

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

VOLUME 12, ISSUE 11

AUGUST 2015

*Celebrating Our Achievements!*



**SAVE THE DATE!**

## WSD Back-to-School Family BBQ

- **When:** Thursday, August 20th, 5:30-7:00pm
- **Where:** Winooski School
- **Who:** All families and staff members
- **Why:** To celebrate the beginning of the 2015-16 school year, meet teachers and enjoy a delicious BBQ dinner

*Preschool to 12th grade welcome!  
 We hope you can join us!*

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## Wolfgang Automotive Show Returns!

By Anthony Fitzsimmons

Wolfgang is the Northeast’s “premium quality” automotive show, car rally, and all weekend camping event in beautiful Vermont. Wolfgang hosts all classic and modern, German and European, automobiles and motorcycles, such as Volkswagen, Porsche, Audi, BMW, Mercedes and much more!

This year, the city of Winooski will be hosting **Saturday night’s Wolfgang Air-out gathering (August 1st)**. This spectacular central location makes Wolfgang the ultimate vacation destination. With tons of great sites to see, amazing outdoor activities, water sports, boutiques for shopping, Vermont breweries, places to dine and the famous Burlington and Winooski urban nightlife, Wolfgang is the complete Automotive Event.

The main event will take place on **August 1 and 2** at the Champlain Valley Exposition, in Essex Junction, Vermont. Join us for a fun weekend with German/European cars and motorcycles. For more information, visit [www.wolfgang.com](http://www.wolfgang.com).



MELISSA RIVAS



## Summer Programs Provide Fun Learning For All Ages!

Elementary, Middle and High School students are taking advantage of free programs offered by the district. They are having fun and learning all kinds of useful skills.

See inside pages 7, 8, 10 and 12 for more photos and programming details!



# Enjoying Summer & Getting Ready for School

By Sean McMannon, Superintendent of Schools

I hope that all Winooski families are enjoying the beautiful Vermont summer! My high school-age daughters were lamenting that August is right around the corner and one of them said “Summer is almost over” to which my wife responded “Don’t say that!”. Please take this reminder to soak up every last second of summer by enjoying the wonderful nearby natural areas such as the Gilbrook Nature Area, Casavant Natural Area, Burlington Waterfront, and North Beach.

Also, Winooski provides superb community resources such as the Myers Memorial Pool, Landry Park, Memorial Library, Senior Center, the O’Brien Community Center and the Farmer’s Market. A complete listing of Winooski resources can be found here: <http://www.winooski.org/residents/>

So now that you are planning out your August fun time, I do want to remind you of some important August school dates:

- **Winooski Back-to-School Family BBQ:** Thursday, August 20th, 5:30 pm, WSD Cafe
- **1st Day for All Students:** Wednesday, August 26th

With the beginning of school creeping up I would like to ask for your help in preparing our students for the transition back to school. Here are a few helpful tips to provide a smooth return to school from the following resources:

- <http://www.webmd.com/parenting/family-health-12/back-to-school-prep?page=1>
- [http://kidshealth.org/parent/positive/learning/back\\_school.html#](http://kidshealth.org/parent/positive/learning/back_school.html#)

### 1. Battling the Butterflies

As with any new or potentially unsettling situation — like starting school for the first time or entering a new grade or new school — allow kids time to adjust. Remind them that everyone feels a little nervous about the first day of school and that it will all become an everyday routine in no time. Emphasize the positive things about going back to school, such as hanging out with old

friends, meeting new classmates, buying cool school supplies, getting involved in sports and other activities. It’s also important to talk to kids about what worries them and offer reassurance: Are they afraid they won’t make new friends or get along with their teachers? Is the thought of schoolwork stressing them out? Are they worried about the bully from last year?

Although it’s normal to be anxious in any new situation, a few kids develop real physical symptoms, such as headaches or stomachaches, associated with the start of school. If you’re concerned that your child’s worries go beyond the normal back-to-school jitters, speak with your child’s doctor, teacher, or school counselor.

### 2. Re-Establish School Routines

Use the last few weeks of summer to get into a school-day rhythm. “Have your child practice getting up and getting dressed at the same time every morning,” suggests school psychologist Kelly Vaillancourt, MA, CAS. Start eating breakfast, lunch, and snacks around the times your child will eat when school is in session. It’s also important to get your child used to leaving the house in the morning, so plan morning activities outside the house in the week or two before school. Finally, make sure students get enough sleep, eat a healthy breakfast (free breakfast is served for all WSD students each morning) and have them organize and set out what they need the night before. Homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms.

### 3. Nurture Independence

Once the classroom door shuts, your child will need to manage a lot of things on his own. Get him ready for independence by talking ahead of time about responsibilities he’s old enough to shoulder. This might include organizing his school materials, writing

down assignments, and bringing home homework, says Nicole Pflieger, school counselor at Nickajack Elementary School in Smyrna, GA.

Even if your child is young, you can instill skills that will build confidence and independence at school. Have your young child practice writing her name and tying her own shoes. “The transition to school will be easier for everyone if your child can manage basic needs without relying on an adult,” Pflieger says.

### 4. Create a Launch Pad

“Parents and teachers should do whatever they can to facilitate a child being responsible,” says Pflieger, who was named School Counselor of the Year by the American School Counselor Association in 2012. At home, you can designate a spot where school things like backpacks and lunch boxes always go to avoid last-minute scrambles in the morning. You might also have your child make a list of things to bring to school and post it by the front door.

### 5. Set Up a Time and Place for Homework

Head off daily battles by making homework part of your child’s everyday routine. Establish a time and a place for studying at home. “Even if it’s the kitchen table, it really helps if kids know that’s where they sit down and do homework, and that it happens at the same time every day,” says Pflieger. As much as possible, plan to make yourself available during homework time, especially with younger kids. You might be reading the paper or cooking dinner, but be around to check in on your child’s progress. Encourage kids to:

- develop good work habits from the get-go, like taking notes, writing down assignments, and turning in homework on time
- take their time with schoolwork
- ask the teacher if they don’t understand something

## 6. Make it a Family Affair

Together, you and your child can plan for success in school. For instance, sit down with your child to create a routine chart. Ask your child what she wants to do first when she first gets home from school: play outside or do homework? Her answers go on the chart. “The more kids have ownership in creating a routine for themselves and setting expectations, the more likely they are to follow it,” says Vaillancourt.

Whether their summer was jam-packed with activities or filled with complaints about being bored with nothing to do, kids often have a tough time making the back-to-school transition.

## 7. After-School Plans

School gets out before most working parents get home, so it's important to figure out where your children will go, or who will be at home, in the afternoons. You might find an after-school program through the school itself, a local YMCA, or a Boys and Girls Club. If possible, try to arrange your schedule so you can be there when your child gets home during

those first few days of school. It may help your child adjust to the new schedule and teachers.

## 8. Talk to the Teachers

Of course, teachers are the reason your child is there. To ensure kids get the most out of school, maintain an open channel of communication with the teachers by e-mailing or talking with them throughout the school year to discuss your kids' academic strengths as well as weaknesses. When you talk to your child's teachers, ask about their approach to homework. Some teachers assign homework so kids can practice new skills while others focus on the accuracy of the assignments they turn in. Ask for the dates of tests and large assignments so you can help your child plan accordingly. For instance, if you know a big test is coming up on Friday morning, you will know to keep things simple on Thursday evening.

## 9. Notify School of Medical Issues

- Have your kids received all necessary immunizations?
- Have you filled out any forms that

the school has sent home, such as emergency contact and health information forms?

- Do the school nurse and teachers know about any medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed during the school day?
- Have you made arrangements with the school nurse to administer any medications your child might need?
- Do the teachers know about any conditions that may affect how your child learns? For example, kids with attention deficit hyperactivity disorder (ADHD) should be seated in the front of the room, and a child with vision problems

Most of all, whether it's the first day of school or the last, make sure your kids know you're there to listen to their feelings and concerns, and that you don't expect perfection — only that they try their best.

Thank you for working with WSD to benefit our students!

## School Board Update

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

It is hard to believe that summer is beginning to wind down and that school will be back in session again very soon. It is even harder to believe that I am nearly half way through my fifth year on the Board.

I took some time to reflect on the path we have taken over the past 4+ years and I can honestly claim that I am excited as we continue on our journey of change and improvement in this awesome district. The State of Vermont has mandated that we move to a model of proficiency-based learning within the next few years and we are among the leaders in this transition in Vermont.

The changes are many but those that have had the most impact are few. The change in the Board has been nothing short of amazing. We have

gone from a viewpoint of running the school to making certain that the school is run well. Our Leadership team is stable for the first time in years even if we acknowledge the retirement of Mary O'Rourke, long a fixture in the elementary school (this type of turnover we can embrace). The staff feels empowered to help drive us forward rather than waiting for the next shoe to fall on another directive. The School Board is focused sharply on the outcomes of the district. We have moved from a district of three individual schools to a fully integrated Pre-K – 12 system all moving in the same direction.

When I ran for the Board several years ago I was asked often “Why would you do that to yourself?” There were times early on that I had to stop

and think about that. Now, with an incredible group of peers on the Board, it is easier to answer: “Because it has been so rewarding to see the growth and advances that an organization can make if given the freedom to move forward with participation by all involved without a fear of failure.”

We are also working to do something that we have not done well in the past and that is to shout out loud about our successes and use our shortcomings as learning and not for punishment. Great things are in the works and I invite you to join us either at our meetings or online at [www.RETN.org](http://www.RETN.org). IF you only watch the “Focus on Learning” section early in our meetings you will be amazed at what is taking place inside our walls.

## Meet the New Afterschool Program Director

Hello and Happy Summer!

My name is Suzanne Skaflestad. As of July 1<sup>st</sup>, I took over for Barb Russ as the new Program Director for Winooski's 21<sup>st</sup> CCLC program. I am excited to join the Winooski community and work with the school and community partners to offer afterschool learning opportunities that students are excited to attend.



program in St. Albans gave me a bracelet. She explained to me that she gets one blue bracelet each time she completes one loop around the school. I told her that I would wear the bracelet on my first day at Winooski as a reminder to continue to work hard to achieve my goals. She responded, "Cool!" (with a smile)

I share this story with you because it is the connections that I have made with students and adults that has made my work so meaningful. And, it is the connections that I look forward to making in Winooski that will continue to inspire me to bring quality programs for students... that we all benefit from.

I am getting to know some of the students, their families and the staff. For those of you I have not met yet, I hope you are having a fun filled and relaxing summer. See you soon.

Go Winooski!

I have always enjoyed working with children of all ages. Having grown up in Port Washington, Long Island, I have been so fortunate to work with and experience diversity. I look forward to working with the diverse student population in the Winooski School District.

For the past eight years, I managed a 21<sup>st</sup> CCLC program in St. Albans. Before I left my position, a student who participated in our Girls on the Run

## Food Service News

By Rebecca Goulet

As we prepare for the new school year, the Winooski School District will begin its second year of participation in the Community Eligibility Program (CEP). Since over 40% of our students are certified to receive free school meals, we can continue to serve ALL students free breakfast and lunch. Bag Suppers will also be available for students participating in afterschool programs.

Please keep in mind that families that are not directly certified for free meals, will still be asked to complete a form, to verify household income. Completing the form is very important, as the data for our school to qualify for other federal and state grants. Forms will be mailed out Mid-August and can be returned to either Principal's office or the Copy Center in the main lobby.

## Winooski MHS and Rice High School Honor Roll – Fourth Quarter: 2014-2015

### HIGH SCHOOL

#### Seniors

##### First Honors

Uyen Bui

##### Second Honors

Phul Maya Bhattarai

Har Wa Bi

Nathalie Bray

Mina Dhamala

Michaela Metivier

Amanda Nattress

Victoria White

#### Juniors

##### First Honors

Hannah Little

Brandon Bigelow

##### Second Honors

Pascal Siki

Edmund Do

Ledania Taylor

#### Sophomores

##### First Honors

Rui Chen

Riley Corrigan

Colton Lavalette

Hussein Sadik

##### Second Honors

Ennis Horozovic

Mariah Metivier

Thong Nguyen

Bhim Shrestha

Santi Subedi

Holly Turner

#### Freshmen

##### First Honors

Dhan Dhamala

Jarod Fountain

##### Second Honors

ThaZin Aye

Heaven Clogston

Brianna Holton

Lai Lar

Elisha Limbu

Dylin Traverse

Olivia Treadwell

Rebecca White

### MIDDLE SCHOOL

#### High Honors

Yatrika Dhamala

Indra Ghaley

Matt Hill

Ines Horozovic

Parker Kane

#### Honors

Tabarik AbdulSalam

Tiba Al Jarah

Hussein Al Sammraee

Shennelle Bailey

Kaw Ra Ban Bi

Linden Bronz Russo

Xavier Clark

Nishan Darjee

Sierra Davis

Dhiraj Dhakal

Sophia Do

Evan Eaton

Adison Granger

Hasan Hashim

Abigail Hayford

Rebekkah Lambert

Nicole Laplante

Sa Me Lar

Tasha Larose-Terry

Eh Kh Luu

Penny Ly

Ashbin Manger

Neesha Monger

Dah Lar Moo

Andy Phuong

Tiffany Phuong

Anita Pradhan

Susmita Rai

Khadija Rai

Faisal Shaaban

Destiny Syharaj

Kayle Willard

Azee Zar

### RICE HIGH SCHOOL

#### Second Honors

Jenna Flint

Olivia Lesage

Cole Thornton

## ANNOUNCEMENTS

### Save the Date!

By Linda Gregoire

Dollars for Scholars wants you to come to our **Fall Calcutta** on **Friday, October 23** in Winooski. With hearty appetizers and a chance to win \$1,000. You won't want to miss it!

Anyone interested in helping, we urge you to get in touch at [winooskidollarsforscholars.org](http://winooskidollarsforscholars.org). or by calling one of our volunteers at 802-655-3739 and ask for Linda. Hope to talk to you soon!

### Gardeners: Please share extra produce with the Food Shelf

By Linda Howe

We would be most grateful for any extra fruits and veggies you might have growing in your yard. To arrange a drop off time at the Winooski Methodist Church please phone 318-0460. Thank you and happy gardening!

### Remember the 2014-2015 School Year with a JFK Yearbook!

JFK Yearbooks are still on sale for \$10.00. They can be purchased in the JFK office during the summer or from Mrs. Goetz in room 15 once school starts again in the Fall.

### Join Us For Coffee and Socializing!

By Sister Pat McKittrick

The WCSPC UVM Medical Center and Starbucks sponsor:

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

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

### Middle-High School Fall Sports Start in August!

By Dennis Barcomb, Athletic Director

Here are the dates ( specific times will be announced later)

- **Varsity Football:** Mon., August 10
- **Varsity Boys and Girls Soccer:** Thurs., August 14
- **Middle School Boys and Girls Soccer:** Wed., August 26 (First day of School)

Students must provide a copy of a current Physical exam and proof of insurance. Game schedules can be found at [www.wdschools.org](http://www.wdschools.org) under the athletics/ fall sports tab. If anyone has questions please email me at [dbarcomb@wdschools.org](mailto:dbarcomb@wdschools.org)

### Winooski Food Shelf adjusts Wednesday's hours and keeps Saturday hours the same

By Linda Howe

In August, the Winooski Food Shelf will be open the second and fourth Wednesday of each month from 2:00 p.m. to 4:30 p.m. for pantry staples including canned and dry goods. That will be August 12th and 26th. The Food Shelf will also be open the second and fourth Saturday of each month just for the fresh fruits and veggies, bread, pastry and deli items donated by Hannaford. Fresh food will be available August 8th and 22nd from 9:30 a.m. to noon. Pet food will be available. The Food Shelf currently serves over 140 households with over 400 people receiving assistance.

The Winooski Food Shelf is located in the Winooski United Methodist church at the corner of West Allen Street. There is a bus stop on the corner. We do not offer rides home. Try to bring a suitcase on wheels or wheeled cart if you are walking home. Please use the Follett Street entrance and bring proof of Winooski residency such as a utility bill. For questions call 318-0460.

### Late Summer Camp Option for Kids Ages 5-12

By Doug Bishop, GBYMC Communications Director

Not sure what the kids will do the last week of the summer? The Y's LARGER THAN LIFE late summer camp at the Winooski Y and O'Brien Community Center will run August 17th – 21st from 8am-6pm. Children will design and construct life size games and play them!

Registration closes soon. For ages 5 –12 (children must have completed kindergarten). Please provide children with 2 snacks, a lunch, a water bottle, and comfortable shoes for active games.

Cost of camp is \$170.00. Space is limited. To register visit [www.gbymca.org/specialty-day-camps/](http://www.gbymca.org/specialty-day-camps/)

### Community Support Group Starting

By Eileen Fraga

I am starting a local support group where parents relatives and friends of children with disabilities can share stories, ask questions, discuss the IEP process, school issues, etc. or just talk.

The hope is to share with each other and to have someone who understands what we are going through. I am a grandmother of a beautiful little girl with disabilities who is entering Kindergarten next year. I have worked as a Para-professional for my granddaughter for the past 3 years at the Winooski School.

If you are interested in being a part of this support group please contact me by phone, e-mail or facebook.

Contact me at 802-825-8057, or [efragaw3@msn.com](mailto:efragaw3@msn.com). I look forward to meeting you.

## Five Easy Steps to Take the CCTA Bus to School

**STEP 1:** Arrive at your bus stop on time and board the #9 Riverside/Winooski. Here are the bus stops in the west end and the time you should arrive at the stop. You have two options – an early trip and a later trip:

Choose your bus stop	Early Trip Arrive at Stop at this Time	OR	Later Trip Arrive at Stop at this Time
Malletts Bay Ave. @ St. Peter St.	7:00 am		7:31 am
Pine St. @ Hickok	7:00 am		7:31 am
Hickok @ Elm St.	7:02 am		7:33 am
Hickok @ Chick's Market	7:02 am		7:33 am
West Lane @ Malletts Bay Ave.	7:02 am		7:33 am
Malletts Bay Ave. @ YMCA (bus shelter)	7:05 am		7:36 am
West Allen St. @ Follett St.	7:05 am		7:36 am

**STEP 2:** Take the bus to the Champlain Mill and ask the bus driver for a transfer when you get off the bus. The early trip will arrive at the Champlain Mill at 7:17 and the later trip will arrive at 7:50.

**STEP 3:** After you get off the bus, you will need to cross the street and go to the large glass shelter in front of the Champlain Mill.

**STEP 4:** Board the next #9 Riverside/Winooski bus that arrives at the glass shelter. The early trip bus will arrive at 7:26 and the later trip bus will arrive at 7:56. Give the driver your transfer when you get on the bus.

**STEP 5:** Get off the bus at the Main Street stop at Normand Street near the school. The early trip will arrive at school at 7:33 and the later trip will arrive at 8:02.

## Read, Play and Have Fun Become a READ TO ME Volunteer!

*By Phet Keomanyvahn, Coordinator of Volunteer Mobilization-RSVP Program, United Way*

Child Care Resource needs volunteers to support literacy and language development for children. Volunteers will work with children (infant to preschool) in home childcare businesses run by childcare providers participating in the New American Women in Business program.

Volunteers will also support providers by working collaboratively to develop effective techniques to engage children and bridge cultures.

Call Today! Contact Phet Keomanyvahn at 861-7821 or email phet@unitedwaycc.org.



## Grandparents Needed

*By Susan E. Abell, Program Coordinator*

United Way's **Foster Grandparent Program** needs volunteers age 55 and over to make a difference in the lives of children in Chittenden, Franklin & Grand Isle Counties.

Foster Grandparent volunteers serve 15-40 hours a week at preschools, child cares, Head Starts and elementary schools under the supervision of teachers and staff. They may help with tutoring, mentoring, and self-esteem building activities appropriate for the age of the child.

In Chittenden County, volunteers are particularly needed for schools in Burlington, Milton, Essex and Hinesburg but many other locations are available. A small non-taxable stipend is provided. Contact Susan Abell at 861-7823 or email susan@unitedwaycc.org.

## Ice Cream Social at Landry Park!

*By Karen Prosciak*

Save the date! **Thursday, August 13, 11am-1pm**

Is your child starting Kindergarten this fall? Is your child in preschool or you would like to find out more about preschool opportunities in Winooski? All parents, caregivers and children up to 5 years of age are invited to join us to meet other children and families in Winooski, find out about resources and activities and enjoy a healthy lunch and of course, some ice cream!

If it is raining, please head to the Winooski Family Center at the O'Brien Community Center.

This event is hosted by Winooski Family Center and Winooski Memorial Library. Questions? Please call 655-1422.

## Save Box Tops!

The PTO is continuing to collect Box Tops this year. Please save them over the summer and bring them to school. This year we collected over 12,000 Box Tops which helped us earn \$1,235.00!

**Please note: We no longer collect Campbell's Soup Labels.** Thank you!



## A Welcome from Your New Principal

By Sara Raabe, Principal



Hello, everyone! I would like to take this opportunity to introduce myself as the new principal of JFK Elementary. My name is Sara Raabe, and I am delighted and to be joining the Winooski

community. I grew up in Vermont, and received both my undergraduate degree in Elementary Education and my Masters degree in Educational Leadership from The University of Vermont.

I have been in education for 16 years, most recently as Principal at Lothrop Elementary in Pittsford, Vermont. I started my career in education as a

grade 4 teacher in New York City at The Alexander Robertson School. During the five years I was there, I was also the Science Curriculum Coordinator, and participated in implementing new social studies and literacy curriculum. After returning to Vermont, I taught a 2/3/4 multi age in Isle La Motte for two years, and then a 5/6 loop in Charlotte for five years. After Charlotte, I started my administrative career in Swanton as the Assistant Principal for two years, and then moved onto Lothrop, where I have been for the past two years.

I currently live in Shelburne with my husband, Abou Becker, who is a mail carrier. Our daughter, Anais, will be in 5<sup>th</sup> grade this fall at Shelburne Community School. We also have a dog, George,

who is still a puppy, and keeps us on our toes. In addition, I have parents that still live in Charlotte, and a sister that lives in Shelburne with her family. My other siblings live in New York City, London, and Colorado. My husband's family lives in France, and Cote D'Ivoire.

Throughout my career in education, I have maintained a focus on creating collaborative relationships, building strong learning systems and supporting a positive school culture. I look forward to building long-lasting, trusting relationships with the families and community of Winooski.

Please stop by and introduce yourself in the fall. Have a wonderful summer!

## Fun & Excitement at JFK Elementary Summer School

By Sarah Murphy



different countries through literacy studies. As a culminating activity for the four weeks, groups of students had the opportunity to share their learning with each other through small and large group presentations, a wonderful chance for students to practice their speaking and listening skills. Overall, student engagement was high, new learning was happening in all rooms, and fun was being had everywhere! Check out these pictures to see some of the great work that happened!



Nearly 100 elementary school students joined with some of the J.F.K. Elementary School staff for four weeks of fun, excitement, and new learning during the J.F.K. Summer School program. Students were broken into grade level teams where they spent time learning about different continents, countries and cultures. Teams of students spent time learning about and cooking native dishes, exploring different aspects of the cultures through the arts, and learning about several



# New ELL Students Discover Force and Motion

By Kristin Van Fossen, ELL Teacher



This year, the newest ELL students at JFK spent their time at summer school exploring Force and Motion in the world around us. Students experimented

with different amounts of force while bowling. They observed that different sized balls create different amounts of force. They also had a great time and got really in to the game.

Students used the forces of push and

pull to move through the water at Button Bay State Park. They also enjoyed taking in the Beautiful Vermont scenery and eating a picnic lunch off the grill.

We rode bikes at Burlington's waterfront. Students learned a great deal about the forces of gravity and friction. They had to push the pedals hard so that gravity did not pull them down. The students observed that it was more difficult to ride a bike on the sand or on the grass then on the pavement because of friction. They were real JFK stars striving to learn the brand new skill of riding a bike all by themselves. And they ALL did it!

On the last day of summer school



we visited Sugar Bush Resort. Students experienced Newtown's laws of motion as they rode a zipline through the air. They felt the force of gravity as they jumped on a trampoline and in the bouncy house. They rode a chairlift that pulled us to the top of the mountain and they felt gravity pull us back down.

We had a wonderful time and the students learned so much. We can't wait to see them all again in the fall!

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## Ch-ch-ch-Changes!

By Deb LaForce

My dear friends of Winooski,

When I walk into JFK Elementary on the morning of August 26 it will be my last first day of school. Fifty-five years ago at the ripe age of five I entered Memorial School on Union Street in Winooski full of excitement, nervousness and imagination! Little did I know there would be another fifty-five first days of school ahead of me!

I worked extremely hard in school, harder than I ever thought possible and although my school career wasn't full of awards and accolades I knew who I was and what I wanted my future to hold. I wanted to teach, but not only did I want to teach I wanted to teach in my hometown of Winooski. This goal became my passion giving me the direction I needed in life. Upon my graduation from Trinity College in 1976 I interviewed in Winooski and was offered a job teaching first grade. No one person alive was as elated as I was signing that contract and over the years that feeling has never faded. Forty years later I still feel like the luckiest girl in the room!

I have always felt that JFK Elementary has been more than a workplace for me; it's where I belong. Unfortunately, lives change daily and mine was no exception. In 2004 I had to relocate to another town after living in Winooski my entire life.

Although I had a new address and zip code my heart and my home were still in Winooski and are to this day!

I would like to thank my dear friends in Winooski. It has been a pleasure to teach your children and watch them grow into the marvelous men and women, boys and girls they have become. Many of my proudest moments and biggest accomplishments have happened while teaching your children. I also want to thank the Winooski School District for allowing me to live out my dream. When I enter JFK I have another family waiting for me listening intently, cheering me on and catching me if I fall.

To end, I want to leave you with a few sentences from a letter written to me by my UVM student upon her departure this past April. She writes, "when I asked you if you were sad to retire and not have your teaching job anymore you said, "teaching is not a job to me, it's my mission in life!" Her reply was you totally amazed me by your statement. I have never met a teacher who teaches from her heart and puts her heart into everything and everyone she teaches!

Someone once said, "Every child deserves a champion - an adult who will never give up on them, who understands the power of connection and insists that they become the best they can possibly

be," no words have ever been so true!

Thank you all from the bottom of my heart! I will never forget where I came from because my roots will always be buried in Winooski.

To ALL my former students my wish during my retirement is to write a book entitled *A Letter to My Teacher*. I would love it if all my former students would write me a letter. In the letter I would like you to give a brief description of how you are and what you are doing. I want to know about your family and your accomplishments since graduating. Lastly I want you to share one thing you may remember about our time together.

My hope is to write you back to share memories of your time in my class. I will not use your letter if you don't give me prior permission. If you know of anyone who was in class with us and might not see my letter call them and encourage them to write a letter also. You can send the letters to: Debra LaForce, John F. Kennedy School, 70 Normand Street, Winooski, VT 05404. Please include your address as well so I can write you a reply. Once again parents of my former students young or old thank you from the bottom of my heart for the best forty years ever! I will leave you with so long not good-bye because Winooski is where I came from and where I'll always belong.



## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Happy August!

By Leon Wheeler, Principal, WMHS

In a few short weeks the 2015-16 school year will begin for the children of Winooski. The teaching staff returns for seven days of training and preparation on August 17, and paraeducators join the teachers beginning August 20. Together we'll be working and planning to improve teaching and learning in our school so that each student has greater opportunities to explore his/her interests and dreams and build their skills to be college and career ready.

In the midst of these pre-service days, Thursday, August 20<sup>th</sup> at 5:30pm we welcome all students, parents, guardians, and community partners to join the school staff, administrators, and board for our annual Welcome Back BBQ in the cafeteria. Come and meet the adults committed to educating the children and youth of Winooski, connect with other parents and students, have a tasty meal, and take a classroom tour. And as you do these things I trust you will feel the sense of hope and belonging that's growing in our amazing community!

It seems that life periodically interrupts our routines and reveals new insights, at least when we are open to new discoveries. For the administrative team, it's been a joy to deliver Meals on Wheels on Thursdays through the summer. Meeting local residents as we deliver meals, sharing smiles and greetings, listening to stories and jokes. We're paid to do important work here in the school, and I find it rewarding. With this summer experience, however, I was reminded that helping others is an important part of learning, spreading goodness not only to those being served, but even more importantly bringing warmth to my own heart. As an added blessing, the two Winooski City employees who trained Kate and me, both Winooski graduates, were enthusiastic and full of positive energy as they walked us through the delivery route. It was great to know that there are many in our city working to make this a place of hope and wellness.

Hold fast your dreams, and be well!

.....  
*Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly*

— LANGSTON HUGHES

.....

*“But experience has taught me  
that you cannot value dreams  
according to the odds of their  
coming true. The real value in  
in the stirring within us is the  
will to aspire.”*

— SONIA SOTOMAYOR

.....



### Literary Magazine Available

Free copies of the recently published WMHS Literary Magazine, *Escaping the Imperfect Circle* are available at the Middle/High School office.

Inside you'll find 11 poems and 15 essays penned by Middle and High School students. Their thoughtful work will inspire you!

### 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.”*



# Winooski Farm-to-School program

By Jaycie Puttlitz, Wellness Coordinator



*Bishal Bista and Nate Whitney prepare beds for farming.*

This summer, four Winooski High School students have had the opportunity to be a part of the beginning of a Winooski Farm-to-School program. Bishal Bista, Taylor Duffy, Eddie Lamson and Nate Whitney were hired to be members of a teen farm crew through the City of Winooski summer employment programs. With the leadership of Meghan Young, an Americorps volunteer with the City, the farm crew is maintaining various gardens throughout the city including the

school's own garden started in the spring by elementary students.

Their largest endeavor has been farming a quarter-acre plot at Pine Island Community Farm off Malletts Bay Avenue in Colchester. They have had some additional labor and resources from the Vermont Youth Conservation Corps (VYCC), and a UVM nutrition intern, to get the Pine Island land ready for farming, but the development, planting and harvesting has been primarily through the efforts of the Winooski teen farm crew.

"I have been extremely fortunate to have the chance to lead this awesome group of teens from Winooski High School," says Meghan Young. "They have blown all my expectations out of the water and work through the most mundane and physically demanding tasks of farming without complaints and without giving up. They are respectful, pay great attention to details and directions, and make work fun."

At Pine Island, the farm crew has planted tomatoes, peppers, eggplant, basil, cucumbers, pumpkins, potatoes, radishes, beans, scallions and sunflowers. They will be able to take some of the produce home, but most of it will end up being served at school by The Abbey Group and incorporated in the gleaning program run through the City of Winooski Youth Programs. "It's nice to know we get to eat the food we grow," says Bishal Bista. Nate Whitney agreed, adding, "And that all of this hard work is paying off."

The farm crew has also had the chance to visit and work at various local farms to develop a better understanding of the differences between each farm's practices and becoming exposed to different types of agriculture. They have visited popular farms such as Shelburne Farms, and have traveled as far as Bella Farm in Monkton.

The VYCC continues to offer educational and employment opportunities to Winooski high school students throughout the year to learn about farming at the VYCC farm in Richmond. With this summer opportunity through the city, Winooski teens are able to bring their farming and gardening interests to the community they live in, and share the fruits of their labor with neighbors and classmates.



*The Teen Farm Crew are Nate Whitney, Eddie Lamson, Meghan Young (leader) and Taylor Duffy. (Missing from photo: Bishal Bista) photo credit: Alexandra Genimatas*



*Eddie Lamson watering seedlings.*



*Nate, Bishal and Meghan prepare the other 1/8 acre plot for farming. Good view of Pine Island farm plots.*



*Basil is planted among the potatoes and eggplant to ward off pests.*



## Spartan in Motion - The Survey Results Are IN!

By Nancy Keller, M.Ed., Middle Grades Teacher

Current and emerging research shows that an active body primes the brain for learning, helps develop self-control, improves mood and counters obesity. If students are to benefit from a lifetime of health and wellness, research shows that a physically active childhood and adolescence is foundational. In response to this research, Winooski Middle School staff and students created the Spartans in Motion (SIM) program, a daily 25-minute physical activity period for students. The results from our year-end SIM Survey are in. Check out a sampling of what our middle schoolers are saying and thinking about physical activity, in general, and our SIM program, in particular.

The survey asked students to rate how true each one of these statements were for them. Here are a few of the highlights:

### 1. I understand the value of fitness.

True or Mostly True - 87% Neither - 11% False or Mostly False - 2%

### 2. I am comfortable with physical activity.

True or Mostly True - 85% Neither - 8% False or Mostly False - 7%

### 3. I put effort into physical activity.

True or Mostly True - 64% Neither - 21% False or Mostly False - 15%

### 4. Physical activity helps me academically.

True or Mostly True - 56% Neither - 29% False or Mostly False - 15%

### 5. Physical activity improves my mood.

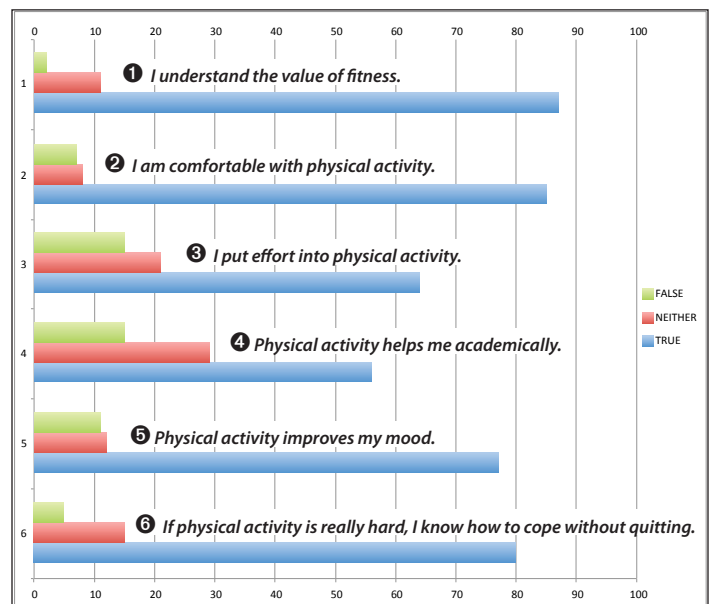
True or Mostly True - 77% Neither - 12% False or Mostly False - 11%

### 6. If physical activity is really hard, I know how to cope without quitting.

True or Mostly True - 80% Neither - 15% False or Mostly False - 5%

When students were asked, how SIM made them feel, 65% gave a very positive reply, while 14% thought it was good. Here is a sampling of their written replies:

- “SIM has made me feel energized and happier.”
- “SIM makes me feel more active and I have a good mood.”
- “Calmer.”
- “It makes me feel happy and cheerful and it’s like a “new me” after SIM.”
- “Tired.”
- “SIM made me feel happy, especially when we went outside, but it makes me tired.”



- “I don’t like SIM very well. We should run a mile.”
- “Sweaty.”
- “It makes me feel good about myself.”

While a single survey is not the only way to assess a program, we are pleased with the positive feedback from our students and are looking forward to the coming school year, as we continue to evolve and improve SIM for all of our students. As our middle schoolers learn to move, they are also moving to learn.

# Learning Happens During the Summer!

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

The Winooski Middle School Students are taking responsibility for their learning this summer. The students are engaged in a variety of enrichment opportunities that include:



Sujit enjoying Bait Fishing at Colchester Pond.

Pre-Algebra, Cooking and Community, Braided Rugs, Patterns in Math, Soccer, Cycling, Cartooning, Fun with Science: Electricity, Bait Fishing, Babysitting, Altered Books, Astronomy, Water Rocketry, Pizza Baking in the Wood Oven, Explore Vermont, Water Week, Volleyball, Rock Climbing, Sailing, Fitness Training and more! The summer program offerings are made possible through a partnership with the Winooski School District, Sarah Holbrook Community Center, and Burlington schools.

In these various classes, students will: take pre-Algebra for a ½ credit, experiment with new recipes and learn about the science of ingredients, braid scraps of fabric together to make a rug, explore the patterns in arts, nature and math, create a character and tell a story through a comic, develop skills and knowledge as students engage in a variety of sport activities, take a “Safe Sitter” course, create a three-dimensional collage, learn about our solar system, learn about Newton’s laws of Motion, and take day trips to learn about Vermont’s history, agriculture, and immigration.

During a visit to the summer program, the Cartooning instructor shared how impressed she was with the students participating in her class. She commented,

“The students used complex panel



construction in their comic, pretty unusual for kids their age. I was also impressed that they chose to work on a collaborative cartoon bringing their characters into the same world. Collaborating is not an easy thing to do!” The students were proud of their work and wanted to share it with others.

The students were happy to talk about what they are learning this summer:

“Taking pre-Algebra during the summer is helpful because it will help me remember and practice what I learned during the school year. I understand the negative and positive signs much better now.”

“In cartooning, I learned how to develop a collaborative cartoon with support from the teacher.” “I learned about comic authors.”

“In Altered Books, I learned that Altered Books is a form of Art.”

“In Fun with Science, I learned that Neutrons are always negative and protons are always positive. I learned that the snap circuits have to be complete to make electricity.”

“In Babysitting, I learned that when you are babysitting, you are not supposed to let anyone inside the house that you do not know.”

Here is what they like about their classes so far:

“I liked that students from other schools wanted to work with us on a project.”

“I liked how we worked together to make food and learned a different style of food.”

“I liked that we got to be creative.”

“I liked learning new recipes and practicing the recipes with the teacher.”



Ana waiting for the van.



Neesha working hard on her Pre-Algebra.

“I liked everything!”

One of the parents whose daughter has been involved in the program for years is thankful that her daughter has had the opportunity to be engaged in activities she enjoys during the summer. She commented, “It helps the kids stay active during the summer. Financially, it is so helpful. Most camps you have to pay for and this camp is free. And, they even get to pick the programs they want to be in!”

As students got off the van one day, they said, “I am definitely doing this next year.”

What a great way to end the day!



The rain does not stop our students from attending their classes!



Sujit and Nishan with another climber.

## Update from your City Council

By Seth Leonard

Summer weather means infrastructure work in Winooski!

Among other smaller projects, the Public Works department will be working on an update to the turning and thru lanes at the Spring Street and Main Street intersection, Circulator Safety Improvements, the West Allen Dog Park, and the development of an additional parking area between CCV and the new Riverrun development. Thank you for your patience if any of this work disrupts your daily movement around the city, but we look forward to seeing the results!

We have completed our second full month with parking meters downtown.



In the coming months City Staff will work with City Council to develop budgeted uses of parking revenues that our community can clearly identify. The budgeting process takes additional time after installing the meters as we get a handle on the reality of volume versus what we projected.

The City Council accepted a targeted December 2017 completion date for the Municipal Plan project. The 2017 plan will be the culmination of work you are seeing from the Department Commissions, the Planning Commission, the Form-Based Code Gateways Project, departmental reorganizations, and numerous other projects aimed

at preparing for Winooski's future. A grassroots example of this work includes the Community Services Department holding a Parks and Recreation planning session at Landry Park on July 18<sup>th</sup> that focused on future uses and investment strategies for municipal park spaces.

You will also see the city working in the coming months to map out our long-term facility needs, as we think about future programming in spaces like City Hall, our Public Safety facilities, the Senior Center, the Community Center, and the Library. We need your input! I hope you will engage in these discussions and events as they become available. Please help us set goals and a vision for Winooski's future!

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.

## Tax and Water/Sewer Bills Due Aug. 15

By Carol Barrett, City Clerk

We mailed out the Tax & Water/Sewer Bills July 15. The First installment of taxes will be due on August 15, 2015. August 15, is a Saturday and Monday is Bennington Battle Day which is a holiday for City Employees. We will be accepting tax payments on Tuesday, August 18, 2015 without any interest.

City Hall hours on Tuesday will be 7:30 to 5:00 p.m. If you have any questions please contact me at [cjbarrett@winooskivt.org](mailto:cjbarrett@winooskivt.org) or call 802-655-6410.

## Miss a meeting? Watch online!

By Meghan O'Rourke

Channel 17/Town Meeting TV records Winooski municipal meetings for airing on cable channel 17 as well as online. For a complete archive of all Winooski programming visit: <http://www.cctv.org/watch-tv/town/winooski> Do you want to learn to make your own video programs about life in Winooski? Contact [morourke@cctv.org](mailto:morourke@cctv.org) to find out about group or one-on-one trainings.

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

### Stay in Touch: Join Front Porch Forum!

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

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

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

# Winooski's Summer Food Program

By Ethan Hausman

The City of Winooski's Summer Food Service Program (SFSP) continues through August. Funded by the USDA, the Program is designed to ensure that children who rely on low-cost breakfasts and lunches during the school year continue to have access to healthy meals and snacks throughout the summer. Food is provided to all children without charge, and no child will be discriminated against on the basis of race, color, gender, age, religion, national origin, or disability.



Children do not need to be enrolled in any recreational or childcare program in order to receive free meals. All children 18 years of age or younger are served meals at the two locations listed below, Monday-Friday. Snacks are available Wednesday – Sunday afternoons at Myers Pool. Please contact Ethan Hausman in the City's Recreation and Parks Office (655-1392 x21 or ehausman@winooski.vt.org) for more info.

## MEAL SITE LOCATIONS & DATES

<b>O'Brien Community Center</b> 32C Malletts Bay Avenue Winooski, VT	<b>Through August 14</b> Breakfast 9:00 – 9:30am (Mon. – Fri. only) Lunch 12:30 - 1:00pm (Mon. – Fri. only)
--	---

## SNACK SITE INFORMATION

<b>Myers Pool at Landry Park</b> Pine Street Winooski, VT	<b>Through August 22</b> Afternoon Snacks 3:00 – 5:00pm (Wed. - Sun. only)
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\*PLEASE NOTE: Snacks will not be served on Mondays or Tuesdays. The Snack Bar will also be closed whenever Myers Pool is closed. On weekdays (Wed-Fri), that the Snack Bar is closed due to rain or inclement weather, snacks will be served in the Winooski Memorial Library (32 Malletts Bay Ave). Snacks will not be available on weekends when Myers Pool is closed.

## WCSPC Update

By Sarah Petrokonis, Community Mobilizer/Project Coordinator, Winooski Coalition for a Safe and Peaceful Community (WCSPC)

Support the movement against youth tobacco use in Vermont. Tobacco advertising is more influential on teenage smoking behavior than peer pressure, and the more often kids are exposed to tobacco advertising, the more likely they are to start smoking. In Vermont, kids are exposed to tobacco advertising in retail stores where tobacco is sold. Learn more about this issue and what parents can do to help at [www.counterbalancevt.com](http://www.counterbalancevt.com) and on Facebook at CounterBalanceVT.

This past winter the Winooski Coalition facilitated our first Above the Influence (ATI) group. Each week, middle school students met to learn about drug use in their community in addition to informing and engaging the public. They started the year by creating original art with an anti-smoking theme and posted it in places they identified as locations that see substance use. After completing other projects, they finished the school year by co-facilitating a public event—Part II: Creating a Thriving and Drug-Free Winooski.

This fall we look forward to continuing our middle school ATI group in addition to creating a high school ATI leadership group. We also look forward to increasing our community's knowledge of effects of tobacco, alcohol, prescription drugs through the facilitation of the Drug-Free Winooski project.

And if you haven't already, please check out our new website! <http://wcspc.org/>

## WCSPC Photo Gallery

Photos by  
AmeriCorps  
VISTA worker  
Dylan Kelley



Here are a few photos from our event "Part II: Envisioning A Thriving, Drug-Free Winooski." Check out our website at [www.wcspc.org](http://www.wcspc.org) for more information.



## Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

*"You're never too old to make new connections  
You're never too young to make a difference."*



Imagine a generation gap so wide that it seems impossible to bridge... **Technology 4 Tomorrow** (T4T) to the rescue! Thanks to the folks at T4T, local high school students from Upward Bound (Winooski students included) have been uniting with senior citizens through free technology training. T4T's mission is to empower students with opportunities to further develop communication and leadership skills and to empower senior citizens to more effectively communicate with family and friends, strengthening community engagement.

T4T's free Summer Workshop Series at the Senior Center has been well received, with students and seniors engaged in one-on-one tech talk for an hour and a half each session! Along with the workshops, T4T and the Senior Center presented a humorous and heartwarming feature documentary film *Cyber-Seniors*. This film focuses on a group of senior citizens who take their first steps into cyber-space under the tutelage of teenage mentors. The film renders a thought-provoking look at a spirited group of men and women who are enriched by digitally re-connecting with their families and each other.

Many thanks to Winooski graduate **Eli Harrington** for his leadership and development of this venture and to the new Executive Director **Kelly Frederick** who consistently brings patient and smiling teenagers to our Senior Center every week.



Learn more at: T4T's website: <http://tech4tomorrow.org/> and check out the *Cyber-Seniors* film at: <http://cyberseniorsdocumentary.com/>

### FREE PROGRAMS AND ACTIVITIES

We are continuing with **Bocce** every Tuesday evening at 5:30. We play on a grass court and all adults are welcome. We have **Walking Groups** every Tuesday and Friday at 9:30am. **BINGO!** is played every Thursday at 12:30pm following the community meal at 11:30am. **Tai Chi for Arthritis** is presented on Mondays at 10 & 11am and on Wednesdays at 5:30pm. Come on down for **Easy Does It Line Dancing** on Mondays at 1pm.

Please stop by the Senior Center and check us out! We are located at 123 Barlow Street and are open Monday - Friday 8am - 12:30pm, and on Thursdays until 3:00pm. We are always looking for volunteers to help with senior programs, Meals on Wheels drivers, and to be a friendly face for our seniors who treasure time spent talking and laughing. You are always welcome!

You can reach us by phone at 802-655-6425 or by email at: [seniorcenter@winooski.vt.org](mailto:seniorcenter@winooski.vt.org).

## Support the Movement Against Youth Tobacco Use

Tobacco advertising is more influential on teenage smoking behavior than peer pressure, and the more often kids are exposed to tobacco advertising, the more likely they are to start smoking.

In Vermont, kids are exposed to tobacco advertising in retail stores where tobacco is sold.

Learn more about this issue and what parents can do to help at [www.counterbalancevt.com](http://www.counterbalancevt.com) and on Facebook at CounterBalanceVT.

### FREE FOR EVERYONE Summer Playgroups!

**\* Thursdays 11am-1pm \*  
2015 WINOOSKI FAMILY CENTER**

Join us for playground fun, crafts, field trips & activities for kids 5 and younger (with parent or caregiver).

**Free, healthy, nutritious lunches provided by "Fresh Foods"**

Families who attend Playgroup can receive a FREE SWIM PASS to use at the Winooski Pool after 12 noon on that day.

\* If it rains, Playgroups will be indoors at the O'Brien Community Center Playgroup Space.

**\*Meet at Landry Park, Pine St.  
across from the Winooski Pool  
(unless otherwise noted below)**

### AUGUST 2015 SCHEDULE

- **8/6 Landry Park Playground**, crafts, activities, lunch, stories
- **8/13 Landry Park - Last Day of Playgroup** – Preschool Parent gathering & Ice Cream

Call 655-1422 with questions!



# Y Brings Lifesaving Lessons To Winooski Youth

## Program Addresses Drowning Risk with Support of Volunteers and Donors

By Doug Bishop, Director of Communications

For many of Winooski's youth, the Greater Burlington YMCA's Camp Splash is their first introduction to swimming and their only avenue for learning valuable tips on how to be safe around water. With drowning among the leading causes of death for children, these life lessons can't be learned too soon.



Camp Splash provides free swim and water safety lessons to Winooski youth, with a particular focus on low income families and the New American population. Over the course of the summer, seven groups of kids will have the chance to participate in the 3-day camp Splash sessions. Each is led by a Y swim instructor and carried out with the help of teen volunteers from Green Mountain Aquatics Swim Team (GMA) and with financial support from the Hoehl Family Foundation and NorthCountry Federal Credit Union.

From modest beginnings just six years ago, the program has steadily grown and appears on track to reach 75 kids this year. Since the inception of Camp Splash in Winooski, more than 300 children have participated.

"As varied as our Y aquatics programs are, nothing speaks more to our mission than Camp Splash," said Jess Lukas, Assistant Director of Aquatics and the Program Leader. "With the help of volunteers and the support of the community, we have the opportunity to prevent a tragedy before it strikes."

The Y's Camp Splash was launched in the summer of 2010 with the desire to reduce the number of accidents in our area. The Y knows that many accidents in and around water are preventable. Teaching kids about safety and giving them the building blocks of swimming is particularly important in this region, with the prevalence of backyard and community pools, Lake Champlain and other bodies of water.

With the steady growth of the program and the great need that exists in the community, teen volunteers from Green Mountain Aquatics have played an important role in putting on Camp Splash. Skilled swimmers understand how to present the progression of basic swim skills, and their enthusiasm for swimming motivates and inspires new swimmers.

Operating out of Myers Pool in Winooski, Camp Splash supports children ages 3-12 who meet three times for 45 minutes. Over the course of the summer, there are seven separate sessions of Camp.







## Get Credit For What You Already Know!

Prior Learning Assessment is a cost-effective and time saving approach to earning credits toward a college degree. The Vermont State Colleges (VSC) offer students excellent and convenient options to request credit for college-level learning and experience gained through work and training, military or community service, online or individual study. This is an appealing option for adult learners and continuing education students. You can save time and money and graduate earlier by having your prior learning assessed for credit!

## The VSC Office of External Programs provides five prior learning assessment options:

- **Credit by Exam:** As a VSC student or member of the military, you can take C.L.E.P. or D.S.S.T. tests to receive three to six credits for specific subjects. Check [www.clep.org](http://www.clep.org) or [www.getcollegetcredit.com](http://www.getcollegetcredit.com) for test subjects. Tests are administered at the prior learning assessment office in Montpelier. The testing fee is \$135. Results are available immediately.

- **Course Challenges:** At CCV, you can obtain credits by demonstrating your mastery of the course objectives of a specific CCV course. You can complete the process within 60 days or faster. Advisor permission is required to apply for a course challenge. The cost is much less than tuition: the fee to challenge a three-credit course is \$239 –the cost of one credit.

- **Assessment of Prior Learning (EDU 1240):** This three credit, semester long course focuses on the creation of a portfolio that describes and documents your prior learning in a variety of academic subject areas. Credit requests are not limited. The course is available at CCV centers and as a hybrid/online class. You pay only the three credit course tuition and

a one-time assessment fee of \$300. The portfolio review is completed the following semester. Awarded credits are free!

- **Focused Portfolio Development (EDU 1225):** This one credit course helps you create a portfolio which describes and documents your prior learning in one specific academic subject area. The class meets six times. You may request up to 16 credits in one academic field. The course is available at CCV centers or online. You pay the one-credit tuition and a one-time \$225 assessment fee. Focused portfolios are evaluated within 30 days. Awarded credits are free!

- **Education and Training Evaluation Service:** As a separate option, The Office of External Programs, by request, can evaluate organizational training programs for college credit equivalency. Interested organizations may contact the Office of External Programs for details on the cost and evaluation process of an E.T.E.S review.

For more information go to [ccv.edu/apl](http://ccv.edu/apl) or contact the Prior Learning Assessment (Office of External Programs) at 802-828-4064 or [priorlearning@ccv.edu](mailto:priorlearning@ccv.edu) or [amy.stuart@ccv.edu](mailto:amy.stuart@ccv.edu)



## 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 September. Register now to get the section you want! Class sections (DEV-0280) will be offered on Tuesdays (9/22-12/15) from 4:00-6:10 pm and Wednesdays (9/23-12/16) from 4:00-6:10 pm

## 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)

**Mohamed Abdi**, 343-6281  
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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.

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