

ALSO INCLUDES  
**Community News!**  
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# WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 12, ISSUE 7

APRIL 2015

*Celebrating Our Achievements!*

## Seeking YOUR Input on New Recreation Programming for Winooski

By Ray Coffey,  
 Community Services Director

The City of Winooski, in partnership with the Winooski School District, is seeking input from the community on recreational programs, events, and activities here in Winooski.

Please take five minutes to share your ideas and suggestions by going to: <https://www.surveymonkey.com/s/winooskirecsurvey>.

Hard copies of the survey are available throughout town (Senior Center, Library, City Hall, among others) and translated versions will be available soon.

If you have any questions, please email [parksvista@winooskivt.org](mailto:parksvista@winooskivt.org) or call 655-6410.

## Congratulations Aftaba Mezetovic!

By Leon Wheeler, WMHS Principal

We learned on March 19th that our very own Aftaba Mezetovic was named the winner of the Vermont NEA Human and Civil Rights Award.

We are truly blessed, students and staff alike, to be part of this family with Aftaba! She is an inspiration.

On March 28 there will be a formal recognition at Lake Morey Inn.

Thank you, Aftaba!



## About Aftaba Mezetovic

By Andrea Wheeland

Aftaba arrived in Winooski in 1995, resettled from Bosnia through the Refugee Resettlement Program. For 16 years, Aftaba has been a home-school liaison for the Winooski School District. She tirelessly advocates for new arrivals from all over the world. As the Bosnian community has become more settled in Vermont, Aftaba has not allowed herself to rest. Instead, she has proved herself indispensable, skillfully working with each incoming culture of New Americans. Aftaba's efforts in the classroom have promoted academic awareness and achievement that prepare students for college and/or career readiness. When working with young Vermonters of diverse backgrounds, by modeling graciousness and generosity, Aftaba has demonstrated the very characteristics required for peaceful integration of many different cultures.

More recently, in just one example of countless endeavors, Aftaba reached beyond the classroom. She put in significant hours organizing and hosting a community lunch for senior citizens of the Winooski community. Her "International Lunch" featured foods of many cultures prepared by local families, as well as cultural dancing and a poetry reading offered by Winooski students. It was a remarkable success. One attendee, a Winooski senior citizen, provided the following feedback, "This is what makes our community a wonderful place to live."

Congratulations Aftaba, we are proud of you!

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★ OVER 20 ACTS!! ★ FREE EVENT!! ★

*The 1st Annual*  
**"CELEBRATING WINOOSKI'S TALENT"**  
*Show!*

**April 10th, 6-8pm**  
 At the Winooski School District  
 Performing Arts Center

Children, Adults, & Groups welcome!  
 Any questions? Please contact [lgoetz@winooski.k12.vt.us](mailto:lgoetz@winooski.k12.vt.us)  
 Presented to you by Winooski parents (PACTS) with support from the Winooski PTO

### Flexible Pathways to Graduation

By Sean McMannon, Superintendent of Schools

Our school board has prescribed the following outcomes for our students and charged the school leadership with developing indicators and showing evidence of students meeting these lofty goals:

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.

The US and Vermont are in the midst of exciting times in transforming learning, and Winooski is on the cutting edge! A significant component of broadening our definition of learning and building student relevance and ownership of learning is Flexible Pathways. The Vermont Agency of Education defines Flexible Pathways as “any combination of high-quality academic and experiential components leading to secondary school completion and postsecondary readiness, which may include assessments that allow the student to apply his or her knowledge and skills to tasks that are of interest to that student”. Sound familiar? Winooski is ahead of the curve in this area with our flourishing iLab where middle and high school students design their own learning with coaching from teachers. The iLab requires a thorough learning plan and demonstrated proficiency through a final product, paper and presentation, and they share their learning along the way in public galleries. The iLab mantra “Think It - Learn It - Make It - Share It” truly embodies the concept of personalization and flexible pathways!

In addition, dual enrollment is another opportunity for students to flex their learning. High school juniors and seniors are eligible to enroll in two college courses prior to high school graduation at local colleges or universities such as UVM, CCV, St. Michael’s College, VT Technical College and Champlain College. WHS students have been participating in this

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

program the past two years and taking classes such as Introduction to College Studies, Chemistry and Introduction to Nutrition.

Another component of flexible pathways is work-based learning. Work-based learning experiences are activities that involve actual work experience or that connect classroom learning to employment and careers. Through work-based learning experiences, educational programs become more relevant, rigorous, challenging, and rewarding for students, parents, educators, and businesses. These opportunities particularly help students make the connection between academic principles and real world applications. For many, understanding ‘Why do I need to know this?’ provides motivation for more learning. (<http://education.vermont.gov/work-based-learning>) While some of our students have gained valuable work-based learning experiences through the iLab or their own employment this is an area that we would like to partner with local businesses to create a more coordinated and robust system.

A third opportunity for WHS students to creatively plan their learning is the Early College Program (ECP) that allows high school seniors to take a full year of college-level classes while completing their high school degree. The Early

College Program (ECP) simultaneously serves as a student’s senior year of high school and a full year of college credit. Students may take a year-long course of study in any discipline. (<http://education.vermont.gov/flexible-pathways/early-college>)

The glue in all of these incredible pathways is the Personalized Learning Plan (PLP). The PLP is specifically described in Act 77 as reflecting a “student’s emerging abilities, aptitude, and disposition. The plan shall define the scope and rigor of academic and experiential opportunities necessary for a secondary student to complete secondary school successfully, attain postsecondary readiness, and be prepared to engage actively in civic life.” The student, parent(s) and teacher will work collaboratively to construct the PLP and reflect on progress at least annually. While this may sound very general it is important to know that this includes meeting proficiency in:

literacy (including critical thinking, language, reading, speaking and listening, and writing)  
mathematical content and practices  
scientific inquiry and content knowledge  
global citizenship (including the concepts of civics, economics, geography, world language, cultural studies and history);  
physical education and health education  
artistic expression (including visual, media and performing arts);  
transferable skills (including communication, collaboration, creativity, innovation, inquiry, problem solving and the use of technology).

I would ask all Winooski community members to consider their role in supporting our students in personalizing their learning so WSD grads can be college and career ready! Thank you for working with WSD to benefit our students!

## School Board Report: Thank you and Legislative Update

By Mike Decarreau, President, Board of School Trustees

Welcome to Spring! Is it ever going to warm up? Oh well, make the best of what you have today. I would like to start by thanking everyone that got out to vote. Over one thousand votes cast is a big number. Thank you at the same time for supporting our schools. We continue to set budgets that are thoughtful and have little in excess of what is needed to provide for our students. This starts during the negotiations process as 80+% of our budget is comprised of salaries and benefits.

I have been on the Board for 3 full years now and this is the first year that the Legislative process has taken a front and center view for our community. The issue of property taxes and how we support our education system has been very visible. There are several different items we are watching very closely.

First, there is a bill moving through that prevents both strikes by the Teachers and contract impositions by Boards. The most current version, as of this writing, has a resolution path that is stepped over time and after one year would prevent teachers from collecting back pay for the time since the last contract expired and would impose an additional tax on the district if not settled in this time. This system gives incentives to both parties to get to an agreement.

Second, and most disconcerting, is a bill that calls for a 2% maximum increase per year through FY2019, the next 3 years. For perspective on this 2% consider that benefits alone would account for 1.8% of our total budget increase this year. This leaves no room for any meaningful salary increases not to mention any other items. Moreover the 2% is tied to Equalized Pupil counts. A drop of 14 Equalized pupils (on a base of ~ 925) would cover nearly all of the 2% cap requiring cuts to cover benefits and salaries that we are obligated to contractually. Though this looks like it would cover the issue of property tax increase it will cause many challenges in districts that have been frugal and spending on the lower end of the scale as we have.

There is still work ongoing on this but it appears that this 2% is aimed at the symptoms of the property tax challenge that we face and not at the Root Causes which would more directly get to the heart of a good solution. We will continue to follow this and will respond as we always have and that is with the best of the students and taxpayers in mind. Finding the right balance is the work we do.

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## Notes and News from the Facility Department

By Rebecca Goulet, Finance Manager

The Winooski School District Facility Department will not be sorry to see winter go! It has been a busy season for snow and ice removal in cold temperatures. Kudos for the Winooski Public Works for keeping our parking lot cleared and to our staff for all their efforts in keeping sidewalks and many egresses safe and open for our community.

Over winter break, the facility staff participated in a day of professional development and team building. The entire crew was able to gain knowledge on new cleaning products and equipment, while getting to know our newest members. Welcome to Tara Dahl and Vince St. Amour.

As spring arrives, the crew will continue to clean away the traces of winter and prepare the grounds for spring sports. Let's hope the sun shines a lot and those fields dry out quickly! We will also spend time over the next month preparing the list of summer project. The major project this summer will be the replacement of the unit ventilator in the high school. This will be the 4th and final phase of this capital improvement plan.

The next time you are visiting and you run into a member of the facility staff please take a minute to thank them, as they provide invaluable services to our district.

## Sue Messier Named Vermont Middle School PE Teacher of the Year!

In March, WMHS Physical Education teacher Sue Messier received the Middle School PE Teacher of the Year for the State of Vermont. It was presented by the Vermont Association for Health, Physical Education, Recreation, and Dance (VTAHPERD), her professional PE association.



The mission of VTAHPERD is to promote active lifestyles by enhancing professional growth and development within each discipline, developing and supporting quality programs, and reinforcing interaction among all professionals in all disciplines within the Association and in the educational community.

Congratulations, Sue!



Winooski School District Facility  
Department: Tara Dahal, Steve Fregeau,  
Jesse Gagnon, Kevin O'Neil, Jon Aldieri,  
Cheyne Racine, Vince St. Amour, Steve  
Wright



# SBAC: An Introduction to the New National Standardized Test

by Kirsten Kollgaard, Director of Curriculum and ELL

This spring, school districts all across the state are preparing to give their students a new standardized test called the SBAC, which stands for Smarter Balanced Assessment Consortium. This new test has been developed to align with the Common Core State Standards (CCSS) in Math and English, which Vermont adopted in 2010 along with 43 other states. The aim of these standards (CCSS) is to provide high-quality academic standards that are consistent across the country, raise the bar for student achievement and help ensure that students are college and career ready. These standards are more rigorous than those before them and focus on the importance of applying learning to new, real world circumstances and the process of problem solving and justifying one's thinking. They require changes in instruction and assessment.

The new Common Core aligned national test called SBAC will take the place of the NECAP Math and English tests that Vermont students have previously taken. The SBAC will assess students in grades 3-8 and 11 beginning this April, 2015. The new tests are different from NECAP tests in many ways such as:

- Students at all tested grade levels will use a computer to take the test.
- The test itself is computer adaptive, which means that test questions are based on student responses, thus tests are individually tailored to the students taking them, within a grade band.
- The new Common Core standards are more rigorous and in depth, which has led to the development of richer, more complex, and lengthier test questions. Many responses will require multiple steps and specific writing and problem solving supported by evidence from the text or problem.
- Advances in modern test design mean that student responses to SBAC questions will be able to measure the complexities and nuances of a student's answer.
- To complete SBAC tasks and questions, students must be able to organize, analyze, describe, conclude, argue, articulate, and evaluate information presented in charts, graphs and challenging informational text.
- SBAC will be given in the spring rather than fall, over the course of the last three months of the school year, from mid March-early June.
- Individual student results (with the exception of longer performance tasks) will be available quickly. We are not sure if parent reports will be available this first year.

Teachers have become familiar with the new computerized format for the SBAC test during staff meetings and teacher in-service. They have been introducing the computerized test to students at all grade levels through the training and practice tests available on the Vermont SBAC Portal. Testing will take place Winooski Middle High School during the week of April 6th - April 10th. Testing for JFK Elementary School will begin the week of April 13th and continue into early May. We will send letters home with students updating families on exactly when students will be tested.

Any change of this magnitude brings with it challenge and growth. As students and educators adjust to the new standards, and new test format and rigor, a decline in student performance in Vermont, and across the country, is anticipated in the first two to four years. "Because the new content standards set higher expectations for students and the new tests are designed to assess student performance against these higher expectations the bar has been raised." (Joe Willhoft, Smarter Balanced Executive Director) "It's not surprising that fewer students could score at Level 3 or higher (on the Field Test). However, over time, the performance of students will improve." (Ed. Week Nov.)

## More parent information and resources:

VT Portal for SBAC: Information, Practice Tests, Resources

<http://www.smarterbalanced.org/parents-students>

Parent Roadmaps to the Common Core State Standards/ELA

Parent Roadmaps to the Common Core State Standards/Math

Sample Texts by Grade Level (CCSS)

## ANNOUNCEMENTS

### MARK YOUR CALENDARS

## You Can Help Winooski's Youth!

By Laban Hill

April is fast approaching, and it's anything but cruel. The first week of April means WHS graduating seniors can begin applying for scholarships awarded by Winooski Dollars for Scholars and our partners. It also marks a time for you to become a partner in ensuring Winooski's future. Last year, Winooski Dollars for Scholars gave out 23 scholarships. That's more than half the graduating class and more than \$15,000 awarded. You can be part of this community success story by donating to Winooski Dollars for Scholars. One hundred percent of the money donated goes to scholarship recipients and Winooski School District enrichment programs.

Go to [winooski.dollarsforscholars.org](http://winooski.dollarsforscholars.org). Learn about our mission and donate to the future.



## Volunteer to Read with Children!

By Phet Keomanyvanh,

United Way of Chittenden County

Share your passion for language and literacy with a whole new generation of children! United



Way of Chittenden County's Read To Me Program needs volunteers to read to children in a Winooski Head Start or be part of a new initiative with Child Care Resource to support language and literacy development with children (infants to preschoolers) in home childcare businesses run by New American Childcare Providers.

To learn more about Read to Me, contact Phet Keomanyvanh at 861-7821 or email [phet@unitedwaycc.org](mailto:phet@unitedwaycc.org).



## St. Francis Boys 8th Grade Team captures Vermont CYO State Championship!

By Coach Jeff Brosseau & Coach Kevin McDermott

On March 15th, St. Francis won against St. John Vianney 40-19.

The boys advanced to the Championship game with their semi final win on Saturday March 14th against Mater Christi 30 - 17.

The Team advances to the New England Regional's Tournament in Leominster, MA on March 27, quarter final game Saturday March 28th 10:30 am vs. Diocese of Norwich, CT.

Players - Evan Eaton, John Rousseau, Alex Messineo, Griffin McDermott, Zachary McCormick, Anthony Spencer, Ian Parent, Merase Niyonsaba.

## Support Local Businesses — and Get A Deal!

By Jessica Bridge

Get yourself a \$45 Access Winooski card and you're eligible for all kinds of sweet deals at Winooski businesses!

This year-long event showcases the best of what Winooski has to offer. With a seasonally-changing list of member-only deals, card holders can save money, support Winooski, and get awesome breaks on food, drink, gifts, and services. Find out more at [www.downtownwinooski.org](http://www.downtownwinooski.org).



## Wellness Day for WSD Employees

By Jaycie Puttlitz

During the March in-service this year, Winooski School District employees participated in Wellness Day. Wellness Day is a day of various activities designed to allow employees to participate in different ways of taking care of their own wellness and build stronger relationships among colleagues.

There has been a strong focus on fostering a culture of wellness in the Winooski School District in recent years. Some recent examples for student wellness are the implementation of a mindfulness curriculum to help students focus and relax and the development of the WMS Spartans In Motion (SIM) program to encourage students to be physically active throughout the day. The focus on wellness for adults is just as important as for the students. Encouraging healthy behaviors in teachers and staff not only strengthens their health, but can also increase their ability to focus, improve their morale and motivation, and reduce absenteeism.

Wellness Day not only shines a light on personal wellness--it also gives our faculty and staff the opportunity to initiate new connections between the schools and strengthen relationships among existing teams. Good relationships are important among teachers and staff to foster collaboration and idea sharing, build trust and ease conflicts, and create a positive environment for learning.

During Wellness Day, employees could choose between 31 different activities at four different times during the day. These activities ranged from physical such as dance-related, pick-up sports and yoga classes to more mental activities such as crafts, arts and mindfulness. Most of these activities were lead by employees sharing their love for certain past-times, but community volunteers led a few of the activities. WSD would like to thank the Center for Mindful Learning, YMCA, Laughing River Yoga, Marathon Health, Whole Foods Nutrition, The Abbey Group, Emily Donovan and Arica Bronze for leading some of these activities.

The importance of Wellness Day can be summed up in this feedback from one of the participants, "I started out the day feeling stressed and anxious and ended the day feeling more relaxed, calm and ready for the rest of the week! Thank you all for hosting this day! It makes me feel like you care about our health and wellness and it was a very positive experience for me! Education can be very stressful and we are dealing with children so it is very important for us to take care of ourselves so we can be in the present moment, have more patience, and inspire our students."

Keep up to date with Wellness in Winooski on our new Twitter account! Follow us @WinooskiWell.





## Kindergarten Registration & Screening

Kindergarten registration and screening for your child at John F. Kennedy Elementary School in Winooski, VT, will take place on **Friday, May 8**, and **Monday, May 11**. Children who will be five years of age prior to September 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.

## Honor Roll – Rice High School

Rev. Msgr. Bernard W. Bourgeois, principal at Rice Memorial High School in South Burlington, proudly announces the following Winooski residents achieved Honor Roll status for the second quarter:

**Second Honors:** Olivia Lesage

**Honorable Mention:** Jenna Flint, Adriana Formel, Cole Thornton

## Mindfulness Continues!

By Jaycie Puttlitz, Wellness Coordinator

- **What:** Guided Mindfulness Practice & Discussion
- **NEW Location:** Winooski Senior Center
- **Dates:** Thursdays evenings, April-June
- **Time:** 6:30-7:30 p.m.

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. **Please note that the location of these sessions has changed to the Winooski Senior Center.**

Have you been taking the “10-minute mindfulness challenge”? Guided mindfulness audio is provided on the website [www.mindfulcities.org](http://www.mindfulcities.org). Translations are now available in Somali, Nepalese, Arabic and Vietnamese.

The goals of the Mindful City Project are to increase student engagement and learning, make mindfulness a transformational force in Winooski, and create a model that can be replicated in other communities. You can follow the progress of this initiative by joining the Mindful City Facebook group, or joining the Mindful City email list on the [mindfulcities.org](http://www.mindfulcities.org) website.

Sponsored by the Center for Mindful Learning, [www.centerformindfullearning.org](http://www.centerformindfullearning.org) in Johnson, VT.

## Stay in Touch: Join Front Porch Forum!

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

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

## Published Works by Winooski Teachers and Staff

By Anne Elston

We learned that **Bret Kernoff** had two books coming out in print at the end of March and wanted to share that information with you. Then we asked teachers and staff who else might have published works and we found there were others, too. Here are the details:

Mr. Kernoff's book, *A Teachers Guide to Applied Behavior Analysis* details how the science of applied behavior analysis can change maladaptive behaviors into socially acceptable expected behaviors. The book has a specific section for administrators another special section for teachers. This book will serve as a reference book for anyone who wants to know the scientific methods for behavior change.

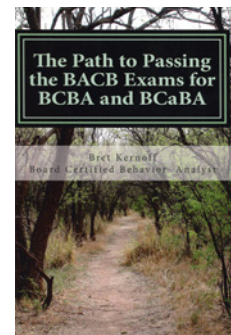
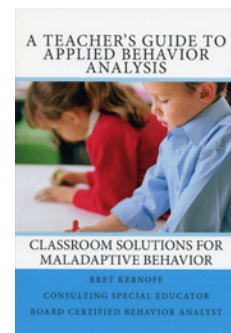
*The Path to Passing the BACB Exam for BCBA and BCaBA* is a technical journal following the Fourth Edition Task List as established by the the Behavior Analytic Certification Board. This book is written in technical terms for those who are already familiar with Applied Behavior Analysis. This would make an excellent follow-up book to the Teacher's Guide for someone who wants more in depth knowledge or someone who is considering becoming certified in applied behavior analysis.

Mr. Kernoff began writing these book in 2007 and just completed them in 2015. They were originally written as his personal study guide for the BCBA exam. However, so many people asked for his notes, it inspired him to share my knowledge with others. Both books are available by contacting Mr. Kernoff at school or by visiting his website at [www.behaviorinstitute.org](http://www.behaviorinstitute.org).

**Bill Clark** is an English language learner teacher in the high school. He submitted the following regarding works he has contributed to or published:

- **Contributor:** *Children's Books and Their Creators* (Houghton-Mifflin, 2001). Silvey, A. (Ed.).
- **Author:** “Exploring writing with English language learners (ELLs) through the digital story: A collaborative service learning approach.” (with Cynthia Reyes). In Nagle, J. (Ed.). *Creating Collaborative Learning Communities ...* Charlotte, North Carolina: Information Age Publishing, 2013.

**Dr. Mary Ann Donnelly-DeBay** is a Clinical Psychologist and School Psychologist in the district. She writes a column for Kids VT once every three or four months. It's called “Ask The Doctor” and offers shorts interview with parenting advice. This month's article (that she authored) is titled “How Should Parents React to Play Fighting?” Printed copies of Kids VT can be found in the central lobby at school or you can go online to read the article at [www.kidsvt.com](http://www.kidsvt.com).



## K-5 News

By Mary O'Rourke, JFK Elementary Principal

Our PACTS group is sponsoring the first-ever Winooski Talent Show. This event will happen on April 10th from 6:00 p.m. to 8:00 p.m. in the Performing Arts Center. Please join us as we celebrate the rich artistic talent we have in our community!!!

During the months of April and May, our students will be participating in the Smarter Balanced Assessment, which is a statewide assessment. As I mentioned last month, this is a computer-based assessment. All students in grades 3, 4 and 5 will participate and will take the assessment on iPads.

We will receive individual and school-level results but at this time I do not know when that will happen.

Parent Conferences are being held on April 9th and 10th. These are both half days for our students. Information for parents about conferences has gone home. If you do not have a scheduled appointment, please call your child's teacher to set one up.

During the month of May, we will have a school-wide challenge around getting our students moving. We are in the early planning stages but hope to design a challenge that will help all students walk daily. The goal would be to complete a marathon by the end of the May. We will keep you updated!

## 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!



## Second Grade Looks Forward to Project Based Learning

By Angela Moulton

The second grade team will be starting our Project Based Learning unit at the end of this month. The students will be learning about the importance of bees to people. As part of the process they will learn about pollination, pollinators, some of the possible causes of the decline. Then the real work begins where students work together to design real solutions. They will have access to experts and online resources. This is an exciting time. We can't wait to see their ideas and plans.

## Woodworking Afterschool

By Mag Thomas



Woodworking is back! On Tuesday afternoons, you can hear the sounds of busy hammers and saws in the cafeteria. Sachi and Stuart from Sawmill Studios bring portable woodworking stations so that students can work on a project of their choice. The students have a choice of five different projects that they can work on. While working on these projects, they learn how to safely use woodworking tools, such as handsaws, planes, hammers and tape measures. No power tools are used. Some students may even be lucky enough to work on more than one project! You can see some of the projects on their Facebook site: [www.facebook.com/sawmillstudio](http://www.facebook.com/sawmillstudio).



The third graders had a wonderful time ice skating with the Lumberjacks hockey team, who have been their math mentors all year.



## Exploring Reading

By Ms. Willoughby, Ms. Johnson, Mrs. Thompson, Mrs. Charron

We are deep into our unit about characters. We have been getting to know our characters by understanding their feelings throughout the book. Before break we practiced using sticky notes to “stop and jot” about what has happened in the book so far. By stopping and thinking about what’s happening we make sure that we really understand before we move on. With our mentor text, *Those Shoes*, we practiced stopping every couple of pages, or when “big events” happened that were changes in the story. The readers practiced this strategy with their own books by marking with sticky notes and writing about what happened in chunks of their story. This week we worked on using our own voice to express character feelings while we are reading. As we are reading, we have been listening to ourselves and asking: Did I change my voice to express how the characters are feeling? Did I read smooth like a storyteller? If the answer is yes, then we can read on. If the answer is no, then we should re-read and try to smooth out choppy parts, or make sure we expressed emotions that match the text. We have been having a lot of fun using our voices to act out our stories together, and with partners! By reading with our partners, we continue to work on fluency, sounding smooth, and reading with expression to show how the characters are feeling. And... it’s tons of fun!

Here we did some group silent reading for three minutes at a time. Stopping to place a sticky note and talk with our reading partners about what had happened during that part of the book. Such hard working readers!



## Spring is Coming!

By Deb LaForce

Kindergarten has begun a very exciting project! All year we have been learning about what a living thing is and what it needs. Earlier in the year we visited Shelburne Farms and saw their amazing garden. Now we have plans to create our own garden! Classes have worked hard to learn all about plants and what they need. We have read many books such as Scholastic’s *From Seed to Dandelion* and *Up, Down and Around* by Katherine Ayres. We are also working with Ms. Katherine from UVM’s Environmental Studies program. We have planted a few seeds and made “greenhouses” from zip lock bags in our windows. Students will soon be designing raised beds that landscape architects will be critiquing and revising so we can build our own garden. There’s always something growing, and not just great kids in kindergarten! Happy Spring!



## What a Show!

By Lisa Goetz

Congratulations to the cast and crew of “Charlie and the Chocolate Factory,” on an amazing performance! Many thanks to the parents, teachers and students who helped us with putting together the show and to our sponsors: The Winooski PTO and NorthCountry Federal Credit Union.





## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### New Life and Hope

By Leon Wheeler, Middle/High School Principal

Welcome Spring! I must admit that after last winter's significant snow and cold, I really expected this winter was going to be mild. Well, I missed the mark on that one! Even so, we've made it through this dark, cold season. The earth is greening once again, and flowers are beginning to break through the soil. Life blossoms again! And I feel deeply once again that it's great to be here in Winooski!

Last month I introduced you to our new "habit," celebrating middle and high school students as GX Champ of the Day. This has been an incredibly positive addition to each school day! What is becoming increasingly evident is that our hard work in recent years to design a personalized, proficiency-based, student-centered learning community is beginning to take root! It's palpable! Walking through the school you can feel positive energy and enthusiasm; you can see redesigned spaces that are welcoming and friendly; you hear and read about

students being celebrated for excellence in learning!

Recently this blog written by Sarah Bertucci from the Eagle Rock School in Colorado was shared with me. I think it's important to share parts of it with you.

"Like many of our most under-resourced public schools serving students most in need, Winooski School District gets bad press because of their test scores. But, if I still lived in Vermont, I would want my own children to attend Winooski schools because they have spirit and grit and are truly committed to doing what's best for kids, in any creative ways possible....

"In brainstorming keystone habits... Winooski's leadership team brainstormed a number of standard, high-quality practices to reach their goal.... And while they saw that these things would work, they did something that I love about Winooski. They said, "Hey, these things are kind of boring. We want to choose something that's fun and exciting and also

works"... They finally settled on having a student as "GX Champ" each day. The GX Champ is nominated by a faculty member for success in one of the graduate expectations (GXs).

"This was such a wonderful Winooski creation — it completely captured the creative, grassroots, student-centered flavor of Winooski... And they will use the GX Champ continually as a way to focus on the graduate expectations, honor students and improve their practice. WMHS is committed to being sure that every single one of its students graduates and is able to succeed in college, career and community. Winooski is well on its way."

You can read the full article at <http://blog.eaglerockschool.org/eagle-rocks-pdc-supports-the-evolution-of-education-in-vermont/#more-1163>

Celebrating new life and hope, we wish you all a great Spring!

### A Special Thank You from SIM (Spartans in Motion)!

By Nancy Keller

Research shows that an active body engages the mind and can bring a student to a ready state for learning. In response to these findings, Winooski Middle School created Spartans in Motion (SIM), a daily 25-minute physical activity period. This program is now in the second year of its successful implementation, and we owe much of this success to the grants that have funded this new initiative. A special thank you to Berlin City Auto who gave SIM \$1,200 last December and to the Vermont Association of Health, Physical Education, Recreation and Dance who recently awarded WMS \$400 in February. With these funds, we have purchased additional martial arts classes for our students and new fitness equipment. Both keep the physical activity interesting and engaging, and this benefits our students. Thank you, Berlin City Auto and VTAHPERD!



Above: Ms. Mosehauer's TA celebrate a recent SIM activity, "The Winter Spartan Games."



Left: The ceremonial check to Winooski Middle School from Berlin City Auto.



The Winooski PeaceJam Club met Nobel Laureate, Shirin Ebadi at the Northeast Regional Conference in March.

## Peace-What? PEACEJAM!!

By Libby Houghton

Winooski PeaceJam returned late the night of March 15<sup>th</sup> from a weekend long conference rejuvenated, inspired, and empowered to continue their work as leaders of positive change in the community.

The Northeast Regional PeaceJam Conference was held on the University of Connecticut campus in Storrs and was attended by youth from throughout the Northeast. The most notable guest was of course the 2003 Nobel Peace Prize Laureate Shirin Ebadi. Dr. Ebadi, recognized for her work as an attorney and as the first female judge in Iran, has been a champion for the rights of women and children. Her remarkable story offered valuable insight into the power of one individual's dedication.

Coupled with the chance to learn from and speak with such a leader of justice and peace, students had opportunities to participate in a variety of projects. Some of these included creating inspiring art to send to peers in Burma and spreading awareness of the Violence Against Women Act. They shared inspiring stories of growth and change in their communities and the work that they are all doing. Many of the club members returned to Winooski having made lasting friendships. Every aspect of the weekend was a great success.

The Winooski PeaceJam Club would like to thank all of the people and organizations that supported them in their efforts to attend this conference. Each individual came away with tools to move forward in their and lasting experiences. They could not have done it without such a wonderful community. Thank you!



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

## ThaZin Aye

Congrats to ThaZin Aye for her exceptionally studious nature and her passion for the arts. In Art 1, ThaZin Aye is committed to making every piece of artwork her best, often working outside of class to complete assignments above the expectations of the class. She is an amazing artist, and I only see great things for her in her future! Great Job, ThaZin Aye!

**SAVE THE DATE!**

## WHS Senior Projects

By Steve Crowley, WHS teacher, Senior Project Coordinator

The 2015 Senior Expo will take place Friday, May 22. Seniors will have their projects on display. The Open House, from 2:30-3:30, will be the opportunity for parents, friends, and other community members to see the amazing final products of all the projects. Join us.

**COMMUNITY MENTORS WANTED!!**

Ready to be part of the solution? As the class of 2016 begins their senior projects, over the next month, they will be looking to connect with a community mentor. Do you have any special hobbies or vocation that you would care to share with a WHS senior? If so, please email Steve Crowley, advisor, at [scrowley@wdschools.org](mailto:scrowley@wdschools.org). He will send you a 'job description,' and is eager to talk with you about what this looks like.

## Guidance News

By Emmy Charron, High School Guidance Counselor

Here are calendar items for April:

- **April 6th:** last day to register for May 2nd SAT's
- **April 9th & 10th:** Parent Teacher Conferences
- **April 18th:** ACT test date

Questions about financial aid? Contact VSAC Coordinator Heidi McLaughlin at [mclaughlin@vsac.org](mailto:mclaughlin@vsac.org).

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 655-3530 or at [echarron@wdschools.org](mailto:echarron@wdschools.org) to set up an appointment.



## Beyond Bullying II

By Shennelle Bailey (an 8th grade student on Team Nexus)

On Tuesday, March 10, 2015, a select group of students went to VAMLE's Third Annual Conference: Beyond Bullying II: Creating a Culture of Respect in Socially Inclusive Safe Schools at the UVM Davis Center. During the conference, we worked on starting to develop student leadership and create an action plan for positive change in our school. This connects to student-driven research we are conducting during theme time.

The all day conference was both fun and educational. Students were sent to different workshops to learn about different things. One of the workshops that I attend talked about unified sports and about kids being put under labels and being shunned because of these labels. To show how labels can hurt other people's feelings we played a game where we were given random cards to place on our foreheads and people were treated based on the number you had on our foreheads. The higher the number the better you were treated. This workshop was lead by a group of high school students from different high schools.

The second workshop I attend was a lead by an amazing woman, Lida Winfield, who earlier performed her story about her struggles growing with dyslexia. In her story she talked about how growing up some teachers made her feel dumb because of her dyslexia. She talked about how she started doing bad things because she felt dumb and hopeless, but through performing she got hope and gained the confidence to get her degree. Her workshop was just as inspirational as her performance. In the workshop, she talked about being confident in your own body and being a leader while inviting us to move, breathe and stand tall.

During this conference, we also bumped into some of our classmates who made presentations. Overall, it was a good day. We got to hear about other schools' plans to help prevent bullying in their schools. We also got breakfast and lunch and we were also able to use our Instagram accounts to hashtag pictures that were displayed on the big screen all day. There is nothing like a little food and social media to get us teens going.

## Music Matters

By Cathy Mander-Adams

"I hear the rhythm of life in music. I know the rhythm of life is strong." "And the voice said neighbor there's a million reasons why you should be glad in all four seasons. Hit the road neighbor leave your worries and strife. Spread the religion of the rhythm of Life!"

If you attended our concert in March these words should ring a bell. These were the words we sang and how true they are. The rhythm of life *is* music. La vida!

The life of music became the cry in the classroom on February 20. The Middle School General Music Class students were introduced to Maestro Anwar Diab Agha, a new resident of Winooski. I met Maestro Agha in December when I brought students to sing at the Senior Housing Unit on Barlow Street. After they sang Maestro came to me and introduced himself and was excited to hear the students sing "so beautifully." At that time he also asked about the possibility of bringing his lute and violin to school and performing for my students. The rest, you might say, is history.

Maestro Agha's visit with my students was very informative and inspiring. Did I tell you Maestro speaks very little English? Did I tell you I do not speak or understand Arabic? Hm-m-m. Thankfully, I had a couple of students in the class that speak Arabic very well. However, music is a universal language and when it came time to perform we did not need anyone to translate. The music spoke to us. Maestro Agha and I even performed a short piece together (he on the lute and I on the piano), showing the students that, with a bit of music symbol knowledge we can share music with all who wish. It was a very rewarding experience. Thank you, Maestro Agha.

Spring is just around the corner. I can feel it in the air. Can you? Soon we will have another vacation and then the roller coaster ride to the end of another school year. Everything happens so fast. I want to take this time to remind you **we have another concert May 19** and our **3rd Annual Spring Into The Arts Community Celebration on May 18**. (More about that in future newsletters.)

Our **Annual Pops Concert**, the last for the school year, is already in progress. The students are already working on that music. There are so many great songs! This is a very special concert because we highlight Seniors in our groups, too. You won't want to miss it!



Maestro Anwar Diab Agha and me.

## Winter Sports Recap

### Middle School Boys "A" Basketball

By Coach Dennis Barcomb

The 2014-15 Winooski Middle school boys "A" basketball team had an outstanding season. The ended the season with a record of 12-2! The team focused on sportsmanship, teamwork, effort, and dedication to the program. The final roster consisted of ten players: Mayange Matange, Abdi Gure, Andy Siki, Evan Eaton, Deon Mitchell, Abdi Hared, Charlie Cusson-Ducharme, Merase Niyonsaba, Hassan Sadik, and Mowtes Ibrahim. Congratulations on a great season!

## “It’s just too FUN!”

By Nancy Keller

Eighteen enthusiastic young martial artists are hard at work this March and April learning Brazilian JiuJitsu with black belt instructor (and WMS’s SIM Coordinator), David Quinlan, as part of Winooski’s 21C Afterschool Program. Each spring and fall, Winooski Middle and High School students have the opportunity to not only learn the take-downs, sweeps, passes and holds of this martial art, but they can use these moves in one-to-one competition at the Vermont Open Grappling Championships, a major Brazilian Jiu-Jitsu tournament for all ages and abilities held each fall and spring at our gym.

After a recent practice, five middle school martial artists (and long-time BJJ students) were asked why they like to train in Brazilian JiuJitsu and what their goal was for the spring session. Here are their responses:

- “It’s just too FUN! My goal for this session is to just do better with sparring,” said 7th grader, Austin Benoit.
- “It’s something to do,” chimed in 8th grader, Corbin Lawrence. “I hope to get a gold medal in the tournament.”
- “I like to learn to protect myself and I hope to win a first place medal,” replied 6th grader, Matt Hayden.
- “That I can get my anger out with something that is fun and I want to win,” answered 8th grader, Logan Stone.
- “It’s a martial art,” continued 8th grader, Nishan Pokwal, “and I like martial arts. I would like to win a tournament, too.”

Whatever the reason for their interest, the energy and excitement of all the Afterschool JiuJitsu students convinces an onlooker that this activity is a perfect match. Mark your calendars now for Saturday, April 11, and come and support Winooski’s martial athletes at the Vermont Open. Doors open at 9:30 a.m. and competition begins at 11:00 a.m.



## Junior Iron Chefs Getting Ready for the March Cooking Competition

By Barbara Russ

Every Thursday in Room 214 you will find the Iron Spartans—Brianna Holton, Alyssa Winegar, and Jason Truong—cooking with their coach, Mrs. Knapp. The Iron Spartans will be competing for the third time at the Junior Iron Chef Vermont competition at the Champlain Valley Fairgrounds in Essex Junction, Vermont on Saturday, March 21<sup>st</sup>.

When asked why the Iron Spartans love participating each year they all mention how much they love cooking with their best friends and with their favorite 5<sup>th</sup> grade teacher. All the chefs had Mrs. Knapp when they were in 5<sup>th</sup> grade and so enjoy having the opportunity to cook with her each year!

Beyond the competition, our chefs continue to cook year round—including helping an uncle cook in his restaurant and helping with events at the Champlain Valley Fairgrounds.

This newsletter was just going to press as the students faced their opponents. We will report on their results in the next newsletter!



*Sporting their team shirts, our chefs prepare for competition.*





## COMMUNITY NEWS

### Update from your City Council

By Mayor Seth Leonard



Happy Spring Winooski Residents!

Much like the onset of spring, March brought a number of changes to our city! We welcome Robert Millar and Nicole Mace as new City Councilors, and I look forward to serving as the city's new Mayor.

We cannot thank the community enough for your support of the municipal budget on Town Meeting Day. Our city staff and the Council worked very hard to propose a budget that met the

needs of our community in a responsible way.

Not all change is easy, and it was difficult to see Mayor Michael O'Brien and Deputy Mayor Sally Tipson step down from their roles. They left a tremendous foundation for the newly comprised Council to work from, and we will work hard to carry our strong community momentum forward.

During our first meeting on March 7<sup>th</sup>, we swore in the new members and celebrated the city's 93<sup>rd</sup> birthday! The event was a great opportunity to reflect on how far we have come as a community, and where we are headed next. We need you to be part of setting our community direction, so I hope you will consider getting involved or reaching out with your thoughts and ideas for Winooski. Our contact information is below.

### Food Shelf open April 11th and April 25th

The Winooski Food Shelf is open the second and fourth Saturday of each month. We are located in the Winooski United Methodist church (use the side entrance on Follett Street). We are open to all low-income Winooski residents (please bring proof of residency such as a utility bill). We will be open April 11th and April 25th from 9:30 a.m. to 12 noon. Hannaford's provides fresh fruit and veggies, artisan breads, deli items and pastry. There are also dry goods available to registered families such as cereal, pasta, canned meat, fresh meat, eggs, etc. Our phone number is 655-7371.

### Methodist Church Ham Supper April 18th

There will be a Ham Supper April 18, at the Winooski United Methodist Church 6:00 p.m. Cost is \$10 for adults and children 10 and under are only \$5. For reservations call 343-8401 or 655-7371. Menu includes: smoked ham, baked beans, roasted red potatoes, mac and cheese, coleslaw, glazed carrots, rolls and brownies or lemon squares for dessert. Take out is available but please phone ahead. We will also be holding a silent auction to sell items or services donated by local merchants.

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

Visit the city website at [winooskivt.org](http://winooskivt.org) or call 802-655-6410.

Keep up to date with announcements and news:



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



### Healthy Kids Day

By Cal Workman

The Y's annual **free** community event, Healthy Kids Day, is coming up **Saturday**



**April 25th** from 10-2pm at the Pomerleau Family Y branch in Burlington. Serving up fun, family fare all for free including family swim and bounce house, itty-bitty ball pit and plenty of hands-on make and take activities for children. Spend the day with the Y without spending a penny. This event is 100% for the kids! [gbyymca.org](http://gbyymca.org).

### Have Fun! Join the Outing Club

By Meghan Young

The Winooski Youth Programs Outing Club had a very successful sign-up session in mid-March and kicked off its season on March 21 with a cross country ski excursion in Burlington.

Upcoming events include indoor rock climbing, ice skating, biking around Burlington, canoeing and/or kayaking on the Lake, and a couple of hikes in the area. The majority of these events are scheduled to take place on Saturdays from 9:30am-1:00pm.

To learn more about the Outing Club or sign up for specific trips, contact Meghan at [americorps3@winooskivt.org](mailto:americorps3@winooskivt.org) or Katy at [americorpstwo@winooskivt.org](mailto:americorpstwo@winooskivt.org).

## Swimming on the Spectrum

By Cal Workman

Autism Speaks awarded the YMCA a grant to help ensure those diagnosed with Autism have access to specialty swim safety lessons.



These private or small group swim lessons are free and for all ages, including adults. Participants do not need to be a Y member either but they must have a primary diagnosis of Autism. Classes take place at the Pomerleau Family Y in Burlington. Request your first appointment by contacting Jess Lukas at [jlukas@gbymca.org](mailto:jlukas@gbymca.org) or call 652-8143. Hurry! April is the month to take advantage of this specially funded program.

## WCSPC Update

By Sarah Petrokonis, Winooski Coalition for a Safe and Peaceful Community

The Winooski Coalition will be hosting a **free Community Dinner on Wednesday, April 15** from 5:30 to 7:30 PM at the O'Brien Community Center. The coalition will be leading a map-building exercise to increase the community's understanding of substance use and abuse causes and consequences in our community. For free childcare and interpretation services, please RSVP to Kate Nugent at [katenugent@wcspc.org](mailto:katenugent@wcspc.org) or (802) 655-4565. We look forward to seeing you there!



Also, as we all face daily stresses, here is a short list of things to do to help alleviate it...

- \*listen to music
- \*take a walk down your street
- \*laugh
- \*get together with a friend
- \*sing
- \*exercise
- \*go for a run or bike ride
- \*drink tea
- \*meditate
- \*read a book
- \*light a candle, incense, or smell some essential oil
- \*dance
- \*write
- \*give your pet a hug

Here's to less stress and (hopefully) warmer weather!

Sign up for our e-newsletter at [wcspc.org](http://wcspc.org) or email us at [winooskicoalition@gmail.com](mailto:winooskicoalition@gmail.com). Winooski Coalition for a Safe and Peaceful Community | 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404



## Community College of Vermont (CCV) Winooski News

Amy E. Stuart, LICSW, Coordinator of Academic Services  
Advisor, Johnson State College External Degree Program

**Register NOW for  
summer & fall  
through Aug. 28nd, 2015!  
[www.ccv.edu](http://www.ccv.edu)  
(802) 654-0505**

Please join CCV Winooski at our  
**15TH ANNUAL INTERNATIONAL FOOD FESTIVAL**  
Wednesday, April 15th 5:00 pm – 6:30 pm  
in the Janice Couture Community Room.

If you'd like to prepare a dish, please contact  
[amy.stuart@ccv.edu](mailto:amy.stuart@ccv.edu) or call 654-0542.

**This event is free and everyone is welcome!  
Bring the family!**

### Avoid a brain freeze!

We know summer is the time for relaxing, moseying about the back roads, camping, and yes, creamees. That's no reason to let your brain stagnate, especially not when CCV has hundreds of classes available statewide and online, ranging in length from one week (yes you read that right, we offer shorter summer intensives) to thirteen weeks. So, sure, take the time to have some fun in the sun, but don't get brain freeze, take a summer class.

### Consider taking Introduction to College Studies (ICS)

This class is offered free to high school students interested in learning the skills necessary to be successful college students. Did you know that students who complete ICS are 23% more likely to attend college after high school? Weekly classes begin in June. Register now to get the section you want! Class sections (DEV-0280) will be offered on:

- Mon & Thu 6/22-8/3 10:30 am – 12:30 pm
- Mon & Thu 6/22-8/3 4:00 pm – 6:00 pm
- Mon & Thu 6/29 – 7/30 10:00 am – 12:30 pm
- Mon & Thu 7/6 – 8/13 10:00 am – 12:30 pm



# April Update from the Winooski Library

By Amanda Perry, Librarian

On Saturday, April 4 the Friends of the Library will host a **Book Swap** from 10-2 at the O'Brien Community Center. Bring some books and swap for some new-to-you titles.

**Book Group** will meet to discuss *The Humans* by Matt Haig on Wednesday, April 8 at 7pm. Copies of the book can be obtained by calling Amanda at 655-6424 or email [winooskilibrary@winooski.vt.org](mailto:winooskilibrary@winooski.vt.org).

Gather your party and celebration **International TableTop Day!** We'll have plenty of board games (Splendor, Settlers of Catan, Pandemic and many more) available to play or bring your own. Saturday, April 11 from 10-7 at the O'Brien Community Center, light refreshments will be provided.

**National Library Week** is April 12-18! On Tuesday, April 14 at 7:00pm, please join us to celebrate our new mural, painted by local artist, Tara Goreau.

The Winooski Library is located at 32 Malletts Bay Avenue.

### Library Hours:

- Tuesday 10-7
- Wednesday 3-7
- Thursday & Friday 10-6 and
- Saturday 9-5.

Call us at 802-655-6424.



## Legislative Report

By Representative Diana Gonzalez

For those of you who don't know, the legislators are in the middle of the session and are "crossing-over" our bills between the House and the Senate. This past week (mid-March at the time of this writing) committees worked hard to pass bills out of committee and to the floor. This week will most likely be long days on the floor of the House and Senate as we vote on bills. Next week, all the bills that have passed the House will be sent to the Senate and vice versa. Each body will then continue to work on the bills.

In my committee, we passed the following bills: H. 25 An Act relating to natural burial grounds, H. 108 An act relating to electrical installations, H. 123 An act relating to mobil home parks, habitability standards, and compliance, and H. 256 An act relating to disposal of property following an eviction, and fair housing and public accommodations. We have heard testimony on a number of other bills and have either referred it to another committee or are not voting on the bill at this time.

We have also made budget recommendations as they relate to housing and military affairs.

As you all know, the budget shortage is a serious problem. The governor's budget includes significant cuts across the state. While there are some proposed small tax increases (like the proposed beverage tax), the proposal is to balance the budget with cuts. Please let me know if you have thoughts about the budget!

If you are ever wondering what is going on, please drop me a line 661.1431 or email me at [diana@dianagonzalez.org](mailto:diana@dianagonzalez.org).

## It's time... for FACETIME!

By Kate Dearth, Community Support Counselor, Centerpoint Adolescent Treatment Services

Do you know a kid or a teen in the area who wants something fun (no, seriously, fun) to do after-school? Do they want to make real connections with people their own age in a healthy, supportive environment? Then send them down to FACETIME! Join your host Kate and friends on Wednesdays at the O'Brien Community Center from 3:45-5:00pm for free, fun weekly activities with real people and real connections.

FACETIME runs its events monthly, with its remaining spring semester events running during April & May. Those events will include a Game Night (April 1st), a special event celebrating Fair Housing Month titled "heART and home": a Group Art Workshop (April 8th), Jeopardy Nite (with prizes!) (April 15th), Junkyard Bowling Tournament (April 29th), and rounding out the year Celebrating Spring with Upcycle Spring Party (May 6th)!

Look for our events posted on the bulletin board outside the Winooski school cafeteria, here in the newsletter, and on Centerpoint's social media! Stay tuned for future programming!

What's this all about?

To learn more about FACETIME, or any of Centerpoint's services, you can reach Kate at (802) 343-3958 or [KateD@CenterpointServices.org](mailto:KateD@CenterpointServices.org).



# Senior Center News

By Jahnine Spaulding

April is the traditional month to say thank you to our volunteers and the contributions they make to our community. We have 20 or more activities, workshops, and other programs a month. This requires a dedicated cadre of unpaid staff. We are thankful for the over 80 volunteers -90% of them over 55 - who keep the Winooski Senior Center humming.

What do Winooski Senior Center volunteers do? One octogenarian ensures the community knows what's happening at the Winooski Senior Center by keeping our sign up-to-date. Another has delivered Meals On Wheels to her neighbors for the last 7 years, ensuring they are safe and well nourished. A 60-ish former Financial Officer tends the Senior Club's funds & sells pull tabs at Bingo – funds made at Bingo fuel senior activities. There's a pair of gentlemen who started our Do Drop In Café making the Winooski Senior Center a warm, inviting spot to meet your neighbor, have a chat,



*The Do Drop In Cafe is a relaxed coffee group that is ready to welcome you!*

and build community ties. One open-hearted 50-something gentleman has dedicated himself to our new American senior programs- he here every Friday to set-up, serve lunch, and help our newcomers acclimate to their new home. A senior lady with boundless energy provides a fabulous dance class, several ladies share their love of crafts- others plan events. In the office folks work on special projects, answer phones, and do clerical work. The list goes on and on.

All of these folks have very active lives in the community – many still work, others care for their extended families, some are involved in community justice

or philanthropy. Whatever their age, whatever their interests, each has found a “volunteer home” at the WSC. Each brings a fresh perspective, a unique style, and great ideas to the “job.” Their service helps ensure other seniors stay connected to the community, and are supported in their efforts to thrive. The City of Winooski, and especially the Winooski Senior Center, deeply appreciates each of our volunteers and is thankful for their service.

If you've been looking for a place to have fun, do some good, and build community connections, give us a call...655-6425. We have a volunteer spot just for you!

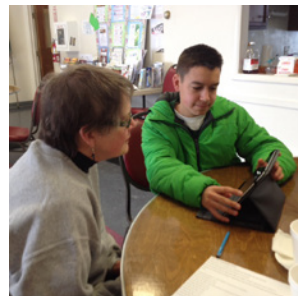
## What's New in the Month of April?

**AARP TaxAide -FIRST WEEK OF APRIL** – We are still here to help you get your taxes done! While this program is focused on low or moderate income folks over 60, anyone of any age can come in and receive tax preparation assistance. Assistance is available Monday, Wednesday, or Friday morning and is FREE. Please call to make an appointment: 655-6425.

**SENIOR CLUB MEETING AND LUNCH** -Tuesday, April 7th – 11:30 am \$4 lunch

**COMEDY PARTY!** April 7th – 2:30pm Cost \$1 Paid Reservations required Join us for an afternoon of laughs, snacks, cash prizes, and fun. Get your best joke ready for our joke contest, and bring your friends.

**TECHNOLOGY FOR TOMORROW** Tuesday, April 14 & 28 at 3:30 pm or Saturday, April 2 & 18 at 10 am. Seniors



*Max instructing Mary on the iPad, Carrie sharing tech tips with Nan, a veteran Tablet user, and Rochelle and instructor Aileen working on her iPhone.*

bring their iPad, iPhone, Tablet, Nook, Laptop, or use our PC's and get one-to-one instruction and answers to their technology questions. Drop in, but give us a call if you know in advance you're coming. Program ending in May, so take advantage of it while you can!



*Frank gets instruction on Skype, so he can keep in touch with his daughter who lives in Europe.*

### AARP SAFE DRIVER COURSE

Wednesday, April 22nd, 9 am 15\$ for AARP members \$20 for non-members. Pre-paid reservations required. This course is a great refresher, and could help you save money on car maintenance or insurance premiums.

**CITY OF WINOOSKI VOLUNTEER APPRECIATION EVENT** - Thursday April 23rd – at the Winooski Senior Center, Time TBD.

**MINDFULNESS GROUP** – every Thursday 6:30-7:30pm. Free twenty minute guided mindfulness practice, discussion and tea is served. Led by volunteer Andrea O'Connor. Sponsored by the Center for Mindful Learning, www.centerformindfullearning.org in Johnson, VT. Part of the Winooski Mindful City Project. www.mindfulcities.org. This is a city wide program, all ages are welcome.

*The Winooski Senior Center welcomes all community members 55 and older! If you have questions about any of the activities listed, please give us a call at 655-6425. Find us at 123 Barlow Street.*



# 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

By Diane Polson, RDH, Tooth Tutor

Now that Winter sports are finished, Spring sports are starting 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, Vermont Dental Care now offers a ride program for dental appointments! Please visit [www.wdschools.org](http://www.wdschools.org) or stop by the Health Office for more information. Any dental questions or concerns, please contact me at 383-6094.

## DOLLARS FOR SCHOLARS

Would you like to sponsor a Winooski High School graduate and help make their dreams come true?

DONATE NOW to Winooski Dollars for Scholars at [www.winooski.dollarsforscholars.org/](http://www.winooski.dollarsforscholars.org/).

# ELEMENTARY SCHOOL LUNCH MENU — APRIL

**DAILY BREAKFAST OPTIONS:** NEW: 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\*\*

## PLEASE NOTE:

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

**Important Dates**

April 8: Taste Test Event  
April 9 & 10: Early Release  
April 13-17: Maple Fest Week  
April 20-24: No School

The Abbey Group's meal options are prepared home-style daily with fresh local products and comply with the new USDA Meal Pattern!

**MENUS ARE SUBJECT TO CHANGE**  
USDA is an equal opportunity provider and employer

**GOOD FOOD ~ HEALTHY LIVING**  
BY THE ABBEY GROUP

WINOOSKI ELEMENTARY SCHOOL  
April 2015

**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  
Ham & Cheese Bagel  
OR  
\*\* Cereals w/English Muffin Or Bagels  
Fresh Fruit & Milk With all Meals



Mon., April 6	Tues., April 7	Wed., April 8	Thurs., April 9	Fri., April 10
General Tso's Chicken Vegetable Fried Rice Steamed Broccoli Dinner Roll Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Spaghetti w/ Meatballs or Marinara Sauce Steamed Green Beans <b>Three Bean Salad</b> Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Chicken Noodle Soup Cheesy Breadsticks Marinara Dipping Sauce Side Caesar Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Taste Test Hummus Dip Fresh Fruit Fresh Milk	Chicken Tortilla w/ The Works Seasoned Chicken Strips, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Rice Pilaf <b>Marinated Black Bean Salad</b> Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Grilled Cheese Sandwich or Grilled Ham & Cheese Sandwich Homemade Tomato Soup Side Caesar Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk

Mon., April 13	Tues., April 14	Wed., April 15	Thurs., April 16	Fri., April 17
Dress Your Own Hot Dog On a Bun Oven Baked Potato Wedges <b>Baked Beans</b> <b>Maple Seasoned Parsnips</b> Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Macaroni & Cheese Steamed Broccoli Side Caesar Salad <b>Maple Muffins</b> Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese Veggie Pizza or Chef's Choice <b>Maple Glazed Carrots</b> Chopped Green Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Taco Bar w/ Hard or Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Rice Pilaf <b>Warm Black Beans</b> <b>Maple Sundae</b> Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Pancakes w/ <b>Vermont Maple Syrup</b> Sausage Links Sweet & White Home Fries Celery Sticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk

Mon., April 20	Tues., April 21	Wed., April 22	Thurs., April 23	Fri., April 24
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>

Mon., April 27	Tues., April 28	Wed., April 29	Thurs., April 30	Looking for a job that lets you be at home when your family needs you there? Come join our Team! Got to the link below. You can download an application or see what we have available through CareerBuilder.
Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked Potato Wedges Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Lasagna Chopped Green Salad Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Chicken Noodle Soup Cheesy Breadsticks Marinara Dipping Sauce Side Caesar Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Sloppy Joes Served on a Bun Garden Pasta Salad Carrot Sticks w/Dip Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	<a href="http://www.abbeygroup.net/careers.php">http://www.abbeygroup.net/careers.php</a>



Meet Kate. Kate represents the thousands of Vermont children who struggle with hunger. This year, the Vermont Foodbank will provide 10 million pounds of food to 153,000 Vermonters, 22% of whom are children under the age of 18 - that's nearly 34,000 children.

The Vermont Foodbank has a number of programs focused on ensuring every Vermont child has enough food to eat.

The **BackPack Program** provides bags of kid-friendly, nutritious food to children when other resources, like school breakfast and lunch, are not available, such as weekends and school vacations.

The **Summer Food Service Program** provides wholesome breakfasts and lunches to children in low-income communities five days per week during the summer. The Vermont Foodbank secures funding so the sites can provide educational and recreational activities in a safe, fun and welcoming environment.

1 in 4 children like Kate will receive food from the Vermont Foodbank. Your donation of \$1 can provide 3 meals to Vermont children in need. [Please give to the Vermont Foodbank today.](http://www.vtfoodbank.org)

**We Support Local New England Companies**

Samosa Man  
Sentinel Orchards  
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Westminster Crackers  
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Champion Orchard  
VT. Hydroponic Produce LLC  
Sunrise Orchards

Lewis Creek Farm  
VT Country Farms  
Cabot Cooperative  
Michaela's Salsa  
Mazza Farm Stand  
Cold Hollow Cider

**Whole grain options offered daily**

**Harvest of the Month Dry Beans**

Beans are one of nature's healthiest foods, they are naturally low in total fat, contain no saturated fat or cholesterol, and provide important nutrients such as fiber, protein, calcium, iron, folic acid and potassium.

National and international expert bodies, including the National Research Council, the World Health Organization, the World Cancer Relief Fund, the National Heart, Lung, and Blood Institute, and the U.S. Surgeon General, have reviewed scientific evidence and concluded that eating beans can be an important ally in maintaining health and may reduce the risk of heart disease and certain cancers. Other studies suggest beans are useful in managing diabetes, may cut risk for high blood pressure and may help in losing weight.

**Three Bean Salad - 12 servings**

Dressing:  
1/4 cup lemon juice  
1/3 cup vegetable oil  
2 tsp. minced garlic  
1 tsp. honey  
1/4 cup Cilantro leaves  
Salt & Pepper to taste

Salted Ingredients:  
1 can kidney beans  
1 can chick peas  
1 can black beans  
1 small red onion

Place lemon juice, vegetable oil, garlic, honey and cilantro in a blender and puree until smooth. Alternatively, finely mince the cilantro and garlic. Then mix together all of the ingredients. Toss the dressing in with the beans and chopped onion. Add salt and pepper to taste. Cover and refrigerate for a few hours (or overnight). Serve Cold

**PLEASE NOTE:** 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: **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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#### 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)*