

ALSO INCLUDES
Community News!
STARTING ON PAGE 12

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 13, ISSUE 3

DECEMBER 2015

celebrating Our Achievements!

STEM — Fun for the Whole Family

By Nancy Keller

Thursday night, October 29, was our 2nd Annual Winooski Middle and High School's STEM Family Fun Night, an evening of Science, Technology, Engineering and Mathematics demonstrations and activities taught by our students, teachers and community members. Based on the 300+ people in attendance and the excitement of the evening, we're counting this as another successful venture. When asked what she liked best about this evening, Winooski Middle School student, Kusa Daud, said that she "noticed many people from different cultures at STEM night" and that "some were parents, grandparents, students, siblings." She also said that though "some of the parents didn't understand English, they still tried to participate in the stations" and "that was amazing." It is a story like Kusa's that confirms why the STEM faculty at WMHS chose to offer a STEM Family Fun Night: To celebrate and learn together!

The STEM Family Fun Night Planning Committee wants to publicly thank some of the people who made this evening possible:

- The maintenance and custodial staff, who helped us set up the many demonstrations, drop eggs from the cafeteria ceiling and clean up--which was even more taxing this year because of messier experiments and more people in the building.
- Winooski High School mathematics teachers, who opened their innovative Math Lab and hosted many visitors throughout the evening.
- Winooski Middle School Guidance Counselor, Cheryl Brosnan and her Vermont Kids Against Tobacco (VKAT) group and Aftaba Meztovic, who set up and served food many, many plates of food.
- Heidi McLaughlin of Vermont Student Assistance Corporation (VSAC), who helped us fund the event and bring in some great community partners that included Miss Vermont, University of Vermont Extension, St. Michael's College Chemistry

Department, the Governor's Institute of Math, Science and Engineering, and Champlain Valley Area Health Agency.

- Winooski Middle School's science teacher, Anja Mosehauer, whose sister, Alexa, and sister-in-law, Lauren represented UVM Medical Center with a great microscopic tour of the human body.
- Many WMHS teachers, staff and community members who not only showed up to take part in the evening, but supported our students leading up to this event.

Mark your calendars now as plans are already taking shape for the 3rd annual STEM Family Fun Night in October 2016.



Look inside for more photos from STEM night — on pages 4 and 5.

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Chugga-Chugga Choo-Choo!

22nd Annual Benefit for Winooski Dollars for Scholars

TRAIN SHOW

December 5
10am - 3pm

All Gauges Railroadiana Dealer Tables LEGO • TOYS Operating Layouts

Food Concession to benefit WHS Student Activities

ADMISSION
Adults: \$5.00
Under 12: \$1.00
Under 6: FREE!

Winooski Educational Center

Student Behavior is a Message...

By Sean McMannon, Superintendent of Schools

Dr. William Glasser said “All we do is behave.” Glasser’s Choice Theory is the theory that we all choose how to behave at any time, and that we cannot control anyone’s behavior but our own. I really appreciate this theory because it means that an individual’s behavior is elastic and can be changed and improved at any time. All the blaming of other people and/or one’s circumstances is not an excuse for negative and even hurtful behaviors. It also means that students are always letting us know that a need(s) is not being met when they exhibit behaviors and it is our responsibility to patiently work to help them address their unmet needs.

Glasser says behavior is made up of these four components: acting, thinking, feeling, and physiology. He suggests that we have considerable control over the first two of these (acting & thinking), and little ability to directly choose the latter two. As these four components are closely intertwined, the choices we make in our thinking and acting greatly affect our feeling and physiology.

Lastly, Choice Theory posits that behavior is central to our existence and is driven by five genetically driven needs (survival needs):

- Food
- Clothing
- Shelter
- Breathing
- Personal Safety
- Security

and four fundamental psychological needs:

- Belonging/connecting/love
- Power/significance/competence
- Freedom/autonomy
- Fun/learning

(Glasser M.D., *William. Choice Theory: A New Psychology of Personal Freedom*)

The reason I have chosen to write about behavior this month is because we have seen a significant rise in negative student behavior across WSD and we need parents and community members to help. Right now we have chosen to specifically work with grades 6-9 because referrals for negative behavior doubled in our middle/high school from September to October. Here is what the WSD Leadership Team is doing to address this spike in negative student behavior:

1. WMHS Faculty Meeting to:

- a. Acknowledge that teachers are struggling to fulfill their primary responsibility of instruction & assessment due to student behaviors
- b. Share data showing the rise in negative student behaviors and specifically identifying the areas of “Insubordination & Refusal” and “Disrupting the Learning Environment” as the majority of behaviors teachers are addressing

c. Reviewed WMHS definitions of Minor and Major behaviors:

Minor

- verbal conflict
- defiance
- nonthreatening phys behavior, hands-on
- swearing at things, issues, or situations
- technology misuse
- property misuse
- disengagement/work refusal
- tardy to class

Major

- bullying/harassment
- tobacco
- drug/alcohol
- weapons
- deliberate physical aggression
- abusive language
- disruptive defiance
- disruptive disrespect
- property destruction
- inappropriate use of tech
- inappropriate display of affection
- theft, forgery, cheating
- cutting class

2. Temporarily hired a veteran administrator, Mrs. Connie Metz to support the WMHS administration in responding to rise in student behaviors. We now have three administrators available to respond at all times.
3. Supt. McMannon met with each middle school teacher team and Arts Rotation teachers to find out what they need to create better learning environments in their classes.
4. Supt. McMannon, Principal Wheeler and Asst. Principal Grodin met with all students from Middle School teams Nexus and Journey and 9th grade Advisories to label the rise in behaviors, set expectations that students disrupting the learning environment will be dealt with swiftly because they are getting in the way of others learning and solicit their leadership in improving the climate.
5. Principal Wheeler and Asst. Principal Grodin will be meeting with individual Advisories in small groups in the upcoming weeks to talk about how we can become a school where engaged learning and positive relationships are valued by all.

So, what can you do? First, we can start by working to ensure that every young person has their basic or survival needs fulfilled: food, clothing, shelter, personal safety/security. Looking after your neighbors, donating food and clothing and contacting police about unsafe situations are just a few tangible ways to support basic need development.

Second, we can intentionally address the four fundamental

psychological needs: Belonging/connecting/love, Power/significance/competence, Freedom/autonomy and Fun/learning. Below are 30 practical tips specifically aimed at touching on both the basic and psychological needs of our targeted group, 6-9th graders.

1. Become a student of your child. Because early adolescence brings so many maturational changes, learn all you can about your child from his teachers, pediatrician, youth director, and other parents.
2. Insist on respect and show respect. Remember that love and respect fit together like hand and glove. Give it and insist that your kids speak to others politely as well. It may be tough going, as this age can be mouthy and naturally rude. But insist anyway.

Friendships

3. Use straight talk. Talk to your child about her friendships openly. Make sure you know where she fits in. Remind her that having friends—not being popular—will make her happiest over the long haul.
4. Speak early. Let kids know it's easiest to speak up quickly in defense of a friend. Good intentions fade fast as the gossip express picks up speed.
5. Pay attention. Look at what your child loves to do. Ask him questions about what makes him happy, and find ways for him to do these activities with other kids.

Learning

6. Protect sleep. Pediatricians indicate that children in the middle school age range need nine to nine and a half hours of sleep per night. Try to make sure your child hits this mark most of the time.
7. Create a quiet zone. Establish a quiet workplace without noise or other distractions so children can complete homework undisturbed.
8. Safeguard weeknights. Protect evening time during the week so children can be home, completing homework and studying for tests.
9. Take time for 25. Make sure your child has regular access to books, reading at least 25 per year.
10. ID intelligence. Identify what your child is good at, and give him many chances to hone skills in this area.

Mobile phones, gaming, social networking, internet

11. Maintain tech-free bedrooms. Keep computers, laptops, televisions, and gaming equipment in common areas.
12. Keep bedtime boring. If you purchase mobile devices such as a cell phone, smartphone, MP3 player, Nintendo DS, or iPod Touch for your middle schooler, collect them all at bedtime so kids can sleep.
13. Restrict violence. Don't purchase video games that are riddled with violence. If games are borderline, rent and preview them before buying.
14. Obey the rules. Kids must be 13 to join social networking sites such as Facebook. In fact, we advise waiting until high school at the earliest for Facebook.
15. Monitor social media and internet usage closely.
16. Install internet guardrails. Many parents choose to install

internet filtering software or set up parental controls. But the best guardrails are conversations parents have with kids about safe ways to use the internet as well as family rules, consistently enforced, that govern internet use.

17. Don't just throw out the bad; bring in the good. Use media as a teaching tool. View uplifting movies and have rich discussions. Play sports games on Xbox or Playstation with your child. Bowl together on your Wii. Download dance tunes and jump around.
18. Unplug. Turn off the recreational media spigot sometimes—for the day, for the week. Schedule time for nondigital family fun.

Sex, drugs, and alcohol

19. Remember your own adolescence and the way you handled sex. Deal with any regrets and don't let the past co-opt the present.
20. Tell your child the truth about drugs, sex, and alcohol. Don't leave it to the school or his friends to educate him.
21. Don't give your child alcohol at home for any reason.
22. Monitor your middle schooler's friends. If they are a bad influence encourage your child to find new friends. This is easier said than done. But do it anyway.
23. Be in the know. Know what goes on at parties. Make sure parents are present.
24. Talk about sexting. Explain the legal and emotional fallout from sexting to your kids. Talk about the shame and humiliation he or she will feel if a nude photo goes viral.
25. Discuss sex openly. Talk to your son or daughter about impulsivity, about modesty, and about the moral and proper way to relate to the opposite sex.

Imparting faith and virtue

26. Reclaim your spiritual role. You are the most powerful spiritual influence on your child. Share your life experiences with your children.
27. Let them experience real-life consequences. Teach kids to make it right with others when they make mistakes. Do not spare your child from the real-world consequences of his or her actions.
28. Forgive quickly. When kids act out or misbehave, they need to be assured of our forgiveness once they have been disciplined.
29. Say you're sorry. Be willing to admit your mistakes. Your kids know anyway when you've messed up.
30. Be careful when kids confess. Watch your reactions closely. If you're combustible and overreact when kids mess up, they will learn that you can't handle the truth. Don't make them wall off their hearts. Make truth-telling safe.
(<http://www.familylife.com/articles/topics/parenting/ages-and-stages/tweens/30-tips-for-raising-middle-schooler>)

Remember, we are all in this together as we support our children in becoming the leaders of tomorrow. Thank you for working with WSD to benefit our students!

Celebrating Afterschool

By Suzanne Skaflestad, 21C Program Director

Did you know that a 2014 nationwide report America After 3PM ranked Vermont as 4th in the nation for afterschool programming? Now that is something to celebrate!

Research shows that afterschool programs offer a range of valuable benefits including: supporting student success, help for working families, keeps kids safe and healthy, and preparing for college and careers.

Student Success-Winooski and Beyond participated in the annual Lights On Afterschool, a nationwide celebration of afterschool programs on October 22nd. The students enjoyed sharing their work with everyone. And, Richard even had some questions ready for Mayor Leonard, who was happy to answer his questions and take a photo with him.



Ray Coffey, Community Services Director, Rosina Cannizzaro, VYOA Director, Representative Diana Gonzalez, Councilor Robert Millar, along with school representatives including Assistant Principal Kate Grodin, and parents also visited the programs. There were a variety of programs to observe during Lights On which included: Baking with Vegetables, Making Music with Violins (in partnership with Vermont Youth Orchestra

Association), Soccer (in partnership with the City of Winooski, Technology Core Support, Thrive, Woodworking (in partnership with Sawmill Studio), and Yoga.

Check out these great photos of learning in action. Stay tuned for the January edition where you will learn about why Afterschool Matters to parents, students and more!



More Photos from STEM Family Fun Night



Winooski Visits New York City

by Thong (Key) Nguyen, Winooski High School Junior

Winooski High School is a good school in my opinion but there are still some things that we need change to able to move the school to a higher level. As a student who goes to WMHS, I know it's a part of my responsibility to make my school better. I was thinking that school is all about students, so if we want to make a change, we have to make the students feel interested in school first and gain their trust to follow the change. This shaped my focus on the recent site visit to New York City I attended with 23 other students and teachers from WMHS and Burlington High School. I wanted to see if students in urban areas have something different that WMHS doesn't have or needs to improve.

From what I saw, all of the schools we visited have a lot of things in common in terms of designing the class topics. They design the topic based on what students actually want to learn, not what the teachers think that the students want to learn. I love that! I think that would make more sense to learn about what you feel interested in so it can make the learning process be more productive.

Advisory time is also really cool. Each school has a different way to do it, but overall, they all try to make it as productive as possible. This is the first year Winooski High School has tried something different with Advisory time. I really like how in NYC schools they mix up their students from ninth to twelfth grade. Because of that, upper

class students can have a chance to share experience with younger students and help them out. Also, WMHS is moving toward to Proficiency-Based Learning and students have to demonstrate their skills during Expo Week to able to graduate. So when the time comes to graduate, the advisory teacher could focus on two or three seniors rather than ten or fifteen and that would make it easier. When I heard the NYC students talk about their advisory experience, it was like an Ah-Ha moment for me. I think that will fit perfectly for Winooski High School.

As I said above, school is all about students. To be able to know what students want, we need student voice. Many schools have something like Student Government and they are the ones that decide every student activity in school. It's not a new thing but right now, WMHS is struggling with it. The cool thing I saw in NYC is that every student in the student government has to take a training course to help them do it better. I think that's a pretty good idea because usually, students just have to sign up for that or write an essay to be selected into the group. It can benefit students in a lot of ways. First, they will be more responsible. Second, they will become stronger leaders with their knowledge. And third, it will make it more professional and build up their leadership skills which is really important when they go college.



Making a change is really hard, especially in a big community like school. There are some positive things that, if we can apply it to our school, would make a huge difference. But we also have to be careful with it because making changes always goes along with risks. If we do it wrong, it will be like rolling down on a high hill. I learned a lot from this trip, not just only about my school, but also for my own experience. I feel really good that my questions were answered and more than that, I see the role of getting a good education and how powerful it is to build up a good human being. Definitely, I will bring everything I got from the trip to help my school be better and complete my responsibility as a student before I graduate from Winooski High School.



WSD Library Learning Commons

By Laura Abbene

Learning Commons Q1 Highlights

The Library Learning Commons is off to a great start this year. With the introduction of a 3D printing Design Studio and recording/mixing/mastering Production Studio WSD students are creating their own original works. Middle School students are applying their critical thinking and problem solving skills in their Computer Programming elective through Code.org. The LLC is looking forward to continuing to engage our community of learners as we introduce a Maker Space in quarter two.



Dav Pilkey Donates \$1,000

Author and illustrator of the hilarious *Captain Underpants* series, and Caldecott honor book *The Paperboy* donated \$1,000 to the JFK Library through The Flying Pig Bookstore in Shelburne, VT.

Makerspace VSAC Grant Approved

VSAC recently approved funding for a Maker Space in the Library Learning Commons. Students and staff are looking forward to creating with robotics equipment, Legos, K'Nex and more!

K-2 Author Visit

Jarrett Krosoczka, author & illustrator of the popular graphic novel series *Lunch Lady*, picture books *Punk Farm* and *Baghead*, and most recently *It's Tough to Lose Your Balloon* shared his life's calamities turned good fortune and illustrator tips with JFK students.



Second Graders Harvest School Garden

By Jaycie Puttlitz, Wellness Coordinator

This fall, students from Mrs. Moulton's second grade class helped harvest the school garden. Most of the produce was harvested by the by students who maintained the school garden over the summer. But during this late harvest, the second graders collected carrots and kale, as well as herbs such as thyme, oregano, rosemary and parsley. The students were excited to see what was under the dirt as they sifted through the soil, searching for carrots. And smelling the different herbs was fun!

The school garden was planted in the spring by students, and maintained over the summer by the City of Winooski Teen Farm Crew. We reported on those activities in the August 2015 issue of the district newsletter.



CITY AND SCHOOL ANNOUNCEMENTS

WHS Online Store is Open and Welcomes Donations

By Courtney Poquette

The Winooski Business Department students are starting their own online store to learn about business and to raise money for upcoming field trips.

We welcome donations of new and like new small household items. Books, video games, and DVDs are also great donations. We are also still in search of board games which may be sold or used for our Business of Board Games class.

Donations can be dropped off at the school during business hours. You may also contact Courtney Poquette at 383-6192 or cpoquette@wsdschools.org with questions about what we will accept. Thank you!

SAVE THE DATE

Winooski Historical Society: Upcoming Events

Sunday, December 6, 2015 – 2:00 pm at the Winooski Senior Center, 123 Barlow Street

Speaker Britta Fenniman Tonn will present a chronological look at the different historic American architectural styles found in Winooski with discussions of the history and architecture of notable Winooski buildings that exemplify these different styles. She will include examples of residential, commercial, industrial and institutional architecture. Public invited!

Happy Holidays to You and Your Family from the Dollars For Scholars Team!

By Linda Gregoire

We are excited to announce that we will soon be giving out the 2015 scholarships at the end of this month. Watch for your invitation by email or mail.

For any new persons who are interested in sharing ideas and thoughts, please join us at our next meeting on Monday, January 11 at 6pm at the school.

Got questions? please email Linda at gregoirelinda@comcast.net.

The Gift of Warm Coats!

By Linda Casier

Our winter season will be upon us soon. We are very grateful again this year at John F. Kennedy Elementary School to have a generous donation of winter coats. The coats have been given out to students and we are happy to say that they will be very warm thanks the anonymous donor. We would like to wish everyone a happy, safe and warm holiday season and may the generosity of others be a guiding example of what true community means.

Join Us For Coffee and Socializing!

By Sister Pat McKittrick

Please join us Friday mornings from 9am-11am for a **free coffee hour** at the O'Brien Community Center. Friendly atmosphere, great way to meet your neighbors. Everyone is welcome.

We also provide blood pressure screenings on the first Friday of the month.

(Coffee and pastries are provided by our friends at Starbucks on Williston Road).

Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Board Meetings" under the "School Connections" heading. You can find Winooski alphabetically at the bottom of the list of area schools.

SAVE THE DATE

Join us for the JFK Winter Performance

By Hilary Rivers, JFK Music Teacher

December is once again upon us and it is time for our JFK Winter Performance! The kids have been working hard and are very excited to share our music with you again this year.

Please join us in the Winooski Gym at 6:30 on Thursday December 17 for a night of enthusiastic singing and dancing!

We look forward to seeing you there!



Help Wanted: Volunteer STEM Mentors!

JOB SUMMARY: STARBASE is looking for energetic volunteers to fulfill responsibilities as STEM Mentors in a school-based, afterschool program for 6th through 8th grade students. STARBASE 2.0 combines STEM (Science, Technology, Engineering and Mathematics) related activities with a relationship-rich, school based environment. The six week program will be held at JFK Elementary School in Winooski from 3:00 pm to 4:00 pm, beginning on March 7th and ending April 15th. All materials and curriculum will be provided by STARBASE.

Ideal applicants will:

- Enjoy working with students
- Maintain an interest/background in STEM subject (Science, Technology, Engineering and Mathematics)
- Collaborate with fellow mentors and the 2.0 Coordinator

POSITION REQUIREMENTS: To serve as a STARBASE 2.0 STEM mentor, volunteers must:

- Be at least 18 years of age
- Successfully pass mentor screening and a background check
- Volunteer approximately 4 hours per month for the duration of the program (March to April 2016)

If interested please contact Paige Montgomery, 2.0 Coordinator 802-660-5201, paige@starbasevt.org

December News from J.F.K. Elementary

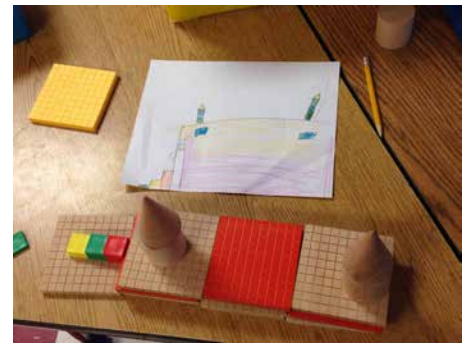
By Sara Raabe, Principal

Congratulations Jody Weimer! Jody was recognized as an outstanding Vermont teacher on October 22, 2015. Every year for the past 35 years, The College of Education and Social Services at UVM hosts an Outstanding Teacher Day. All Outstanding Teachers exemplify one or more of the five standards for Vermont educators -- learning, professional knowledge, advocacy, collegiality, and accountability. Typically, 90-100 teachers are nominated for this award each year with over 45 school districts in Vermont participating. Jody was nominated last spring with the following recommendation:



“Jody Weimer builds deep and meaningful relationships with students and families. She is dedicated to JFK school, where she has taught for the past 15 years. She is a role model to all her in her willingness to take on any teaching assignment or challenge at a moment’s notice. Jody’s collaborative skills are second to none. She is also recognized for her calm demeanor and tireless work with students, staff, and families. She possesses the gift to work with and impact all students, regardless of ability, social, emotional, and physical needs. Her professionalism is to be admired.”

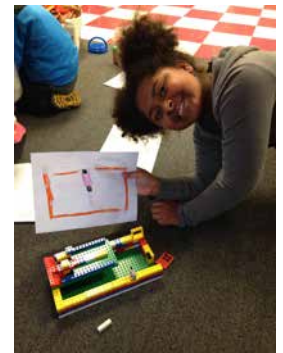
JFK Elementary is lucky to have so many outstanding educators, especially Jody. Make sure that you congratulate her if you see her in school or in town.



Studying Architecture

Lauren Muir, First Grade Teacher

Our class read a book about the job of an architect, and explored the necessary steps to any build. We then considered the building materials available to us within our classroom before each student became an architect themselves. Students created the blueprint for their build and created their own design and structure. It was a blast! What amazingly talented students we have!

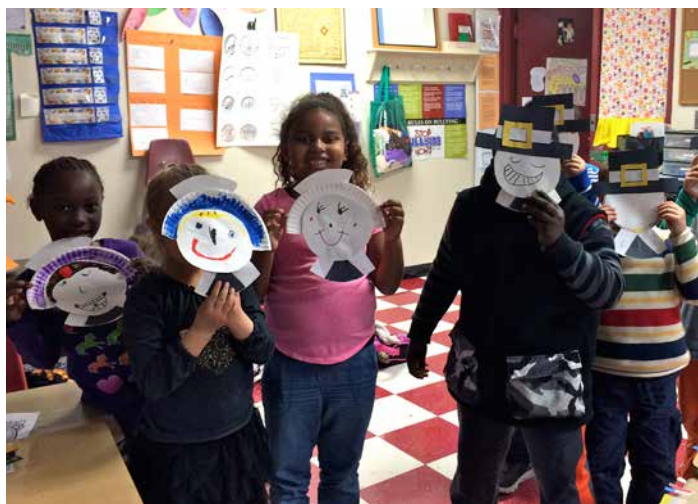


“Spooky Community Reads” A Hit with Students and Families

By Lisa Goetz

JFK School had a “Spooky Community Reads” on October 30th. Our principal Miss Sara read a story to us and then the JFK student council, members of UVM’s Pi Beta Phi sorority, and JFK parents set up fun stations for the children to go to. Everyone had a great time making fun projects, learning about spiders, playing math bingo and enjoying delicious treats. Our Community Reads was sponsored by the PACTS committee. Many thanks to the parents, children, and community members who were able to attend this spooktacular event!!





What do you think about the afterschool programs?

By Mag Thomas

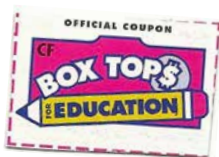
Our second session of Afterschool programs is in full swing and going smoothly.

I spent the afternoon talking to some students who are enrolled in the various afterschool programs. Here is what they had to say:

- I like what we do in afterschool because it is so fun! You get to make new friends who are not in your class during school. You get to make new patterns and designs.
- They are great! We get to play games.
- They are really fun! The programs give kids something to do afterschool when their parents are still at work. You can learn about new things, such as musical instruments, science, and math games.
- I like to do the movements in Yoga!
- I like doing Yoga because Ms. Bryan teaches it!
- Afterschool is fun! We meet new friends. This time, we get to learn how to make our own snacks to take home.
- I love it!! It gives me a chance to learn about robotic, rocketry, and other cool stuff! I also like the people who teach.
- I really like it! I learn something new each time and I am able to meet new friends.
- It is awesome!! We get to play the drums!

Please Help!

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



Author Jarrett Krosoczka Visits JFK

By Jaime Willoughby, first grade teacher

On Monday October 26th, Jarrett Krosoczka, author of the very popular *Lunch Lady* graphic novel series, was in town and came to JFK!

Students in grades K-2 attended presentations by Mr. Krosoczka in the Performing Arts Center. When he walked in, the first grade students surprised Jarrett by wearing bagheads like the main character in one of his books, *Baghead*. We had so much fun listening to and interacting with him. He showed the students examples of some of his first books when he was a child and discussed where he finds inspiration for his new books - his family and personal experiences! Jarrett encouraged students to follow their passions and never give up on their dreams. He told them how hard he worked and how many times he was turned down by publishers before he got his break. Jarrett read his recently published picture books, *It's Hard to Lose Your Balloon* and *Punk Farm* with engaging audience participation. Then he demonstrated how to show character feelings through their expressions while sketching. At the end, students had the opportunity to ask

questions. One student asked "How do you become a author?" Jarrett asked him a question back, "Have you ever written anything? Then you already are an author!"

Thanks again to Josie from The Flying Pig Bookstore and Winooski Librarian Laura Abbene for coordinating the author visit. Check out the balloon artwork installation by first grade students currently in the Winooski Library Learning Commons inspired by Jarrett's optimistic book, *It's Hard to Lose Your Balloon*.



MIDDLE/HIGH SCHOOL HIGHLIGHTS

Gratitude and Persistence

By Leon Wheeler, Principal, WMHS

On Thursday, November 12 I had the privilege of moderating a panel discussion at the Girls, Boys, and Gender Equity Conference sponsored by the Governor's Institute of Vermont at Middlebury College. In a presentation before the panel discussion, the speaker was advocating for schools to establish educational practices that make education more accessible for all students. "If you want to see a school doing amazing work, look at Winooski..."

We're a school doing amazing work! It's somewhat jolting to hear that at a statewide conference; jolting and at the

same time affirming. Many resources of time and energy are being devoted to the continued remodeling of our education system so that when any Winooski student graduated she or he is prepared and empowered! The progress we're making, which is getting attention around the state, is a matter of intentional and focused effort across all parts of our district.

This is the season of thanks, and as I write this Thanksgiving is a little over a week away. There's much to be grateful for in our middle and high school, and it is truly a blessing to be here!

And at the same time, there's a lot of work yet to do! The culture and climate of our school continues to reflect the challenges permeating our community. Students are doing their best, for sure. Some struggle to engage in learning, to believe in the power of education, to find hope. Some disrupt the learning of other students. The struggles of life and living come in the doors with the children we serve. And so we persist: in caring, in believing, in building a foundation of hope and personal empowerment...for every child.

Wishing you each blessings and peace!

The Spartan Games - Fall 2015

by Alexis LaClair, 8th Grade, Winooski Middle School

Winooski Middle School's Spartan Games is an event that happens three times a year — Fall, Winter and Spring. The Games consist of ten different exercise stations that the students and teachers put together. During the games, two advisories compete against each other at each station to get the most points. For example, we have: Push ups, Crane, Partner Planks, Running Line, Side Shuffle, Hula Hoops, Tips, Agility Ladder, Steps, Soccer Dribble, and Tug-of-War

Each Teacher Advisory (TA) Group has 2 minutes and 30 seconds at every station. Students just do the exercises, earn points and then they rotate to another station, do the exercises, earn points and so on. After all the stations are completed, the entire middle school gathers in the middle of the soccer field to do the final event: The Tug-of-War Tournament! Sensei Quinlan, our SIM Coordinator, announces what two advisories are going to compete against each other. Winning this event also helps us earn points. The TA with the most points wins the Spartan Games.

The Spartan Games relate to our physical activity program, Spartans in Motion (S.I.M.), because we practice the exercise stations during this time. But the most important thing about SIM is that it gets kids moving. It gives students time to get out their energy and it gets kids pumped about the Spartan Games. Winooski Middle School students and teachers train every Monday, Wednesday, and Friday for the exercise stations found in the Games, but every Tuesday and Thursday some students get a little extra training in other types of physical activity.

Every year I have noticed the same thing: Every teacher advisory group makes a plan to do their best for every exercise station in the Games, but the station that is focused on the most is (YUP, you guessed it) the Tug-of-War. Every advisory tries to win this final event, but more importantly, the student themselves simply have fun. My advisory put face paint on to show our team spirit.

*Alexis serves as one of six student representatives on the Spartans in Motion Student Advisory Board called, SIM SAB.

Photo captions: (top to bottom) ❶ Ms. Krol's TA takes on Ms. Richard's TA in the Tug-of-War Tournament, one of the main events of the Spartan Games. ❷ Mr. Magistrale's TA challenges Ms. Keller's TA in the Soccer Cone Dribble. ❸ Ms. Reinker's TA competes in the Hula Hoop station. (Notice the face paint!) ❹ Students balance in the crane position to earn points for their TA.



Guidance News

By Tony Settel, High School
Guidance Counselor

Here are a few items for your December calendars. Parents and students can stay up to date by following the guidance Twitter feed: @WHSGuidanceNews.

- SAT on January 23rd. **Must register by December 28th.**
- On **December 4th**, Vermont Technical College will host a “Try A Major For A Day” Here is an opportunity to spend a half day on campus exploring what it is like to be a student in a program of your choice.

Questions about financial aid? Contact VSAC Coordinator Heidi McLaughlin at mclaughlin@vsac.org.

You'll find lots of information about planning for college, grades and transcripts on the district website at 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 asettel@wdschools.org to set up an appointment.

WHS Boys Varsity Soccer Recap

By Coach Steve Feiss

The Boys Varsity Soccer Team had a tremendous season this fall. By many measures it was the best in the history of the program. We matched the highest single season wins total with 13, scored more goals than ever before with 74, finished in 2nd place in the 8 team Mountain League and received the #2 ranking for the Division-3 playoffs. We were able to reach the semi-finals before falling to the eventual champion Stowe.

We had several individual records broken this year as well. **Eh Man** is now the all-time career leader in assists and broke the single-season goals record with 23. Both **Eh Man** and **Jibril Abdullahi** were elected to the Vermont All-State Team and we had 8 representatives receive All-Mountain League honors for their outstanding play against our traditional league rivals. Many congratulations go out to all the team members for an outstanding season.



Winooski Middle High School GX Champs!

By Kate Grodin, Assistant Principal, WMHS

Winooski Middle High School has a new way of recognizing students. Teachers may nominate students in 6th-12th grade who have demonstrated excellent work in one of our Graduate Expectations (GXs). One student is chosen to be the WMHS GX Champ of the Day. This student is celebrated with an announcement, tweet, photograph, and, most importantly, the opportunity to wear Winooski's own GX Champ belt for the day!



Shaun Sylvestry

This month we highlight two-time winning GX Champion Shaun Sylvestry. Shaun was a GX Champ for demonstrating voice in his writing and for reflection, evaluation, and revision on an art assignment. Shaun loves to write and was particularly proud to be nominated

in his humanities class.

His teacher Ms. Lauterbach wrote: “When asked to write about a quote from Anne Frank, Shaun wrote a very insightful response. His writing showed that he clearly understood what Anne Frank was saying, and he made a connection to himself and the broader world. Shaun was clearly practicing his writing voice. It was a pleasure to read his

piece.”

Shaun keeps a personal journal for his own writing and a separate one for school. He prefers writing by hand as he thinks it helps him be more creative. Shaun hopes to earn another nomination in a subject like math next!

Follow Winooski's GX Champs @ WinooskiLearns!

GX CHAMPS — October 19-November 13, 2015

- Colton Lavalette
- Shaun Sylvestre
- Renunka Bhattarai
- Ines Horozovic
- Leela Gurung
- Holly Turner, Jarod Fountain, Shennelle Bailey
- Jason Truong
- Alexis La Clair
- Matthew Bailey
- Julia Poipo
- Kai-Leigh LaTulippe
- Cassidy Pringle
- Kusa Daud
- Sumitra Mangar
- Jarod Fountain
- Penny Ly
- Kayle Willard
- David Kliner & Ethan Piette
- Brianna Knox



WMS Girls Soccer Season Summary

By Coaches Chris Magistrale & Emmy Charron

The Winooski middle school girls soccer team ended their 2015 season with heads held high. One official victory doted on the scorecard, and still, we had a lot of fun and improved as soccer players and teammates. Our team was made up of 6th, 7th and 8th graders; ranging in age, ethnicity, skill level and soccer experience. While some members of our team held years of previous soccer experience, others were introduced to the game for the first time this season. The schedule was made up primarily of other Division III soccer programs, who offered friendly competition and positive environments for fair play. The coaches agreed unanimously that this group showed the most growth, improvement and skill increase over any previous middle school girls team in the last 5 years! Just look at those smiles.

Congratulations Cast and Crew of Snow White!

By Lisa Goetz

Our fantastic middle and high school cast and crew did such a terrific job on November 5th and 6th! Thanks to everyone for making our show a success.



Attention Parents of Middle and High School-aged students! Looking for feedback!



by Danielle Jatlow, LICSW,
LADC, Student/Family
Assistance Program
Coordinator, Winooski
Middle/High School

Greetings! I have been facilitating a bi-monthly group for parents of Middle and High School-aged students to support discussion and exploration of the joys and challenges of parenting adolescents. Everyone is welcome and it's an opportunity to meet other parents, explore parenting strategies, and learn more about supports available at Winooski Middle and High School.

Our next meeting is scheduled for Monday, December 7th at 5:30pm at Winooski School District Media Center and will focus on the importance of self-care and self-compassion when parenting!

I am looking for your feedback and ideas about what types of topics, meetings, or activities might be helpful for you as parents.

Please contact me by email or phone with any ideas for topics or activities that would support you, as a parent, to feel heard and connected! 802-383-6093 or djatlow@winooski.k12.vt.us.

Another Successful Season of JiuJitsu

By Nancy Keller



Camden Benoit with his first and second place medals for Gi and No-Gi Divisions.



Ayshton-Landon Green and Matthew Hayden place 1st and 2nd in the Vermont Open Grappling Championship.

CCLC Afterschool JiuJitsu Club were competitors in this biannual event. Since September, they, along with 6 other students, have been taking lessons in BJJ from Sensei Quinlan, learning how to do “sweeps, passes, takedowns and holds.” On Saturday, October 24, they had a chance to test out their newly acquired skills and walked away with a sum total of 9 medals. Three Winooski Middle School students earned double medals: Ayshton-Landon Green won a first place medal and a second place medal for Gi and No-Gi divisions respectively, Camden Benoit scored a second place finish in his division for Gi and a first place finish for No-Gi, and Dominic Kirby earned a

“This group was focused on learning, and trained hard in preparation for the tournament. They competed against opponents with much more experience, and did very well,” replied Sensei David Quinlan, when asked about the success of his Winooski Middle School students in the Vermont Open Grappling Championship, a major Brazilian JiuJitsu (BJJ) tournament held at Winooski Middle and High School every fall and spring.

Nine Winooski Middle School students from the 21st



The Afterschool BJJ students receive their promotions. Right to Left: Matthew Hayden, Ayshton-Landon Green, Dominic Kirby, Savion Thibou, Najd Alanzee, Abdalazeez Alanzee, Hamdi Muya, Camden Benoit and Ethan Piette.

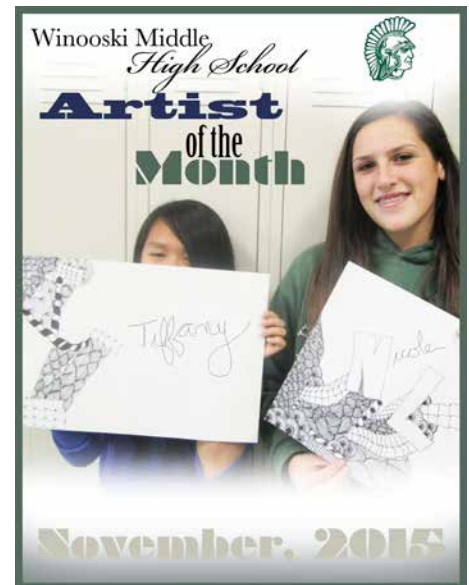
third place medal for his Gi and No-Gi divisions. Other medal finishers included Abdalazeez Alanzee, 3rd Place, Najd Alanzee, 3rd Place, and Matthew Hayden, 3rd Place. A special thanks to Rainbow Chen, a past participant and long-time supporter of the Afterschool JiuJitsu Club, who volunteered as a tournament scorekeeper for many, many matches throughout the afternoon.



Abdalazeez Alanzee and Najd Alanzee place 3rd in their divisions in the Vermont Open Grappling Championship.

worked hard and did their best at each and every class. Winooski Middle and High School has a strong, and growing Afterschool JiuJitsu Club, and Sensei Quinlan is already “looking forward to the next session.”

Interested in joining the Afterschool JiuJitsu Club? More BJJ practices are on the calendar for 2016, when the Club starts rolling again for the next tournament to be held in April. Once again, congratulations to the competitors and many thanks to all the students who showed up,



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

This month, we have a tie! Our 2 budding artists to be recognized and praised for the month of November are: **Tiffany Phuong** and **Nicole Laplante**.

Both Tiffany and Nicole have shown tremendous commitment and conviction in art class, especially recently with our Zentangle® unit. While some students have struggled and grumbled initially with some of the drawing techniques, these girls have taken it all in stride and persevered through it all. Their artwork is very beautiful, and they both act as positive role models for our classroom culture expectations. Great job, ladies!

COMMUNITY NEWS

Update from your City Council

By Nicole Mace



Happy Holidays from the Winooski City Council! This month, the Council will begin preparing the budget that will be presented to Winooski voters in March. This budget represents the City's expenditures on services and infrastructure needs that are funded by residents' property taxes. It does not include other "special" or "enterprise" budgets, because those expenses are funded through separate revenue streams that do not include property taxes.

On December 7th, City staff will present a draft "base" budget to the Council. The base budget shows what things would look like if nothing changed on either the revenue or expense side of the budget. The Council and staff will then work to build and propose a list of potential adds and cuts - which will be considered as a separate list from the budget.

At the Council meeting on December 21st, we will see a working budget that includes proposed expanded services or spending based on projected increases in revenue. The budget presented at this point would be a net-zero increase budget from a tax perspective. As a City, we should be proud that we are seeing new and increased revenue streams for the first time in years, which should help maintain or expand services without requiring a tax increase.

In January, the Council will meet every Monday in order to hear presentations from each department whose budget is funded by the General Fund. This will also be an opportunity to hear from the Commissions, which will be bringing their own recommendations for adds or cuts to the budget.

There are many ways to get involved and share your perspectives as the Council works to build a budget for our City. This year we expect to do department-specific (like Public Works or Community Services) presentations so people have the option of attending sessions on specific areas that interest them.

Our budget development process will be an opportunity to reflect the priorities and values of this small community with a big heart. I urge you to attend our meetings and/or contact us with suggestions, questions or concerns.

My best wishes to all of you for a peaceful and joyful holiday season.

Sign Up for Text Alerts on Winter Parking Ban and Other Emergencies

Winter is coming and Winooski is preparing to make the Winter Parking Ban work as smoothly as possible. This year we're rolling out a text alert system that will send a message right to your phone when the Winter Parking Ban going into effect. The parking ban will work differently this year and will only be enforced in the downtown core when the weather gets bad and snow needs to be removed, and this new text system is one of the primary ways we'll be communicating about the ban.

It's easy to sign up for alerts. You can text WINOOSKI to 888-777 from your mobile phone, or go to www.winooski.vt.org and sign up by clicking the Nixle logo in the upper right of any of the site's web pages.

New Library Hours!

The Winooski Memorial Library has expanded hours! The Library is now open Tuesday through Friday 10:00am to 6:30pm and Saturday 10:00am to 2:00pm. Come see us at 32 Malletts Bay Avenue.

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

Visit the city website at winooski.vt.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 @winooski.vt



Make 2016 meaningful in Winooski:

Apply Today!

winooski.vt.org/volunteer

K-5 Youth Basketball Starts December 5

The Winooski Recreation staff is excited to announce that their Youth Basketball Program will be starting in early December!

Youth Basketball is open to children in grades K-5, and the 10 weekly sessions will be held at Winooski High School on Saturdays mornings, 9:30 - 11:00AM. The Program will run December 5th through February 20th, but there will be no sessions on December 26th and January 2nd due to the school break.

All children who are registered by Monday, December 7, will receive a Program t-shirt as part of participating. The registration fee is \$20 per child, with additional children from the same household half-price. Need-based scholarships are available upon request.

Please contact Winooski Rec for more information about the Program or to learn how to register a child through a new online system. Community Recreation VISTA Jonathan Borden can be reached by email (parksvista@winooskivt.org) or by phone (655-1392 x10) with any questions.

New England Regional Babe Ruth Hall of Fame Welcomes New Members

George Lally, International Board Member, proudly inducted the following Babe Ruth officials at the New England Regional Babe Ruth fall meeting at the Embassy Suites in Marlborough, MA on Friday evening, November 6th.

Hall of Fame Class of 2015

- Jeffrey Brosseau
- Everett Downing – Rhode Island
- Barry Jordan – Maine
- Bernie Gonyaw – Newport, Vermont
- Rosemary Matannes – Eastern Massachusetts
- Herby Violette – Eastern Massachusetts

Jeffrey Brosseau has dedicated 31 years of service to the Winooski Community and Vermont

- 1985-2002 Coached in the Vermont Babe Ruth 13-18 Yr Old Babe Ruth Baseball Program
- 2000 to present Suburban Babe Ruth League President.
- 2004 to present Vermont Babe Ruth District II Commissioner.
- 2011 to present Vermont Babe Ruth Baseball State Commissioner.
- 2010 assisted in starting the Vermont Babe Ruth Hall of Fame.
- Tournament Director for 3 Regional Tournaments.

We asked Jeff why he choose to dedicate so much of his time to volunteering? “Most understand why I did” when my boys were part of these wonderful programs, but why keep but keep doing it? “Because I love what I do, I love being able to make a positive impact on their lives, I love having the opportunity to give back to my community and to the multiple organizations that have provided me with role models, mentors and inspiring coaches who taught me about life lessons in my youth. And I have a great passion for baseball, so why not share it. To know that you can impact a young man’s life is very rewarding.”

Winooski’s historic Hawthorne Field has been the site for many regular season, District & State tournament games. The highlight for Jeffrey was hosting three New England Regional Tournaments, 2010 13 Year Olds, 2012 14 Year Olds and recently this summer, the 13 Year Olds.



Winooski Food Shelf Schedule for December

By Linda Howe

The Pantry will be open Wednesday December 9th and December 23rd from 2p.m. to 4:30 p.m. These are the days we provide pantry staples including canned and dry goods, some eggs and meat. Low income Winooski residents may use the pantry once every 28 days. New clients should bring proof of residency such as a utility bill.

We will be open the 2nd and 4th Saturdays of the month, December 12th and December 26th from 9:30 a.m. to noon for fresh food provided by Hannaford. This will include deli items, bread, pastry and fresh fruit and veggies. Clients may come both Saturdays.

Need Christmas Dinner fixings?

The Food shelf will provide some fixings for a Christmas dinner. Our elves are still working out the details. We think we will have chickens, veggies, and some home made cookies. Please reserve your meal fixings by phoning 655-7371 and leave your name, phone number and number of people you will be feeding. Please reserve your meal fixings by December 12th. This food will be distributed on Wednesday, December 23rd from 1 to 4 p.m..

Where to Find Us

The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen Street and Follett Street. There is a bus stop on the corner. We do not provide rides so please bring a wheeled cart or suitcase if you have to walk any distance. New clients should bring proof of Winooski residency such as a utility bill. For questions please call 318-0460.

Helping Yourself to Health

By Doug Bishop, Director of Communications, Greater Burlington YMCA

There are many small steps you can take to improve your health. Steps like quitting smoking, making better eating choices, and learning to manage stress. A partnership between the Greater Burlington YMCA, the Vermont Blueprint for Health and the Vermont Department of Health offers **six free programs** that can help you get started—and provide the support you need to keep going.

1. **Diabetes Prevention** -- Learn ways to help you get more active, lose weight, and decrease your risk of getting diabetes.
2. **Diabetes Management** -- Get the support you need to eat better and exercise to lower your risk of serious health problems related to diabetes.
3. **Quitting Smoking** -- Get the support you need to quit tobacco in a small group of other people trying to quit too.
4. **Emotional Wellness** -- Get support, tips, and advice from people who are also working toward emotional well-being.
5. **Chronic Disease Management** -- Learn how to make choices to live healthier with chronic disease and lower your risk of related health problems.
6. **Chronic Pain Management** -- Learn ways to reduce pain, deal with related issues like having trouble sleeping, and more.

Go to www.myhealthvt.org to learn more about these programs and when the next session will be starting in our area or contact Kristin Magnant, Community Health Initiatives Coordinator with the Greater Burlington YMCA at kmagnant@gbymca.org or 802-652-8196.



Making Strides in our Community

By Fathima Bariyajaan

The high school girls at the Weekend Islamic School challenged our students this trimester as they took on the American Cancer Society's (ACS) Walk to Fight Breast Cancer. Our team, Muslims Make Strides Against Breast Cancer, was organized by WIS's own Kirin Waqar. In Kirin's own words, quoted in South Burlington's *The Other Paper*, "We as Muslims believe in peace, women's rights, and kindness. We wanted to give back by taking part in this walk supporting breast cancer research." WIS plans to encourage and support other efforts by our students in the community over the course of the year.

As for Sunday school, we are excited to say our first trimester exams are finished!

The students at the WIS have

successfully completed the first trimester of the school year. We are so proud of every single one of them and impressed with their learning, memorization and development of character. This is a great



Youth Suppers and Afternoon Activities at the O'Brien Community Center

By Ethan Hausman, Recreation and Parks Manager

Winooski Recreation staff will continue to host **free after-school programming and youth dinners** at the O'Brien Community Center on Tuesdays and Thursdays in December.

On Tuesdays, movies shown on the big screen will start around 3:45pm, and the movie lineup is below. On Thursdays, various arts and craft activities will be offered in the library starting around 4pm. Following the movies or craft activities, youth dinners (free to any child/teen age 18 or under) will be served at 5:30pm in the Community Room. As an enhancement to the normal meals schedule, Make-Your-Own-Pizza Nights will be offered on select Thursdays throughout the winter.

Tuesday Afternoon Movie Schedule:

- 12/1: Wall-E
- 12/8: Home Alone
- 12/15: Frozen
- 12/22: Polar Express

'Tis The Season

By Scott D McGivern, Lieutenant,
Winooski Police Department

Thoughts are focused on the coming holiday season. Unfortunately this may create opportunities for others to spoil the holidays. Here are a few safety tips to be aware of:

- If ordering gifts online be sure someone is home on the expected delivery date. If you know you will not be available check with a neighbor or family member and have the gifts sent to their address. Do not leave packages on your porch for extended periods of time.
- Be familiar with the Internet site you are using. Make sure the method of payment has some type of secure connection so card numbers are not compromised.
- When using cards in stores be aware of those around you. If someone is looking at a cell phone when you are making a purchase be aware they may be using their video feature and capturing not only your card number but the PIN when you enter that number.
- Check your account balances. If cards are compromised the person will begin using the card number as quickly as possible. If a card is lost or the number is compromised call the issuer of the card and cancel the card. Do not wait thinking you may have misplaced it. If you find purchases you did not make cancel the card and call your local police. To investigate the matter and try to apprehend the offender, the officer will need to know date, time, location of the transaction, and other information that can be obtained from your statement..
- When shopping, keep purchases out of sight while they are stored in your vehicle. Make sure doors are locked.
- Finally, be aware of potential telephone scams. I will provide more information on telephone scams in next month's newsletter.

The Winooski Police Department hopes you and your family have a safe and enjoyable holiday season.

FREE "Learn-to-Ski" Opportunity for Middle and High School Students

Winooski Recreation, in partnership with the Catamount Trails Association, is recruiting teen "Ski Cubs" participants for a Nordic skiing program. Students who join CTA's Ski Cubs will learn how to cross-country ski over the course of the free, six-week program this winter.

The Program will run on consecutive Saturday mornings, January 16 – February 20, and is open to middle and/or high school students. CTA arranges a free bus (which picks the group up in Winooski and brings them to Bolton Valley Nordic Ski Center and back) and also provides all the necessary ski equipment. The program is entirely free—participants just need to commit to attending all six Saturdays and come dressed in warm winter clothing. Rec staff are ready to help line up outerwear for any youth skiers who do not have adequate jackets, snowpants, hats or gloves to wear.

This is a great chance for teens to learn a fun sport while staying active during the winter months, but spots are limited! Those who sign up early will get priority for program spots, and the registration period ends on December 11th.

Please contact Community Recreation VISTA Jonathan Borden at 655-1392 x10 or "parksvista@winooski.org" to learn more about the Program or to get your child signed up.

Update: Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis



For Community: Feeling stressed around the holidays? Practicing meditation for just a few minutes a day not only helps ease anxiety, but it can alter the brain's neural pathways making you more resilient to stress.

Unsure how to start? Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting—out loud or silently—a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

For Youth: Feeling worried about an upcoming test or midterm? Here are a few tips to help you study more effectively!

- Try not to do too much studying at one time. Doing so will tire you out. Instead, take short breaks to restore your mental energy.
- Plan specific times for studying.
- Try to study at the same times each day. This way you'll establish a routine that will make studying part of your life.

For Parents: Mental health professionals are finding new ways to reach teenagers and young adults who are more frequently using technology for communication. Phone apps are becoming helpful tools for aiding teens with anxiety and depression—especially when used in conjunction with medication and/or in-person therapy.

Here are a few apps that have been found to be particularly helpful:

- **Code Blue**—designed to provide teenagers struggling from depression or bullying with support when they need it.
- **Breathe2Relax**—developed to help with stress management.
- **Lantern**—a web and mobile-based platform that combines cognitive behavioral therapy (CBT) techniques with advice from real experts.
- **Optimism**—a family of applications that focus on self-tracking as a tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD.

Find us at 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404 | wcspsc.org

Girl Scouting Update

Girl Scout Troop 30187 of Winooski is building girls of courage, confidence, and character.



This Halloween the girls went to the Winooski Senior Center to help carve pumpkins.



They then went to Girl Scouts' Camp Twin Hills in Richmond to enjoy their annual Fall Fest event, as well as to celebrate Girl Scouts founder Juliette Gordon Low's birthday!

Troop 30187 welcomes any interested girls, grades K-12, in the Winooski and Burlington area to join! Meetings are held Wednesdays, 5:30-6:45 at JFK Elementary. Contact Amy Lothrop, gs253recruiter@gmail.com.



WE'RE BACK – and we've grown!

By Kate Dearth

Come join us in our new space at the Winooski Family Center at 87 Elm Street!

FACETIME is a FREE program for students, especially those between 11 and 18, who are looking for a supportive place where they're encouraged to get real, be real, and make real connections while doing fun (seriously, fun) activities. We'll be starting our program November 23rd (Mondays from 3:30-5pm) and students are free to stop by for the events that most interest them, or they can come every week! See schedule at right for our upcoming events:

Please contact FACETIME's host, Kate, for more information at (802) 343-3958 or KateD@CenterpointServices.org. You can also ask Winooski Student/Family Assistance Counselor Danielle Jatlow for more information on FACETIME and

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

Time is the most precious gift.

During the Holidays we tend to focus on material things and get wrapped up in shopping and spending money on gifts for others. But if you thought about your time, could you be generous and give some of that precious gift to others?

Becoming more generous and compassionate will have real tangible benefits in your own life. Generous people report being happier, healthier, and more satisfied with life than those who don't give. Generosity produces within us a sense that we are capable of making a difference in the world, that we are actively addressing the needs of those around us, and that we are shaping our community into a healthier one.

If you are looking to give a gift of time, we would love to see you at the Senior Center! Your gift could be a shared talent, an hour of talking, walking or listening, or maybe you have some time to be a community partner! Call us and see what your time could do!

.....
 "We rise by lifting others."

 —Robert Ingersoll



COMING UP at the WSC:

- Dec 1 - Senior Potluck Lunch & Meeting RSVP
- Dec 11 - Members Christmas Lunch RSVP
- Dec 16 - CVA A Holiday Lunch RSVP
- Jan 5 - Senior Lunch & Meeting RSVP
- Feb 19 - International Lunch RSVP



EVERY MONTH

- **Do Drop In** - (Mondays 9-11am) Join us for coffee, treats and great conversation! FREE!
- **Tai Chi** - (Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness) FREE!
- **Exercise Class** - (Tuesdays and Thursdays 10-11am) Great for stretching and balance. FREE!
- **Open Art Studio** - (Wednesdays 9-12pm) Join us and try a new skill and be creative with fellow artists. Snacks provided. FREE!
- **Community Lunch** - (Thursdays 11:30am) Join us for a great lunch and great company! \$4.00 suggested donation. RSVP
- **BINGO!** - (Thursdays 12:30pm) Come on in and play, try our snack bar and maybe win the Jackpot or the Jar!

The Winooski Senior Center.... the most exciting place in Winooski! We are located at 123 Barlow Street . Office hours are Monday - Friday 8:30am - 12:00pm, and on Thursdays until 2:30pm. You can reach us by phone at 802-655-6425 or by email at: seniorcenter@winooski.vt.org.

other supports available to Winooski students and families at (802) 383-6093 or djatlow@winooski.k12.vt.us.

Looking forward to seeing you there!

NOVEMBER

23rd: FACETIME

Welcome Party & Meet Kate!

30th: Junkyard Bowling Tournament (with prizes!)

DECEMBER

7th: Middle & High School Survival Crash Course

14th: End of 2015 Celebration

21-28th: OFF FOR HOLIDAYS

JANUARY 2016

4th: Chillax & Crafts

11th: Fighting the Winter Blues 101

18th: Junkyard Bowling Tournament (with prizes)

25th: Youth Yoga (sign up early, we have limited slots!)

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Cold and flu season is upon us and the Health Office would like to remind you to please keep your child home if their fever is 100 degrees or higher. No student may return to school unless they have been fever free for 24 hours without the use of fever reducing medications. Wash hands frequently and sneeze into your sleeve to help prevent the spread of germs.

There have been some confirmed cases of strep throat throughout the district. Please observe your child for any signs and symptoms of strep.

- red and white patches in the throat
- difficulty swallowing
- tender or swollen glands
- red and enlarged tonsils
- headache
- lower stomach pain
- fever
- general discomfort
- loss of appetite
- rash

If your child experiences any of these symptoms, please seek medical attention.

Reminder: no student may return to school with a positive strep diagnosis until they have completed 24 hours of antibiotics.

We have received a limited supply winter coats, ski pants, hats and mittens. Boys sizes-5-14 and Girls 5-14. Please feel free to call or stop by the health office and see if we can meet your need.

On behalf of the Health Office staff we would like to wish you and your family Happy Holidays!

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Here is some Dental Trivia: Did you know the first Tooth Brush was a stick! Chewing sticks, which were large toothpicks, were used to remove food and freshen breath. Over time, people began to chew on one end of a stick that was the size of a pencil. Chewing on the stick would soften it. The soft end could then be used to brush the teeth. Happy Holidays! Remember to FLOSS, Brush and visit your Favorite Dentist regularly!

ELEMENTARY SCHOOL LUNCH MENU — DECEMBER

Winooski Elementary School

MENU

December 2015




Local Products Used on when available

Items in bold and italicized are Local Products

Items in Bold and Underlined are Harvest of the Month & Feed Items

All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

USDA is an equal opportunity provider and employer

	Tues., Dec. 1	Wed., Dec. 2	Thurs., Dec. 3	Fri., Dec. 4
	Homemade Cornbread	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa Cabot Sour Cream & Soft Flour Tortilla	Taste Test Event Butternut Squash Soup
	Macaroni & Cheese	Fresh Carrot Sticks	Rice Pilaf	Sloppy Joe
	Steamed Green Beans Caesar Salad	Hummus Dip	Marinated Black Bean Salad	Garden Pasta Salad
Mon., Dec. 7	Tues., Dec. 8	Wed., Dec. 9	Thurs., Dec. 10	Fri., Dec. 11
Spaghetti w/ Meat or Marinara Sauce or Spaghetti Squash Bake	Early Dismissal Grades 6-12 Chicken Patty Sandwich w/Lettuce & Tomato	Butternut Squash Soup	Beef Nachos Seasoned Taco Meat, Cheese Sauce, Cabot Sour Cream , Salsa, Lettuce, & Corn Tortilla Chips	December Birthday Celebration Sweet & White Home Fries
Chopped Green Salad	Veggie Sticks	Cheesy Breadsticks w/Marinara Sauce	Rice Pilaf	Pancakes w/ Local Syrup
Wheat Bread Slices	Animal Crackers	Magenta Root Slaw	Steamed Corn Warm Black Beans	Sausage Links
Mon., Dec. 14	Tues., Dec. 15	Wed., Dec. 16	Thurs., Dec. 17	Fri., Dec. 18
Meatball Sub	Cheesy Chicken & Cheese Quesadilla w/Salsa	Delayed Start Grades K-5 Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Holiday Feast Oven Roast Turkey	Grilled Cheese Sandwich
Baked Potato Local Potatoes	Rice Pilaf	Fresh Carrot Sticks w/ Hummus Dip	Chef's Mashed Potato w/Gravy Steamed Peas Hearty Stuffing Homemade Dinner Roll	Chicken Noodle Soup
Steamed Broccoli	Warm Black Beans		Chilled Cranberry Holiday Dessert	Celery Sticks Caesar Salad
Delicata Smiles			Fresh Milk	
Mon., Dec. 21	Tues., Dec. 22	Wed., Dec. 23	Thurs., Dec. 24	Fri., Dec. 25
Dress Your Own Burger on A Bun	Shepherd's Pie	Chicken Patty Sandwich w/Lettuce & Tomato	No School	No School
Oven Baked Homemade French Fries Local Potatoes	Caesar Salad	Veggie Sticks		
Baked Beans	Homemade Cornbread	Homemade Sugar Cookie		
Mon., Dec. 28	Tues., Dec. 29	Wed., Dec. 30	Thurs., Dec. 31	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. http://www.abbeygroup.net/careers.php
No School	No School	No School	No School	

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 & Milks With all Meals

DAILY LUNCH OPTIONS

Entrée Options

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

Offered with all Meals

Fresh Fruit
Fresh Hood Milk

Community Eligibility Provision

Meals to all Students are Free

Adult Breakfast	Adult Lunch
\$1.75	\$3.50
Milk \$0.50	

Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the K12 Payment Center link

We Support Local New England Companies

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

Vegetable of the Month
Winter Squash

Butternut squash is a type of winter squash. It has a sweet, nutty taste similar to that of a pumpkin. It has yellow skin and orange-fleshy pulp. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. Butternut squash is a fruit that can be roasted and toasted and also be pureed or mashed into soups, casseroles, breads and muffins. It is an excellent source of vitamins A & E.

Home-style Butternut Squash Soup

5 tablespoons chopped white onions
1/2 clove garlic, ground
2 1/4 cup cubed butternut squash
3 tablespoons butter
1/4 cup vegetable stock
3/4 cup chicken broth
3 cups water
1/8 teaspoon ground thyme or basil
1 bay leaf
1/8 teaspoon ground cayenne pepper
1/4 teaspoon ground black pepper
A pinch of ginger
1/3 cup light cream
2 potatoes, cubed

Sauté onions and garlic with butter. Add squash, potatoes, vegetable stock, chicken broth, and water, and bay leaf. Stir in peppers and thyme or basil. Add a pinch of ginger, and bring to a boil for about 18-20 minutes.

In blender, puree the soup with light cream and any additional ingredients you would like to add.

DECEMBER, 2015

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Newsletter of the Winooski School District

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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 410 students attending JFK Elementary (grades PreK-5), 161 attending Winooski Middle School (grades 6-8), and 234 attending Winooski High School (grades 9-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: aelston@wdschools.org