



WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 12, ISSUE 5

FEBRUARY 2015

Celebrating Our Achievements!

“Community Reads” Engages Families

JFK students and parents enjoyed a “Magical Community Reads” featuring Merlin the Magician. After Merlin performed his magic, parents and children were invited to the library to do magic with members of the JFK student council. Many thanks to the PACTS Committee for sponsoring this fun community event!



Winooski 2015 Penguin Plunge Team

By Sean McMannon, Superintendent of Schools

On Saturday, February 7th we will be jumping into Lake Champlain to support Special Olympics Vermont (SOVT). Last year’s Winooski team raised over \$10,000 for Special Olympics Vermont (SOVT) in our first Penguin Plunge and allowed us to start our Unified Sports program. Our Penguin Plunge team not only includes Winooski School District (WSD) 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 a portion of our fund raised money returning to Winooski for our Unified Sports team

Since our kickoff assembly in late November we have 52 team members and have raised over \$7500. After your generosity last year I am returning to ask for your continued support to push us past \$10,000. Please consider supporting Special Olympics VT, and the Winooski Penguin Plunge & Unified Sports Teams by visiting the link below.

Please go to the following link to securely donate to the Winooski School Team via my fundraising page or checks can be made out to SOVT-Penguin Plunge and dropped/mailed to the Winooski District Office, 60 Normand Street, Winooski, VT 05404: <http://www.firstgiving.com/fundraiser/sean-mcmannon/burlingtonschoolplunge2015>

To learn more about Unified Sports or Vermont Special Olympics visit <http://www.specialolympicsvermont.org/sports-competition/school-unified-sports/>
 All donations are greatly appreciated. Thank you and have a wonderful 2015!

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2015-16 Vision-Driven, Learner Investment

By Sean McMannon, Superintendent of Schools



The WSD Ends Statement at right 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, Jay Lambert and Julian Portilla for their student-centered and forward-thinking approach to budget development. In addition, we were fortunate that community members Brian Corrigan and Jim Read joined the process.

The budget cycle started with statutorily-required news from Department of Taxes Commissioner Peterson as her November 2014 memo outlined a \$0.02 increase in the base homestead property tax rate and an increase in the base education amount from \$9285 to \$9459. In addition, Winooski's Common Level of Appraisal (CLA) decreased from 101.11% to 98.34%.

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

- Critical Thinking and Problem Solving
- Physical, Social, and Emotional Well-Being
- Effective Oral and Written Communication
- Engagement in Learning
- Persistence
- Cross-Cultural Understanding and Community Engagement

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

“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.”

students: We are building a local data system to track student growth

- 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

Goal #3: Local & Global Community Engagement

- Welcome Back to School BBQ: Over 1,000 meals were served
- Make A Difference Day: Student-led community service
- Act 148, Vermont's Universal Recycling Law: Student-led effort
- Interpretation Equipment: Access for all parents to school information
- Learning Walks: All parents invited to tour and learn about school

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 816 PreK-12 students and we expect this number to stay flat or grow 10-15 students for the 2015-16 school year. We see growth particularly in the early learning areas of PreKindergarten and Kindergarten. This year we have 90 PreK and 78 K children in our programs. WSD has decided to move forward this year with 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 and not yet enrolled in kindergarten. Act 166 will also provide \$3042 per child to offset the costs of providing universal PreKindergarten.

WSD has shifted our kindergarten eligibility date to September 1, which the majority of Vermont school districts use. Looking into the history, WSD chose the later date so we could get students into the school system early. Since we have already expanded PreKindergarten opportunities and Act 166 will allow for universal PreK next school year we will no longer need to delay the cutoff date in order to serve more children.

We have kept our staffing levels flat year-to-year even with an increase in student population. We are experiencing more students with disabilities in the higher-need “Intensive” category than ever before. Our ELL population has grown from 128 to 258 students in the past eight years.

Over the course of the next few budget meetings, we studied the major budget variances that make up the \$602K or 4.49% year-to-year increase:

- \$674K-Salaries & Benefits
- \$33K-Professional Svcs. (Payments to PreK partners)
- -\$44K-Interest/Dues/Judgement/

Contingency (Tax Anticipation Note, accreditation expenses)

- -\$38K-Other Purchased Svcs. (Special Education Student tuition decrease & PreK transportation increase)
- -\$16K-Supplies & Materials (Athletics & Co-Curricular)
- -\$8K-Equipment (Technology)

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 (225/282 in FY14), nearly \$1500 less per pupil compared to other K-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 be fiscally responsible and moves 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 Wednesday, February 18th at 5:00pm at the O'Brien Community Center and/ or Monday, March 3rd at 7:30pm in the WSD Performing Arts Center for more information about our proposed investment in Winooski students for the 2015-16 school year. Thank you for working with WSD to benefit our students!

As always, you can reach me at (802) 383-6000 or via email at smcmannon@wsdschools.org.

School Board Report — FY2016 Budget Summary

By Mike Decarreau, Board of School Trustees

The School Board has had a busy winter. We have spent parts of our regular meetings plus several special meetings working with the Leadership team in developing our FY16 budget. I would personally like to thank Jim Read and Brian Corrigan for answering the call to help. These gentlemen attended our meetings and helped us work through the issues as we put this budget together. Taking their personal time on some cold evenings they went above and beyond and more clearly understand the questions and trade-offs required to mold a budget that we believe, as a community, we can support.

To Jim and Brian.... THANK YOU!

There are still some variables in the budget as we await the Legislative session to decide some basic details for this year like the Base Homestead rate. This year their guidance was to plan on a 2 cents increase as a baseline. Last year, the guidance was 7 cents as an adder before we even started to talk about local needs. The data defined here then is as of our adoption on January 14th and may have changed in the past month. See below for dates and times for community presentations of the budget.

The Leadership team was asked to come up with a first pass budget that was no greater than the contractual salary increase for next year which is 4%. In the end we have closed with an expense side increase of 4.49% and with the revenue assumptions this would equate to a 4.29% tax rate increase.

Much has been made about budgets increasing and the student populations decreasing. This is not the case in Winooski where we have seen a flattening of our student population and in terms of how the state formula views our population we receive funding for more students than we physically have in the building. To find out how this translates please come to one of our budget presentations in February.

One other nuance of the state funding formula is the CLA (Common Level of Appraisal). This piece of the finding formula is important to have an understanding of due to its importance in the overall tax calculation.

This is the simplest explanation I have seen on this seemingly complex topic from "A Citizen's Guide to the CLA; Vermont's Common Level of Appraisal Adjustment for School Taxes" (google search: CLA Vermont)

"...the state annually compares the listed values of a sample of properties sold in each town with their sale prices and develops a correction factor or adjustment (CLA) for each town. 4. The listed value divided by the CLA equals fair market value."

Net: Winooski is a desirable place for folks to live and homes in the city are selling for more than their Listed value, on average. For the school tax rate this is inversely proportional. CLA goes down, school tax rate goes up.

For a deeper discussion and understanding of all factors in the school budget please attend one of the following forums:

February 3: 11:30am-1pm ; Presentation to a group of seniors at the Senior Center at 123 Barlow Street.

February 16: 5:25-5:55pm : Televised School Budget Presentation, Channel 17 (or online at www.cctv.org)

February 18: 5pm-7:30pm; O'Brien Community Center. School Board is hosting the February community dinner. Come join us to review the details of this year's budget. The City team will also be joining us to present their budget. Enjoy a dinner and discussion with friends and neighbors. The O'Brien Community Center is located at 32 Malletts Bay Avenue.

SAVE THE DATE: MARCH 2ND

The Annual Meeting

BUDGET PRESENTATIONS

6:00pm: City Budget

7:30pm: School Budget

LOCATION

**Performing Arts Center,
Winooski Educational Center**

DOLLARS FOR SCHOLARS

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

DONATE NOW to Winooski Dollars for Scholars at www.winooski.dollarsforscholars.org/.

iLab Update

By Will Andrews

As the snow begins to fall, the iLab's students are digging deeper into their projects. Students have spent the last few months researching their topics, reaching out to local experts, and getting used to the independent learning process. This year we have seen improvement in our student's ability to lead their own learning process, and in their willingness and interest to seek out and work with the local community. Our increased focus on community connections has led to some awesome experiences so far this school year.



Increasing community learning opportunities has been one of the iLab's biggest priorities this year. We require our students to have at least one new community connection each quarter and we have seen how these community connections inspire and educate our students in a much different way than regular research. Students that learn from experts and professionals in the community come away from those experiences with resources, ideas, and new relationships.

Here are a few examples of how our community connections are impacting our students;

Clothing Design - One of our students spends four hours a week at Amalgamated Culture Works in Burlington learning the insides and outs of the clothing business. He spends time working with designers who create graphics using Photoshop and Adobe Illustrator. He also spends time operating and helping with the heat press, which is what puts the graphic onto the piece of clothing.

This experience has been quite powerful for our student because not only is he learning about the clothing design process, but his advisors at Culture Works have talked with him a lot about the business side of things and pushed him to create his own clothing line. So far he is selling tee-shirts and sweatshirts to Winooski faculty and residents and is looking to turn his company, Urban Woods, into a fully operational small business. We are looking forward to seeing this aspect of our program grow.

Cancer Research - Another student of ours is doing on project on Esophageal cancer, what causes it, and ways to prevent it. We reached out to a few doctors at UVM and Rebecca Wilcox told us she was willing to work with our student. We quickly scheduled a visit with her and our student had an amazing experience with her. They looked at esophagus specimens through microscope, worked with them in the PATH Lab, looked closely at infected cells, and discussed great resources on the subject. This student also participated in the first UVM MedMentors event of the year, where we learned about different jobs and skills in the medical profession.

Classes - Many of our students have very specific projects, and we wanted to give them opportunities to explore these

projects in a deeper fashion. There are so many awesome classes being taught in the area, and we decided to sign some of our students up for these classes. So far this semester we had a student participating in a monologue class at the Flynn, a facial drawing class at the Davis Studio, a glass-blowing glass at the Bern gallery, and private drum lessons taught by local drummer, and Winooski resident Caleb Bronz. These students have had awesome experiences in these classes and we hope to schedule more of these opportunities in the near future.

Next Steps - We have had success with community-based learning so far this year, but we want to continue to increase this aspect of the iLab. In the near future we have students signed up for sign-language classes at CCV, volunteering at Saint Michael's College Fire and Rescue, interning at the ECHO and Peace and Justice Centers, visiting the Vermont Forensics Laboratory, volunteering at local graphic design companies, and possibly visiting and learning from local tattoo artists among many other things.

If you're reading this and interested in helping the iLab out in anyway, please feel free to contact Will Andrews at WAndrews@wsdschools.org.

Interested in Running for the School Board?

There are two positions up for election in March:

- a 2 year term and
- a 3 year term

Here's what you need to know:

Filing A Petition: To run for political office in the City of Winooski you need to fill out a petition. This petition is generic and can be used for the Office of City Council, School Board or School Treasurer.

Petitions are currently available in the City Clerk's Office. **As the petitioner you have to complete the top part of the petition before you get your signatures.** You will need to get a minimum of 50 "good" signatures (legal voters), but we suggest you get extra.

The first day to file your petition is Friday, January 22, 2015 and **the last day to file your petition is Monday, February 2, 2015** no later than 4:30p.m.

Petitioners have to turn in their own petitions because they have to fill out a certificate of assent so their name will appear on the ballot. Lastly, to be qualified for service on the School Board you must be a registered voter.

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)

WSD to Represent National Schools by Taking the NAEP

By Kirsten Kollgaard

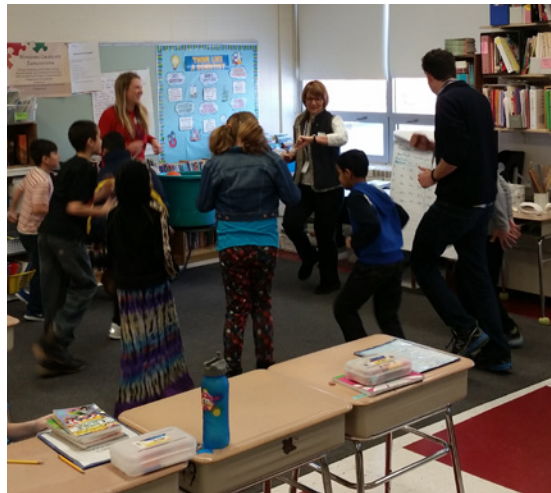
The 4th and 8th grade students of Winooski School District have been selected to represent schools across the nation by participating in the National Assessment of Educational Progress (NAEP). First administered in 1969, NAEP is the largest nationally representative and continuing assessment of what students know and can do in various subject areas. It is administered by the National Center for Education Statistics, within the U.S. Department of Education. NAEP is different from state assessments because it provides a common measure of student achievement across the country. The results of NAEP are released as The Nation's Report Card, which provides information about student achievement to educators, parents, policymakers, and the public.

The 4th graders will take the NAEP assessment on February 19th and the 8th graders will take the assessment February 20th.

Each student will take a mathematics, reading, or science assessment. In addition to answering questions in one of these subjects, students will be asked questions about themselves and their educational experiences, such as the amount of reading they do and the types of classes they take. These questions provide contextual information for the assessment, as well as information that may be related to students' learning. If you would like to view sample subject area and contextual questions, please visit <http://nationsreportcard.gov/parents.asp>.

It will take about 90 minutes for most students to participate in the assessment. The results are completely confidential and the information provided will be used for statistical purposes only. There is no need to study in preparation for NAEP. We do ask, however, that you encourage your child to do their best and get plenty of rest the night before the assessment.

We are excited that our district will be participating in NAEP and pleased that our students have been selected. We know that our students will help us show what our nation's students know and can do.



Mindful City Project Update

By Jaycie Puttlitz, Wellness Coordinator

What: Guided Mindfulness Practice & Discussion

Location: O'Brien Community Center

Dates: February 5, 12, 19 and 26

Time: 6:30-7:30 p.m.

Residents of Winooski are invited to practice mindfulness together each week at the O'Brien Community Center. Please join us

each Thursday evening as members from the Center for Mindful Learning (CML) lead community members in an hour of mindfulness practice and discussion beginning at 6:30pm.

We also encourage residents and employees of Winooski to take the "10-minute challenge"-- to practice ten minutes of mindfulness each day of the new year. More information, including a guided mindfulness audio, is available from CML on its website at www.mindfulcities.org.

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

4th and 5th Graders Move with Marathon Health!

By Jaycie Puttlitz, Wellness Coordinator

More than 25 fourth and fifth grade students welcomed volunteers from Marathon Health during the delayed start on January 14. The volunteers came to talk to our students on how to include wellness in their lives, and show them some fun ways to stay active indoors during the winter.

The fun, interactive lesson was the first in a series that Marathon Health volunteers will lead on the remaining delayed start days this school year. Upcoming topics include Taking Care of Yourself, Nutrition & Hydration, and Safety. Marathon Health is a Winooski-based company that focuses on helping people live healthier lives.

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



ANNOUNCEMENTS

JOIN US! Winooski Community Dinner

Wednesday, February 18, 2015
O'Brien Community Center
32 Malletts Bay Ave., 6:00 p.m.

- Enjoy a delicious meal from Tiny Thai
- FY '16 Budget Presentations for School and City

Preschool Skills Screening

DATE: Friday, February 20, 2015
TIME: 9:00 AM – 2:00 PM
LOCATION: 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 20, 2015.

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

Can You Help?

The PTO is continuing to collect Box Tops this year. Please save them and bring them to school. Your child's teacher can send them to the office for collection. Thank you!



Displaying Spartan Power on the Athletic Field (L-R): Brandon Bigelow, Jared Burlingame, Ali Omar, Connor Drown, Eh Man, Jibril Abdullahi, Hussein Sadik, Niki Dang, Michaela Metivier. Missing, Amanda Nattress.

WHS Athletes Named To All-State and Mountain Division Teams

By Stephen Crowley

It was a good day for WHS Spartans when the coaches around the region and around the state got together to review the fall season. Ten of our student athletes were named to D-III All-State or to Mountain Division teams. They were honored at a January WHS Community Meeting.

Football: Coaches All-State, D-III

- 1st team Offense, 2nd team Defense: Connor Drown
- 2nd Team Offense: Jared Burlingame & Brendan Bigelow

Boys Soccer: Mountain Division

- 1st team: Eh Man
- 2nd team: Jibril Abdulahi, Eddy Lamson, and Ali Omar
- Honorable Mention: Hussein Sadik

Girls Soccer: Mountain Division

- 1st team: Amanda Nattress
- 2nd Team: Niki Dang, Michaela Metivier

Little League Baseball/Softball Signups

By Jeff Brosseau

Winooski Little League Baseball/Softball & Babe Ruth will hold registrations

- **Monday, February 16th** and **Wednesday, February 18th** from 6:30 pm - 8:00 pm High School Cafeteria.
- **Friday March 13th** from 3:00-5:00 in the Winooski 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.

For more information, call Jeff Brosseau at 233-5530, email at jeffrey.brosseau@greenmountainpower.com

Warm Coats From Warm Hearts

The Knights of Columbus have generously donated many coats. We were able to distribute them to our Elementary, Middle and High school students. We are all so grateful for the kindness and giving spirit of our community.

SAVE THE DATE

Charlie and the Chocolate Factory!

By Lisa Goetz

This wonderful play will be performed by a talented group of 4th/5th graders on **March 6th** at 9:00, 10:30, and 7:00 pm. Free and open to the public. We hope you'll join us!

SAVE THE DATE

Learning Walk Calendar 2014-2015

By Kirsten Kollgaard

This year, Winooski principals Mary O'Rourke and Leon Wheeler, would like to invite families into the school district to get to know our programs better.

These Learning Walks will be offered on a variety of topics and will take place on the first Tuesday of every month (*unless otherwise noted) from 8am to 10am. Please meet us in the library for coffee at 8am. RSVP to kkollgaard@wsdschools.org

- **February 3rd:** Graduation expectations and transitioning out of high school
- **March 10th*:** Introduction to our schools and tour of the building
- **April 7th:** Transitioning from elementary to middle school
- **May 5th:** Transitioning from middle school to high school

★ COMING SOON ★

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

Auditions will happen on March 9th, 10th, or 14th*
The Talent Show will be presented on April 10th.
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 9th & 10th auditions start at 3:00pm, March 14th audition from 10am-12pm.

Calling all parent chefs!

By Nina Hansen

We need your help with family favorite recipes for student taste tests. Soups, tagine, curries, rice, vegetarian, noodle recipes are most welcome for a new ethnic tasting menu being offered every day in the cafeteria beginning Jan 20. Come share your recipes, time or talent. See Melissa in the kitchen or call Kirsten Kollgaard at (802) 383-6098.

Part Time Help Needed

The Winooski School District is in need of crossing guards. We are looking for 2 reliable people to work up to 2 hours a day, during the school year at the beginning and end of each school day. Training will be provided. To apply, please pick up an application in the main lobby of the school or contact Rebecca Goulet at rgoulet@wsdschools.org.

Calling all Families of Middle and High School Students!

By Danielle Jatlow, LICSW, Student Assistance Program Coordinator, Winooski Middle and High School

Come Join our Family Meet-Up Wednesday, February 11th!

Light food and drinks will be provided.

Our past two Parent Meet-Ups were a success—we had about 30 parents attend each one and topics have included:

- adolescent development,
- how to support sleep,
- hygiene,
- exercise and eating habits,
- parenting strategies to nurture connection,
- supporting your child's transition to Middle or High School,
- monitoring technology, and
- who to talk to if you have concerns.

The purpose of the Meet-Ups is to provide a platform for parents to learn, share, and connect around parenting adolescents.

Our next Meet-Up will be for the whole family. It will take place on **Wednesday, February 11th** from 5:30-7pm at the O'Brien Center. We alternate locations (Winooski School and O'Brien Center), so our April Meet-Up will take place at the School.

Bring your kids and participate in a family art project. We will be focusing on using play and fun to stay connected as a family. No art experience necessary!

Other topics will include managing peer-to-peer dynamics (friends one day, foes the next) and how taking care of our selves impacts the wellbeing of our children.

Please email me with your ideas of future topics...I want to hear from you about topics of interest! djatlow@winooski.k12.vt.us or call 802-383-6093. I look forward to seeing you in February!

K-5 News

By Mary O'Rourke, JFK Elementary Principal

We would like you all to know that we have changed our entrance date for Kindergarten. **Beginning this Fall (2015), all students enrolling in Kindergarten must be five years old by September 1st (born in 2010) to be eligible.** If your child turns five after September 1st, they will be directed to preschool. Screening for new Kindergarten students will be held in May and we will notify parents in March regarding the dates and times of the screening. In order to enroll your child in Kindergarten, you will need your child's birth certificate, proof of residency, social security card and up-to-date immunizations.

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 three and four 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 20, 2015. The time is 9:00 a.m. – 2:00p.m. and will be held at JFK Elementary School. *Teachers will also be filling out applications for all preschool slots at this time.

Our band, chorus and orchestra performed their first Winter concert on January 29th. The chorus, comprised of fourth and fifth graders, sang beautifully. It was apparent that a lot of time and effort was put forth to make this a lovely evening. Our fifth grade band and orchestra was very impressive. In a very short time, these musicians have acquired the skills to make their instruments work. It was a great evening. A big "thank you" to Mr. Argrave and Mrs. Rivers for their time and dedication to make this concert successful.

A Trip To The Mountain

By Deb LaForce

The children at JFK School were busy collecting fresh falling snowflakes on their tongues as they made their way into the Spruce Peak Performing Arts Center in Stowe on January 7.

The prestigious Mermaid Company from Nova Scotia was ready to mesmerize the students with their performance based on the book *Stella Queen of Snow*.

Amidst an audience full of elementary students the Mermaid Troupe rode around on skateboards getting the puppets in place, dazzling the large audience full of eager students. Children were able to discuss the performance out loud from start to finish because of a no shushing rule. The children decided this was the best rule ever!

When the performance was over the two person troupe answered questions from the audience and put their minds to ease assuring them the puppets did love the snow and they would all visit Vermont once again real soon.



JFK Student Council members say "Thank you to JFK families for your generous donation to the Chittenden Emergency Food Shelf!"

Brain Battle

By Mag Thomas

Brain Battle is a new program happening at JFK Afterschool this session. Ms. Osha and students meet on Tuesday afternoons to work together to solve a variety of puzzles and riddles. The games, puzzles and riddles are designed to exercise the brain and teach teamwork. Literacy and math skills are used to solve the puzzles and riddles. The students learn critical thinking and collaboration skills while having fun solving puzzles and challenging their brain! Each student will receive a puzzle book that they can take home at the end of the session, so that they can continue to challenge their brains!



MIDDLE/HIGH SCHOOL HIGHLIGHTS

“Fortune favors the bold.” — Virgil

By Leon Wheeler, Middle/High School Principal

Two and a half years ago, in August of 2012, Umesh Acharya was hired to be the registrar in our middle high school office. Umesh had been in the United States for a little over 40 days when he was hired. He settled into the school and his new position quickly, and began the work of registering new students while he cleaned up past records, re-organized the school files, and built relationships with staff, students and parents alike.

Umesh completed his service with our school on January 23rd, resigning his position in order to pursue his college education full time, initially at CCV, then transferring to continue studying neuro-biology in a medical facility...possibly Dartmouth University! It's been clear that Umesh has a strong work ethic, is persistent, and committed to doing his part to make the world a little better! Thank you for your service and your friendship, Umesh. You are forever a part of our Winooski community, and we're better for having walked and worked with you!

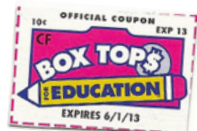
As Umesh ends his tenure, he hands the registrar responsibilities over to Winooski resident Masiti Mohamed. Masiti, who started working with us January 21st, brings with her over a decade of experiences in the human services field in the Winooski area, plus an additional 6 years working in health and nutrition field in Kenya. Most recently she's served as a cultural consultant, program coordinator, interpreter, and outreach worker. She begins her tenure with our school as she finishes her final semester at Burlington College where she plans to receive her BA in Human Services in May. We're very excited to welcome Masiti to join our office team and school community!

Beginning Tuesday, January 20th our middle/high school will be identifying a student who is doing exemplary work in one area of our first two GXs: Effective Oral and Written Communication, or Critical Thinking and Problem Solving. This student, identified as the “GX Champ for the Day” will be selected from a list of daily nominees, with the chosen student and nominees recognized for their work and demonstrated growth. We will be using the school web site, Twitter and other social media, and the intercom system to get the word out about this student.

We are driven to ensure that our school becomes a place of learning excellence for each student, and that we prepare each one to find and follow his/her inspiration and lead our community and world. Together we are making a difference. Happy February!

You Can Help!

The PTO is continuing to collect Box Tops and Campbell's Soup Labels. Please save and bring them to school. Your child's teacher can send them to the office for collection. Thank you!



Pictured left to right: Sunita Gurung, Niama Mohamed, Serina Phuong, Januka Acharya, Kevin Pham, Kyle Bigelow, Austin Mayo, Andrew Decarreau, Sarah Lind, Cara Casier, and Luke Fountain. Missing: Tucker DiMasi, Thomas Elston, Fatuma Maalim, Farhiyo Mohamed, Farhiyo Omar, and Ku Say Wah.

Scholarship Winners Recognized

By Karen Greene

On Monday, January 5th, members of the class of 2014 met to receive their scholarship checks that had been awarded to them last June from Dollar for Scholars (DFS). Over \$13,000 was awarded to students to help with their college expenses. Each graduate shared stories and updates on their college experiences thus far. All graduates were doing well. They are enjoying college, working hard, and felt well prepared. It was great to see them and to hear how things are going.

Guidance News

By Emmy Charron, High School Guidance Counselor

Here are calendar items for February:

- **Monday 2nd:** BTC & CTE centers come to visit WHS
- **Saturday 7th:** ACT test date
- **Tuesday 10th:** students interested in CTE have the chance to visit their programs.
- **Wednesday 11th:** students interested in BTC have the chance to visit their programs.
- **Friday 13th:** Last day to register for the March 14th SAT's
- **Wednesday 18th:** ASPIRATIONS DAY

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

You'll find lots of information about planning for college, grades and transcripts on the district website at www.wdschools.org. Follow the links under the "Winooski HS" header tab, and you can get more information about graduation requirements, college resources, and much more. You can reach me at 655-3530 or at echarron@wdschools.org to set up an appointment.



VKAT Update

By Cheryl Brosnan, Guidance Counselor, Winooski Middle School

On Thursday, January 8th, Vermont Kids Against Tobacco present a Thank You card to the new CVS pharmacy in Colchester. CVS is the first pharmacy in the US to ban tobacco products in their store. They believe that pharmacies should promote health and well being so they stock nicotine replacement therapy products. Madison Wright is presenting the card to the manager of CVS.

DOLLARS FOR SCHOLARS

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

DONATE NOW to Winooski Dollars for Scholars at www.winooski.dollarsforscholars.org/.

Unified Sports are back at Winooski!

By Tim Rich, M.Ed., Special Education Teacher, WMS Team Journey

The Winooski Unified Sports Bowling team hit the lanes to compete against 25 other schools in Barre last month. The team had 8 students varying from grades 5 through 9. We took away both silver and bronze medals in the 4-person team competition. Not sure what Unified Sports is all about? Special Olympics Unified Sports® brings together athletes with and without intellectual disabilities to train and compete on the same team. By pairing peers with and without disabilities on the same team, students are given the opportunity to build more inclusive schools. Unified Sports promotes equality on and off the field. The motto for Unified Sports is “On the field we’re teammates and off the field we’re friends”.

We’d like to thank the following athletes and partners for making this a great year:

- Austin Moquin
- Noah Alger
- Shaun Sylvestre
- Natalie Cross
- Dominic Kirby
- Hamdi Muya
- Alyssa Winegar
- Kirsten Stillwell

In addition we would like to thank Sean Maloney and Clarissa Gibbons for helping with coaching duties. The Unified Sports initiative was made possible partly by a very generous donation from the Knights of Columbus (St. Stephen’s Council #2284) for which we are very grateful. Thank you!

If you would like to help support future Unified Sports teams at Winooski please support our Penguin Plunge effort! Ten percent of all monies collected for the Winooski Penguin Plunge Team are allocated to support the Winooski Unified Sports teams. Money goes toward covering transportation costs, snacks, and support staff. Please contact Tim Rich at trich@winooski.k12.vt.us or 383-6128 to learn how you can donate.



WHS Afterschool Core Support

JANUARY 5-FEBRUARY 20, 2015

Mondays 3-4pm:

- Literacy and Math support with Mr. Steele in Room 116
- Technology support with Ms. Poquette in Room 211

Tuesdays 3-4pm:

- Science support with Ms. Bundy in Room 201
- Math support with Mrs. Mellen in Room 209
- Math support with Ms. Clark in Room 212

Thursdays 3-4pm:

- Science support with Mrs. Bundy in Room 201

Questions? Please contact Ms. Russ at 802-383-6041 or bruss@wsdschools.org

Team Nexus SIM Spirit on the Ice

By Shennelle Bailey, Grade 8

On December 19, 2014, Team Nexus went on an ice skating field trip. Our field trip was really fun. I think it’s safe to say that everyone had fun whether it was on the ice, or on the side lines eating and watching friends fall and get right back up to keep skating. Students and teachers were very helpful and considerate on the ice. Students and teachers helped each other get around safely. Everyone was also very encouraging; there were a few students who had their minds set on not skating, but with a little bit of encouragement and watching the fun, they eventually caved and gave it a shot. Our field trip wasn’t only fun for me, it also brought back personal memories for some of us who were on Team Eclipse in 6th grade. Two years ago Team Eclipse went on a ice skating field trip at the same place on the same day. What a coincidence, right? Overall, the experience was great and everyone had fun.





January's Artist of the Month:

Uyen Bui

I am pleased to announce that Uyen Bui is this month's Artist of the Month. Wow, does this girl have talent! She is humble, helpful, and passionate about her craft. Uyen is always willing to re-work and adjust her work to either her liking or to fit a requirement for a project, which speaks to her wanting to constantly improve. A true artist is never done! Great Job, Uyen!

Jr. Iron Chef Team Prepares for 2015 Competition

by Nancy Keller

"I picked up cooking when I was 6 years old," said Winooski High School's Jr. Iron Chef participant, Jason Truong when asked about his interest in the Jr. Iron Chef Competition for middle and high school students held each year in Montpelier, Vermont. "And Mariah (Fraga) has been cooking for two to three years, and she likes to "eat healthy," Jason explains about the second chef on their team.

"I like cooking, too," adds Alyssa Winegar, Winooski High School's third Jr. Iron Chef competitor. "In my family, we make up recipes on our own."

This love of food preparation is what brings these three students together, and is at the heart of Winooski High School's Afterschool Jr. Iron Chef Team. The Jr. Iron Chef Competition is a statewide cooking contest to be held on March 21, 2015. Middle school and high school students form a team of 3 to 5 chefs, who are challenged to prepare, cook and serve a savory dish (no sweets or desserts) that is original, vegetarian and uses 5 (or more) local food ingredients. Teams are not only judged on how the food tastes, but also on their teamwork, execution and creativity. Each team must also have a coach. Winooski's coach, 5th Grade JFK Teacher, Jacie Knapp, was specifically recruited by Jason and Alyssa because, as current high school students, they "wanted her back, again," after having Ms. Knapp as one of their teachers in elementary school.

Winooski's Jr. Iron Chef Team hopes to repeat their winning performance from last year's competition, when they won the "Crowd Pleaser" award--one of only three such awards given overall. For their win in 2014, they received a high-end set of cookware and a trip to the State House to prepare their winning recipe for the Legislators.

If the joy of food preparation is the single best ingredient for success, Winooski's Jr. Iron Chef Team will repeat their award-winning performance this year, too. Good luck and good skill to The Team!



Manga Mania

by Nancy Keller

Manga Books are based off of Japanese TV shows," answered 8th grader MaeJae LaVallee, when asked to describe Winooski Middle School's after school program, Manga Book and Drawing Club. "It's like comic books, but only better." Every Tuesday at 3:00 p.m., MaeJae and seven other middle and high school students gather together for an hour to read Manga books and draw Manga characters. MaeJae has been reading Manga books since sixth grade. Mr. Magistrale, Winooski Middle School teacher and Manga Book Club leader, introduced her to Manga Books, and now, two years later, MaeJae continues to attend the club and enjoys drawing Manga characters as well as reading about them.

"My favorite character to draw is Pandora Hearts," replied MaeJae with a smile on her face. Her enthusiasm for Manga is infectious and, on occasion, she can be found even reading Manga books during lunch!

Manga Book and Drawing Club is offered once a week through the CCLC Afterschool Programs. All middle school and high school students are welcome!

COMMUNITY NEWS

Update from your City Council

By Brian Corrigan Sr., City Councillor

Hello All,

With the holidays firmly in our rearview mirror, our thoughts tend to turn to this year's needs — whether that be from a household standpoint, or that of the city.

While many of the numbers for the city budget will already be introduced by the time the article is printed, I feel its important to let our community know the great lengths our city manager and her staff have gone through to get us the most effective budget possible for our pennies. Its been an exciting year with the introduction of several committees within the city charter, and those folks involved have had a real measurable impact on the formulation of our budget. and that direct involvement will be even greater as time goes on. For many of these folks this was their first opportunity to see budgets in a way that is totally different then they would approach their own, but with the help of our city manager and her staff, they forged on, and I would bet learned much more then they anticipated.

These committees help form priorities for these departments and get to see how those priorities turn into budgets. Amazing and complicated. As the liaison for the Community Services Commission, I was able to attend several meeting this year that I truly was inspired by — these community members from all over the city (some on the commission, others just there to lend their voice to areas they felt were important). This committee tackled many issues that are important to our community, such as youth programs, the library, senior programs, parks/trails/recreation, community gardens, and Thrive and other family programs. All issues near and dear to our community. But, this only one of the committees the city has established this year. One can only imagine the issues tackled by those other committees. It's truly been an exciting process, and the coming years should prove to be even more so.

In closing, if you have a genuine interest in any of these areas of our community or any other area of our community, getting involved can be as easy as attending a meeting for the area of interest, and voice your thoughts. Join in, let's grow our already awesome city. There's room for all voices.

Lastly — did you know you can sign up with the City to get our weekly updates via email? Each week, staff sends out updates on things that are happening in the City. To get these updates, just go to our website at www.winooskivt.org.

As always, if you have any questions, feel free to contact any of us on the Council.



What's Happening at the Teen Center

By Katy Gimma

We've got a lot going on here at the Teen Center this month. Our 4 sports clubs are all in full swing. On Fridays we have a group of middle schoolers learning tennis and a group of high schoolers learning to snowboard. On Saturdays we have a great group of teens learning to cross country ski. Sundays we wrap up the weekend with High School boys' soccer indoor league at Far Post.

If you missed out on signing up for these fun days don't worry! We have more fun lined up for this month!

- **Tuesday, February 10** we will be hosting a baking day at the teen center from 1:00pm-3:00pm with regular drop in hours to follow.
- **February 23-27** kids have a break from school! Be sure to send them down for extended drop in hours! We will be open from 12:20-5:00pm Monday – Thursday and 12:30 – 9:00 Friday. We will then be closed until Wednesday March 4. Stop by and check it out!
- **February 25** we will be taking 10 students to a UVM men's basketball game! Contact Rebecca Stewart at americorps@winooskivt.org for details.
- Our last change is **Saturday drop in hours**. We will be open for drop ins from 1:00pm-3:00pm. Newcomers are welcome!

We hope to see you soon!

Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	mobrien@winooskivt.org	802-655-4879
Deputy Mayor Sally Tipson	stipson@winooskivt.org	802-655-3894
Councilor Brian Corrigan	bcorrigan@winooskivt.org	802-999-9270
Councilor Seth Leonard	sleonard@winooskivt.org	802-777-3381
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.

Support Local Businesses — and Get A Deal!

By Jessica Bridge

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



This year-long event showcases the best of what Winooski has to offer. With a seasonally-changing list of member-only deals, card holders can save money, support Winooski, and get awesome breaks on food, drink, gifts, and services.

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

“Check Out” the Library!

By Amanda Perry, Librarian

We've recently added Blood Pressure Monitors to our lending collection!

The Winooski Memorial Library has joined with the Vermont Department of Health (VDH) to help prevent heart disease by promoting blood pressure control. VDH has received a “Million Hearts” grant award to work in select local communities to improve blood pressure control. Million Hearts is a national initiative to prevent one million heart attacks and strokes by 2017.

The Library has been provided with six blood pressure monitors to lend to borrowers. Borrowers will be able to measure blood pressure at home, track the results and share them with their health care provider. We're so pleased to be able to provide this resource to our community members.

To borrow a blood pressure monitor, or any other library resource, please visit us at 32 Malletts Bay Avenue, online at winooskilibrary.wordpress.com, or follow us on twitter @WinooskiLibrary.

Library Hours:

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

Call us 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.

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

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

WCSPC Update

By Kate Nugent, Winooski Coalition for a Safe and Peaceful Community



The Winooski Coalition has been holding weekly meetings with high school and middle school students as part of our “Above the Influence” initiative. Through this opportunity, students use their creativity to share their personal values with the community. Our first project will involve pointing to places in our city where youth are exposed to the harmful effects of second-hand smoke. Keep your eyes peeled!

We also want to take this opportunity to provide some information about marijuana. You hear a lot about it as pressure increases on Vermont to become the first state on the East Coast to legalize and commercialize this substance. Lawmakers nationally have said it will be important to watch the “Colorado experiment.” So, how is this experiment going? In 2000 when Colorado legalized medical marijuana, 7.8 percent of people reported using the substance in the past month. In 2012, that number had risen to 10.41 percent. In 2012, Colorado legalized marijuana by inscribing it into their state constitution. In the single year between 2012 and 2013, that same rate has since increased from 10.41 to 12.7 percent, 2.29 points. Past-month alcohol and pain-reliever use also increased in Colorado in 2013.

Lastly, we look forward to seeing you at the February 18 community dinner, hosted by the Winooski School Board, who will provide a delicious meal and presentation. Please join us that night, and keep in touch with any questions, comments, or ideas. Thanks for all you are doing for your community!

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

Winooski Town Meeting Candidate Forums

By Meghan O'Rourke

Thursday, February 19 at 5:25 p.m.

- A new Mayor, new City Councilors, budgets...
- Live on TV and online at http://www.cctv.org/live_events
- Meet candidates and learn about the city or school budget.
- Watch and call with your questions to 862-3966.

And on March 3rd, after you vote, Tune in at 7pm for a Live Election Results show. For full details visit www.Ch17.TV Channel 17/Town Meeting TV - Opening the doors to your local democracy.

About Channel 17

In this atmosphere of media consolidation and corporate media control, Channel 17 remains a truly local channel. Since our premiere in 1990, Channel 17/ Town Meeting Television serves the politically active communities of Burlington, South Burlington, Essex, Essex Junction, Williston, Winooski, Colchester and St. George. With more than 100 hours of new program each month, viewers rely on Channel 17 for election results, gavel-to-gavel coverage of meetings, community events, press conferences, legislative hearings and a daily live call-in show. Read our Monthly Newsletter for interesting highlights and pics.

Channel17/Town Meeting Television serves more than 25,000 households in Chittenden County, Vermont and serves cable subscribers of both Burlington Telecom and Comcast Cable. The channel is overseen by the Channel 17 Board of Trustees - made up of elected and appointed officials from the member communities. The Trustees contract with CCTV's Center for Media & Democracy to operate all aspects of channel operations. Channel 17 is one of three community access channels in the Chittenden County cable service area (along with VCAM/ Channel 15 and RETN/Channel 16).

February News from the Thrive Program

By Kirstie Paschall, Children and Family Programs Manager, (Thrive Program Director)

Happy New Year from all of us at Thrive! We are so excited to be starting this year fresh with two new members to our after school team, Amanda and Claudine, and we're looking forward to a lot of great things ahead!

Speaking of great things ahead, Winter break is coming right up! Thrive will be running our annual, 4 day Winter Break camp starting on Tuesday, February 24th to Friday, February 27th. This will be a full day camp, kindly hosted by the Winooski School District at JFK. Campers will have opportunities for active play outside (weather permitting) or in the gym, arts and crafts and other hands on play, and lots of time with friends and Thrive staff!

More information including fees,

operating hours, lunch and snack options, enrollment forms, and more will be distributed to JFK on Monday, February 2nd. This information will also be available on our website, www.winooski.org/communityservices/Thrive. Feel free to contact Kirstie Paschall, Thrive Program Director, by email at thrive@winooski.org, by phone at 316-1552, or drop by during program hours at the Library for questions and more information.

For families who are interested in applying for subsidy to cover the cost of camp, now is a great time to submit your application to Child Care Resource! More information regarding Financial Assistance is available at www.childcareresource.org or by phone at

863-3367, or contact Kirstie for more information. For families who have been approved for subsidy in the past, your certificates may still cover the cost without having to reapply! Contact Child Care Resource to learn about your certificate status and notify them that your child will be attending Thrive full time for vacation camp!

Lastly, be on the lookout over the next couple months for information regarding our 2015 Thrive Summer Program! Information regarding the enrollment process will be available by March.

Thank you all for supporting the Thrive community! We're gearing up for an exciting year of programming in 2015!

"Discover Historic Winooski" Maps Now Available!

Take yourself on a tour of Winooski for free! Pick up your free copy of the 2015 Historic Winooski Map at local businesses and restaurants or at City Hall. From the earliest Abenaki summer settlements, colonial days when Ethan and Ira Allen began the first enterprises at the Falls, through the mill periods and up to the modern hydro-plant and newest Riverwalk, Winooski has been a reflection of the history of the United States....all within walking distance.



Islamic School News

By Fathima Bariyajaan

The Weekend Islamic School (WIS) of Vermont held a fundraiser event titled, "Parenting: A Humbling Experience" by Dr. Feyza Basoglu who is a Child and Adolescent Psychiatrist and the University of Vermont Medical Center. The event was on January 17th, 2015.

During this talk, Dr. Basoglu spoke about what today's scientific research proves to be some effective strategies in successful parenting and how this overlaps with Islamic values and teaching on family life. The WIS would like to thank our Arabic translator Houda Musanovic and Somali Translator Khadija Adam. The WIS would also like to thank everyone who attended and made the seminar a success.

The WIS would like to thank Winooski School Superintendent, Sean McMannon and his staff in helping us making this event possible.

The WIS has hopes to hold a similar event in the near future for those who have missed the first one. Please stay tuned for details.



Dr. Feyza Basoglu

Community Center Coffee Hour

Please join us from 9:00-11:00 am on Fridays! Come have coffee, tea, sometimes juice, and a bite-size pastry, courtesy of Starbucks on Williston Road. Contact 655-1392, ext. 10 for more information.



L to R: Safiyya Medar (Treasurer), Arwa Dawman (Vice-Principal), Fathima Bariyajaan (Principal), Dr. Feyza Basoglu

Apart from the WIS, Imam Islam Hassan of the ISVT spoke with Janie Landholm of Vermont Public Radio discussing Muslim views and reactions on recent events in the real world. Please listen to this broadcast as it answers many of the questions posed by people that are curious of the Islamic Religion. The link is <http://digital.vpr.net/post/islam-vermont>

If you have any further questions, please contact Principal Fathima Bariyajaan at (802) 310 5339 or stop by at the school office on Sunday (Room 110).

Interested In Running For City Council or Mayor?

There are three positions up for election in March:

- 2 year term (currently held by Sally Tipson and Seth Leonard)
- 3 year term for Mayor (currently held by Mike O'Brien)

Here's what you need to know:

Filing A Petition: To run for political office in the City of Winooski you need to fill out a petition. This petition is generic and can be used for the Office of City Council, School Board or School Treasurer.

Petitions are currently available in the City Clerk's Office. **As the petitioner you have to complete the top part of the petition before you get your signatures.** You will need to get a minimum of 50 "good" signatures (legal voters), but we suggest you get extra.

The first day to file your petition is Friday, January 22, 2015 and the last day to file your petition is Monday, February 2, 2015 no later than 4:30p.m.

Petitioners have to turn in their own petitions because they have to fill out a certificate of assent so their name will appear on the ballot. Lastly, to be qualified for service on the School Board you must be a registered voter.

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)

Legislative Report

By Clem Bissonette and Diana Gonzalez, Winooski Representatives to the Vermont Legislature



CLEM:

I sit on the House Transportation Committee and we are in our third week of the session. I am going to list some facts about Vermont's Department of Transportation which has been presented to our committee as we review fiscal 2016 budget request. In fiscal year 2015, which ends on June 30, the budget is \$685,763,748 and the Governor's budget request for fiscal year 2016 is \$630,479,006 — a reduction of \$55,284,742. The Federal request is \$54,670,351 less. In fiscal year 2015, the budget contained dollars for Irene recovery and the balance of the ARRA dollars which are completed projects now.

Facts to be considered as we build the budget:

- Vermont has 14,266 miles of local and state roadways, 746 miles of National Highways system roads and 2707 miles of state highway system.
- The state has 275 dump trucks with plows & wings, 41 pick ups with plows with 375 licensed drivers who keep our roads clear of snow & ice.
- In 2014 it took 367,078 hours to plow our roads.

In addition, my goals are to see a reduction in property taxes and health care costs. Both are complex issues and a couple of committees are taking a hard look at these issues.

DIANA:

General, Housing, and Military Affairs is a committee that deals with a wide range of topics; whenever there is a topic that doesn't fit into any other committee it comes to this one (along with housing and military affairs of course).

The committee vice-chair, Rep. Tom Stevens from Waterbury, says "one day it's elevator safety and the next day it is lottery tickets." We have heard background information about affordable housing, transitional housing, homelessness, and veterans' issues both from service agencies and from people who have used these services. One of the highlights for me was the success of our veteran housing here in Winooski that is one of three of its kind in the state.

The State house website has been re-designed and is a lot easier to navigate. Find out more at <http://legislature.vermont.gov/>.

If you are interested in learning about the daily agendas for any legislative committee you can go to: <http://legislature.vermont.gov/committee/meetings/2016>. Then click on the committee you are interested in. Each committee also has all of the documents it has been given by people who have come in to talk to us.

If you want to go directly to my committee go here: <http://legislature.vermont.gov/committee/document/2016/13/Subject/3912303>.

If you want to go directly to Clem's committee go here: <http://legislature.vermont.gov/committee/document/2016/20/Subject>.

HOW TO REACH US:

Clem can be reached by phone at 802-655-9527. Email: clembi@comcast.net.

Diana can be reached by phone at 802-661-4053. Email: diana@dianagonzalez.org. org; Web: www.dianagonzalez.org; Facebook: [facebook.com/GonzalezforStateRep](https://www.facebook.com/GonzalezforStateRep).



* DO YOUR PART *

VOTE!

MARCH 3, 2015



Winooski Senior Center — February Update

By Jahnine Spaulding

January at the Senior Center got off to a great start! Our new Indoor Walking Group kept active despite the plunging temps- many thanks to Kathy Morrison, the SASH Coordinator at WHA, and our SASH partners in Essex and beyond. Their support helped us kick of this program with 15 members, who are able to keep up their walking during even the coldest days of Winter. Many thanks, also, to Jim Ward, who's flexibility and driving skills ensure that participants can get to the indoor walking locations. Our new Book Club met for the first time and have plenty to keep their minds busy on those cold nights ahead! To round out the month, our female participants enjoyed a special Ladies Day Out Mystery Trip. It's no mystery that ladies appreciate fine jewelry, going out for lunch, and enjoying chocolate! We hit the Trifecta as we toured the "Natural Beauties" Jewelry Exhibit at the Shelburne Museum, shared a hearty lunch, and ended the day with dessert & an education at Champlain Chocolates. Winooski Seniors do NOT hibernate! We participate, appreciate, and celebrate every day!

In February the WSC will continue to hum, with all our new and continuing programs, with a couple of special events, and one of our cornerstone programs – AARP Tax Aid. It's that time again, folks, so give us a call to make your appointment. Take a look at our specials for the month of February – we are sure you will find something to "LOVE" in the month of St. Valentine!

• **Senior Club Meeting:** February 3rd at 11:30am, followed by a **School Budget Presentation** (Sean McMannon & Mike Decarreau) from 12:00-1:00pm.

• **AARP Tax –Aide** – Monday, Wednesday, Friday mornings in February and March FREE Individualized tax assistance primarily for low-to-moderate income taxpayers, especially those over 60. Call the Senior Center at 655-6425 to make an appointment.

• **Book Club** – 2nd Tuesday of every month – next meeting February 10. Books are available for check out at the WSC or the Winooski Public Library.

February Discussion: Wonder, by RJ Palacio will be a quick first read. The discussion will be lead by Winooski's wonderful Head Librarian Amanda Perry.

March Discussion: All The Light We Cannot See, by Anthony Doerr

• **Card Making With Janet Ferguson** – February 10th at 9 AM. Cost: under \$5 (TBD) Keep in touch in a special way! We will banish the mid-Winter blahs by crafting some colorful and unique Spring time cards. Spend an hour with us, and go home with three lovely cards that are sure to brighten someone's day.

• **International Senior Lunch!** Presented by the students from Winooski Middle and High School. Join us for a wonderful meal of foods from around the world, lively entertainment and games, and a chance to gain a bit more understanding of some of the ethnic cultures that are so much a part of our community! Many thanks to the middle and high schools ELL students in Winooski who will be serving up this very special Valentine Treat for us. Seating is limited, and reservations must be made by FEBRUARY 4th. Call 655-6425.

• **Indoor Walking Group** - We pick up at 9:30 at the WSC, return to the WSC by 11:30 AM. WALKING DATES: February 6,9,13. To participate you must sign up for SASH – but that only means you will be eligible for SASH services when you think you are ready for them. There is no cost to participate, and no cost to become a SASH member. Please call us for details 655-6425

• **Friday Fun & Games** – Every Friday 2:30-4:40 PM. Keep cabin fever at bay by dropping by for a casual round of cards, a game of scrabble, or any other "table top" pursuits. We have lots of games, and plenty of cards. Keep your mind fit, and spirits high!

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



Happy birthday to Florence Saucier- 96 years young& still attending exercise classes!



Theresa Kellogg & Olaf enjoying the party!



Althea cutting up.



Many thanks to the Vermont Lyric Theater and "Olaf" for making our Winter gatherings so much fun!

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

The flu is being reported throughout the state. People are encouraged to get vaccinated. Call your primary care physician to see if the flu shot is right for you.

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 is 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.

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

February is National 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 see your favorite dentist at least once a year!

If you are in need of Dental Care or have not been seen by a dentist within the past year, Vermont Dental Care now offers a ride program for dental appointments! Please visit www.wdschools.org or stop by the Health Office for more information.



ELEMENTARY SCHOOL LUNCH MENU — FEBRUARY

DAILY BREAKFAST OPTIONS: NEW: Abbey Breakfast Sandwich: Sausage

& Cheese on English Muffin – offered daily!!

MONDAY: Whole Grain French Toast Sticks • TUESDAY: Whole Grain Cinnamon Bun w/Cheese Stick • WEDNESDAY: Scrambled Egg & Cheese Wrap • THURSDAY: Healthy Breakfast Round • FRIDAY: Egg & Ham in a Basket OR Cereals w/English Muffin OR Bagels
** Fresh Fruit & Milk With all Meals**

PLEASE NOTE:

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

Important Dates February 6: Taste Test Event February 10: Early Release Grades 6-12 February 18: Delayed Start Grades K-5 February 23-27: Winter Beach Party February 23-27: Winter Break The Abbey Group's meal options are prepared home-style daily with fresh local products and comply with the new USDA Meal Patterns! MENUS ARE SUBJECT TO CHANGE USDA is an equal opportunity	WINOOSKI ELEMENTARY SCHOOL February 2015 	DAILY BREAKFAST OPTIONS Abbey Breakfast Sandwich Sausage & Cheese on English Muffin offered daily!! MONDAY Whole Grain French Toast Sticks TUESDAY Whole Grain Cinnamon Bun w/Cheese Stick WEDNESDAY Scrambled Egg & Cheese Wrap THURSDAY Healthy Breakfast Round FRIDAY Ham & Cheese Bagel OR ** Cereals w/English Muffin Or Bagels Fresh Fruit & Milk With all Meals
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Mon., Feb. 2	Tues., Feb. 3	Wed., Feb. 4	Thurs., Feb. 5	Fri., Feb. 6
Oven Baked BBQ Chicken	Spaghetti w/ Meat or Marinara Sauce	Cheesy Breadsticks	Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips	Meat Ball Sub
Steamed Green Beans Baked Beans Dinner Roll	Chopped Green Salad Garlic Breadsticks	Hearty Country Vegetable Soup Marinara Dipping Sauce Garden Slaw	Warm Black Beans Steamed Corn	Creamy Coleslaw Carrot Sticks
Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk
Mon., Feb. 9	Tues., Feb. 10	Wed., Feb. 11	Thurs., Feb. 12	Fri., Feb. 13
Chicken Patty Sandwich w/Lettuce & Tomato	Early Release Grades 6-12 Pasta w/ Meat or Marinara Sauce	Homemade Pepperoni, Cheese Veggie Pizza or Chef's Choice	Hot Turkey Sandwich w/Gravy	Be My Valentine Brunch For Lunch Pancakes w/ Strawberries Sausage Links Sweet & White Home Fries Celery Sticks Valentines Day Dessert
Rainbow Slaw	Spinach Salad Italian Bean Salad Garlic Breadsticks	Fresh Carrot Sticks Hummus Dip	Homemade French Fries Steamed Peas	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk

Deli Sandwich Offered Daily



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

- Benefits:**
- Free premium membership for all Abbey Group customers
 - Get low balance email alerts for free
 - Check meal account balances and account history for free
 - Make payments for meals using your credit card for \$1.95 transaction fee (No limit on amount deposited)
- Providing parents a safe secure way to manage food service payments and to look up account balances*

Prices
Breakfast \$FREE Lunch \$FREE

Adult Breakfast \$1.75 Lunch \$3.25
FREE LUNCH for ALL students, but extras like fries, ice cream or flavored water are not free.

Mon., Feb. 16	Tues., Feb. 17	Wed., Feb. 18	Thurs., Feb. 19	Fri., Feb. 20
Oven Baked Chicken Nuggets w/Dipping Sauce	Macaroni & Cheese	Delayed Start Grades K-5 Winter Beach Party Hamburgers, Hot Dogs or Veggie Burgers	Taco Bar w/ The Works Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla	Corn Dog
Homemade French Fries Baked Beans Dinner Roll	Gingered Cabbage Salad Side Caesar Salad	Garden Pasta Salad Baked Beans Patriot Pops	Rice Pilaf Marinated Black Bean Salad	Roasted Sweet Potato Wedges Steamed Broccoli
Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk
Mon., Feb. 23	Tues., Feb. 24	Wed., Feb. 25	Thurs., Feb. 26	Fri., Feb. 27
No School	No School	No School	No School	No School

We Support Local New England Companies

Samosa Man	Sentinel Orchards	Wickensville	Westminster Crackers	New England Coffee	Champlain Orchard	VT. Hydroponic Produce LLC	Sunrise Orchards	Lewis Creek Farm	VT Country Farms	Cabot Cooperative	Michael's Salsa	Mazza Farm Stand	Cold Hollow Cider
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Whole grain options offered daily

Vegetable 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 tbsps. Honey .25 tbsps.
 Mustard .25 tbsps. Salt .25 tsp
 Garlic .25 tsp Black Pepper .125 tsp
 Raisins 5 cups
 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.

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>

PLEASE NOTE: 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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WINOOSKI PUBLIC SCHOOLS

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WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 405 students attending JFK Elementary (grades PreK-5), 155 attending Winooski Middle School (grades 6-8), and 227 attending Winooski High School (grades 9-12).

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

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