

8 PAGES OF
Community News!
STARTING ON PAGE 13

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 14, ISSUE 3

DECEMBER 2016

celebrating Our Achievements!

CHUGSS • CHUGSS CWOO • CHOO



**23rd Annual Benefit for
Winooski Dollars for Scholars**

TRAIN SHOW

December 3
10am - 3pm

**All Gauges
Railroadiana
Dealer Tables
LEGO • TOYS
Operating Layouts**

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

Food Concession to benefit WHS Student Activities

Winooski Educational Center

Spooooky Community Reads!

by Lisa Goetz, 3rd grade teacher

On October 28th, over 100 children and their families gathered with community members to read together. Many thanks to interim City Manager Ray Coffey for being our guest reader, and to JFK's own student council for helping organize the event.

After hearing Ray read the Halloween-themed book, children and families were able to visit many fun activity craft centers, hosted by UVM's Pi Beta Phi sorority. Face painting, cookie decorating, Addition Bingo, and many other exciting projects were enjoyed by all.

Our next Community Reads will be at the end of January, and the theme will be MAGIC! We hope you will join us. Look for more details in the January issue of this newsletter or online at wdschools.org.



*If this looks like fun to you,
join us at our next Community
Reads in January!*



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Building Community Through Relationships

By Sean McMannon, Superintendent of Schools

According to the US Census Bureau data from 2013, Winooski has just over 7,000 residents. How many of your fellow citizens do you know? While much of the world is fixated on using strategic planning, finance and marketing to solve their challenges Winooski is primarily focused on a different approach. We want to grow a real community by utilizing our strengths---people! My favorite definition of community which comes from the Google search of “community definition” is a “feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals”. Everyone will agree that strong, close-knit relationships make for a deep, strong and sustainable community.

Last year on Vermont Public Radio’s Vermont Edition former Winooski City Manager “Deac” Decarreau said the city is “talking about developing our community services to group people who are not black or white or rich or poor, but gardeners, or cooks or book readers. We’re working hard at developing community. The relationships are what get you past all those other things, and if we get to know each other, it works.”

We talk a lot about “community” and we know building a deep sense of community is hard work. American author Peter Block said “The speaking about community is always genuine, but it so goes against the individualism and fear embedded in our modern culture that it represents longing more than reality”. Paul Born, a community innovator suggests in his book “*Deepening Community: Finding Joy Together in Chaotic Times*” that four acts deepen community:

• Sharing Our Story

Sharing our life story as a way of opening up to each other so we can be a part of each other’s lives during joy and suffering.

• Enjoying One Another by Spending Time Together

Laughing, eating and playing together to create a sense of belonging to something bigger than ourselves and our immediate family.

• Caring for One Another

Knowing each other well enough that we can care in times of need and celebrate the joys in our lives.

• Working Together to Build a Better World

Through the first three acts we build trust and can now collectively work to improve our community.

Is this all touchy-feely stuff that makes us feel good but doesn’t really work? Well, research shows that relationships provide a purpose for living a healthy lifestyle. People in stable well functioning relationships develop a larger meaning and purpose

in life and are more motivated to protect themselves against disease/illness/injury (Sullivan, 1997).

Relationships provide a group identity. Individuals in social networks feel social control and peer pressure to behave like other group members. Groups of individuals that have health-promoting behavior have members with better health status (Berkman, 1984; Valliant et al., 1998). As a community we can grow the health of every citizen by intentionally engaging in building more relationships.

Lastly, the Winooski community is making progress! Check out these recent data points from the Vermont Youth Risk Behavior Survey (YRBS):

Winooski Middle School (WMS)

- WMS students who “Feel like they matter to people in the community” increased from 37% to 54% from 2011 to 2015 and
- WMS students who said “Teachers really care and give lots of encouragement” increased from 53% to 65% from 2011 to 2015

Winooski High School (WHS)

- WHS students who “Feel like they matter to people in the community” increased from 42% to 51% from 2011 to 2015 and
- WHS students who said “Teachers really care and give lots of encouragement” increased from 59% to 77% from 2011 to 2015

Keep up the great work and thank you for working with WSD to benefit our students!

“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.”

School Board Update

By Matthew MacNeil, Board of School Trustees

Like I'm sure many of you experienced last week, I was met with the cold hard reality of frost on the ground when I left home in the morning. Even though I shouldn't be, I am always surprised how quickly winter comes upon us. As I reflected on the season change, I realized it has been over three months since I officially joined the Winooski School of Trustees. I am so happy to have been offered this opportunity to assist with the work of the Winooski School District. It has been wonderful getting a chance to work all the members of the board, school staff and school community. It has been an eventful three months to say the least. I am learning so much and am excited get even more deeply involved during the coming months. I truly appreciate the school/community connection in our city and wanted to take this opportunity to relate some of my experiences as a board member to date.

I have been fortunate in being asked to join the negotiations team this year. I am joining Board Chairperson Mike Decarreau on that committee. Negotiations are already underway. This year we are negotiating both Teacher and Support Staff contracts.

This month the board hosted a Healthy Lives Forum. The forum was moderated by Board Member Julian Portilla and featured an outstanding array of area leaders in fields that relate to child wellness. The topic of wellness is especially near to my heart. In addition to my role as Director of Evaluation at the Howard Center, I co-chair our agency's wellness committee. The panel discussion was lively, engaging and informative. Panelists detailed the innumerable benefits of student wellness programs and opportunities for access to wellness related resources. Aside from the logical physical benefits to students from school wellness programs, the panelists were unanimous in highlighting the academic benefits as well. Area pediatrician Andrea Green highlighted several research studies outlining the connection of student physical activity to student improvement in the classroom. Although the panelists offered some ideas for growth in the area in the area of student wellness, I was amazed how many wonderful and progressive things are already taking place in Winooski Schools. It is clear our school is leader and forward thinker in this area.

Lastly, I have really enjoyed hearing from community members about the issues that are important to them. I truly respect the care and passion feel about our district. We look forward to working together as the new year approaches. Together we can accomplish great things.

Read This Newsletter Online!

This and all previous issues of the Winooski News! is available in color, and online? You can read (and share) this issue by going to www.wdschools.org/district-information/newsletter anytime you like.



PARTNERSHIP FOR CHANGE
OUR SCHOOLS • OUR COMMUNITIES • OUR FUTURE

Show Up as a Person, Not a Position

By Hal Colston, Director, Partnership for Change

Dr. Paul Hernandez believes that at-risk students can succeed in college, but only if educators change the way they engage these students. Hernandez is an educator and social activist who knows all too well this experience of engagement. Now a college professor who succeeded in community college, college and graduate school, his path began in the streets of Los Angeles as a gang member.

Several years ago I heard Dr. Hernandez passionately share his story at an education conference at UVM. Disengaged with school and engaged with gang life on the streets, his life began to unravel in a world of drugs and violence. He was given one last chance through juvenile court to straighten out or end up behind bars, or even worse another casualty of street violence.

One of his teachers reached out and connected with him. For the first time he was in relationship with an adult who believed in him and held him to high expectations. This made all of the difference for Paul the teenager. He was now on a different path because his teacher showed up as a person and not a position.

Drawing on his own experiences and his extensive work with K-12 and college students Dr. Hernandez has developed a pedagogical approach he describes as "real talk" – an instructor-led discussion involving a series of engaging themes that motivate student-oriented outcomes, that establishes connections, understanding, trust and empathy. Students learn to care for one another.

As educators, what does it mean for you to show up as a person and not a position? Is there a young Paul in your class acting out to be in a meaningful relationship? What will it take for you to lean in and engage a young, struggling student who wants to be on the right path?



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 "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

CITY AND SCHOOL ANNOUNCEMENTS

Thank You Everyone!

By Linda Gregoir, Dollars for Scholars Volunteer

Once again – our Calcutta 2016 was another great success and we would like to acknowledge everyone who helped make it happen....First, a big thank you to our wonderful community of businesses – **Mckees; Aartistic; Great Northern Automotive; Tiny Thai; Hair By Design; Moonlight Cycles; Vt Bagel Company; Birdfolk Collective; Heavenly Nails; Monkey House; Sally's Flower Shop; Kohl's – University Mall; Papa Franks; Ebony Hair Supply; Checkerbay Carwash; Klinger's Bread; Misery Loves Company; Four Quarters Brewery; City Market; MacKenzie Ham.**

Second a big thank you to our Crafters and Local Donations – **Handmade Cutting Boards and Cribbage Boards from George Cross; Beautycounter.com Local Rep – Patti Friedman; Knitted hats from Wendy W Scully; Essential Oils from DoTerra – local Rep – Tonya**

Waldron; Handmade Suncatchers from Julie Dederer; Dove Chocolate Dreams from local rep – Jean Parker; and Nykia Hunter with sewn cloth items for babies and animals.

Third, another big thank you to our awesome graduate students who helped us in more ways than we can count! – **Michaela Metivier – Class 2015; Andrew Decarreau – Class 2014; Sam Treadwell – Class 2015; and Katie – a visitor who was very willing to help!**

Fourth, another great thank you to our awesome patrons to the Calcutta – who have bought ticket after ticket every year and still want to come again. It must be the great food we always serve from the talents of a great board member and friends!

Let us share the last important thing that no one was expecting – **a wonderful surprise!** The last 3 ticket ball holders

Winooski
Dollars for SCHOLARS®
A Program of Scholarship America®

were waiting in anticipation of the \$1,000, and made a **BIG** game change. They decided not to continue the auction but rather give all of the money back to Dollars for Scholars. **Wow! \$1,000 was donated back to us! We are so proud to be a part of this great community! Thank you again!**

All recipients of the 2016 scholarships - Please stay tuned to the US Mail in late December – as you will be invited to our ceremony in early January 2017 to receive your awards.

If you would like to know more about upcoming events or to get involved please contact us - winooskidfs@gmail.com

PTO Update

By Lisa Goetz

We were excited to have new members join us for our first few meetings this year and we look forward to seeing more newcomers in January.

A reminder that **there is no PTO meeting in December**, but we will start back on January 18th. Our group meets on the 3rd Wednesday of every month.

We continue to collect Box Tops for Education. Please send yours in with your child or drop them off in the JFK or WMHS offices. We thank you for your support!



The Winooski PTO is a non-profit organization of parents and teachers whose mission is to provide an enriched learning environment for all.

“Winooski Stays Warm”: Clothing drive a success!

By Kristi Theise, MS, Home School Liaison

As we all know, it gets cold here in Vermont, very cold. For some of our students, particularly those that walk to school, the winter air can be brutal without the luxury of warm clothes and outdoor gear. Home School Liaison Kristi Theise in collaboration with the ELL liaisons and nursing staff took on the challenge of collecting warm clothes and jackets for our most needy students. The outpouring of generosity was truly amazing as WSD staff and members of surrounding communities donated enough clothing to completely fill 16 large 30 gallon totes with clothes and boots! In addition, more than 65 new or gently used coats were given to children across the district who otherwise did not have an appropriate jacket. Some families have already come in to “shop” for warm necessities for their children and we are continuing to collect clothes through the month of November. A big thank you to all the staff who donated clothing and time to ensure this drive was a huge success! If you have a donation of new or gently used warm clothing/boots for ages 5-18 please contact Kristi at kttheise@winooski.k12.vt.us.



Student volunteers at shopping night: pictured L to R: Dhan Maya Damala, Rachel Wilondje and Vijayata Dahal.



“Winooski Stays Warm” shopping night

JFK Elementary Update

By Sara Raabe - JFK Elementary School Principal

This year, JFK Elementary redesigned our entry plan to have everyone enter through the main lobby. This change falls in line with other school district's guidelines, but still allows the WSD to maintain an open and welcoming campus. Most important, this change enhances the safety at JFK Elementary and reduces the disruptions that have been seen in the past. We have also been working to decrease the number of students tardy and absent each day.

We have been working as a school wide team to educate families, and develop plans with families so that students can be in school each day. Students that are chronically absent, meaning 10% of the school year or more, are at a higher risk for dropping out of high school before they graduate. Research studies have found that for many of the students that drop out of high school before graduating, their chronic absenteeism began as early as Kindergarten . In a national study, chronic absence in kindergarten was associated with lower academic performance in first grade. The impact is twice as great for students from low-income families. {Balfanz & Byrnes (2012)}

Our students that are chronically tardy miss out on vital learning. The most crucial learning hours of a school day are the morning hours, because that is when students are most attentive . Students who are tardy may miss morning meeting, the beginning of instruction, and may cause a distraction when they arrive late to class. Chronic tardiness in elementary and middle school is also linked to students dropping out of high school before graduating. (Zeiger, Gottfried 2012)

Over the summer, we sent letters to all of our returning JFK students with their attendance record from the 2014 - 2015 and the 2015-2016 school years. In that letter, we also outlined our procedures around attendance at JFK for the 2016-2017 school year. We send letters home for students that have a combined total of 5 absences, tardies and/ or early dismissals, and again at 10 days. At 15 combined days, the school may contact the family through a home school coordinator, or request a school meeting. At 20 combined days, the school may send the information onto the states attorney for further consideration.

The next step in our process was to begin to look at comparative data. I looked at the number of students that were tardy and/or absent in October of 2015, and compared it to October of 2016. Overall, we have an increase of 12 students, which would mean we could have an increase in the tardy and absenteeism rate strictly because we have more students.

After looking through all of the data, I am thrilled to say that our tardiness decreased 16% in October compared to October of last year. Our student absences decrease 30% this October compared to October of last year. While the problem is not solved, we are making progress. We all want our students in school by 8am each and every day, and staying until 3pm each day. Congratulations to our JFK families for supporting your student's attendance, and therefore their education!



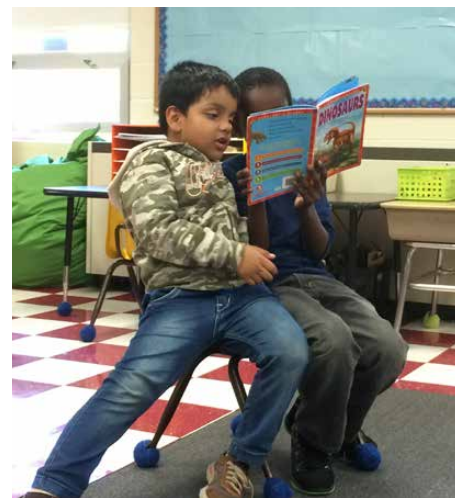
Learning Together

By Nan Johnson, First Grade Teacher

First graders love to learn! And it's more fun when you share your learning with a friend. You can find first graders sharing their ideas and new learning all day long. By talking to a partner, we are able to solidify our thoughts and make our ideas bigger. Partners add on to each other's thinking and compare ideas. They are able to say why they disagree or agree.

So when is all this talking taking place? All day long! In math, we turn and talk to a math partner, compare our work, share our ideas, ask genuine questions, and help each other learn. During reading time, reading buddies curl up with each other, read books, help each other with tricky words, remind each other of good reading habits, and discuss books. At writing time, writing partners rehearse their stories by telling them to a partner before writing them down. Partners can also give feedback to help each other with their stories.

Working together helps everyone learn and makes learning more fun!



Save the Date for our December Performance!

By Hilary Rivers, Music Teacher JFK Elementary

JFK Elementary School is excited to present our annual December Performance on **Thursday December 15th at 6:30 pm** in the gymnasium. Our theme of *Try Everything* shines a light on the persistence of our school community. We hope that you will join us to listen to our amazing JFK singers as they perform an energetic and upbeat concert! We hope to see you there!



Mindful Mentors Athletic League

By Mag Thomas

Afterschool on Tuesdays, we have a group of students who join Winooski Police Officers and Mr. Neilson for an afternoon of mindfulness, sports, and fun!

The students, officers and Mr. Neilson look forward to playing a variety of sports (soccer, basketball and kickball) with each other. But not before the group does a mindfulness activity all together, then it is time for the fun and games!

Here are some quotes from students...

"I like it because we play sports!"

"I like it because it is fun to be able to do so many activities."

"I think it is fun because I like playing games and doing mindfulness with the police officers and Mr. Josh."



We Are The Future... Winooski Students Speak

By Leon Wheeler, Principal, WMHS

With Thanksgiving just past, I'm continuing with the theme of gratitude by sharing the words of our Winooski youth from three recent videos made by Imaj Associates. The videos are part of our effort to capture the exciting story of how education is being redefined here in Winooski.

"People at the school have worked to make the school more student-based... Students really have a voice. If we want a class on a certain thing we can talk to a teacher and they'll do it. They really care about what we want to learn ... Teachers will make a survey and we vote on the classes we want to learn about. I voted for "Color, Light and Vision," and "Neuroscience"... For my future I hope I can use the diversity I had here in Winooski, use it in my own life, and maybe help people out...help them feel welcome wherever they're living." (Riley, a senior)

"Each and every student here at Winooski has the ability to be a student leader... and a person who advocates for others... I'm proud of our diversity, that we have many people from many backgrounds, people who have been through tough experiences and have passed it... Students are able to make changes here, such as using half days for

"For my future, I hope I can use the diversity I had here in Winooski, use it in my own life, and maybe help people out... help them feel welcome wherever they're living."

—Riley, WHS Senior

career exploration... to strengthen and find yourself... A life lesson Winooski has given me is the never give up, to keep moving forward, because there are always going to be people here to motivate you... to support you. I am proud to be a part of Winooski. I have power to be a leader here." (Destiny, a sophomore)

"One thing I would say to someone who doesn't really know Winooski is that it's very personalized." (Kaitlinn, a junior)

"Giving students choices is what matters the most." (Abdi, a junior)

"Here in Winooski there are many opportunities.... My goal with this project is to build a greenhouse in Winooski School District" (Pascal, a senior)

"You can challenge yourself by

stepping out of your comfort zone... From childhood I was very interested in business, so when I came here I took many business classes where I plan my own business that I plan to open in the future" (Sujan, a junior)

"I'm currently researching how slavery impacted modern day time. After I presented it today to a couple of my friends and a few teachers they were really intrigued and fascinated by the whole topic." (Shennelle, a sophomore)

"The first time when I came to this school I was really scared to stand and give a presentation, to give a speech in front of other people. Now I don't feel scared...It's really great for me... The teachers treat us equally. I do not notice even the sweet passing of time... This school is really good for each student. We're from different countries...and we're communicating like one family." (Ranjit, a junior)

"I really like [my teacher]. She does her best to get you to understand...Next year I plan to take college classes at CCV." (Rebecca, a junior)

Our Winooski students are shaping the future of our school and community... and that future is bright! Light shines as the long nights of winter arrive!

Dual Enrollment Opportunities Expand in Business Department

By Courtney Poquette, Business Educator

For eight years Winooski High School has offered an **Information Processing** course to students as a Dual Enrollment opportunity. This means students can earn college credits as well as high school credits, while taking the class.

After working with local colleges and some colleges across the country, over the summer and the fall, I'm pleased to announce that dual enrollment opportunities for our students have expanded! Winooski is now the first

high school in the state to offer a Dual Enrollment **Personal Finance** class. Students who enroll in this course, learn valuable skills related to managing money, while planning for their futures AND they can now earn three college credits through Community College of Vermont.

Accounting is another class that is being aligned with Vermont Technical College and students will also be able to earn college credits when this class is

offered in the spring semester. Lastly, students will now have an opportunity to earn college credits for our **Entrepreneurship** class in the spring. These credits will be offered through the University of Iowa and students will have to pass an exam to earn these credits.

It's exciting to know that students who take these **four business courses** by the time they graduate could be starting college with **14 college credits** on their transcript!

Middle Schoolers Get Close Look at the Judicial System

By Chris Magistrale

Field trips are awesome! Winooski middle school recently finished an American Civics unit, so it was an ideal time to take a trip to watch the judicial process in action. On a crisp, blue sky November day, Winooski middle students took a walk down to the Winooski Mill and caught the CCTA city bus into Burlington to visit the US District Courthouse. Upon arrival, we were greeted by the US Marshals who escorted us through metal detectors and into the US District Courtroom.

Once in the courtroom, we were greeted by the courtroom clerk and introduced to the roles and responsibilities of those working in the courtroom. The sentencing then followed, with students observant and aware of the crime at hand: possessing and distributing of narcotics. It was an intense and visual experience for the students to watch the consequences of such a crime. As Sebastian Syharaj mentions in his reflection on the experience, the defendant, “Mr Swamini was studying here in Burlington but was also doing bad things.” The students were given a firsthand illustration of an individual breaking the law and the consequences that reign down from the American Justice system.

Following the sentencing, the Honorable Judge Christina Reiss invited the students to take the jury stand, as well as the prosecution and defense box. Students were allowed approximately 45 minutes for a question and answer session with the Judge, Prosecutor, Defense Attorney and Probation officer. 8th grader Hiba Laaroussi explains, “speaking to the judge and understanding more of what the court is about was cool. I was glad that we got to speak to the people who worked there. If we didn’t that trip would be boring. They all seemed like nice people and I might ask my dad to take me there if we have time, but when we go there I hope to see a trial instead of a sentencing. I think I would like to see a murder because It would be more interesting.”

After the intense courtroom procedures and Q&A, students departed the US District Courthouse



and regrouped at Burlington City Hall, where we had lunch and some time to decompress. For some, like Alasha Bell, this turned out to be the best part of the trip: “I really liked when we got to sit up in the grand jury’s box and asking the judge questions and realizing she was a human just like us and she is awesome. But a really fun memory was also at lunch time when a bunch of us were sliding down the ramp on the City Hall and we all had fun.”

Ultimately, the goal of this field trip was to introduce students to the process of the Justice System in America.

But I also found the sentencing to be a teachable moment: observing the case of Mr. Swamini allowed students to reflect (both in writing and in conversation), many of them commenting on how this young man had ruined his life by getting involved with opiate drugs -- specifically heroin. This opened a dialogue to approach a tough and for some emotional issue. Hopefully, after watching these court proceedings, these students will take away the lesson that no addiction, nor promise of easy money is worth risking your health or your freedom.



WHS Students Attend Student/Athlete Leadership Conference

By Winooski Athletic Director Dennis Barcomb

Winooski is always looking for strong leaders for its athletic teams. On November 7 and 8, five WHS students attended the annual Student/Athletic Leadership Conference at the Sheraton Conference Center. Rebekkah Lambert, Amna Cicak, Nicole Laplante, Andy Siki, and Mowtes Ibrahim represented the WHS athletic program. Students were able to connect with other students and coaches from around the state. In addition they learned important skills from amazing guest speakers. Go SPARTANS!

STEM Family Fun Night Celebrates Learning

By Nancy Keller



Almost 400 community members came together for Winooski Middle High School's 3rd Annual STEM Family Fun Night, a celebration of critical thinking and problem-solving in Science, Technology, Engineering and Mathematics. WMHS students (and future STEM workers) hosted a variety of interactive demonstrations and experiments that showcased their learning.

Problem-solving challenges included "Saving Freddy," a gummy worm rescue that required some ingenuity to complete, to determining the water quality of samples taken from three different locations in our school, to winning a math game of SET. Students graphed data, measured blood pressure, looked at phytoplankton, quizzed each other on Vermont Rocks, played with robots and constructed molecular models. The evening concluded with our annual Egg Drop Competition. Students had built containers that protected an egg from



a fall from the cafeteria's ceiling. Ms. Krol's Teacher Advisory group won first place with their thoughtfully designed packaging.

Joining our students this year were a variety of community partners, too. UVM's Physics and Material Science Department wowed the crowd with lasers and cool physics experiments. Thanks to the Fletcher Free Library in Burlington and the UVM Anthropology Department, we got a glimpse of our human ancestors in the traveling exhibit from the Smithsonian Institute. ECHO Science Museum entertained us with a stream table that modeled the effects of river erosion over time. IBM hosted an opportunity to learn about electrical engineering by building circuits. UVM Medical Center's Pathology Department allowed us to look at the microscopic world of the human body. Champlain Valley Area Health Education Center (CVAHEC) and the Governor's Institute



for Mathematics, Science and Engineering shared information about programs for high school students interested in furthering their STEM education, and Liam Danaher with Vermont Student Assistance Corporation (VSAC) helped us serve dozens of pizza, trays of noodles, and many sandwiches to everyone who attended.

A sincere thank you to the students, teachers, custodial and maintenance staff, administrators and others who made this evening of STEM family fun possible. It was a community event that took a community effort!

"Grease" is the Word

by Lisa Goetz, Director

Congratulations to the cast and crew of "Grease," who wowed audiences with their spectacular singing and dancing routines on November 3rd and 4th. Everyone left the Performing Arts Center singing! We are lucky to have so much talent in our district.

Keep your eyes peeled for details of our next show — "Annie" — to be performed by a talented group of 4th and 5th graders on March 10th. Auditions will take place on Monday December 5th at 3pm in the Performing Arts Center.



WHS Students Attend Boston College Diversity Challenge Conference

By Lindsey Cox

On October 28-29, four high school students and I traveled to Boston College to attend the Diversity Challenge Conference. The theme this year was *Race, Culture, and Educating Our Youth: Creating Whole People Not Widgets*. The students in attendance were Abdinajib Yussuf, Shennelle Bailey, Arbay Madey, and Nasteha Abdullahi. These students were selected based on past, current, and potential future projects in the iLab that center around race and culture. The group also went with the intended goal of figuring out how to integrate more conversation about race and culture into the daily lives of Winooski students, either in advisory or utilizing another system or structure.

The Boston College Diversity Challenge is a two day, interdisciplinary forum in which a variety of perspectives are explored and educators, social and behavioral scientists, practitioners, social activists, and students can interact with each other in order to address mutual concerns related to holistic education. Critical perspectives and creative ideas were presented on that not only concern the role of race and culture in fostering resilience and resistance in the lives of students who may encounter racial or ethnic discrimination, but also the adults who are charged with nurturing them. This was the 16th annual Diversity Challenge and our WMHS students were among the youngest participants.

Our group attended four concurrent sessions, two invited panels, and two poster sessions. A few of the favorite session titles that our group engaged with were:

- Implicit Racial Bias in Teacher-Student Interactions and Outcomes
- Finding a Path Forward: Girls of Color Reflect on Suspensions Impact on their School Trajectories
- Heads & Hearts: A Storytelling Approach to Teaching about Oppression in College Classrooms



- Historical Trauma and Post Traumatic Stress Disorder: What if it's Not Post?
- Dark-Skinned Girls Speak Out Against Colorism via Hashtag “#UnfairandLovely”: Examining Youth Activism Through the Lens of One Social Media Campaign
- Afrocentric Identity Development and Positive Regard in the Treatment of Black Youth
- Free Our Minds: Mass Incarceration and Mental Health
- What to say to Children About Experiences of Discrimination and Injustice

The list goes on, but this gives you an idea of the type of information our students were exposed to and the level of discourse that they were active participants in.

Most importantly, the discussions bled into our lunchtime as the students made sense of what they learned and applied it to their own context and experience. There was a powerful conversation among our group about the pressures of western society on Muslim immigrants the first day and a commentary on race and college expectations from adults the second. These two conversations were more impactful for me, as an educator, than many of the research sessions and will help contribute to the next step of continuing this conversation and inviting more students to participate.

Most important, here is what our students had to say about their experiences:

“The most important thing I learned at the conference is that when you look at inequality and any other type of discrimination, it’s our job to talk about it and help make a change...there are so many people who want to make a change in this world and want to speak up against racism... just doing something basic like having those type of discussions can raise awareness on a lot

of those issues and that’s what our school needs. I also think our next step should be helping to develop a student group that focuses on opening dialogues around race and culture and discrimination.” - A. Yussuf

“The most impactful thing to me wasn’t even physically a part of the conference. It was noticing the amount of black people in power or office at the conference. In Vermont, you don’t see a lot of black people in power and seeing all the influential black people at the conference made me inspired and made me also realize that I can do anything...I think our group should hold a conference like that and invite people who are aware of the diverse cultures and can contribute to the discussions of diversity [at Winooski].” - N. Abdullahi

“The most impactful thing was hearing stories about kids my age and or my race being discriminated in the schooling system...We should have cultural days where we talk about and identify different cultures, not only in our school, but also in the world. This will help to break down the barriers created by stereotypes and ignorance.” -S. Bailey

Our Students are Jiu-Jitsu Strong!

By Nancy Keller



For the past eight weeks, thirteen middle and high school students met for weekly hour-long classes for the martial art, Brazilian Jiu-Jitsu (BJJ), taught by Sensei David Quinlan of Martial Way Self-Defense Center. Students practiced holds, take-downs, sweeps, passes and throws that are unique to this grappling art, and then tested their skills in competition on October 29 at the Vermont Open, Grappling Championship, a major BJJ tournament hosted by Sensei Quinlan and held at Winooski Middle High School. With thirteen students representing the CCLC Afterschool Jiu-Jitsu Club, nine students earned medals in either Gi or No-Gi competition. Congratulations to our first place finishers in the Gi category,

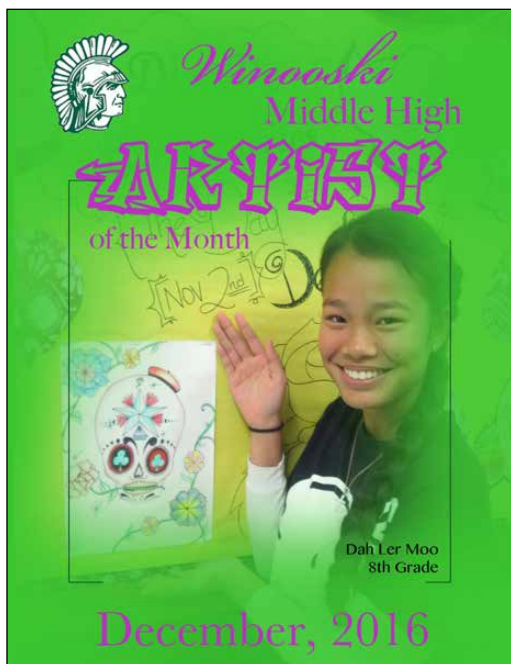
Matthew Ploof, Kenneth Harris and Matthew Hayden, to our second place finishers, Rainbow Chen, and Ayshton-Landon Green, and to our third place finishers for Gi competition Eric Buker, Kai-Leigh Latulippe, Savion Thibou and Ayoob Musanovic. In the No-Gi division, congratulations to Kai-leigh Latulippe for a first place finish, Matthew Hayden and Savion Thibou for a second place finish and Ayshton-Landon Green and Matthew Ploof for a third place finish.

Is your middle or high school student interested in learning Brazilian Jiu-Jitsu? BJJ is a martial art that is not only a safe form of competition, but an excellent workout and a method of self-defense, perfect for students of all ages and abilities. Mark your calendars now for



Left: Jiu-Jitsu class celebrating their hard work with Sensei David Quinlan; center: Matthew Ploof celebrates his first place finish in the Vermont Open; right: Kenneth Harris wins gold in the Vermont Open. Below: Savion Thibou and Matthew Hayden at the Vermont Open.

our next session for Winooski Middle High School's Afterschool Jiu-Jitsu Club beginning in February 2017 and contact Suzanne Skaflestad, our CCLC Afterschool Director to sign up. We hope to see you on the mat!



Artist of the Month

By Jessica Bruce, Visual Arts Teacher

Please join me in congratulating our December 2016 Winooski Middle High School Artist of the Month, Dah Ler Moo!

Dah Ler Moo did an amazing job with her recent art project, a Dia De Los Muertos Sugar Skull. She took initiative to seek out additional resources, added her own personal touches, and used her learned skills to exhibit a great product through a complex process. Nice work, Dah Ler Moo!



WHS Online Store Welcomes Your 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@wdschools.org with questions about what we will accept. Thank you!

Math Lab Report — An Interview with Abdullahi Sadik

By Tom Payeur

As students work in the Math Lab at Winooski High School, they uncover strengths within themselves that support their growth toward being college and career ready. An interview with Abdullahi Sadik captures his thoughts on motivation and success:



What do you plan on doing in the future?

I want to be a businessman. I'll be going to college.

What do you like about the Math Lab?

I like that you can go at your own pace and that no one really gives you homework to do. It's just on your own terms whether or not you can do it. It makes you think about your grade more because you have to do it on your own terms.

What is difficult about the Math Lab?

Sometimes you get to a new unit and you don't have any really clear understanding about what it is. Also, motivation to do your classwork. Sometimes you'll be like, "You know what, this isn't given as homework, so I won't do it." If you don't have motivation you won't be able to get your work done.

Where do you get your motivation from?

I want to get out of IMP2, so that's where my motivation is. I want to go into higher math. I don't want to stay at the same level forever.

How much time do you spend working on math at home?

About 3-4 hours a week, mostly on weekdays. Sometimes I'll go to homework help at the Library and I'll go to the people who are majoring in math [at UVM] and find out what they know. Sometimes I'll just go home and do it by myself, try to make it as perfect as I can.



Varsity Soccer Recap

By Stephen Feiss



The WHS boys' soccer team had another very successful year. We finished the regular season with a 12-2 record and the #2 seed in the State tournament. Both of those marks tied school records. Coming off a season where we were tremendously successful offensively we needed to change philosophies to one of a more defensive mindset. We were able to keep a common defensive priority for the entire season and were able to break many school records. We conceded only 15 goals all season and recorded 9 regular season shutouts. These marks are both best in school history. We were able to continue our success at the beginning of the playoffs continuing our shutout streak against our 1st round opponent. We ultimately lost in the quarterfinals, admittedly short of where we'd hoped to finish. The team did a great job all season getting better and better with every game while coming together for a common success-minded purpose.

Some particular accolades:

- 15 regular season goals against (school record)
- 10 shutouts in a season for goalkeeper Abdi Ali Mohamed (school record)
- All-State Selection- Bishal Limbu
- All-Mountain League 1st-Team - Bishal Limbu, Abbas Abdulaziz, Elli Nahimana
- All-Mountain League 2nd-Team - Abdirizak Hussein, Nishan Pokwal, Abdi Ali Mohamed, Lek Nath Luitel
- All-Mountain League Honorable Mention - Mowtes Ibrahim, Mitchell Chadwick

Support WMHS Athletics

Schedules for all athletic events are on the district website. Students appreciate your attendance at their events, plus you'll have the chance to connect with your community. Hope to see you there! For more information, visit our website: www.wdschools.org/district-calendar/

COMMUNITY NEWS

WINOOSKI MEMORIAL LIBRARY UPDATE

Meet the New Youth Services Coordinator!

By Elsie Goodrich

I want to introduce myself to the community as Winooski Memorial Library's new Youth Services Coordinator. I am excited to get involved with the community, and find out what you want from your Library! Stop by the Library and say hi, or check out our website or Facebook page to learn about the new and exciting programs and activities we will have for your whole family.

Free **Homework Help** is available for Middle and High School students every Monday-Thursday at the Winooski Memorial Library from 6-9pm. Tutors are available to help with assignments, or college applications or essays. We also have supplies for projects, or just a space to study in. We are always looking for new tutors to join our team! If you are interested in volunteering for Homework Help, contact Elsie Goodrich at the Library.

Check out the Library's website or Facebook page to stay up to date about the Story Times for babies and kids that will be restarting in December, and all the other activities you can enjoy at your library!

Free Weekly Playgroups offered at Winooski Family Center!

Playgroups are an opportunity for children to build social and literacy and skills and engaging in fun activities that will help build a foundation for future learning and Kindergarten readiness.

It is also a place where parents can gain support, learn about and access resources and meet other parents from their community.

All parents, caregivers, grandparents with children 0-5 years are welcome.

Playgroups are held **Tuesdays** and **Thursdays** from 9:30-11:30am at the Winooski Family Center in the O'Brien Community Center at 32 Mallets Bay Ave.

Please call us at 655-1422 or email mkerkering@howardcenter.org for more information.

Miss a City Meeting? Watch Online!

Channel 17/Town Meeting TV regularly covers and airs **Winooski City Council** and **Development Review Board meetings**. Tune in to Channel 17 on Thursday nights at 8 for regular Winooski community content or visit www.cctv.org/watch-tv/municipalities/winooski.

Do you want to learn to make your own video programs about life in Winooski? Contact morourke@cctv.org to find out about group or one-on-one trainings.

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
Interim City Manager Ray Coffey	rcoffey@winooskivt.org	802-655-6410

Visit the city website at winooskivt.org or call 802-655-6410.

Keep up to date with announcements and news:

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

Police Department Outreach – December

By Scott D. McGivern, Lieutenant,
Winooski Police Department

This article may have been seen last year at this time. I have not copied last year's article but want to emphasize some points for the upcoming holiday season.

It is perceived that people are more giving at this time of year. Unfortunately people who scam take advantage of this perception. There usually is an increase in Internet scams to try to get you to donate to a cause. I would use caution when receiving unsolicited charities. Even some well known charities can be hacked or can have fraudulent messages that appear to be sent from the charity itself. If you desire to donate, reach out to the charity of your choosing. You can also contact the charity if you receive an unsolicited message to verify its authenticity.

Many of us order presents through the internet. Please aware of when items are to be delivered, especially larger items that may be left in plain sight. If you will not be home on the expected delivery date, contact a friend, relative, neighbor to watch for the package and to secure it until you arrive home.

Burglaries tend to increase as there is an expectation that the burglar may find presents that they would like to possess. If you are away from your home, lock it up, set a timer for the lights and television. If you will be gone for a period of time, notify the police department and fill out a house check form so the officers know to keep an extra watch on your home while you are away.

When shopping, keep gifts out of plain view when they are placed in your vehicle. Be aware of your surroundings especially when carrying bags and item to your vehicle. When using a credit/debit card be aware of who is nearby and what they are doing. If they are facing toward you with their cell phone raised they may be videotaping the name and number on card number for them to use on the internet to make purchases.

The Winooski Police Department would like everyone to have a safe and happy holiday season.

Coalition for a Safe & Peaceful Community Update

By Jackie Hoy, Communications Coordinator with WCSPC

Did you know that Winooski was recently named one of the best places to raise a child with asthma? This comes after the recent decision to make our parks tobacco-free, and WCSPC couldn't be prouder of all the hard work from the community that goes into making Winooski a healthy, livable city. Thanks to all for making a positive impact!

Winooski's Above the Influence

The Winooski Above the Influence group is excited for the opportunity to recruit new members. Spread the word, ATI meetings are on Tuesdays from 3:30 to 4:30 at the O'Brien Community Center. Meetings are open to all middle school and high school students.

Above the Influence is a chance for teens to get together and talk about the different pressures they may feel in their lives. Our ATI group offers the opportunity to meet new people and hang out with friends, all while making a positive impact on the community. Check out our Facebook page to see what we've been up to!

Holiday Wish List from Kate Nugent, WCSPC Executive Director

Is it too early to talk about a holiday list? I have a few items I'd like to ask for this year, and I'm going to put it out there to give the wish-grantors ample time to start working on them.

1. Intentionality Taking what might be a broader look at our community than we are accustomed to can help us be more intentional about how we experience it. What are we promoting, selling, and providing, and where? Who is using substances, where are they using them, and how they are getting them? What are the implied or explicit messages our youth are exposed to and receiving from our community?

2. Knowing the Facts I believe one of the most important facts a person can know is at what age the human brain fully matures. Studies show that this occurs somewhere between age 25 and 30. I wish for this to be considered across the board by communities and policy-makers when making decisions that impact health--and thus, the potential achievement--of our communities.

3. Compassion While an individual's choices have a lot to do with her/his temperament, the idea that the messages youth are exposed to on a daily basis also directly and significantly impacts her/his decision-making may be a relatively new one to many of us. However, much research suggests just this. My wish is that we will be empowered by this information and work toward understanding and compassion for every individual as part of an interconnected world and decide for ourselves what messages we want facing our youth--and which messages we don't.

Holiday Reminders

The holidays are a great time for celebrating and coming together. Amidst all the hustling and gathering this time of year brings, remember that accidental ingestion of alcohol or medications by children can lead to vomiting, seizures, loss of consciousness, or even death. Keep these tips in mind for safely storing and using potentially harmful substances:

- Keep your alcoholic beverages locked
- Empty out beer cans, wine glasses, and drink glasses when finished
- Store your medications and mouthwash, cosmetics, or cleansers that contain alcohol out of sight and reach
- When using your prescription, completely secure the child safety cap every time after use
- If you're interrupted while taking medications, such as answering the phone, bring young children with you

For safe disposal of unused or expired medications, the Winooski Police Department has a dropbox located in the front entryway, available 24 hours a day, 7 days a week.



YouthBuild: Building Futures

By Alex Weinstein, AmeriCorps Community Partnership Coordinator

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

What's going on now at YouthBuild?

Construction: Students are continuing work on the storage building at The Miller Center. All of the walls and rafters are up, and the progress is happening fast. Our new crew of students has completed their first month, and has officially joined the Youthbuild family.

AmeriCorps Service Learning: We have been helping out various community partners, including Parks and Recreation, Vermont Refugee Resettlement, and The Fellowship of the Wheel.

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

Sign up for the FREE 2017 Catamount Trail Association Ski Cubs Program!

Ski Cubs is a no cost learn-to-ski program for youth in the Greater Burlington area. Run by the Catamount Trail Association, the program focuses on offering access to Nordic/cross-country skiing to Vermont youth. This six-week program is for beginner skiers (no experience required) and will be offered during the 2017 winter season to students in the Burlington area. Participants will learn the basics of the sport, about the equipment involved, and be led through a skills progression curriculum by knowledgeable, friendly and supportive instructors. Participation in all six weeks is required.

All equipment, transportation, trail passes, a healthy snack, and instruction are provided at no cost!

Dates: Six consecutive Saturdays in January–February.

2017 Dates: January 14, January 21, January 28, February 4, February 11, February 18 (February 25-Make up Date for weather cancellation).

Location:

Bolton Valley Nordic Center (Bolton, Vermont)

Transportation:

Bus transportation is provided free from Burlington to the Bolton Valley Nordic Center each Saturday. There will be two pick up/drop off locations- one at the Sustainability Academy on North Street and the other at the O'Brien Community Center in Winooski.



Times:

- Bus pick up: 7:55am (Sustainability Academy), 8:15am (O'Brien Center)
- Program start: 9am
- Program end: 12pm
- Bus drop off: 12:45pm (Sustainability Academy), 1:00pm (O'Brien Center)

Please contact Justin Geibel, Ski Cubs Program Coordinator, at info@catamounttrail.org or 802-864-5794 to register today! More information can be found on the CTA website: www.catamounttrail.org/programs/ski-cubs

Want to Volunteer?

Our Community Services and Parks/Recreational Departments often need volunteer assistance. To view our open opportunities, check the list of available positions at this link: www.winooski.vt.gov/volunteer/

See something you like? Apply for a volunteer position!

Subscribe to City of Winooski Updates

Go to www.winooski.vt.gov and enter your email to subscribe to City of Winooski Updates. Stay engaged with updates about City Council meetings, City wide events, Public Works operations, volunteer & employment opportunities.



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring.
Work with a Healthy Heart Ambassador to learn how to manage high blood pressure.

Greater Burlington YMCA, Winooski Branch
32 Malletts Bay Ave, Winooski, VT 05404

FOR MORE INFORMATION CONTACT :
Denise Schomody, dschomody@gbymca.org
or (802) 652-8195
OR Kristin Magnant, kmagnant@gbymca.org
or (802) 652-8196



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!



The Winooski Hattie's picked out a lovely prayer plant that they donated to the Center.

COMING UP:

- Dec 8 - Door Prize Extravaganza BINGO!
- Dec 13 - Senior Lunch & Meeting RSVP
- Dec 14 - Holiday Lunch (from Age Well) RSVP
- Dec 21 - Christmas Party Potluck RSVP
- Dec 26 - Center Closed for Christmas
- Jan 2 - Center Closed for New Year's
- Jan 10 - Senior Lunch & Meeting RSVP
- Jan 16 - Center Closed for MLK Day (stay tuned for MLK Day events)
- Jan 19 - Squirrel Appreciation Day BINGO!

The bad news is time flies. The good news is you're the pilot.

— Michael Altschuler

EVERY MONTH

- Senior Lunch & Meeting - (2nd Tuesday 11:30a lunch, 12:30p meeting) Prices & menu vary. RSVP
- Do Drop In - (Mon 9-11a) Join us for coffee, treats and great conversation! FREE!
- Tai Chi - Mondays - (10-11a) Advanced, (11a-12p) NEW! Qigong, (5:30-6:30p) Wellness FREE!
- Line Dancing - Mondays (1-2pm) \$
- Senior Exercise - (T/Th 10-11a) Exercise along to Barbara Jordan's video for Senior Fitness. FREE!
- Open Art Studio - (Wed 9-11a) Try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- Community Lunch - (Th 11:30a) Join us for a great lunch and great company! \$4 over 60yr, \$5 under 60yr RSVP
- BINGO! - (Th 12:30p) Always a blast! Free Popcorn! \$10.00
- Senior Birthday Lunch - (Last Tu 11:30a) Lunch & Birthday celebration \$4.00. RSVP
- Van rides to The Food Shelf, Hannaford's & the Mall and the Winooski Memorial Library. Call for times. FREE!

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



Above left: Bea and Carol dressed up for Pirate Day and had a blast with their friends. Above right: Noah got into the Pirate Day spirit when he delivered Meals on Wheels.

Girl Scout Troop 30187 Update

By Amy Lothrop

On October 19th, we held our annual Investiture and Rededication ceremony. We welcomed the new scouts investing and presented them with their level pins. Our returning scouts rededicated themselves to the Girl Scout Promise and Law as well as our motto to Be Prepared. The new scouts received their level pins upside initially. To turn them right side up, each girl must do three good turns without being asked to remind her to always do a good turn daily. Congrats to our Aissatou, Ashley, Taraji, Annalise, Carmen, Fama, Hannah, Kianalee, Marissa, Sonyeh, Tianna, Alexis, Amira, Amoni, Andrea, Brianna, Ciara, Gabriella, Gloria, Hailey B, Hailey M, Hailie M, Isabella, Khadija, Natayah, Netalya, Salimatou, Tayshia, Thera, Zoe, Aaliyah, Halima, and Ocean. We also celebrated additions to our volunteer ranks. Without our volunteers, we would not be able to have such a strong program. We acknowledged significant membership milestones for the leaders. Congrats to Jen 18 years, Emily and Michelle 14 years, Bethany 11 and Amy 5 years of scouting.

Our Juniors were able to attend Girl Scout day at Fort Ticonderoga. They participated in interactive and immersive programs, visited museum exhibitions and explored the historic site. Thank you to all our chaperones who made the event possible. The girls loved it and are hoping to go camping there next year. The Junior Patrol leaders and co-leaders were invited to be the Color Guard for the National Association of Paralegals. Thera, Gabriella, Khadija and Hailie M carried the American and Vermont state flags then led everyone in the Pledge of Allegiance. The Juniors have been working on their photography and Girl Scout Way badges.

Our Daisies and Brownies have worked on earning petals and badges. We learned about Juliette Gordon Lowe and the Girl Scout traditions of SWAPS and leaving a place better than we found it to earn our Girl Scout Way badge. We have had an awesome time learning about density, static electricity, pH scale, and science safety to earn our Home Scientist badge. Our next project is to build small rockets! We will be going on a field trip to attend the VT K-12 Maker Fair on 11/19 at the UVM Davis Center to explore and have more hands on experience with science.

If any of this sounds like fun (and it really is), please contact Amy Snow Lothrop at 802-373-7288 (amylothrop@comcast.net) for more information on how to join us and be a part of the adventure to make the world a better place one girl at a time.



Mindfulness Continues, Available Online, Too!

- **What:** Guided Mindfulness Practice and Discussion
- **Where:** Winooski Senior Center
- **When:** Thursdays, 6:30-7:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. Since January of 2016, these sessions have been recorded and uploaded to the school website. Now you can listen to them by visiting this link: www.wdschools.org/mindfulness-in-winooski/

Winooski Library Update



By Amanda Perry

Did you know that with your library card, you can now access OneClickDigital Ebooks and Downloadable Audiobooks? There are over 2600 adult books and 900 children's books. You may check out up to 15 audio books at one time for up to 21 days. Visit winooskilibrary.wordpress.com to get started!

Stay in Touch: Join Front Porch Forum!

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

Go to www.frontporchforum.com to sign up for this free community resource. You'll get a daily email with news and announcements from neighbors and city officials. It's a great way to stay connected with everything that is going on in our city. And it's FREE!

Girl Scout Troop 30167 Update

By Sarah McGowan-Freije and Kristin Ryan



and celebrating Juliet Gordon Low's birthday. Juliet Gordon Low is the founder of Girl Scouts and her birthday is October 31st. We celebrated her birthday by performing a skit about her life, playing Victorian era games and of course, eating cupcakes.

Troop 30167 is going to place a donation box for the Food Shelf in the school during the month of December. Look for it in the main lobby and at basketball games. Please help us fill the box with non-perishable food items, dish and laundry detergent, toilet paper, toothpaste, shampoo and deodorant. Thank you!

October was a spooktacular month for Troop 30167. The girls earned the My Family Story badge. They learned where each other's families come from and the different traditions each family has. They interviewed each other to find out more about their sister scouts, and then made leaves to create a Troop Family Tree.

Getting into the spirit of Halloween, we went to the Senior Center dressed in Halloween costumes and carved pumpkins for the Festival of Pumpkins. Then we headed to Camp Twin Hills in Richmond for the annual Girl Scout Fall Fest. There were games, arts and crafts, a spooky maze and pumpkin bowling.

We finished off the month by welcoming 4 new Brownies to our troop,

The Girl Scouts in Troop 30167 are in second and third grade. We empower girls by teaching them to become independent and self-sufficient. For more information about our troop, please contact Sarah McGowan-Freije at 802-598-4280.



Legislative Report

By Representative Clem Bissonnette

On November 30, all representatives have been invited to Montpelier to attend a preview of the Governor's Shumlin's budget that will be submitted. Governor-elect Scott and his staff will be using this as a starting point for his 2017-2018 budget and suggestions for changes will be made and reviewed and acted on during the budget process starting in January by the Legislature.

In the coming six to eight weeks all reps will be invited by many organizations to hear their programs and needs. Our work starts before we even get sworn in January.

I will do some reporting on what is happening in Montpelier during the session.

I would also like to thank the citizens of Winooski for their support in the last election and I am looking forward for another two years in the Legislature.

You can reach me with any questions at cbissonnette@leg.state.vt.us

By Representative Diana Gonzalez

While you are reading this a few weeks after the election, I am writing it a few days afterwards.

Firstly, I am grateful and humbled Winooski re-elected me to represent you all in Montpelier. It has been an honor to hear your voices and push for laws that make life better.

Secondly, the results of the national election have brought into stark relief the many ways Americans are struggling.

Struggling to economically survive, struggling to maintain connected community, and struggling to feel electoral politics are meaningful. And 46.9% of all eligible voters didn't vote!

Vermont has a long tradition of building community and fighting for justice. I am proud to keep fighting for what is right, and continue to build a strong community at the local and state level. Together we can be in the long project of re-connection and building leadership that promotes justice.

On December 10th I'll have a coffee hour at Scout to hear from you and look toward the upcoming legislative session.

You can reach me with any questions at dgonzalez@leg.state.vt.us

Winooski Food Shelf Schedule for December

By Linda Howe

We will be passing out a holiday meat item on **Wednesday, December 14th** for those who **register by December 5th**. We will open one hour earlier than usual due to the larger number of people we will serve.

Saturday, December 10th	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, December 14th	1:00 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and HOLIDAY MEAT
Saturday, December 24th	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, December 28th	2:00 p.m. to 4:30 p.m.	Pantry staples, meat, and eggs

Sign up for HOLIDAY MEAT: Low income Winooski residents may phone the United Methodist Church at 655-7371 to reserve a choice of holiday meat: ham, turkey or chicken (if you did not already come in person to sign up). Please phone no later than Monday, December 5th to be sure we can obtain something for you. The meat will be handed out on Wednesday, December 14th from 1:00 p.m. to 4:00 p.m.. When you telephone, please speak slowly and clearly and leave your name, address, phone number and number of people you will be feeding at your holiday meal and tell us if you want ham, turkey or chicken. When you come to pick up your meat, please bring proof that you live in Winooski --such as a piece of mail, utility bill, your rental lease, or a note from your landlord. You may have a friend or relative pick up the food, just let us know who is coming. If you cannot come between 1 and 4 p.m., let us know if picking up some other time that day is possible.

Food Shelf policy: Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill.

Any Winooski resident in need is welcome. You might have just lost a job, become ill or injured and can't work, had a new baby or have large medical bills. We all have experienced sudden life changes. The Food Shelf is here to help support you. For questions call 318-0460.

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

Donations needed: The food shelf is growing rapidly. More and more food must be purchased since current food donations cannot meet the demand. Donations can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. Thank you!

Volunteers needed: The Food Shelf is a full time effort and since many hands make light work, we are always looking for more volunteers to join our team! We need to raise funds, write thank you notes, shop for food, unload vehicles and stock shelves, check in and serve clients. We need volunteer translators such as French, Arabic, and Swahili. Please consider this very needy cause. We presently serve about 300 Winooski residents each month.

Happy Holidays to everyone! And a Big Thank You to all our benefactors and volunteers! You make this work possible.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN,
Health Office Coordinator

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 *fever *rash
- *lower stomach pain
- *general discomfort
- *loss of appetite

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 also seen a handful of cases of hand, foot and mouth disease. These symptoms include fever, sore throat, loss of appetite, feeling sick. Blisters will start to form on their hands and feet as well as in the mouth several days after the first sign of fever. Please contact your child's doctor if you have any questions or concerns. One last thing-It is not too late for the flu shot!!

Happy Holidays!

Tooth Tutor Update

By Diane Polson, RDH

Vermont's Tooth Tutor Program helps to insure that every student has access to dental care. This includes preventive, restorative and continuous care in a dental office. The Tooth Tutor assists families who currently do not have a dentist to find a dental home for their child/ children and provides free dental screenings to these children upon request. (Students are expected to keep all appointments and cancel at least 24 hours prior to their appointment if a conflict arises.) Please visit www.wdschools.org or stop by the Health Office for more information.

Enjoy your Winter Break! Remember to FLOSS, Brush and visit your Favorite Dentist regularly!

ELEMENTARY SCHOOL LUNCH MENU — DECEMBER



USDA is an equal opportunity provider and employer
Menus are subject to change

Happy Holidays				
			Thurs., Dec. 1	Fri., Dec. 2
			Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., Dec. 5	Tues., Dec. 6	Wed., Dec. 7	Thurs., Dec. 8	Fri., Dec. 9
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., Dec. 12	Tues., Dec. 13	Wed., Dec. 14	Thurs., Dec. 15	Fri., Dec. 16
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release K-12 Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Mon., Dec. 19	Tues., Dec. 20	Wed., Dec. 21	Thurs., Dec. 22	Fri., Dec. 23
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	No School
Mon., Dec. 26	Tues., Dec. 27	Wed., Dec. 28	Thurs., Dec. 29	Fri., Dec. 30
No School	No School	No School	No School	No School



USDA is an equal opportunity provider and employer
Menus are subject to change

Happy Holidays				
			Thurs., Dec. 1	Fri., Dec. 2
			Homemade Shepherd's Pie Dinner Roll Carrots Sticks w/Hummus Dip	Grilled Cheese Sandwich Chicken Noodle Soup Fresh Celery Sticks
Mon., Dec. 5	Tues., Dec. 6	Wed., Dec. 7	Thurs., Dec. 8	Fri., Dec. 9
Meatless Mondays Pancakes w/Local Syrup Scrambled Eggs Sweet & White Home Fries Fresh Green Pepper Strips	Birthday Celebration Nachos w/ The Works Rice Pilaf Warm Black Beans	Butternut Squash Soup Cheesy Breadsticks w/Marinara Chopped Green Salad	Creamy Macaroni & Cheese Carrot Sticks w/Hummus Dip Homemade Cornbread	Meatball Sub Garden Pasta Salad Steamed Broccoli
Mon., Dec. 12	Tues., Dec. 13	Wed., Dec. 14	Thurs., Dec. 15	Fri., Dec. 16
Oven Baked Chicken Nuggets w/Dipping Sauce Oven Baked French Fries Steamed Green Beans	Taco Bar w/ Soft Shell Rice Pilaf Black Bean & Corn Salad	Early Release K-12 Chef's Choice Pizzas Pepperoni, Cheese or Veggie Squash Smiles Caesar Salad	Holiday Feast Chicken & Biscuits Steamed Peas & Carrots Creamy Coleslaw Holiday Dessert	Oven Baked Corn Dog Roasted Sweet Potato Wedges Celery Sticks w/Hummus Dip
Mon., Dec. 19	Tues., Dec. 20	Wed., Dec. 21	Thurs., Dec. 22	Fri., Dec. 23
Dress Your Own Burger Seasoned Potato Wedges Chopped Green Salad	Taste Test Event Chicken & Cheese Quesadilla Rice Pilaf Steamed Corn Warm Black Beans	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Carrot & Celery Sticks Caesar Salad	Chicken Patty Sandwich w/Lettuce & Tomato Carrot Sticks w/Hummus Dip	No School
Mon., Dec. 26	Tues., Dec. 27	Wed., Dec. 28	Thurs., Dec. 29	Fri., Dec. 30
No School	No School	No School	No School	No School



Winooski Elementary School Lunch December 2016

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad
Offered with all Meals:
Fresh Fruit
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices

Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included
Adult Breakfast \$1.75
Milk \$.50
Pay for meals on-line For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the #12 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



Breakfast in the Classroom:

100% Juice or Fresh Fruit

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

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

Prices

Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included
Adult Breakfast \$1.75
Milk \$.50
Pay for meals on-line For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the #12 Payment Center link



Questions or Comments regarding your School Meal Program?
Please contact The Abbey Group Vice President of Operations
Scott Choiniere
scott@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Go to the link below. You can download an application or see what we have available through Careerbuilder.
<http://www.abbeygroup.net/careers.php>

Taste Test Event Tuesday December 20, 2016
Squash Smiles

Harvest of the Month December Winter Squash

Local Products Used when available
Items in bold and italicized are Local Products
Items in Bold and Underlined are Harvest of the Month & Feed Items
All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

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

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

Newsletter of the Winooski School District

Winooski School District
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Winooski, VT 05404

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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