Our school board has allocated monies for a feasibility study that will assist us in developing a plan for the future. We have entered into a feasibility study contract with Joseph Architects. Our Facilities Director, Mick Muscat is working with

Joe Greene from Joseph Architects to assess the current state of the facility and develop a proposal moving forward. We will be soliciting input from WSD staff about space needs this spring and forming a Facilities Committee to work with Mick to lead this study and any potential capital project moving forward. There will be specific roles (i.e. teacher, support staff, parent, student, community member) on the Facility Committee that will need to be filled. We hope to constitute this committee by the end of the school year.

**Penguin Plunge 2017:** We raised over \$8,000 for Special Olympics Vermont this year bringing our four-year total over \$44,000! On Saturday, February 4th over 50 plungers from Winooski braved the icy waters of Lake Champlain for this wonderful cause!

**Music Support:** The GRAMMY Foundation made a \$2,000 donation to Winooski High School's Music program as part of their Community Award program. For some more background feel free to check out [www.grammyintheschools.com](http://www.grammyintheschools.com) and [www.grammyfoundation.org](http://www.grammyfoundation.org)

**Capitol Hill Challenge:** Winooski was one of two Vermont schools selected by Senator Patrick Leahy to participate in the 2017 Capitol Hill Challenge. Here's the email from Senator Leahy's office that

led to our invitation: "I am writing on behalf of Senator Patrick Leahy (D-Vt.) to nominate Winooski High School, based in Winooski, Vermont for the SIFMA Capitol Hill Challenge. This school lies in one of the state's largest and most ethnically diverse cities, and serves a high proportion of resettled refugee families. With the help of the Business Education Program Director, Courtney Poquette, students have collaborated with the Champlain College Center for Financial Literacy to create an innovative curriculum to improve the financial literacy of all students. This program, and Winooski High School are most deserving of an invitation to participate in the Capitol Hill Challenge, and I hope you may kindly consider this request."

**Senator Sanders State of the Union Essay Contest:** This year's State of the Union Essay contest, sponsored by Senator Bernie Sanders, had about 800 contributors from 43 Vermont High Schools. Our own Musa Mayange was selected as the 2nd place winner for his essay "A Perspective on Racism!" This is quite an honor! In addition, Rainbow Chen's essay, "Our America," was honored as one of 17 finalists. What an honor for both of these hard working students!

**Positive Behavioral Intervention & Supports (PBIS):** JFK received the results of our Positive Behavioral Intervention & Supports (PBIS) post-implementation assessment conducted by an external team of professionals. Some of the key findings from the visiting team:

- Final average score of 93.8% (total mean score)/100% (expectations taught). JFK has exceeded the benchmark score of 80% / 80%.
- All school staff knew all five behavioral expectations and 87% of our students knew all the behavioral expectations.
- All students had earned HEARTs and all teachers had given out HEARTs.
- Delineation of major vs. minor behaviors was very clear and many staff had an understanding of the steps to take before asking a student to go to the student support room (e.g. take a break space, buddy classroom, etc.).
- Teachers are using the language of "expected behaviors" – pre-correcting, reminding, and recognizing students for the expected behavior. Common language is HUGE!

Thank you for working with WSD to benefit our students!

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## School Board Update

*By Mike Decarreau, President, Board of School Trustees*

Welcome to spring. I would like to start by thanking everyone that got out to vote on March 7. To have over 800 community members get out to vote was very encouraging. For an election that had only local items on the ballot we do not always get a turnout that can give us a good representation of what the broader community supports.

On the topic of support, the School Board and the entire district are extremely grateful for the support in passing the budget. Over the past three years we have had some very focused investments within the schools where the additions have been based on specific areas of need. The budget for next year had a focus on the middle school and we expect to be able to tie outcomes directly to collected data on attendance, behavior, reading, and/or math improvements.

Part of the budget process for next year will include reflections on how last year's budget items worked to improve our outcomes. As we have over the past several years, we will post the meeting times of our budget meetings and we hope to see the community join us in preparing the budget from the beginning.

One other update would be to note that we continue to make forward progress in our negotiations with both the Teachers and the Support Staff. Hopefully this activity will be completed in the near future.

## 1st Annual Spring Vendor/Craft Fair



**Raffles, Bake Sale & Food Vendors**

**Saturday May 13, 9am-4pm**

**Winooski School  
60 Normand Street**

**Brought to you by the Winooski PTO**

# The Winooski School District supports Act 166 Publicly Funded Prekindergarten for children between the ages of 3 and 5 who reside in the city of Winooski, Vermont

**Complete an application for the 2017-2018 school year!**



## What is publicly funded prekindergarten education?

Publicly funded prekindergarten education is defined as:

Ten hours per week for 35 weeks of developmentally appropriate learning

experiences that are based on Vermont's Early Learning Standards. Children who reside in Winooski and are between the ages of three – five are eligible. Prekindergarten education is limited to the academic year (September 2017 – June 2018).

## Where are these publicly funded pre-kindergarten programs?

The Winooski School District's publicly funded pre-kindergarten programs are located in community private early care and education programs that meet specific quality standards. The community early care and education programs that Winooski School District currently partners with are:

- Trinity Children's Center -656-5026
- Lund Early Childhood Education Program -864-7467
- Fletcher Allen Y's Time (located in Winooski) -338-9208
- Greater Burlington YMCA Preschool -862-8993 x148
- The Children's School -862-2772
- Stepping Stones Children's Center -860-1915
- Burlington Children's Space -658-1500 x13
- Robin's Nest -864-8191
- Pine Forest Children's Center -651-9455
- Williston Enrichment Center -846-9402
- The Schoolhouse -658-4164
- The Bellwether School -863-4839
- UVM Campus Children's Center -656-2091
- Adventures in Early Learning -985-9025
- Heartworks -651-9343
- VNA Family Room -777-8447
- Lake Champlain Waldorf School -985-2827
- Kid Logic Learning -660-3600
- Children's Preschool and Enrichment Center -878-1060
- Green Mountain Montessori School -879-9114
- Early Learning Center at Saint Michael's College -654-2650
- Little One's University -872-7444

- Kids & Fitness Williston -864-5351
- Little Feats Childcare & Preschool -238-1019
- E.J.'s Kids Klub -860-1151
- Burlington Forest Preschool L3C -310-7028
- Frog & Toad Child Care & Learning Center -871-5309
- Kids & Fitness (Essex)-879-7734 So. Burl. -658-0080
- Discovery Preschool -860-4370
- Early Learning Center Head Start (Winooski School District) -651-4180 x204
- Winooski Early Childhood Program (Winooski School District) -383-6063
- The Winooski Family Center (Elm Street, Winooski) -655-1422

## Is this 10 hour/week pre-kindergarten program tuition free?

The prekindergarten program offered in the public school is tuition free. The prekindergarten program offered through a partner program may charge families the difference between the actual costs of providing the 10 hour pre-kindergarten program and what the Winooski School District pays. Your child's preschool must deduct these public funds from your annual tuition bill. Families would continue to be charged fully for the care and education program the child needs beyond the 10 hours/week during the academic year.

## Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2017 and resides in Winooski, then your child is eligible to participate.

## How much will Winooski School District pay?

A statewide rate of \$3,178.00 per child was established by the Agency of Education. This covers 10 hours per week of high quality prekindergarten education for 35 weeks.

## How do I apply?

Application forms may be picked up in the support services offices within the Winooski School District or printed off of the Winooski School District website (under Support Services, Pre-Kindergarten link).

*Please return applications to Sandy Castle at the Winooski School District support services office at 60 Normand St. Winooski VT, 05404.*

*Please contact Maybeline Lopez at 802-383-6063 with any questions.*

## Student-Centered Learning is Student-Centered Leadership

By Hal Colston, Director, Partnership for Change

Several years ago I attended a conference in Boulder, CO and its theme



was student-centered learning. The event was sponsored by the International Democratic Education Conference (IDEC). About 400 people from around the country and the world attended IDEC. What was conspicuously missing was student voice only represented by a small number of young people. This was made loud and clear from the youth voice that was present at the conference.

It was apparent to me that the conference was designed by adults for youth participation. Why not the other way around? Is it because adults don't trust young people to take on planning a conference with seriousness, integrity? In my work with the Partnership for Change I have met and interacted with students who are wise about what needs to happen to shift our educational system so it accomplishes education equity. I feel adults must learn that this goal will continue to be illusive if we don't embrace the notion, "not about us without us."

Partnership for Change supported site visits to New Hampshire's Pittsfield Middle High School and Hanover High School. Both schools use a Council model where students comprise 50% membership of a multi-stakeholder governance body that creates school policy that is not covered by the state or school boards. Council has been successfully in place at Hanover High School for more than 40 years. What was learned at both schools was students take on this responsibility very seriously and adults are always surprised that some decisions are more strident than they would have made.

When we put students at the center, they step up and take responsibility seriously whether it is their Personalized Learning Plan or their input about our school budget. As adults, what should be our role to support student-centered leadership?

## Thank you Representative Gonzalez

By Suzanne Skaflestad, 21<sup>st</sup> CCLC Director

Student Success Winooski and Beyond 21<sup>st</sup> CCLC afterschool program would like to thank Representative Diana Gonzalez for taking the time to meet with Winooski Middle School Students Savannah Alger and Brooklyn Todd at the Senior Center during Town Meeting Day about their afterschool program

Since Representative Gonzalez was not able to meet with the students during their trip to Montpelier for Afterschool and Summer Learning Day, she scheduled a separate meeting with them. Brooklyn and Savannah brought samples of what they made during their sewing class to share with Representative Gonzalez. They also got to see Town Meeting Day in action!

## Afterschool and Summer Learning Day 2017 at the State House

By Suzanne Skaflestad, 21<sup>st</sup> CCLC Director

Winooski Middle School students Savannah Alger, Eric Buker, Brooklyn Todd, and Chelsea Yamungu traveled to Montpelier on February 16<sup>th</sup> to share with Representative Bissonnette why afterschool and summer programs are important to them. Representative Bissonnette enjoyed meeting with the students and hearing about their afterschool experiences. Brooklyn shared the cloak that she had made during her sewing class with Representative Bissonnette.

The Winooski students submitted individual video messages about the importance of afterschool and summer programs as part of their role as Youth Ambassadors. Check out the students' video clips at: [https://www.youtube.com/playlist?list=PL4f1j-X5bXNoG\\_fmcrqmOaMYNz6YAWA9W](https://www.youtube.com/playlist?list=PL4f1j-X5bXNoG_fmcrqmOaMYNz6YAWA9W)

The students also participated in an advocacy workshop and enjoyed a pizza lunch with students from other afterschool programs in Vermont.

This was the first time the Winooski students had been inside the State House. Seeing their excitement as they explored the capitol building made the trip to Montpelier on a very snowy day so worthwhile!

On the way back to Winooski, the students remarked, "This was awesome." "I will never forget this day."



## CITY AND SCHOOL ANNOUNCEMENTS

Winooski  
**Dollars for SCHOLARS**<sup>®</sup>  
 A Program of Scholarship America<sup>®</sup>



Visit our website to learn more:  
<http://winooski.dollarsforscholars.org>

### Foster and Respite Care in Vermont From a day to a lifetime.... You can help!!



Almost 1,000 Vermont children currently live away from their families in foster care. They all need families to care for them, preferably in their communities. Being able to stay in their own communities & schools — with friends, teachers, and familiar surroundings — can make a huge difference in their lives.

Become a foster parent!! Call your Resource Coordinators, Cathy or Matt at 863-7370 or visit [fostercare.vt.gov](http://fostercare.vt.gov)



### OFFICIALS NEEDED!

#### High School Sports in Vermont are facing a problem - A SHORTAGE OF OFFICIALS!!

Without officials there can be no high school sports competitions! Please... share your enthusiasm for sports with eager student-athletes and help mold the future of our youth. It's a great way to stay active.

On **Saturday, April 1st**, the VPA and the various officials associations, will be conducting an Officials Recruitment Fair at Patrick Gymnasium on the UVM campus from 10am - 1pm. If you are interested in becoming an official, please stop over during that time and meet with representatives of the various officials associations!

*This call for officials is sponsored by the Vermont Principals' Association and the contracted Officials Associations in the sports of: Baseball • Boys/Girls Basketball • Cheerleading & Dance • Field Hockey • Football • Gymnastics • Ice Hockey • Boys/Girls Lacrosse • Boys/Girls Soccer • Softball • Boys/Girls Track & Field • Boys/Girls Volleyball • Wrestling*

### Free Preschool for Your Child

#### Champlain Valley Head Start at JFK Elementary School



Thinking ahead about preschool for the 2017-2018 school year? Now is the time to apply!

There are two classrooms at JFK:

##### Classroom 1:

Monday – Friday, morning and afternoon sessions

7:30am – 11:00am OR 11:30am – 3:00pm

##### Classroom 2:

Monday – Thursday, morning and afternoon sessions

7:30am – 11:00am OR 11:30am – 3pm



The mission of CVHS is to provide high quality services which help children and families thrive and reach their full potential. We promote the health, safety and well-being of children, and maintain strong collaborative partnerships to meet the changing needs of children, families and communities.

For more information and an application: 802-651-4180, or [www.champlainvalleyheadstart.org](http://www.champlainvalleyheadstart.org), or email [apply@cvoeo.org](mailto:apply@cvoeo.org)



### WINOOSKI CO-ED YOUTH FOOTBALL

The Winooski Parks & Recreation Dept. is starting a NEW Co-Ed Youth Football League!

**FLAG FOOTBALL- GRADES 2-4**  
**TACKLE FOOTBALL- GRADES 5-8**

Starting August 14th, 2017 @ 5:30 PM  
 Practices 2 days a week (days and time TBD)  
 Games on Saturdays (time TBD)

Meet Coach Chris, ask questions, and sign up!  
 March 15th @ The O'Brien Community Center: 6 pm - 8 pm  
 March 24th @ JFK "Fun Fair": 4:30 pm - 6:30 pm  
 March 31st @ JFK Library: 2 pm - 4 pm



Questions? E-mail or call Winooski Parks & Rec Manager Alicia Finley or Coach Chris:  
[afinley@winooskivt.org](mailto:afinley@winooskivt.org) / (802) 777-1621  
[chris@shoellessmanagement.com](mailto:chris@shoellessmanagement.com) / 802-310-2057

## Winooski Peace Initiative

By Sr Patricia E McKittrick

Where's your passion? Know that the Winooski Peace Initiative has a place for you. We all have gifts and talents. Members of the Winooski Peace Initiative are excited about all the people who have stepped up to build a strong community. There are many opportunities to participate – *please join us*.

Here are a few of the opportunities you can look forward to:

- We will be launching a contest to develop a logo for our Facebook page and our web page. Opportunities to win some great prizes. Start thinking about what image would represent a peaceful, Winooski Community. Great prizes to be won!
- Telling stories through photography. Dan Higgins will be “making photographs” of different groups that represent our community.
- Book discussions focusing on *Brown Girl Dreaming* by Jacqueline Woodson.
- Our community is blessed with many artists who are willing to share their talent. What would you like to learn? Jewelry making, arts and crafts, knitting, crocheting.
- Storytelling, a great way to get to know other community members.
- Safety Day, personal and home safety, bike safety, drug safety, Impact of stress on our health, etc..
- International cooking classes, learn about food and culture
- Fun days, Scavenger Hunt (great team building experience), International game night, movies, etc.
- Writers, another creative way of expressing who we are as a community.
- Spirituality, what gives meaning to our lives?

This is not the end of the list! Feel free to offer other ideas of what helps build community and let us know if you have a particular area you would like to work on. Please contact me with questions or suggestions, Sr. Pat: 847-6534 or pat.mckittrick@uvmhealth.org.

On March 8, the Winooski Peace Initiative in collaboration with the Peoples Academy philosophy class hosted a community-wide **Socrates Cafe** from 6 pm to 7 pm at the Senior Center. Thank you to Kate Toland and her students, and to community members who participated! It was a very worthwhile event.

How wonderful to see the mutual respect of all those present. The question we responded to was, “What brings us together?” I invite you to reflect on the question in your homes, with your friends, even with those you don't usually speak with. You'll be surprised with what you discover.

What is a Socrates Café? It is a place where people are able to delve into timeless questions like “What is love?”, “Why do we lie?”, and “Is revenge ever justifiable?”. There is no correct answer to any of these questions, and that's what makes them timeless. The beauty of a Socrates Cafe is that you get the chance to listen to the views each individual brings. The goal is not to come to a consensus, or determine an answer to the question. Our goal is, as always, to leave with new questions and craving more.

We hope you will join us on our endeavor to explore other's thinking and ideas. Look for the next Socrates Cafe to take place in May. For more information, please contact: Sr. Pat at 847-6534 or email pat.mckittrick@uvmhealth.org.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

—MARGARET MEAD

## Vermont Stands for a World Beyond War Coalition Hosts Conference

This Earth Day, join the Vermont Stands for a World Beyond War Coalition on **Saturday, April 22nd** from 9 AM to 4:30 PM at the Winooski School District, 60 Normand Street in Winooski, for a daylong conference, entitled *Building a World Beyond War: What Will It Take?* The conference will feature keynote presentations by David Swanson, 2017 Nobel Prize nominee and Director of World Beyond War, and Pat Hynes, Director of the Traprock Center for Peace and Justice. Twelve Vermont-focused workshop sessions will cover topics from nuclear weapons, activism 101, financing a peace economy, militarism in our lives, Israel and Palestine, the F35s, and the internal and external effects of war on our lives.

The registration deadline is April 18th with a registration fee of \$25 for food. No one will be turned away due to inability to pay. To register, go to the Peace & Justice Center website at [www.pjcv.org](http://www.pjcv.org), looking under the “Upcoming PJC Events” tab. For more information, contact the Peace & Justice Center at [program@pjcv.org](mailto:program@pjcv.org) or call (802) 863-2345 x6.



★ **PLAYING April 14th** ★

The 3rd Annual  
**“CELEBRATING  
WINOOSKI'S TALENT”  
Show!**

**Free Event!**  
**April 14th at 6:00pm**  
PERFORMING ARTS CENTER, WINOOSKI SCHOOL DISTRICT  
Featuring 20+ Talented Acts — All are welcome!

Presented by the Winooski School District  
with support from the PTO.

## April Newsletter

By Sara Raabe - JFK Elementary School Principal

A few months ago, JFK applied to **UNICEF's Kid Power program**, and we were selected to participate. We received a class set of UNICEF Kid Power Bands, and a tablet to track the students activity each day. The UNICEF Power Band encourages students to get active by counting their daily steps, and participating in missions with famous champions. As students complete different missions through staying active, they unlock packets of therapeutic food for malnourished kids all over the world. Go to <http://unicefkidpower.org/> for more information.

JFK completed our **Big Change Roundup Hair Competition** on February 24th. The Big change Roundup raises money for the Vermont Children's Hospital. Thirteen staff members volunteered to participate in the Hair Challenge. All thirteen people dyed their hair in some manner but Courtney Bryan, our winner, dyed her entire head of hair. O'Briens Salons volunteered time, people, and space to do the hair dying. We had the Hair Reveal and gave Jamie Magowan from WOKO \$1,750.25 for the Vermont Children's Hospital. There are pictures of the Hair Dying on the JFK Facebook page.

JFK teachers continue to work with Ali Brown from 2Revolutions to transition to **Project Based Learning**. Project Based Learning is a teaching method in which students gain knowledge and skills by working for an extended period of time to investigate and respond to an authentic, engaging and complex question, problem, or challenge. During our full day of inservice on March 6th, each grade level planned the Project Based Learning Unit they will teach by the end of this school year:

- **Kindergarten:** Students will create a how to book to support new members of our school community and answer the question of "How can we make a strong school community?"
- **1st Grade:** Use of nonfiction features and how authors of nonfiction organize their books to teach the reader
- **2nd Grade:** Students will pick a series to read to become experts and add on to the story, change or adapt a plot twist, develop characters more, etc.
- **3rd Grade:** Students will create learning activities to teach next year's third grade about what they learned about fractions
- **4th Grade:** Students will study one chosen historical time period, read a choice of historical fiction book independently, and examine setting, timeline, characters' perspectives, thoughts, and decisions, to begin to understand how people in history lived differently than today and faced different challenges.
- **5th Grade ELA/Art:** Students will identify a social issue that is important to them in their lives and community, research and design a project to share the issue, identify cause and effects as well as ways to impact and create change and/or awareness in the issues.
- **5th Grade Math:** Students will identify social issue that are important to them in their lives and community, research and design a project to share the issue, identify cause and effects as well as ways to impact and create change and/or awareness in the issues.

Project Based Learning allows students to be active, not passive learners in an effective way that develops deeper learning competencies required for success in college, career, and civic life. Through the project work, students learn to take initiative and responsibility, build their confidence, problem solve, work in teams, and communicate their ideas effectively. As adults, we use these skills each day in our jobs and personal lives. Project Based Learning allows students to learn these skills starting in Kindergarten so that they can become successful adults.

Please go to [www.2revolutions.net](http://www.2revolutions.net) for more information.



## "Sliding" Right Into Winter Opportunities

By Nancy Devost

JFK's newly arrived students, grades 3-5, have taken full advantage of experiencing their first winter with lots of smiles, perseverance, and HEART! Mrs. Devost's class went XC skiing and sledding at Catamount Family Center in February, where lots of laughs, exertion, and comradeship were experienced.

Then in early March the class went to Paquette Ice Arena to try out ice skating! Most of the students found this sport to be a bit easier. This opportunity again allowed the students to show compassion, responsibility, and determination on the ice!

But the fun doesn't stop, after each trip the students reflect, write, and share their experiences while developing vocabulary, creating writing pieces, and building lifetime memories.





# Annie Wows the Crowd

By Lisa Goetz

It was standing room only on Friday March 10th as a talented cast of 4th and 5th graders performed Annie, a musical they had been rehearsing for three months. Many thanks to our hardworking and talented crew for all their good energy and help with the show.

And remember, you're never fully dressed without a smile!



## HEALTH CORNER

### Health Office News

By Katharine Monje RN, BSN

Happy Spring!

My name is Katharine Monje. I started working in the Winooski Health Office in August 2016. I have been a nurse for almost 16 years, and I have spent half of my nursing career as a school nurse and the other half as a psychiatric nurse. I am excited to be working as part of the school community again!

Although the days are longer now that spring is upon us, it is still flu season in Vermont. Here is some information about the flu and how to avoid getting sick!

#### Prevention

1. Get your flu shot
2. Thorough/Frequent hand washing
3. Cover your cough
4. Stay home if you are sick

#### Is it a Cold or Flu?

Flu symptoms can often be confused with the common cold, but the flu usually comes on more suddenly and is more severe than the common cold.

Symptoms of flu may include fever

(usually high), headache, tiredness and weakness (can be extreme), dry cough, sore throat, runny or stuffy nose, body or muscle aches, nausea, vomiting, and diarrhea (much more common among children than adults).

A person who is sick with the flu is contagious, meaning they can spread the virus. Adults can be contagious from one day before having symptoms to seven days after getting sick. Children can be contagious for even longer than seven days.

Please contact the Health Office with Questions/Concerns.

Below are a few links with more information about influenza:

#### Vermont Department of Health weekly report (published 3/9/17)

<http://healthvermont.gov/sites/default/files/documents/2017/03/Flu%20Report%20Week%20209.pdf>

#### VDH Flu Website

<http://healthvermont.gov/disease-control/flu>

#### CDC info

<https://www.cdc.gov/flu/keyfacts.htm>

### Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Now that winter sports are finished, spring sports are gearing up! REMEMBER to ALWAYS wear your mouth guard during ALL sports.

If a tooth accidentally gets knocked out, seek immediate treatment with your dentist within 30 minutes.

DO NOT clean the tooth,

DO NOT touch the wound site and keep the tooth WET.

Put it in a glass of milk, cool water or a wet cloth.

FLOSS, Brush and see your Favorite Dentist regularly!

If you are in need of Dental Care or have not been seen by a dentist within the past year, remember Vermont Dental Care's Transportation Program. Visit [www.wdschools.org](http://www.wdschools.org) or stop by the Health Office for more information.

HAPPY Spring!

# MIDDLE/HIGH SCHOOL HIGHLIGHTS

## March Highlights

By Leon Wheeler, Principal, WMHS



The WMHS faculty continues working to ensure each student develops the skills needed for college and career, while providing personalized and flexible opportunities so that increasingly the learning is relevant, provides choice, and supports students to demonstrate mastery of things that matter to each one. The picture collage from the past month capture some of the ways our students are learning.





## WMS Boys Basketball Team Report

By Dennis Barcomb

The Winooski Middle school boys “A” team had a very successful season. The team finished with a record of 11 wins and 3 losses. The boys showed great improvement by the end of the season. Team members were: Gabe Williams, Hussein Amuri, Nhan Dang, Trevon Bradley, Eric Davis, Sebastian Syharaj, JJ Stockbridge, Saladi Mayange, Max Gordon, Deon Mitchell, and Muhdin Abdi. Wakeme Littlejohn served as a student Volunteer coach. I would like to thank all of the parents and other fans who supported or team at home and road games.



## WHS Boys Basketball Team Report

By Kyle Blindow

The Winooski High School boys JV team had an eventful year. Even though they only finished with 7 wins and 13 losses, many improvements were made. In their first 10 games they averaged 19 points a game, but in their last ten they averaged almost 30 points a game. Andy Siki averaged 11 points a game in his few games before being moved up to the Varsity. Lek Nath Luitel averaged 10 points a game with 3 games over 20 points. Our leading rebounder was Sharmake Ali, who also averaged close to 10 blocks a game. It was a fun year and we look to improve next year.

## Winooski High School Teacher Lindsey Cox Awarded Rowland Fellowship

Winooski Middle/High School teacher Lindsey Cox has been awarded a \$75,000 Rowland fellowship for the 2017-2018 school year. The Rowland Foundation is dedicated to supporting visionary leadership within Vermont high schools to help create systematic change that will improve a school’s culture and climate towards learning.



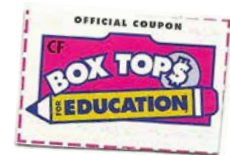
Lindsey started working with the Winooski School District as the Project Manager for the Partnership for Change in 2012. This year, she became a full-time teacher in the high school iLab. “I am grateful to be a part of Winooski where I have the opportunity to implement personalized and proficiency-based learning in the iLab,” Lindsey said. “Student learning through self-identified passions is so powerful and I look forward to increasing the opportunities for students to connect their learning to relevant, community-based experiences.”

“The Rowland Fellowship provides an invaluable opportunity for our school to expand what’s possible with any-time and anywhere learning, and ensure that students will demonstrate how this learning increases their skills and understanding toward college and career readiness,” said Principal Leon Wheeler. “Learning can and must be inspiring and empowering for our students, and Lindsey’s fellowship promises to continue moving us toward that end.”

As a Rowland fellow, Lindsey will develop learning opportunities that happen outside of the classroom as well as a system for assessing them. “My goal is to create the assessment system, based off the Winooski Middle/High School Graduate Expectations (GXs) and Graduate Proficiencies (GPs), that is the missing link between the vision for “multiple pathways” and a map for students to travel those pathways,” Lindsey explained. The work is intentionally embedded in and aligned with the current work of the school district. Lindsey hopes to work with interested Winooski teachers and students to pilot this work throughout the 2017-18 school year while being released half-time from her teaching responsibilities.

## Please Help!

The PTO is continuing to collect Box Tops this year. Please have your child bring them to school. Last year we earned \$1,795! Thank you!





## Northeast PeaceJam Conference

By Melissa Mason and Aftaba Mezetovic

The conference in Danbury, Connecticut was an enriching and empowering educational growth experience for all. The students enjoyed every moment. It is through these types of experiences that our students are given the opportunity for further self growth, connections, love and empathy towards each other, and our world. Our workshop was full of emotion, laughter and tears, and had an overall beautiful vibe that truly left a mark on many hearts.

Quotes from participants:

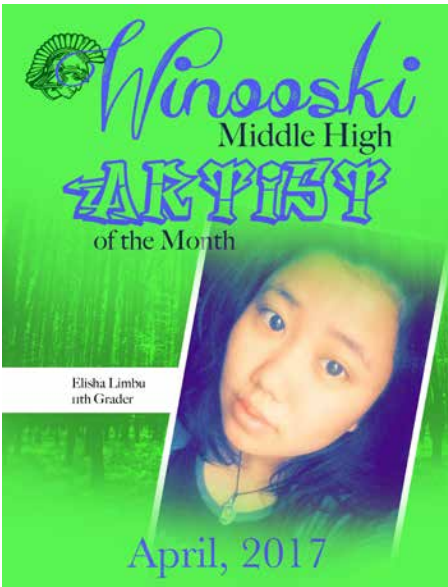
“This was a place full of love, everyone shared their challenges and sad moments. It was sad to leave” -Nafisa

“I can’t believe how many people have the same mindset” -Tabarik

“Once in my life I felt like people actually cared about what I had to say. I can’t believe that I’m crying about how much I am going to miss washing the toilets” -Ines (Ines was referring to the community service she signed up for)

“I thought if I can’t get lunch with her, I can get a hug from her, and I got two hugs” -Kim (Due to a change, we did not eat lunch with Leymah Gbowee, however, she got hugs from her)

The Winooski Peace Jam students made us exceptionally proud. Our students proved their leadership abilities and uniqueness.



## Artist of the Month

By Jessica Bruce, Fine Arts Teacher

**Elisha Limbu** is the Winooski Middle High School Artist of the Month of April, 2017!

Elisha has a tremendous passion for the arts, a creative eye, and the willingness to scrap and start over frequently with her work when she is just not feeling it. This is a great skill for an artist to have, especially when we talk about the importance of process and revision. She is not afraid of the unknown and dives in, head first! So courageous! Congrats to Elisha Limbu!



## Mentoring Program Aims to Get Girls Hooked on Hoops

By Sue Messier

Each season for the past twelve years, The Winooski Middle School girl’s basketball team has participated in a program aimed at keeping the girls involved in sports, and reinforcing the positive aspects sports play in their lives.

Sisters in Sport is a mentoring program with the St. Michael’s College women’s basketball team. The teams attend each other’s games, and go to each other’s practices throughout the season. The girls also hear from a sports nutritionist about the importance of eating well, and are visited by a professional woman who shares how the lessons learned playing sports benefit her career.

“Sisters in Sport is all about getting girls hooked on a healthy activity that teaches them important lessons, and gives them health benefits that last a lifetime,” said Leslie Wright, founder of the Stride Foundation, a Vermont-based non-profit devoted to giving girls and women opportunities through sports mentoring. “Recent research shows that by the age of 14, girls are dropping out of sports at twice the rate of boys. We’d like to change that through mentoring.”

“The girls really look forward to spending time with the college players. The college players are great student-athlete role models, and are truly inspirational for these girls, getting them excited about playing in middle school, high school and beyond,” said Winooski Middle School Coach Sue Messier.

### About Stride:

Stride: The Wright Foundation for Female Athletes is a nonprofit organization based in Ferrisburgh, Vermont founded in 2001 to provide opportunities for girls and women through sports mentoring programs. We believe that sports and mentoring can make a difference in the lives of girls and women.

Female athletes achieve better grades, have higher self esteem, are less likely to get pregnant or try drugs, plus they enjoy health benefits that last a lifetime. [www.stridefoundation.org](http://www.stridefoundation.org)

# COMMUNITY NEWS

## City Council Update

By Seth Leonard, Mayor

First and foremost, the City Council is grateful for the support of this year's municipal budget! Thank you for taking the time learn about this year's ballot items and coming out to participate on Town Meeting Day 2017! The approved budget represented less than a 1% increase to tax rates, yet will help us maintain services and programming that support our thriving community. Kudos to Interim City Manager Ray Coffey, our Division Heads, and staff across all departments that help us thoughtfully create a budget the community can support. In addition to the budget passing, we also welcomed a new City Councilor in Eric Covey and the return of Nicole Mace for another term. The Council held a public orientation meeting to welcome Eric and get organized for the exciting work we have ahead this year. We are also appreciative of the service of Robert Millar on Council over the past two years

The incoming Councilor was not the only new face at the Council orientation session. We are also very pleased to welcome Jessie Baker, who started as City Manager on March 13<sup>th</sup>. Jessie's leadership will be a tremendous asset to our community as we move forward. Jessie is already easily accessible at community events and meetings – be sure to say “hello”!

Winter is going out like a lion! This year was our second winter without a blanket winter parking ban and the feedback is very positive. Thanks to everyone in the community for signing up for Nixle and following notices that have helped to make the program a success. Now...let's welcome Spring!



## YouthBuild: Building Futures

By Alex Weinstein,

AmeriCorps Community Partnership Coordinator

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

### What's going on now at YouthBuild?

**Construction:** YouthBuild students have been working to complete a renovation project in the Fort Ethan Allen community. Our crews cleaned and made repairs to the space, and are in the painting phase of the job. The improvements they have made are incredible!

**AmeriCorps Service Learning:** YouthBuild students have been a part of some great service projects recently, including creating butterfly cutouts for the ECHO Center, knocking down a large wall in the Pride Center of VT, and constructing a viewing platform for the sugar house at the Audubon.

If you or anyone you know is interested in applying for YouthBuild feel free to contact us at (802) 658-4143 ext 27 or e-mail aweinstein@resourcevt.org



Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooski.vt.gov	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooski.vt.gov	802-999-9270
Councilor Eric Covey	ecovey@winooski.vt.gov	802-825-8789
Councilor Nicole Mace	nmace@winooski.vt.gov	802-363-7777
Councilor Brian Sweeney	bsweeney@winooski.vt.gov	802-734-6902
City Manager Jessie Baker	jbaker@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:

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

## Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood. Go to [www.frontporchforum.com](http://www.frontporchforum.com) to sign up for this free community resource.

# Winooski Food Shelf Schedule for April

By Linda Howe, Winooski Food Shelf coordinator

An **Open House** will be held on **Sunday, April 23rd from 2:00 p.m. to 4:00 p.m.** . The Food Shelf is located at 24 West Allen Street inside the United Methodist Church. Please use the side entrance on Follett Street. Please join us for some light refreshments, tour our facility and check out our nifty new food cooling system. An anonymous donor purchased a 20 cubic foot upright cooling system that can operate as a freezer or as a refrigerator. It is awesome! We remain grateful for the support of the many local businesses, individuals, service organizations and churches that help keep the pantry stocked and the residents of Winooski well served through their volunteer assistance and their dedication. Here is our pickup schedule for April:

<b>Saturday, April 8th</b>	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, April 12th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
<b>Saturday, April 22nd</b>	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, April 26th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies

**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.

## Police Update

By Scott D. McGivern, Lieutenant,  
Winooski Police Department

Spring is always an exciting time of year. It is a time of change and new growth. The police department is experiencing change also. I believe I wrote in the previous newsletter that Officer Brenda Davis retired. She was a public servant for 34 years. The police department also experienced internal growth through promotions. Sergeant Michael Cram was promoted to Lieutenant in charge of the patrol division. Officer Dave, your school resource officer, was promoted to Sergeant. The department also hired Chris Matott as a police officer.

The department is continuing to reach out to community through foot patrols, directed patrols, and community outreach events. Please feel free to contact the police department with any observations of suspicious activity. We ask that you do not try to take matters into your own hands. Call us so we can investigate.

We want to remind everyone that we have translation services available to us, so that we can assist every resident of Winooski. I have spoken to refugee groups to try to explain to them what the police function is and what can do to assist them. If this would be something you would like to know more about, please contact me at (802) 655-0221.

## Library News

By Amanda Perry

There may be snow on the ground but now is the perfect time to think about starting your garden. On **Saturday, April 1** at 11:00am in the Community Room of the O'Brien Community Center, join us for the **3rd annual Seed Swap!** Vegetable and flower seeds will be available thanks to a generous donation from High Mowing Organic Seeds. If you saved some seeds, please bring some to share. Call 655-6424 with any questions.

**Story Time** for babies, toddlers, and preschoolers is every Friday at 10:30 at the library! Join Elsie for stories, rhymes, songs, and activities. No signup required.

The library is hosting **Homework Help** Monday-Thursday from 6:00 to 9:00pm. Come in and get help with any assignments or projects you have for school. We have friendly, knowledgeable tutors, supplies for projects and presentations, computers, and WiFi.

Tuesday is **Legos Club** from 3-6pm. Take the Lego challenge and build a new creation every week.

Wednesday is **Game Day** from 3-6pm. Monopoly, Settlers of Catan, Battleship, Ticket to Ride and more!

Thursday is **Magic the Gathering Club** from 3-6pm. Play with your own deck, or assemble one with the library's collection. Learn how to play and try something new!

**Anyone under 18 can stop in and get a free, nutritious meal as well, Monday-Thursday 3-9pm.**

The Winooski Memorial Library is located at 32D Malletts Bay Avenue, Winooski, VT 05404. Reach us by phone at (802) 655-6424. **LIBRARY HOURS:** Tuesday-Friday: 10AM to 6:30PM, Saturday: 10AM to 2PM, Sunday/Monday: Closed.

## Girl Scouts Troop 30187

By Amy Lothrop

Happy 105th birthday to Girl Scouts! Our founder, Juliette Gordon Low thought that all girls should have an equal opportunity to develop their talents and potential. She did not let anything hold her back from traveling to England, painting, camping, navigating by the stars or playing basketball -- even though she was deaf! The first troop of 18 girls in Savannah, GA has since grown into 3 million active and 59 million alumnae in the US alone as well as 10 million active Girl Guides in 146 countries. In her spirit, we started March with Girl Scout Journeys. The Daisy and Brownie scouts are working on the "It's Your Story - Tell It" theme while the Junior and Cadettes pursue the "It's Your World - Change It" theme.



7000+ boxes of cookies sold and we're not done yet!



In the Daisy "Three Cheers for Animals" journey, the kindergarten and 1st grade girls learn how to care for animals and in turn, themselves. We will be taking nature walks when the weather warms up to discover animals in their natural habitat; connect with how we affect habitats and take action to protect those animals and places. They will work as a group to tell the story of what they discovered and teach it to their peers.

In the Brownie "A World of Girls" journey, the 2nd and 3rd graders learn about girls throughout the world and their connections to one another. We will "travel" to discover Japan, Costa Rica, Slovenia and Algeria by trying new foods, dance, art and games. They will connect these cultures to their own and take action to inspire others to get to know each other.

In the Junior "Agent of Change" journey, the 4th and 5th graders discover women who have made significant contributions to the world and make the connection that our girls have many talents, which can be used to impact the world around them. They will end the journey by taking actions to earn their Bronze Award -- which is the third highest honor a Girl Scout can earn. Stay tuned for announcements to help them with their pet food drives, fundraisers and events to raise awareness about the problem of homeless pets.

In the Cadette "aMaze - the Twists and Turns of Getting Along", middle school girls will learn to build good relationships. They will discover what makes a good relationship and bust stereotypes. They will use that knowledge to connect with others and finally take action with a peace project.

We would also like to say THANK YOU to the Winooski

community for supporting our troop during the 2017 cookie season. We are two-thirds done and have sold over 7,000 boxes of cookies to our friends and neighbors. As you can see, your support makes a world of difference. We could not build girls of courage, confidence and character without YOU. If you would like to support us as a sponsor, chaperone or volunteer, contact Amy Snow Lothrop at (802) 373-7288 or AmyLothrop@Comcast.net to join. We are open to all girls K-12 in Winooski and Chittenden County. It is never too late to join the adventure!

## Girl Scout Troop 30167

By Sarah McGowan-Freije

This past month we have been focused on selling Girl Scout cookies. The money the troop earns from selling cookies helps pay for our badges, uniforms and trips. The girls also earn money that they can use to pay for summer camp and to buy things at the Girl Scout store. Thank you to everyone in the community who has supported us by buying cookies!

We have had three cookie booths so far and they have been a huge success. To plan for the booths, the girls designed and created signs to hang at the booths, and did some role-playing to prepare for helping real customers. We have three more booths planned. The girls are also busy delivering the cookies they sold on their own, and taking additional orders.

The next badge we will be earning is the Making Games badge. This badge teaches us how to create new games and share them with others. The idea is to create games that don't involve a computer, a deck of cards or even a ball. We will learn that all we need is our mind and our creativity to create games.

The Girl Scouts in Troop 30167 are in second and third grade. For more information about our troop, please contact Sarah McGowan-Freije.



Making signs, then setting up shop at Walmart and St Michael's College.

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

By Jackie Hoy

Welcome, spring! Warmer weather means more opportunities to play outdoor basketball; the court behind the O'Brien Community Center is open for everyone to use. We love to see kids, families, and community members making use of the court!

**Community Dinner on Wednesday, April 12th:** Our next community dinner is coming up on April 12th at the O'Brien Community Center from 6:00 to 7:30 p.m. Please join the Winooski Family Center and the Winooski Coalition at our family friendly and free event. Everyone welcome!

**Above the Influence Youth Retreat:** On February 10th and 11th, Chittenden County teens from 10 different schools came together at the Essex CHIPS Teen Center to help prevent drug and alcohol abuse. The goal of the retreat was to help participants learn skills to educate and support their peers to live above the negative influences of drugs and alcohol.

Teens took part in games, learned about how to talk to adults in their communities about prevention, practiced public speaking and media interview skills, and gave them a chance to create print media and a video that promotes prevention. They also worked on creating personal slogans to remind them why and how to make healthy choices.

"The retreat was fun and educational at the same time which was amazing!" said Lukas Zweeres, a 7th grader at Winooski Middle School.

The Winooski Above the Influence group meets every Tuesday from 3-4 p.m., beginning March 14th. For more information, contact Rachel Swanson at [rswanson@wcspsc.org](mailto:rswanson@wcspsc.org).

**National Drug Take-Back Day: April 29th:** Got unused or expired medications? The Winooski Police Department has a 24-7 prescription drop box in the front lobby for safe and convenient medicine disposal.

While the WPD collects medications year round, National Drug Take-Back Day is one day dedicated to safe disposal



and educating the general public about the potential for abuse of medications. Why is safe drug disposal important? Safe and proper disposal will lessen the risk of people consuming or handling medications accidentally or illegally, and it will prevent medications from entering the water supply

National Drug Take-Back Day is on April 29th from 10 a.m. to 2 p.m. at the Winooski Police Department.

**Talking to Your Kids About Marijuana:** Similarly to tobacco and alcohol, the more prevalent and accessible marijuana is to youth, the more likely they will be to engage in substance use. With low perception of harm and increased accessibility, it becomes crucial to know and share the facts about how marijuana use can affect the developing brain, academic performance, socialization, and future goals.

Marijuana affects the developing brain and can show up in the classroom as despondence, lack of motivation or attention, mood swings, and social isolation. In fact, other reactions include feelings of distrust, anxiety, or depression. In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.

Parents, educators, and school counselors have a powerful opportunity to influence and support students who may be taking this type of risk with marijuana use; it can begin with keen observations and consistent work to form trusting relationships. What can be done?

- Start the conversation with your children or students
- Know your resources and facts
- Keep an eye out for signs
- Be proactive; build relationships with youth
- Be a role model

For more ideas on how to talk to kids about drug use, visit [parentupvt.org](http://parentupvt.org).

## Mindful Vinyasa Yoga

By Alicia Finley

Winooski Parks & Recreation Department and Laughing River Yoga are excited to offer **Mindful Vinyasa Yoga** classes on Mondays at 5:30-6:45 pm and Saturdays 9:30-10:45 am through May 27. Please join us as we integrate the breath & body in a creative, joyful vinyasa flow yoga practice. We will practice pranayama (breathing) techniques and mindful movements that will bring a sense of peace and energy to your body. In this moving meditation, all levels are welcome, encouraging everyone to find their unique feel good zone. Ages 18 & up. You may register for a single class (\$8 Winooski resident/\$12 non-resident) and/or purchase a 12 Class Discount Card or a 24 Class Discount Card. For more information and to register please visit [www.winooskirec.com/info/activities/](http://www.winooskirec.com/info/activities/)

Questions? Email or call our Parks & Rec Manager at [afinley@winooskivt.org](mailto:afinley@winooskivt.org) or (802) 777-1621.

## Inter-generational Tai Chi

Our Parks & Rec Department and Winooski Senior Center are excited to offer **Inter-generational Tai Chi**, a program for the WHOLE family and friends of all ages!

Classes are Sundays twice a month from 2-3 pm for FREE on the following dates: **April 2, April 23** .....*stay tuned for more classes!*

You will learn a Tai Chi form using fans known as "Moving Stillness." Developed in the monasteries of China, this form displays a grace and elegance that effectively conceals the depth of strength and power within. It is very beautiful to watch and a lot of fun to learn. Practicing this form will take your Tai Chi skills to a new level, developing balance, flexibility, and coordination.

All ages and abilities are welcome. Come drop on in at Winooski Senior Center (123 Barlow St, Winooski, VT). Visit [www.winooskirec.com/info/activities/](http://www.winooskirec.com/info/activities/) to save a spot. Questions? Call the Winooski Senior Center at (802) 655-6425.



## Weekend Islamic School

By Janice Battaline

As the 3rd trimester of the Weekend Islamic School gets under way, we'd first like to recognize the students with perfect attendance for the 2nd trimester! The following names are provided by the teachers: Nahla Kwoka, Mohid Ali, Fuad Hussein, Asha Moge, Rukiyo Ahmed Yusuf, Abdullkader M, Fartun Abdi, Liban Hassan, Muhamad Yusuf, Zayd Mosonovic, Tuqa Hamod, Hamza Hazzan, Abdullahi, Maryam, Mamen Waqar, Nasra Hasan, Azra Sakuc, Omar Khan, Subia Khan, Myra Waqar, Nafisa Moge, Saynab Hassan, Mohamed Mohamed, Zahrah Muhammed, Abdirazabul Hussein, Hammad Ali, Nashita Yusuf, Hiba Ali, Jumana Fadel, Raneen Salha, Sarah, Firdaus M.

During this last trimester, each Sunday morning, the students will continue their studies of Arabic reading and writing, Qu'ran memorization, the importance of the Prophets and their teachings, and respect for oneself and others in today's society.



WIS 2nd and 3rd grade Community Service — more critters!

Continuing our community service, this past month the students from the 6th grade class followed the lead of the 5th graders from the month before and visited the Ronald McDonald House to take a tour, learn about the importance of the House in Burlington, and bake goodies for the residents.

The Pre-K and Kindergarten classes have been collecting money in their "sadaqah" (voluntary donation) jars to donate to Lake Champlain International, and the 2nd and 3rd graders, with assistance from the 7+ grade girls and under the direction of Amira Mohamed Ousaid, put together stuffed toys for the "homeless" cats and dogs, which will be donated to a local animal shelter. Teachers and office staff will continue to work with



WIS 2nd and 3rd grade project



WIS grade 6 at Ronald McDonald house the students in planning more service projects in the community for April and May.

Registration for 2017-2018 school year is under way, with classes starting again in September. Please contact the Weekend Islamic School at board@vweekendschool.org for further information on registration, activities, or to plan a visit to the school.



## Community College of Vermont (CCV) Winooski News

By Amy Stuart, Coordinator of Academic Services

### REGISTER NOW!

Summer Classes  
start May 22nd!

[www.ccv.edu](http://www.ccv.edu)  
(802) 654-0505

## Join us for the 17th Annual CCV Winooski International Food Festival!

**WHEN:** Thursday, April 20th 5:00 – 6:30 PM

**WHERE:** 108 (Janice Couture Community Room)

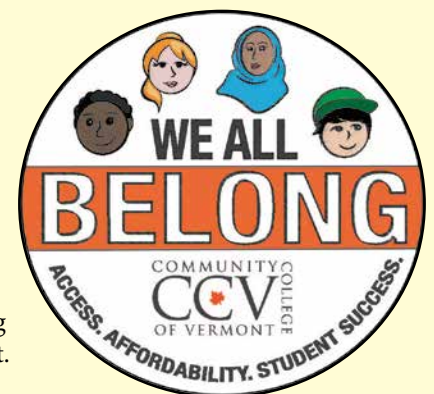
**QUESTIONS?** Please email [amy.stuart@ccv.edu](mailto:amy.stuart@ccv.edu) or call 802-654-0542

## Community Dialogues

Please join CCV students, staff and faculty in the Learning & Career Center (room 211B) each Monday from 5-6pm for conversations on immigration in Vermont and the United States. We explore the current challenges facing immigrant, refugee, and new American students. We also celebrate the successes of recent immigrants currently attending CCV. This is a supportive forum with a special focus on media literacy—finding and evaluating sources of credible information, as well as additional resources for support. All are welcome.

## CCV Now

Check out CCV NOW, our online magazine that features interesting stories about CCV people. See the link below for a recent story about Calito Amboise, a CCV student who recently started a fundraising initiative to provide Haitian families with ecological cook stoves. <http://now.ccv.edu/teaching-community-cook>



# Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

Aging isn't what it used to be, and neither are today's senior centers. With a focus on wellness, lifelong learning, and volunteerism, senior centers are modernizing to meet the needs of today's older adults. Just as no two communities are alike, no two senior centers are alike. We all offer a diverse array of programming, events and activities dependent on our community's resources and capacities.

.....  
"Don't let your age control your life.  
Let your life control your age."  
.....

— Anthony Douglas Williams



**In the U.S there are nearly 11,000 senior centers who serve 1 million older adults aged 50+ every day.**

Whether you are 50 or 90, there are many ways to celebrate LIFE (Learning, Independence, Friends, and Energy) at many the senior centers in the area:

**Learning—Expand your knowledge:** It's never too late to learn a new skill, and senior centers offer a wide range of stimulating educational activities to keep your mind sharp. There's no lack of opportunities to stay engaged and pursue your passions.

**Independence—Live on your terms:** Senior centers offer ways to conveniently access multiple public services in one location, including meal and nutrition programs, transportation services, benefits counseling, employment assistance, and more.

**Friends—Enjoy life:** Senior center participants have higher levels of social interaction and life satisfaction than their peers.

Having great friends is one of life's most wonderful rewards, and senior centers can be a perfect place to meet new people in your neighborhood.

**Energy—Discover health and vitality:** Senior centers have expanded their health and fitness offerings in recent years, holding traditional group fitness classes as well as evidence-based health programs that have been scientifically proven to make people healthier.

The Winooski Senior Center offers low cost community meals and many free ways to participate and learn such as: wellness events, technology classes, art time, exercise groups, coffee time and much more! Van trips to grocery stores, the mall, the Food Shelf and the library, every Thursday we offer an AgeWell Community Lunch for \$4.00 at 11:30am and BINGO! at 12:30pm. Reservations for all meals are now required. Call the Center by NOON the day before the meal to make your reservation. Call 655-6425 for the details.

Check out the Senior Center calendar at: [www.winooskivt.org/senior-programs/](http://www.winooskivt.org/senior-programs/)

## COMING UP:

- April 2 & 23 - Intergenerational Tai Chi
- April 4 - Do Drop In Event - Coffee with Jessie Baker
- April 6 - Spring in Paris Theme BINGO!
- April 11 - Senior Advisory Committee Lunch & Meeting
- April 18 - Do Drop In & Book Swap
- April 19 - Artist's Cafe & Noodle Rally
- April 25 - Senior B'day Party Lunch
- May 4 - Cinco de Mayo Theme BINGO!

The Winooski Senior Center.... the most exciting place in Winooski! We are located at 123 Barlow Street. You can reach us by phone at 802-655-6425 or by email at [seniorcenter@winooskivt.org](mailto:seniorcenter@winooskivt.org)



## Upcoming **FREE** events in April

By Martina Kerkering

**April 7 at 11 AM:**

Please join Martina for the International Kids Yoga Day!

You will be able to learn yoga poses and songs. An estimate of 32,000 children from all over the world will participate in this event. Don't you want to be part of this?



**April 12, 5:00PM-7:30PM**

Come to

our annual Art

Show and free community dinner. Our Preschoolers will present their Art Work, which is based on the theme: Community and Standing together! The events will take place on 32 Malletts Bay Avenue at the O'Brien Community Center.

Please call Martina if you have questions at 655-1422.



## Free Meals for Anyone 18 and Under

By Colleen Sullivan

The City of Winooski is providing free meals at the Winooski Memorial Library from 6 pm to 9 pm, Monday through Thursday. The meals will be provided in conjunction with the Homework Help program, which provides academic support to Winooski students. The meals are free for anyone 18 and under and are both nutritious and delicious! Anyone is welcome to come enjoy dinner - attendance at Homework Help is not required.

# ELEMENTARY SCHOOL LUNCH MENU — APRIL



This Institution is an equal opportunity provider  
Menus are subject to change

Mon., April 3	Tues., April 4	Wed., April 5	Thurs., April 6	Fri., April 7
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., April 10	Tues., April 11	Wed., April 12	Thurs., April 13	Fri., April 14
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	Early Release Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Early Release Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., April 17	Tues., April 18	Wed., April 19	Thurs., April 20	Fri., April 21
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., April 24	Tues., April 25	Wed., April 26	Thurs., April 27	Fri., April 28
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>

Lent Begins  
March 1, 2017 & ends on  
Easter, April 16, 2017  
Meatless Options will be  
offered every Friday



### Winooski Elementary School Breakfast April 2017

#### Breakfast in the Classroom:

100% Juice or Fresh Fruit

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

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

#### Prices

Community Eligibility Provision  
Meals to all Students are Free  
Snacks & Snack Milk not Included  
Adult Breakfast \$1.75  
Milk \$0.50  
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>



This Institution is an equal opportunity provider  
Menus are subject to change

Mon., April 3	Tues., April 4	Wed., April 5	Thurs., April 6	Fri., April 7
Oven Baked Chicken Nuggets w/Dipping Sauce Rice Pilaf Cherry Tomatoes w/Dip Baked Beans	Homemade Shepherd's Pie Hearty Dinner Roll Fresh Carrot Sticks	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Caesar Salad Creamy Coleslaw	Hot Turkey Sandwich w/Gravy Hand Cut Fries Steamed Peas	Taste Test Event Grilled Cheese Sandwich Chicken Noodle Soup Celery Sticks w/Hummus Dip
Mon., April 10	Tues., April 11	Wed., April 12	Thurs., April 13	Fri., April 14
Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Caesar Salad Steamed Green Beans	Birthday Celebration Nachos w/ The Works Rice Pilaf Warm Black Beans Creamy Coleslaw	Homemade Tomato Soup Cheesy Breadsticks w/Marinara Fresh Carrots w/Hummus Dip	Early Release Meatball Sub Garden Pasta Salad Steamed Broccoli Fresh Fruit Milk	Early Release Chicken Patty Sandwich w/Lettuce & Tomato Veggie Sticks Fresh Fruit Milk
Mon., April 17	Tues., April 18	Wed., April 19	Thurs., April 20	Fri., April 21
Dress Your Own Burger w/ Lettuce & Tomato Maple Seasoned Parsnips Baked Beans	Taco Bar w/ Soft Shell Tortilla Rice Pilaf Salsa Steamed Corn Maple Saundera	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Maple Glazed Carrots Chopped Green Salad	Creamy Macaroni & Cheese Maple Muffin Celery Sticks w/Hummus Dip	Pancakes w/ Local Maple Syrup Sausage Links Sweet & White Home Fries Green Pepper Strips
Mon., April 24	Tues., April 25	Wed., April 26	Thurs., April 27	Fri., April 28
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>

Lent Begins  
March 1, 2017 & ends on  
Easter, April 16, 2017  
Meatless Options will be  
offered every Friday



Maple Fest Week  
April 17-21, 2017

### Winooski Elementary School Lunch April 2017

#### DAILY LUNCH OPTIONS

#### Entrée Options

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

Offered with All Meals:

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

#### Prices

Community Eligibility Provision  
Meals to all Students are Free  
Snacks & Snack Milk not Included  
Adult Breakfast \$1.75  
Milk \$0.50  
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

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



Taste Test Event  
Friday  
April 7, 2017  
Maple Glazed Carrots

Harvest of the Month  
April

Carrots



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

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

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

## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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

#### Winooski Middle and High School

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

#### Board of School Trustees

**Mike Decarreau**, President: 310-4032  
[mdecarreau@wdschools.org](mailto:mdecarreau@wdschools.org)

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**Julian Portilla**, 399-0241  
[jportilla@wdschools.org](mailto: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](mailto:aelston@wdschools.org)*