

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 13, ISSUE 5

FEBRUARY 2016

celebrating Our Achievements!

Preschool Parent Workshop: Building Blocks for Literacy

By Robin Hood, Director of Support Services & Early Learning



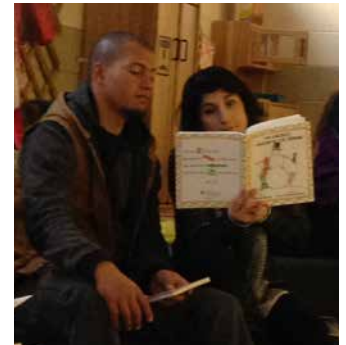
Preschool parents are learning how to engage in reading activities with their 3 and 4 year olds! On Wednesday, January 13th, we had our first in a series of parent workshops for parents taught by Brenda Buzzel, from the Stern Center for Language and Learning.

This well-attended workshop was offered at no charge to parents with free children's books to take home! Parents explored how to choose words to build a vocabulary foundation for reading comprehension, and left with new ideas to use during shared book experiences with their children.

Many thanks to all of our wonderful preschool teachers who provided childcare or participated in the workshop.

This program is offered through a grant supported from the generosity of TD Bank, Macy's and the Cynthia Hoehl Institute for Excellence.

If you are interested in learning more about our next workshop, please contact Maybeline Lopez, preschool coordinator, at 383-6063.



Winooski 2016 Penguin Plunge Team

By Sean McMannon, Superintendent of Schools

On **Saturday, February 6th** we will be jumping into Lake Champlain to support Special Olympics Vermont (SOVT).

Last year our Winooski team raised over \$15,000 with over 30 plungers for Special Olympics Vermont (SOVT) in our second Penguin Plunge and allowed us to build our Unified Sports program to over 20 Winooski student-athletes!

Our Penguin Plunge team not only includes Winooski School District staff, students (Grades 5-12) and parents but is open to any resident of Winooski, city employees and local businesses. Our goals are to:

- Heighten awareness of disabilities & cultivate a more inclusive climate across Winooski
- Raise money for a great cause which includes 10% of our fundraised money returning to Winooski for our Unified Sports team
- We have already raised over \$5000 with a month to go! Please consider supporting Special Olympics VT, and the Winooski Penguin Plunge & Unified Sports Teams by following the link below to join our team and plunge with us or to donate to the cause via your favorite plunger: <http://www.firstgiving.com/team/306994>. All donations are greatly appreciated.

To learn more about Unified Sports or Vermont Special Olympics visit www.specialolympicsvermont.org/sports-competition/school-unified-sports/



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2016-17 Vision-Driven, Learner Investment

By Sean McMannon, Superintendent of Schools

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

The WSD Ends Statement above clearly states the high expectations we have for our students. This past November, December and January the WSD administration worked with the Board of School Trustees to tackle the challenging task of determining the proposed budgetary investment in our school for the upcoming year based on the WSD Ends Statement. Thanks to board members Mike Decarreau, Tori Cleiland, Jen Corrigan, Mohamed Abdi and Julian Portilla for their student-centered and forward-thinking approach to budget development. In addition, we were fortunate that community members Jay Lambert, Jim Read and Sam Russo joined the process.

The budget cycle started with statutorily-required news from Department of Taxes Commissioner Peterson as her November 2015 memo outlined a \$0.01 increase in the base homestead property tax rate and an increase in the base education amount from \$9459 to \$9870. In addition, Winooski's Common Level of Appraisal (CLA) decreased from 98.34% to 93.65 which means local housing is selling well but puts more burden on funding education.

The new element that school boards must work within or incur a significant penalty for taxpayers is called the Allowable Growth Percentage from Act 46 which was passed during last spring's legislative session. WSD's education spending per equalized pupil can only grow 2.75% or a penalty is applied to all additional investments. There has been passionate advocacy to repeal the Allowable Growth Percentage portion of Act 46 because there was very little financial modeling done to realize the

negative impacts on districts, particularly districts with higher numbers of students in poverty and with English Language Learning needs.

I had the opportunity on January 8th to testify before the House and Senate Education Committees to tell the story of how the Allowable Growth Percentage negatively impacts our district. In addition, board member Julian Portilla and I testified before the Senate Finance Committee as well and we told the compelling story of a City that has tremendous momentum, supports their school district and how the Allowable Growth Percentage hamstrings many of our efforts moving forward. As of this writing we are still waiting to see if the legislature will take action. It seems the most likely outcomes are a total repeal or to add .9% to everyone's Allowable Growth Percentage which is intended to offset the 7.9% year-to-year increase in health expenses. We shall see!

At our first budget meeting I reviewed our WSD Graduate Expectations (GXs):

- Critical Thinking
- Well-Being
- Communication
- Creativity
- Persistence
- Culture & Community

And highlighted the exciting growth in the following goal areas:

Goal #1: College & Career Readiness

- Project-Based Learning (PBL): All elementary teachers receiving training
- iLab: WMHS students creating their own learning experiences
- Reading & Math Data for all students: We are building a local data system to track student growth. 74% of our K-12 students made at least 1-year's growth in 2014-15
- Math Best Practices: All K-12 math teachers receiving training
- Student Leadership: Student reps to school board, Make A Difference Day

Goal #2: Healthy, Productive & Successful Lives

- Food Security
 - Community Eligibility Provision (CEP): All students eat for free
 - VT Foodbank Pantry-To-Go & Backpack program
 - Fresh Fruits & Vegetables (FFV): Daily healthy snacks
- Social Thinking & Success Counseling: Social-emotional development
- Mindfulness & Movement: Social-emotional & physical development
- Community experiences: Flynn Center, Senior Center, Pine Island Community Farm

Goal #3: Local & Global Community Engagement

- Welcome Back to School BBQ: Over a 1100 meals served
- Make A Difference Day: Student-led community service
- Interpretation Equipment: Access for all parents to school information
- City-School Parks & Recreation collaboration: Movie In the Park, sports

In addition, I gave board members a baseline budget and data about enrollment, staffing, Special Education, English Language Learners (ELL), Information Technology and Operations. All of this information can be found on our website.

Overall, our enrollment is currently 856 PreK-12 students and we expect this number to stay flat or grow 10-15 students for the 2016-17 school year. WSD is in the second year of Act 166 which will require universal PreKindergarten programming for all children who are three, four or five by the date established by the district of residence for kindergarten eligibility. Act 166 will also provide \$3092 per child to offset the costs of providing universal PreKindergarten.

While we have kept our teacher

staffing levels flat year-to-year even with an increase in student population, we must reduce up to six support staff positions to meet our allowable growth percentage. We are experiencing more students with disabilities in the higher-need “Intensive” category than ever before. Our ELL population has grown from 128 to 278 students in the past nine years.

Over the course of the next few budget meetings, we studied the major budget variances that make up the \$897K year-to-year increase:

- \$660K-Salaries & Benefits
- \$205K-Other Purchased Svcs. (Special Education Student tuition increase)
- \$62K-Supplies & Materials
- (-\$31K)-Purchase Prof. & Tech Svcs/ Interest-Dues

Over the years, your Board of Trustees has put forth fiscally conservative budgets when compared to the rest of the state as evidenced by our Educational Spending Rank being in the bottom quartile the past five years (206/282 in FY15), over \$1000 less per pupil compared to other PK-12 districts in VT. I think you will see that the Board of Trustees has constructed a thoughtful, vision-driven investment in Winooski children that continues to move us forward to meet the high expectations of our WSD Ends Statement! We are blessed with a diverse student population who also require a high level of support to meet our high standards. Our staff and leadership team clearly understand the strengths and challenges of our students and forge ahead with creativity, collaboration and compassion.

Please join me on Tuesday, February 16th at 6:00pm at the O'Brien Community Center and/ or Monday, February 29th at 7:30pm in the WSD Performing Arts Center for more information about our proposed investment in Winooski students for the 2016-17 school year. Thank you for working with WSD to benefit our students!

School Board Update

By Mike Decarreau, School Board President

Welcome to February. We are already on the warming side of winter. Since last month's Board newsletter where Julian outlined the struggles we are having with the

Act 46 Allowable Growth Provision (AGP), we have seen very little change. The legislators are back in session and this appears to be one of the top priorities they intend to resolve. They are talking about many options but there are three that are the most likely.

1. Leave the AGP increase at 2.75% increase in “per equalize pupil” spending
2. Add 0.9% to this to account for the impact of the Health Care increase. Growth to 3.65%
3. Repeal Act 46 AGP while maintaining the other sections on governance

As noted in November, we are in negotiations with teachers while simultaneously developing the budget for FY17. The Leadership team has developed a budget for either Scenario #1 or Scenario #2 and if the AGP is repealed we will have to go back for another look.

Other notables in our budget process include two specifics unique to Winooski. The first is that we have increased year-to-year in our Equalized pupil count while many other districts are losing students. This allows for increased aid in the education finance formula. Secondly, the Common Level of Appraisal has come down, indicating that housing in Winooski is selling above appraisal value — which is good news for the city. In the education finance formula this has a negative effect.

All this is part of the fun of being a member of the school board and getting a deeper understanding of the issues we face as a school and a community. Hopefully, by the time you read this we will have adopted a budget that will allow us to continue to improve our schools and give our students, individually, what they each need to thrive in the world after graduation and beyond.

New Online Testing for ELLs

By Kirsten Kollgaard, Director of ELL and Curriculum

This year, school districts all across the state are preparing to give their English Language Learner (ELL) students a new online English language assessment. All ELL students in kindergarten through 12th grade take an assessment each year to monitor their progress in learning English. In the past this assessment has been a paper and pencil assessment, but this year it is shifting over to an online assessment called the WIDA ACCESS 2.0 for grades 1 through 12. This test is developed by WIDA, the consortium that also developed the English language standards ELL teachers use across Vermont and over 30 other states.

The WIDA ACCESS 2.0 tests the four domains of language: speaking, listening, reading and writing. Teachers use the data we get from this test to place students in courses and plan classes that will best support students learning the English language.

The testing window for the WIDA ACCESS 2.0 is from January 19th, 2016 to March 4th, 2016. During that time Winooski ELL students will take the assessment with their ELL teachers at various scheduled times. In the middle and high schools they will be able to use their own devices, Chromebooks and Macbooks, to take the test. At JFK students will be taking it on iPads. Some of our ELL students have already had experience with the WIDA ACCESS 2.0 online testing format from participating in field tests in the spring of 2014. Additionally, the students who took the SBAC last year will be familiar with many of the online tools used in the WIDA ACCESS 2.0.

For more information on the test, please visit <https://www.wida.us/assessment/access20.aspx> or email Kirsten Kollgaard at kkollgaard@wsdschools.org.

CITY AND SCHOOL ANNOUNCEMENTS

"In Search of Air: Growing Up Dyslexic"

LIDA WINFIELD

Performing Artist - Educator



Join us for a performance by Lida Winfield. As a professional performer, educator and practitioner of arts integration, Lida will present innovative approaches for hands-on learning by exploring sensory and kinesthetic experiences that enhance student development, celebrate teaching and honor the whole person. Lida will use spoken word and dance to demonstrate different modalities for transforming learning for students with and without disabilities.

In this 1-hour dance/theater performance based on her experience growing up with a learning disability, Vermont dancer, choreographer and spoken word artist Lida Winfield shares the gifts and heartache that accompanied her struggle to learn to read - which did not occur until her

early twenties. Mixing vignettes woven in a creative and captivating format, the show and companion workshops are a platform to engage a wide variety of populations to experience disability, access and the value of the arts.

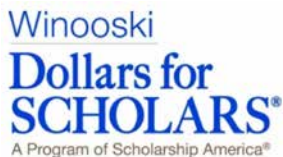
DATE: February 16, 2016

TIME: 6-7 pm PAC

All Parents and Students are invited. Refreshments will be provided. Free

Working Together: Winooski Dollars For Scholars and the Winooski Community Partnership

By Linda Gregoire



is partnering with



to bring you our best local business!



Why don't you give us a try? Go to downtownwinooski.org to know more or contact a DFS committee member below with any questions:

- Linda Gregoire: gregoirelinda@comcast.net, 655.3739
- Elizabeth Stillwell Leonard: elizabeth.stillwell@icloud.com, 363.3560

We look forward to achieving great things in Winooski with you!

Baseball/Softball Registration

By Jeff Brosseau

Winooski Little League Baseball/ Softball & Babe Ruth will hold registrations Monday, February 15th & Wednesday, February 17th 6:30 pm - 8:00 pm High School Cafeteria, Friday, March 18th 3:00 pm - 6:00 pm in the school library.

Proof of age is required for all new players, who must be within age limits: April 30th is the cutoff for Baseball, December 31st for Softball. Little League is for ages 4-12, Babe Ruth for ages 13-18. Little League fees are \$40 for one player, and \$70 for a family. Late fee is \$10 after 3/31. Babe Ruth fee is \$55.00 per player.

Info: Jeff Brosseau at 233-5530

SAVE THE DATE

Mary Poppins!

"Mary Poppins" will be performed by a very talented group of 4th/5th graders on Friday, March 4th at 9:00, 10:30, and 7:00pm in the Performing Arts Center.

Winooski
Middle High School
Yearbooks
ARE
now Available
for *Pre-Order*
\$20 to Mrs. Bruce by Feb. 2nd

Preschool Skills Screening

- FEBRUARY 12, 2016
- FRIDAY, FEBRUARY 12, 2016
- 9:00 AM – 2:00 PM
- PRESCHOOL ROOM IN JFK ELEMENTARY SCHOOL

If you have concerns about your child's development, our Winooski Early Childhood Program team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play based and free for 3 and 4 year old children, living in Winooski. Please call Maybeline Lopez at 383-6063 to schedule an appointment for you and your child to come to the screening on February 12, 2016.

**Teachers will also be filling out applications for all preschool slots at this time.*

Big Change Round Up

On January 19th, WOKO came to an All School Assembly at JFK to kick off our Big Change Round Up event. This year, JFK will be running a hair dyeing contest to raise money for the University of Vermont Children's Hospital through the Big Change Round Up. Starting January 20th, there will be jars in the front office with staff members names on them. The staff member that raises the most money by February 17th has agreed to dye their hair a fun color. There will be an All School Assembly on February 19th to reveal the "winner"!

All of the money raised supports patients and families at the University of Vermont Children's Hospital. The children at UVM Children's Hospital are more than just patients. They are our family, friends, neighbors, classmates, and a huge part of our community. If you or your business would like to donate to The University of Vermont Children's Hospital through our Big Change Round Up, please stop by the school to add to a staff member's jar!

Raffle Tickets For Sale!

The Winooski High School Business Department will be selling raffle tickets to win gift certificates from local businesses from January 25th to February 12th.

Please visit the school's website during this time for information on this raffle or contact Courtney Poquette at cpoquette@wdschools.org. Tickets will be \$1.00 for one or 6 for \$5.00 and all money raised will help support the students' trip to New York City this spring. Thank you for your support!

Are You Running for School Board or City Council?

We would like to introduce you to readers of this newsletter in our March issue. Please submit the following information **by February 11** to editor Anne Linton Elston at annelinton@mac.com: 1) Name, 2) Address & Telephone, 3) Work, 4) Education, 5) Hobbies/activities, 6) Community service, 7) Reason for running (75 words or less)

Another Boost for our Spartans in Motion Program

By Nancy Keller

Sincere thanks to Lindsay Simpson, Physical Education Coordinator for the Vermont Agency of Education (VT AOE), and Berlin City Auto for their recent financial support of our Spartans in Motion program (or SIM). SIM is a daily 30-minute physical activity period in which all middle schoolers and



Winooski Middle School students accept the ceremonial check for \$1,000 from Berlin City Auto's Drive for Education program.

their teachers participate. Research shows that an active body makes for a mind that is ready to learn and contributes to our overall social, emotional and physical well-being.

The VT AOE awarded Winooski Middle School \$2,700 to purchase exercise equipment--from jump ropes, to aerobic steps, to pull-up bars--for our classroom-based physical activity period. Berlin City Auto donated \$1,000 through their Drive for Education Program to support the inclusion of mindful movement (Bushintai-Do) into SIM, as well. Thank you! Winooski Middle School appreciates your interest and support of our programs and our students.

★ COMING SOON ★

The 2nd Annual
**"CELEBRATING
WINOOSKI'S TALENT"**
Show!

Auditions will happen on **March 7th, 8th and 12th***
The Talent Show will be presented on **April 8th.**
Auditions and the Talent Show will take place at the
Winooski School District Performing Arts Center.

Children, Adults, & Groups welcome!
Any questions? Please contact lgoetz@winooski.k12.vt.us

*March 7th & 8th auditions start at 3pm, March 12th audition is 10am-12pm

Breakfast in the Classroom

By Sara Raabe - JFK Elementary School Principal



Elementary students at JFK returned from the holiday recess with a change in their morning food service program: Breakfast in the Classroom. This new program gives all students access to a healthy breakfast. Eating breakfast at the start of each day has many benefits.

Research has shown that students that eat breakfast:

- Reach higher levels of achievement in reading and math
- Concentrate better
- Are more alert
- Retain more of what they learn
- Students that eat breakfast at school are also associated with:
 - Reduced absenteeism
 - Reduced tardiness
 - Reduced behavior problems
 - Reduced nurse's office visits
 - Increased standardized test achievement scores
 - Higher grades
 - Positive learning environments

Nationally, over 90,000 schools/institutions serve school breakfasts to 13.6 million students each day, including:

- 10.55 million free breakfasts
- 1 million reduced price
- 2.08 million full price

Annually, approximately 2.3 billion breakfasts are served in the United States to school children.

We are fortunate at JFK that all of our students eat breakfast and lunch for free everyday. In the past, students had to get to school before 8:00am to get breakfast. By having breakfast in the classroom, and after the start of school, families have extra time in the morning to ensure their students are ready to get to school, and they can relax knowing that their child



will receive a nutritious breakfast as soon as they arrive.

Each grade is serving breakfast differently. For instance, Kindergarteners are also practicing good restaurant behavior by setting tables up with cloths and utensils and practicing good manners. On the days that their high school buddies are in the classroom, Kindergarteners are also sitting with the students to help practice their manners. Other grades are eating during morning meeting, or eating while they complete their morning work.

As a school, we have noticed a smoother transition for most of our students. The most noticeable and positive impact comes from the Health Office. The nurses report that they have seen a drastic reduction in the number of students coming to their office looking for food in the morning because they missed breakfast and were hungry. Instead, these students are nourished and learning in the classroom.



For more information about Breakfast in the Classroom, or about initiatives to reduce childhood hunger in Vermont, go to www.hungerfreevt.org.

Math in the Classroom

By Stefanie Hamble, K-5 Math Coach

The Common Core State Standards are in full swing and our district is working with the Teacher's Development Group around Mathematical Best Practices. Through this work, "making connections" and "mathematical representations" are terms that both teachers and students are using fluently in the classroom.

Whether in a kindergarten classroom or a fifth grade classroom, when you walk in during math, the room is alive with students listening to each other's thinking, making connections with their own thinking, and using mathematical representations to justify their work.

There are skeptics that see this version of "doing the math" extensive, time consuming, and confusing for kids. I couldn't disagree more. Having been a teacher for 12 years and now as a math coach, I have watched the culture of math shift from a time of day that kids dread, to a time of day that ranks up there with P.E. and recess!

An example of this work, connecting math representations, was really evident in our first grade classrooms. The students were presented with a word problem to solve. They had to determine whether the problem was addition or subtraction by using a mathematical representation. Once they had determined what they had to do, they matched the problem and the representation with an equation. The focus of this problem solving was not on getting the correct answer immediately; the focus was on the process that students were following and the metacognition that they were using to reflect on if their process made sense. You heard students saying things like, "I drew this mathematical representation, but it doesn't match the problem, so I changed my thinking." I heard this coming from a first grader and knew that this "math talk" is only going to grow. It is very cool to be a part of.

These are the experiences that are so exciting about what we are doing in math today. Instead of the old drill and practice, kids are talking during math and listening to understand others' thinking. We are fostering a culture shift that focuses on process as much as product, where kids are seeing challenge as a good thing, knowing that it helps them grow.

Shapes All Around

By Nan Johnson

First grade loves geometry! The mathematicians are asking themselves, "What makes a triangle a triangle? What makes a square a square?" They are working hard to discover the many attributes of shapes. The mathematicians are building vocabulary and concepts through hands-on discovery, structured student math talk, and games. Through independent, partner, and whole group work, we have developed a vocabulary that includes sides, angle, vertices, straight line, curved line, open shape, closed shape, and the many names of shapes. Students play games, such as Guess My Shape that reinforces the new vocabulary. Mathematicians also work on decomposing large shapes into smaller shapes. Partner works gives the students to compare their work and opens them up to new thinking and looking at the shapes in a new. One day during math, the students spontaneously worked on finding different ways to make a hexagon. They found several in a span of just a few minutes! I love seeing the students using all the Mathematical Habits of Mind and Habits of Interaction that we have worked on all year. Partner talk, comparing thinking, using representations, using multiple pathways to solve a problem, making connections, and perseverance are all being observed on a daily basis. Keep up the good work mathematicians!



News From Mrs. Hogan's Second Grade Class!

By Casey Hogan

Our mathematicians are working really hard in this classroom! We are currently learning about measurement and they are approaching this task hands on! Whether it's measuring objects in inches and centimeters with rulers, or measuring time with analogue and digital clocks...we've got it covered! Through this experience our students have come up with a very important math conjecture. The larger the unit of measure, the smaller the number of units... The smaller the unit measure, the larger the number of units! Ask your mathematician to explain this to you at home... you will be amazed!



*** DO YOUR PART ***
VOTE!
MARCH 1, 2016

MIDDLE/HIGH SCHOOL HIGHLIGHTS

January Exposition: Preparing Students For College and Career

By Leon Wheeler, Principal, WMHS

January 13th and 14th marked our second exposition, with each student in the middle and high school sharing speeches and displays of learning projects from the 1st semester. Student engagement while they prepared for and shared their presentations was tremendous, a genuine celebration of each one's growth in our GXs. The days also provided evidence of the progress we're making toward the district 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."

The purpose of these expositions is to provide students an opportunity at the end of each marking period (semester):

- To practice sharing their GX skills with peers and adults;
- To provide feedback to help others develop their skills;
- To use feedback received to support continued growth.

The expectation is clear for students: Each one will participate and share learning related to two GXs...and students meet that expectation. The understanding

is that these are for practice, supporting growth so students become increasingly skilled and eventually prepared for graduation. It's impressive and truly inspiring to see our students gaining confidence and glowing with pride.

This year's graduates will demonstrate proficiency in two GX skills: Communication (through the Senior Expo) and Critical Thinking (in one of several classes offered this year). Mark your calendar for Senior Expo on May 27th, and the June Expositions on the final 3 days of school in June.

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!

Tabarik Abdulsalam was nominated by her teacher Ms. Andrea Wheeland for the Communication GX in the dimension of content. Ms. Wheeland wrote: Tabarik recently shared with the class the speech she has prepared for JanPo [January Exposition Week]. She has taken on an important topic with a strong sense of compassion and conviction. If you have



Teacher Andrea Wheeland with GX Champ Tabarik Abdulsalam

the privilege of being in Tabarik's speech group this week, be prepared to be moved to tears as she shares her plan to help ease the transition of a refugee family to Vermont and educate all of us on the refugee experience. Team Nexus is so proud of Tabarik!

Tabarik shared that she likes the GX Champ belt at Winooski: "I like to

share my work with other people, so it's a good idea to share the work that I did well. I like how everybody was excited during my speech."

On her speech that was nominated for content Tabarik explained: "I decided to do a project that will include fundraising for refugees. My goal is to have an apartment ready for a new refugee family. I chose this topic because I am

a refugee. I went to Syria when I was 4 years old, I saw a lot of people who lost their houses and went to Damascus where it was a better city, but people were still everywhere in the streets. So, I know this topic well; I have lived it and seen it. [Fortunately,] I had an experience that is better than these people. I found a country that welcomed me.

What does Tabarik want people to learn from her speech, presentation, and fundraising? "Refugees are all humans. They need safety. I hope we don't deal with them as terrorists."

Follow Winooski's GX Champs @ WinooskiLearns!

GX Champs December 17-January 14

- Green Day Effective Communications Class
- Taylen Bennett
- Dhani Dhamala
- Tabarik Abdulsalam
- Ms. Sherrer's TA
- Alex Do
- Ubah Hussein
- Samantha Davis

Guidance News

By Tony Settel, High School Guidance Counselor

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

- Seniors Scholarship Alert. Now is the time to register for the VSAC Grant and the Unified Scholarship Application. Grants and Scholarships are FREE money. Don't let that money get away from you. Talk with Heidi McLaughlin or Tony Settel about registering. In addition, come see Tony Settel about accessing scholarship databases to find more FREE money.
- FAFSA registration help is looking for you! If you need help filling out this application, contact Heidi or Tony and we can set you up immediately. Don't delay. College financial aid is given on a first come, first served basis.
- All underclassmen, there are many opportunities for the upcoming summer. Think about what you are interested in and come see me about ways to explore these interests. There are camps and schools, some offering college credit, that you can apply to.
- Now that the Fall semester has ended, schedule a meeting with Tony Settel to review your transcript and make plans for the Spring and beyond.

Welcoming Winter on Team Nexus

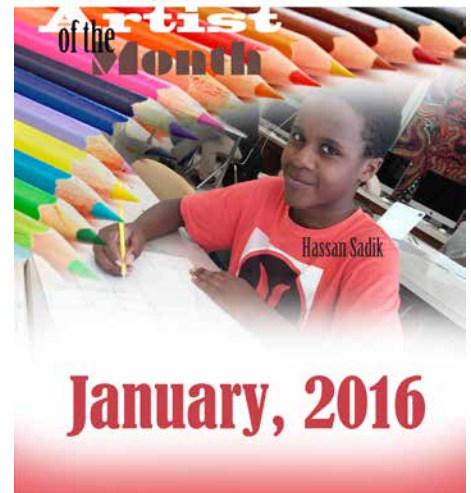
By Andrea Wheeland

On Monday, December 21st Team Nexus was able to attend open skating at Leddy Park in Burlington. Ice skating is one of our favorite activities as a team. New Vermonter Dipen Sanyashi reports that, "It was my first time ice skating so I was surprised by what it feels like to move and play on the ice." Kaw Ra Ban Bi, who was ice skating for the third time in her life reported that it is a "special time for Nexus students to exercise in a different way but also see friends on the team we don't have class with."

On Wednesday, December 23rd, Team Nexus held our annual STEM (Science, Technology, Engineering and Math) competition with Build-and- Race-Your-Own- Sled. Students are given cardboard, duct tape, trash bags, rope and a random team assignment and one hour to construct the fastest possible sled design. Sleds are then raced down the hallway with a team member on board. Our winners were Kyla Doung, Jakob Andrews, Chantel Green, Alexis Gordon, Amber Bacon and Austin Benoit. Team member Austin Benoit says, "This got us moving and working together on our team skills instead of just sitting around waiting for vacation to start."



Winooski Middle
High School



January, 2016

Artist of the Month

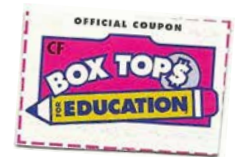
By Jessica Bruce, Fine Arts Teacher

Please join me in congratulating our January Artist of the Month, Hassan Sadik!

Hassan has shown tremendous growth and artistic skill and devotion to his work in the art room this past semester. He is also very friendly and willing to help others. I am excited to see what Hassan will create within the remainder of this school year. Congrats, Hassan!

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!



* DO YOUR PART *
VOTE!
MARCH 1, 2016

Update from your City Council

By Mayor Seth Leonard



With the arrival of a new year that means **Town Meeting Day** is right around the corner. At the time this publication is issued, you will be able to find the City’s proposed budget for town meeting day on the city’s website. Remember to register to vote, or update your voter registration information at the City Clerk’s office, or by visiting the Secretary of State’s website.

Prior to working on this year’s budget, a community survey was issued that asked community members “what three things about your life in Winooski would keep you here for the next 10 years?” Hundreds of residents shared feedback and as a result City Council crafted a City Strategic Vision Statement based on the responses. The resulting Strategic Vision Statement is as follows:

Winooski will be an affordable, livable, diverse community where the roles of the government will be to foster and guide the following:

Economic Vitality: Maintain and expand our economic development to ensure a long term vibrancy and small town feel.

Transportation and Infrastructure: Invest in the City’s transportation infrastructure in order to make our City

safe and accessible to residents and visitors while recognizing the critical role we play in the region’s system.

Housing: Ensure a mix of quality, affordable housing stock that maintains the character and aesthetics of our neighborhoods.

Safe, Healthy, Connected People: Foster relationships across generations and cultures by providing safe, healthy environments and opportunities to connect and engage.

In its most simple form, a budget looks like a collection of numbers. Yes, an annual budget sets spending limits for a single year and tell you how the city will fund departments, infrastructure, and services. However, I hope you will look beyond a single set of numbers and beyond a single year.

Most importantly, our municipal budget is a blueprint for how we invest in achieving the outcomes the Winooski community wants to see our city work towards. It determines what tools we are going to provide to our hard working staff who deliver services to our residents and how we will plan for the future of city’s infrastructure. You help us set an investment path each time you participate in a survey, join a committee, share a thought with city staff

and Council member, or take the time to attend a community meeting around an issue.

I am very proud of the hard and efficient work our staff does to make Winooski a wonderful place to live, work, and play for our residents. In turn, City Council works hard to make sustainable investment decisions that move our community forward while balancing our need for service provision and infrastructure care with affordability. For city residents, we really appreciate the volunteer hours you give to many Winooski causes, the input we receive throughout the year and your feedback during the budget process, and the contribution of each household to support our community.

We hope that when you review your city’s proposed municipal budget this year you see beyond a collection of numbers and see the results of an ongoing community conversation that sets us on a path for Winooski that you can be proud of and excites you about our future.

Come to the Library!

The Winooski Memorial 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. We’ve got plenty of free parking. Reach us by phone at 802-655-6424.

Stay in Touch: Join Front Porch Forum

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

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

Go to **www.frontporchforum.com** to sign up for this free community resource.

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

Visit the city website at winooskivt.org 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

Marijuana and the Developing Brain

By Sarah Petrokonis

As adolescents, our brain rewires itself to develop connections we need to develop into healthy adults. During this time, our brain's pleasure circuits are critically involved—rewarding us for trying new activities, learning new skills, and taking the risks necessary to grow up. One of the last stages of development is the maturation of the frontal lobes—the areas of the brain responsible for judgement and making decisions—which don't fully mature until the age of 25 or 26 years. However, our maturation is disrupted when we use substances that directly affect our pleasure circuits, causing young people to be more vulnerable than adults to the psychoactive effects of drugs, including marijuana.

Studies have shown that marijuana use is consistently associated with reduced grades and a reduced chance of graduating from school. When considering that in 2012, 60% of all new marijuana users were under 18 years of age, we see that it is imperative that we decrease these numbers. As adults, we need to stay informed about substance use in our community, give enduring support to youth, and teach healthy coping skills that do not involve substances. For more information, visit wcspc.org or www.apa.org/monitor/2015/11/marijuana-brain.aspx

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



Free Dinners for Youth 18 and under

The City of Winooski provides free dinners every Tuesday evening at 5:30 pm for youth 18 and under.

The menu changes weekly, but consistently provides a nutritionally balanced meal.

In conjunction with the meals, the Parks and Recreation department is also running youth activities, including board games, movies, and interactive games, which will begin around 4:30 pm.

Help Yourself to Health

By Doug Bishop, Director of Communications, Greater Burlington YMCA

If you have made a New Year's resolution to be healthier in 2016, you are not alone. Now you have to figure out how you are going to turn that resolution into reality. If it is a fitness regimen you are looking for, the Winooski YMCA is always there to help. Stop by 32 Malletts Bay Avenue or call 655-9622.

For many of us, however, reaching our health goals means more than hitting the gym. The Y, in partnership with the Vermont Department of Health and Vermont's Blueprint for Health offers six health self-management classes to get you started. These classes provide you with the support you need to take control of your health.

Classes are available locally to help with diabetes prevention, diabetes management, quitting smoking, emotional wellness, chronic diseases management and chronic pain management.

To take the next step, visit MYHEALTHYVT.ORG and find out more about these classes, including a contact you can speak with or the date and location of the next class.

Take small steps today to improve your healthy. Visit MYHEALTHYVT.ORG.



Winooski Food Shelf now serving 232 Winooski households

By Linda Howe

Thanks to all the community support, the Food Shelf is now helping to provide for the needs of 232 individual households. Winooski, you are awesome!

Winooski Food Shelf Schedule for February:

The Pantry will be open **Wednesday, February 10th** and **Wednesday, February 24th** from 2:00 p.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, **February 13th** and **February 27th** from 9:30 a.m. to noon for fresh food provided by Hannaford Markets. This includes deli items, bread, pastry and fresh fruit and veggies. Clients are welcome to come

both Saturdays.

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 that 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.

Are You Running For School Board or City Council?

If you are planning to run, we would like to introduce you to readers of this newsletter in our March issue. Please provide the following information by February 11 for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates. Please submit the following

information to editor Anne Linton Elston at annelinton@mac.com:

- Name
- Address & Telephone
- Work
- Education
- Hobbies/activities
- Community service
- Reason for running (75 words or less)

Beware of Identity Theft

By Scott D McGivern, Lieutenant, Winooski Police Department

This month I would like to touch briefly on the topic of Identity Theft. It can be a life altering event for victims. These types of investigations can be convoluted and often extend beyond the resources of your local police department. They frequently do not result in arrest. If you believe you are a victim of Identity Theft contact your local police department and make a report. The report number will be useful to you when you contact the various agencies that will help you restore your identity. The Winooski Police Department does provide a packet of information to victims which will assist them in taking the necessary steps to restore their identity.

How can you prevent identity theft?

- Check your bank and credit card statements regularly.
- Be careful who you give information out to. Unless it is a known source do not give out any account or social security information
- When making a purchase on a new or unsecured Internet web site, make sure you see “https” in the web address (the “s” means it is secure).
- Be wary of people holding up cell phones while you are using your card for a transaction as the person could be using the camera feature of their phone and photographing the front of your card.

The following is a list of resources available for victims to contact for assistance:

- www.lookstoogoodtobetrue.com
- www.usdoj.gov/criminal/fraud/websites/idtheft.html
- www.fbi.gov/hq.htm
- www.idtheftcenter.org
- www.privacyrights.org/identity.htm
- www.aarp.org/money/scams-fraud

There are also companies such as Life Lock that claim to help keep you protected from Identity Theft. I cannot recommend any company but I do recommend researching the topic to see what would fit your needs best. A basic way to protect your identity and to catch identity theft early is to monitor your bank accounts and credit reports frequently.

Shop Local

With discounts like: 15% off your coffee/pastry/ice cream every day at Scout, 10% off food at Papa Frank's, 10% off your total check at Spice Trader's Kitchen, 25% off your facial at Salon Salon, and free tire rotation at Pecor's Automotive, the 2016 ACCESS Winooski card will pay for itself in no time, and all while supporting locally owned Winooski businesses, scholarships for Winooski High School students and the Winooski Community Partnership. The card buys you discounts at 32 Winooski businesses that are good ALL YEAR LONG! No coupons, or codes. Just the card that fits right in your wallet. See all the discounts and get it here: www.downtownwinooski.org/access



Paying Your February Tax Bill

By Carol Barrett, City Clerk

Please note that City Offices will be closed on Monday, February 15 in observance of Presidents Day.

Taxes, water and sewer payments are due that day. We will be accepting payment without penalty and interest on Tuesday, February 16, 2016

Free Family Movie Night: February 12th!

The City of Winooski Community Services Department, in partnership with the Winooski School District Library, is sponsoring a free Friday evening showing of the computer-animated movie *Inside Out* at the WSD Performing Arts Center.

Family-friendly (rated PG for “mild thematic elements and some action,” according to IMDb), *Inside Out* is a Pixar Studios production that was released by Disney in 2015. The movie tells the story of a young girl named Riley who moves to San Francisco with her personified emotions-- Joy, Fear, Anger, Disgust, and Sadness— and portrays how they navigate a new city, house, and school system. The movie will be shown the evening of Friday, February 12, and will start promptly at 7:00pm in the Performing Arts Center. Run time is 95 minutes.

The Winooski High School Yearbook Club will have snacks and refreshments for sale.

Contact AmeriCorps VISTA Community Recreation Coordinator Jonathan Borden with any questions about this event at 802-655-1392 ext. 10 or email parksvista@winooskivt.org.

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).

Legislative Report

From Representative Diana Gonzalez

The second year of the two year legislative cycle has less pomp and circumstance than the first year. Besides the governor's State of the State address, it almost seemed like we hadn't been away for six months, we are able to jump right into content.

The first week of the session is the same week as Homelessness Awareness Week. Since I am on the general, housing, and military affairs committee, this means I was fortunate to listen to advocates and experts on housing and homelessness in Vermont. It continues to be a humbling experience to hear about the struggles of so many of us, the courage to face that adversity, and the efforts of so many to support those who are struggling. I was reminded of the amazing 211 line. If you or a neighbor is struggling with an issue (such as homelessness or risk of being homeless) you can dial "211" from any phone (cell phone included) and talk to a skilled and caring person who can connect you to resources. You can reach me with any questions at dgonzalez@leg.state.vt.us.

From Representative Clem Bissonnette

Agency of Transportation Committee: The first week of the session the House Transportation Committee received a written report and formal presentation on the 2015 fatal crashes that occurred. The Agency Of Transportation has a safety department that reviews all accidents. The report listed fifty seven deaths broken out as follows: thirty five vehicle operators, eleven passengers, five pedestrians, four bicyclists, two ATV accidents. The department looks at the weather conditions at the time of accident, the condition of the road surface, and many other details. Any issues on road conditions and infrastructure are corrected immediately if possible. The agency informed the committee that seventeen of the fatalities were wearing seat belts and fifteen were not wearing seat belts, one ATV fatality was not wearing a helmet, eleven motor driven cycles and one ATV were wearing DOT approved helmets. The agency is using the media to remind drivers to slow down and to obey our traffic laws.

Department of Motor Vehicles (DMV) Committee: The DMV department will replace any and all faded license plates. You just need to go to any DMV office. The nearest office to Winooski is in South Burlington on Dorset Street.

Health Care: I had a meeting with Lawrence Miller (head of Vermont Health Care.) If anyone is having problems with health care issues and needs my help, please don't hesitate to send me an e-mail (cbissonnette@leg.state.vt.us) with the info and I will try to resolve the issue.

Got Girl Scout Cookies?

By Amy Lothrop

Girl Scout cookie selling is underway! Troops from around the region met at the Robert Miller Center in Burlington to kick off their sale campaigns on 1/10. The girls learned about the cookies, financial literacy and online selling. Winooski Girl Scouts have set ambitious goals for themselves from 50 to 1000 boxes each! Be on the lookout for them as they will be out in the neighborhood selling. The money earned will be used for badges, camping, and community service projects. If you are interested in supporting their efforts, please contact Amy Lothrop at 802-373-7288. Stay tuned for more updates as many exciting projects are underway! New girls and volunteers are always welcome at all levels all year long.



Youth Basketball Update

By Ethan Hausmann

Winooski Recreation now has over 80 kids participating in Youth Basketball! The students in grades 3-5 started to play games against teams from other communities in mid-January, and more games are scheduled in February. Winooski Recreation would like to thank all the volunteer coaches who are helping out on Saturday mornings and Winooski High School students Austin Mitchell and Brandon Bigelow for refereeing all the home games. Special thanks to veteran volunteer Tracy LaFond for leading the Program once again and to MyWebGrocer for their sponsorship.

Youth Basketball sessions (and games) will continue on Saturday mornings through February 20th. A new AmeriCorps member, who will be serving as Winooski Recreation's Youth Engagement Coordinator through August, has taken over leadership of the Program and introduces himself below:

Hello, Winooski! My name is Nganda Gatei, and I would like to introduce myself to all four corners of this vibrant community. I am the new AmeriCorps State member serving in Winooski to help enrich the lives of students through both sports and academics.

I graduated from the University of Georgia this past year with a degree in political science and public health. Although I've never lived north of the Mason-Dixon Line, I bring nothing but enthusiasm and warm jackets with me! I've worked in youth sports previously, primarily youth soccer, and I am more than excited to be coordinating Winooski Youth Basketball and other programs. Outside of running athletics, I will be organizing events and supporting a number of educational programs that are aimed at tutoring, mentoring and shaping the academic future of Winooski's best and brightest young scholars.

Although my stay in this cozy community may be short-lived, the memories I make with Vermont's youth will stay with me. Please feel free to contact me anytime at "americorps@winooskivt.org". I look forward to meeting each and every one of y'all!

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

Every day can be a celebration! Some days celebrate a certain food, idea, or activity. Sometimes a day is set aside to remember or to increase awareness of a need. Each and every day should be celebrated by spending time with family and friends enjoying whatever time we are given.

Join us at the Senior Center as we celebrate as much as we can! Making moments count takes practice. Having a meal with a friend, learning something new or accomplishing a task are all reasons to rejoice.

Food, fun, friends and celebrations are always on our calendar!

COMING UP at the WSC:

- **Feb 2** - Senior Lunch & Meeting
- **Feb 11** - Valentines Day Lunch & BINGO!
- **Feb 19** - International Lunch
- **Feb 23** - Last Tuesdays Lunch & Learn
- **March 1** - Get out and VOTE!
- **March 8** - Senior Lunch & Meeting
- **March 15** - St. Patrick's Day Lunch
- **March 17** - St. Patrick's Day BINGO!

EVERY MONTH

- **Do Drop In** - (Mon 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** - (Tues & Thurs 10-11am) Great for stretching and balance. FREE!
- **Open Art Studio** - (Wed 9-12pm) Join us and try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- **Community Lunch** - (Thurs 11:30am) Join us for a great lunch and great company! \$4.00 RSVP
- **BINGO!** - (Thurs 12:30pm) Come on in and play, try our snack bar and maybe win the Jackpot or the Jar! \$10.00
- **NEW! Last Tuesdays** - Join us at 11am for activities, 11:30 lunch, 12:15 programs and speakers on current Senior issues. FREE! RSVP
- **NEW! Indoor Walking Group** - Join us as we travel to the Fairgrounds and walk the indoor track. Feb 2, 4, 11, 16, March 10, 15, 17, 24, 29, 31 FREE!

*"The more you praise and celebrate your life,
the more there is in life to celebrate."*

— Oprah Winfrey



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@winooskivt.org



Clearing the Path. Plaster in steel frame. 24" x 58" x 4"

City Hall Gifted Wall Sculpture Donated by Artist Leslie Fry

Winooski artist Leslie Fry has donated a wall sculpture to the city, now hanging just at the entrance in City Hall.

The artist has lived in Winooski off and on since the early 1970s, and continuously since 1991. The wall sculpture reflects Winooski's ongoing change and reconstruction, a theme also addressed by another long-time Winooski artist, Dan Higgins, in his book *Vacancy, Art, & Transformation: Winooski 1969-2005*.

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Did you know that it takes 2 weeks before the flu shot becomes effective? Call your primary care physician today to see if the flu shot is right for you and your child.

Here are some helpful hints to minimize the spread of germs:

- Cover your mouth and nose when coughing or sneezing.
- Cough or sneeze into a tissue and then throw it away.
- Wash your hands often, especially after you cough or sneeze.
- Use alcohol-based hand wipes and gel sanitizers if soap and water are not available.
- Stay home from work or school if you are sick. **Here at Winooski we ask that you not send your student to school if they are running a fever of 100 degrees or higher. Please make sure they are fever free for at least 24 hours without the use of fever-reducing medication before allowing them to return to school.**
For more information, visit healthvermont.gov or call 211 for a list of flu clinics available.

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

February is DENTAL HEALTH MONTH. What you do NOW can PREVENT many problems from occurring in the future. By investing only six minutes each day, both tooth decay and gum disease can be prevented by YOU! That's two minutes twice each day spent on brushing and two minutes once a day for flossing. Remember to Brush, Floss and Visit your Favorite Dentist at least once a year!

If you are in need of dental care, remember to visit www.wdschools.org or stop by the Health Office for information on our school based dental program with Vermont Dental Care.

Winooski
Elementary School

MENU

February 2016

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
This institution is an equal opportunity provider.

Mon., Feb. 1	Tues., Feb. 2	Wed., Feb. 3	Thurs., Feb. 4	Fri., Feb. 5
Dress Your Own Burger on a Bun	Homemade Cornbread Creamy Macaroni & Cheese Steamed Green Beans Caesar Salad	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza Broccoli Salad Fresh Carrot Sticks	Taco Bar w/ Hard or Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Cabot Sour Cream , Salsa & Soft Flour Tortilla Rice Pilaf <i>Creamy Coleslaw</i>	Super Bowl Party Touch Down Sweet Potato Wedges End Zone Oven Baked Corn Dog Steamed Broccoli Sacked Sugar Cookie

Mon., Feb. 8	Tues., Feb. 9	Wed., Feb. 10	Thurs., Feb. 11	Fri., Feb. 12
French Toast Sticks w/ Local Syrup Scrambled Eggs Sweet & White Home Fries Green Pepper Strips	Early Release Grades 6-12 Spaghetti w/ Meat or Marinara Sauce or Chopped Green Salad Wheat Bread Slice	Taste Test Event Gingered Cabbage Salad Homemade Tomato Soup Cheesy Breadsticks w/Marinara Sauce Celery Sticks	Beef Nachos Seasoned Taco Meat, Cheese Sauce, Cabot Sour Cream , Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Steamed Corn Warm Black Beans	Happy Valentines Day Cupid's Favorite Chicken Nuggets w/Dipping Sauce Roasted Sweet Potato Wedges "Be Mine" Baked Beans "Hearty" Dinner Roll

Mon., Feb. 15	Tues., Feb. 16	Wed., Feb. 17	Thurs., Feb. 18	Fri., Feb. 19
Grilled Cheese Sandwich Chicken Noodle Soup Fresh Celery Sticks w/ Hummus Dip	 Volcanic Meatloaf Chef's Mashed Potato Steamed Peas Dinner Roll	Delayed Start Grades K-5 Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza Crispy Caesar Salad	Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa, Cabot Sour Cream & Soft Flour Tortilla Rice Pilaf <i>Gingered Cabbage Salad</i>	February Birthday Celebration Chicken & Biscuits Steamed Carrots Roasted Chickpeas

Mon., Feb. 22	Tues., Feb. 23	Wed., Feb. 24	Thurs., Feb. 25	Fri., Feb. 26
No School	No School	No School	No School	No School

<p>No School</p> <div style="text-align: center;">   </div>	<p>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</p>
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DAILY BREAKFAST OPTIONS

MONDAY
Whole Grain Breakfast Bun

TUESDAY
Whole Grain Bagel w/Cream Cheese

WEDNESDAY
Assorted Cold Cereal, String Cheese

THURSDAY
Healthy Breakfast Round

FRIDAY
Fruit Filled Muffin w/String Cheese

Each Meal is served with:
100 % Juice, Fresh Fruit and Milk

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 \$1.75 Adult Lunch \$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

Harvest of the Month: Cabbage

Cabbage is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world. There are at least a hundred different types of cabbage grown throughout the world, but the most common in the United States are the Green, Red, and Savoy varieties. Cabbage has virtually no fat. One cup of shredded raw cabbage contains 50 calories and 5 grams of dietary fiber. Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried, and eaten raw.

Gingered Cabbage Salad (Serves 10, 3/4 cup)

Red Cabbage	1 lb.	Green Cabbage	.5 lb.
Apples	1 ea	Lemon Juice	1 oz.
Olive Oil	1 oz.	Cider Vinegar	1 oz.
Ginger	.25 tblsp.	Honey	.25 tblsp
Mustard	.25 tblsp.	Salt	.25 tsp
Garlic	.25 tsp	Black Pepper	.125 tsp
Raisins	.5 cup		

Shredd Cabbage in food processor. Pour into large bowl. Set aside. Core and peel apple. Cut into 6 wedges and thinly slice the wedges. Toss with lemon juice. Whisk oil, vinegar, ginger, honey, mustard, garlic, salt and pepper in small bowl until well combined. Add the apples to the cabbage. Add raisins and dressing. And toss. Cover and let stand for 15 minutes.

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
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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Winooski Middle and High School

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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