

ALSO INCLUDES
Community News!
 STARTING ON PAGE 14

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 11, ISSUE 9

JUNE 2014

Celebrating Our Achievements!



Welcoming Diversity

We had another wonderful “Community Reads” focusing on the great diversity in Winooski. Many thanks to Sean McMannon for being our guest reader and to Tim and Haley from St. Michael’s College, and to Kirsten Kollgaard, Tule and Dahlib for helping to set up this fantastic day. Students had the opportunity to play games such as Carrom, Mancala, a Vietnamese dice game, learn Arabic writing, and get Henna drawn on their hands. They also ate delicious foods prepared by Winooski families. There was also music and dancing! We appreciate everyone who was able to attend this fun celebration!



INSIDE THIS ISSUE

Notes from the Central Office	2-4
Alumni Corner	3
Announcements	5
Notes From JFK Elementary	6-7
Middle and High School Highlights	8-11
Afterschool Program	11-13
Community News	14-18
Health Corner, Menu	19
District and Contact Information	20

Important School Dates to Remember

Last Day of School: The last day of school is **Friday June 13**. School will let out at 11:00 AM.

2014 Graduation: Winooski High School is pleased to announce that graduation will take place on **Saturday, June 14** at 1:00 PM. See page 9 for full end-of-year calendar items.

Summer: Keeping our Children Active!

By Sean McMannon, Superintendent of Schools

Finally the warm and sunny weather has arrived! This means that we are nearing single digits of school days remaining and the excitement of summer break. However, it is very important that we help our children to find ways to keep their brains and bodies active and healthy during July and August. During the school year many of our students participate in co-curricular or after school activities which we know plays a positive role in their learning and social-emotional development. Research shows that students involved in co-curricular activities are more likely to have: higher grades, better school attendance, lower dropout rates and fewer discipline problems. (nsaahome.org/benefits.pdf) It is imperative that we keep these positive activities going during the summer months.

There are many opportunities for structured summer activities supported by our school such as Brain Camp for elementary students and ELL Newcomer Summer Camp for middle/high school students. Parents can contact any of the school offices or peruse our website for more information. In addition, I would recommend reviewing www.kidsvt.com under the "Family Resources" menu to find local day and residential camp opportunities.

In addition to all of these structured activities I would encourage parents to find time to do the simple things with their children that keep them active and healthy during the summer months:

- **Nutrition:** Healthy meals each day is essential. Our school will be serving breakfast and lunch during the summer. If you struggle with food security please contact our local food shelves.

- **Walk, Run, Bike & Hike:** We are fortunate to live in a beautiful state with incredible natural resources. Take advantage of the recreational paths in Winooski, Burlington and Colchester or get out into the Green Mountains and explore Mt. Mansfield and Camel's Hump. Don't forget the bike helmets to protect precious brains!
- **Swim:** Enjoy our city pool or the local beaches such as North Beach (Burlington) or Bayside & Rosetti Park (Colchester). Please make sure our children have the opportunity to learn how to swim so they can be safe in all bodies of water.
- **Reading & Math:** Go to the library and get summer reading books. Schedule a daily family reading time and model the joy of reading for your child or read aloud with your child. Simple math workbooks from local bookstores or online worksheets are a great way to maintain and build calculation skills over the summer.
- **Play games:** Board and card games are excellent ways to build critical thinking, problem-solving and interpersonal skills.
- **Artistic expression:** Playing and listening to music, singing, dancing drawing, and painting are all great for the brain.

As we close the 2013-14 school year I would like to thank the entire community for supporting our children and the WSD staff! It has been a wonderful year with a lot of positive growth for individual students and our school and city. Enjoy the summer with your families and keep our children active and healthy!

Consolidation update

By Jay Lambert, Board of School Trustees

Greetings fellow citizens! In this month's District News we will be discussing the current status of the consolidation, collaboration study conducted by the Winooski school district, and also what is happening at the state level in regards to this issue. Well first things first, as some of you may be aware the Winooski school board in its February 12th board meeting voted unanimously to adopt the report of the consolidation study committee and directed the Superintendent of schools to forward it to the State Department of Education as Winooski's final consolidation study report.

What were the findings of the report as adopted by the board? A small excerpt really says it all: "Increasing student learning opportunities or increasing operational efficiencies in the Winooski school district does not call for a boundary change." This report was very clear that there are minimal potential benefits to an outright merger with another school district and such a union may present potential pitfalls (such as soaring tax rates) that would make outright consolidation a bad idea. As for the state's response to our submitted report, on March 12th 2014 the Winooski school district was informed of the state board of education's ruling "To allow those supervisory unions currently required to conduct studies on possible boundary changes to opt out of those studies effective immediately." The reasons for the state boards actions were because of the legislature's formation of a bill now known as H883 or "AN ACT RELATING TO PREKINDERGARTEN- GRADE 12 EDUCATION DISTRICTS" This bill (passed by the state house of representatives, and as of the time of this writing in the senate committee on rules) proposes to take the 100's of current school district's, and Supervisory union's in the state of Vermont and turn them into about 45-55 K-12 school districts in the entire state.

This bill has generated much debate and some division in the state as to whether this governance change statewide is a good idea. Even in our own little city our two state representatives were

Watch School Board Meetings Online or on TV

Watch **Winooski School Board meetings** on the internet on your own schedule. Visit www.retn.org and click on "Board Meetings" under the "School Connections" heading. You can find Winooski at the bottom of the list of area schools.

split on the issue with Representative Bissonnette voting for the measure, and Representative Cross voting against. What would this bill potentially mean for Winooski? Well while the bill is still not in its final form, as passed by the house the following are some of its highlights:

- Establishment of the goal to convert our basic governance structure from small, separate school districts, loosely joined by the supervisory union structure, to somewhat larger preK-12 education districts, characterized by one board with representation from each town. It is expected that roughly 45-55 districts will result.
- A three-year period of voluntary effort by local boards and communities to organize new districts under self-designed articles of agreement, using the structure and incentives of Act 153/156.
- Creation of a statewide realignment plan for those who do not go the voluntary route to be developed by a Design Team during the period 2014-2017, approved by the legislature in 2018, and implemented by 2020. This process will include the convening of at least 10 public hearings and visits to boards in all supervisory unions. A preliminary plan would be developed by April, 2017. Over the following year, more hearings would be held and individual Districts could request a review of their proposed placement in the plan. The final plan would need to receive an affirmative vote by the legislature in 2018 to go into full affect by 2020.

Under the bill, currently defined choice options must be protected. The specific mechanics for assuring that requirement is met are not yet clear, but must be identified through the process

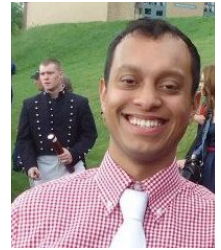
What will be the final meaning of this potential legislation for Winooski? Only time will tell, but as always your local school board stands ready to take whatever actions are necessary to both provide educational equity for our student population, while keeping tax rates reasonable for our citizens.

ALUMNI CORNER:

Where Are They Now?

Interview by Heidi McLaughlin, VSAC

Our fourth alumni featured is WHS Alumni Denis Nunez! Here are our questions and his replies.



Denis Nunez

How many years did you attend Winooski schools?

I attended WHS all four years of high school despite living in Texas for one semester.

Were there any adults in the Winooski schools that had a really positive impact on you? (teachers, coaches)

Yes definitely, to this day I think about how grateful I am to Brett Litterer, Marc McQuinn, Elaine Lawson, Dennis Fillion, Sharon James, and the rest of the staff and coaches who helped prepare me for an advanced collegiate setting.

What was your favorite learning experience during your time in the Winooski schools?

I think that a lot of academic courses were great but the real learning that made an impact was what I was willing to go through to be a successful student athlete. It helped me understand how to be in the right place and at the right time to step above and beyond what others might think I was capable of. The overall Spartan mentality really stuck with me.

Did you feel prepared for college? work/career?

At first the idea of college was daunting and maybe a little scary. Once I began my journey towards my Bachelors of Science I realized that I did have what it took to earn my degree and felt very well prepared.

Where do/did you go to college? What did you study? Degree?

I went to college at the University of Vermont right up the hill and studied Exercise and Movement Sciences and now hold a degree as a Bachelor of Science.

Where do you work? What do you do?

I currently work at a few places, for the last year I have worked as a strength and conditioning coach for the UVM Varsity Athletic Performance Center, I have worked for the last two years as a research assistant for Breast Cancer Research at UVM, and I am also an Army Veteran serving for the Vermont as a Combat Medic.

What advice would you give Winooski high school students about college and career if you knew then what you know now?

My advice to students is that you should never set a limit for yourself. The things that you are going to accomplish are incredible and beyond belief. With that said; it will take a tremendous amount of dedication and hard work. I am a firm believer of what you put into something, is exactly what you get out of it. If you can finish a day and say that you've done everything you could to make yourself better, than you success will follow closely behind.

What other activities were you involved in during college? Did you try anything new? What did you learn about yourself in college?

In college I helped found a Veterans association for student Veterans who were returning from active duty. I played Soccer and loved it! I participated in theater and in the student government and really enjoyed all the opportunities and experiences. What I really learned about myself is that I really enjoy living a happier and healthier lifestyle.

Did you study abroad, travel or have any other experiences since graduating that you would like to share?

Sure my experiences have taken me all over the world and I've seen amazing things I never thought I would. You will certainly have the opportunity to go check out some pretty amazing places, I had the opportunity to go to: Ireland, Germany, Kyrgyzstan, Qatar, Kuwait, Afghanistan, India, Mexico, Canada, and Nicaragua!

Our Schools and Community Work in Partnership to Personalize Learning

By Megan Behrend, Partnership for Change

Last year, with your help, multi-stakeholder teams in Winooski and Burlington identified new Graduate Expectations for all students in our community. These Graduate Expectations are the overarching habits and dispositions our community considers most important to the success of all students in their lives after high school. They include: Critical Thinking and Problem Solving; Cross-Cultural Understanding and Community Engagement; Effective Oral and Written Communication; Engagement in Learning; Persistence; Physical, Social, and Emotional Well-Being.

In addition to working toward the Graduate Expectations, students need to master standards within academic content areas. Those standards are currently being developed by teachers and will be informed by state and national standards, such as the Vermont Education Quality Standards and the Common Core. Our next step is to make sure that all students can work toward and show mastery of these critical skills and knowledge, but do so in a way that honors their personal learning style, connects to their varied interests, and helps them meet their unique goals. In order to accomplish this, our schools, in partnership with our community, are currently working to redesign our educational system to be more personalized. Brain science shows us that human beings learn best when they have choices about what to learn, about how to show what they know, and about when and where they learn.

The timing is really good for this redesign. The state of Vermont recently passed a law (Act 77) that requires schools to create systems and structures that acknowledge individual goals, learning styles, and abilities and allow for flexible pathways to graduation. One of the specific requirements is that all 7th-12th graders must have Personal Learning Plans in place within the next few years.

We are excited that changes at the



Neighbors gather for a learning conversation about how our schools are personalizing learning for all students.

state-level support the redesign work we are doing in Winooski and Burlington. The Personal Learning Plan is a tool that helps guide, document, and support every student's journey to graduation and beyond. We know it works based on research and best practice to support all students in setting goals, challenging themselves, and meeting high expectations while personalizing their paths to graduation and beyond.

Over the past month, the Partnership for Change held a series of Neighborhood Learning Conversations in Winooski and Burlington homes and community spaces to share information and gather feedback about the work being done to personalize learning and shape a bright future for all students and our community. At each conversation, we spent about 90 minutes learning a bit more about learning, exploring the basic elements of a Personal Learning Plan, and discussing what other structures our schools might need in place to nurture student interest and passion, support rigorous student learning, and hold all students accountable for showing that they are ready to move on. We worked with 7th-12th graders who did some thinking about their own interests, goals, and personal learning pathways. In some cases, this feedback turned out to be pivotal for our students, but it is also very important for the teams in

our schools that are working to redesign the system. In the coming weeks, the Partnership will compile the feedback gathered at these conversations and make it available to our schools and the community.

To learn more about the state-level policy changes and Personal Learning Plans, visit education.vermont.gov. A report of the community input from this spring's Neighborhood Learning Conversations will be available later this month at partnershipvt.org.

Please save the date for a Celebration Dinner on Wednesday, June 18 from 5:30-7:30 pm at Contois Auditorium in Burlington's City Hall. We look forward to sharing learning from the Partnership's second year over a delicious meal together. Everyone is welcome!

Why personalize learning?

Personal Learning Plans help all students access the most enriching and rigorous education possible by:

- helping students own their learning
- reflecting students' deep interests and passions
- helping schools know each student better
- clearly communicating the common learning expectations for all students and how it connects to their individual goals
- keeping accurate and up-to-date records about accomplishments, obstacles, and strategies for overcoming them on a student's pathway to graduation
- providing a means for students, teachers, and families to review progress
- involving family members in the process of goal-setting, planning, aspiring to high levels of achievement, and celebrating successes

ANNOUNCEMENTS

Save the Date: Athletic Banquet is June 8th

By Lori Lambert

Winooski High School's 70th Annual Athletic Banquet sponsored by the Winooski Boosters and the Athletic Department will be held this year on Sunday, June 8th at 6 pm. Dinner will take place in the cafeteria with the awards ceremony following in the Performing Arts Center. Freshman and Senior athletes' parents are asked to bring a cold dish to share. Sophomore and Junior athletes' parents are asked to bring a hot dish to share. Please be considerate and bring a dish so there is enough food to go around as there has been a shortage of food in the past. Parents of athletes should have received an email or call about the banquet and what they will need to bring. If not they can call Lori Lambert @ 324-2019 or lorill68@gmail.com.

Reminder: "Athletic attire is discouraged, but dress shorts and a collared shirt would be acceptable."

Winooski Dollars for Scholars Set to Give Away Scholarships

Which Winooski High School grads will win this year's 20 Winooski Dollars for Scholars scholarship awards? Come to the high school graduation ceremony on June 14 to find out!

Each year, this 20-year-old nonprofit, volunteer-run organization gives away between \$15,000-\$18,000 in scholarship money to Winooski High School students pursuing higher education after graduation. The money comes from parents and community members like you who contribute at our fundraisers, make donations through our website and send us checks in the mail.

Thanks to all the businesses and individuals who have given us money this year. It's not too late to make a contribution through our website, at winooski.dollarsforscholars.org.

Want to give your time instead? Our board chair, Morgan Kelner, is retiring in June and we're currently seeking new board members. The time commitment is minimal, our group of volunteers is fun and functional, and supporting our kids as they continue their exciting educational journeys is rewarding work. Interested in getting involved? Contact Cathy Resmer, publicity chair, at cathy@sevendaysvt.com.

Remember 2013-2014 School Year with Yearbook!

JFK Yearbooks are now on sale for \$10.00. They can be purchased in the JFK office or from Mrs. Goetz in room 15.

Project Graduation Thanks You!

Thank you for your support, Winooski! With your donated bottles and cans, we made \$275 which will go towards creating a memorable evening for Winooski High School's class of 2014. Project Grad is a sober celebration of graduation and takes place June 14th.

Classes Offered

By Indra Acharya

Since our community is getting more diverse, the importance of cross-cultural competency is increasing in order to create a stronger community. Keeping this in mind, I will be offering FREE BASIC NEPALI CLASSES and Bhutanese-Nepalese CULTURAL ORIENTATION to interested individuals over the summer break. Interested participants can decide the convenient time and venue. Logistics should be arranged by the participants. In return, I expect each participants to help one Bhutanese individual to learn the English language and help them to understand new culture. Please, let me know if you're interested in participating. You can reach me via Facebook or my email at acharyaindraj@gmail.com.

Vermont Families Needed to Host Young Leaders from the UK

Ten young leaders from the UK will visit Vermont from August 3-10, 2014, as part of a U.S. Embassy-London funded and PH International (formerly called Project Harmony) facilitated UK Young Leaders Program. This exchange will promote a better understanding of leadership among young people, increase knowledge and awareness of effective leadership skills, and offer a personal experience of the U.S. and Americans in leadership roles.

While in Vermont, students will stay with host families and meet with young American leaders from youth-based organizations, non-profits and legislators promoting leadership among young people.

PH is currently seeking families in Washington and Chittenden Counties to host one or more of these participants for the duration of their visit in Vermont from August 3-10, 2014. Host families are asked to provide a comfortable and clean place to sleep, breakfast and dinner, minimal transportation to centralized pick-up and drop-off locations, and some weekend activities.

For more information about becoming a host family, please contact Stacie Clemens or Renee Berrian at (802) 496-4545 or email at stacie.clemens@ph-int.org or renee.berrian@ph-int.org.

You Can Help!

The PTO is continuing to collect Box Tops this year. Please save them over the summer and bring them to school.

Your child's teacher can send them to the office for collection. This year we earned \$1,795!

Please note: We no longer collect Campbell's Soup Labels as they have ended that promotion. Thank you!



June News from JFK Elementary

By Mary O'Rourke, Principal

As many of you may know, Penny Ly, a fifth-grade student from



JFK, was the Vermont finalist in the "Doodle 4 Google" competition. On April 29, representatives from Google and the Vermont Secretary of State were at school to make this very big announcement. It was so exciting for all of us to watch! As the Vermont winner, Penny received a t-shirt with her design on it, a tablet and will take a trip to Google headquarters in California with her father. Penny now becomes a national finalist. The overall national winner will be announced on May 21st in California. If Penny wins (and we hope she does!!) she receives a \$30,000 college scholarship and the school wins a \$50,000 grant to be used on technology!!

We will be having a big year-end celebration on June 11th. Unfortunately, I can't reveal any plans because it is a surprise for the students at JFK. This celebration is a result of earning 200,000 stars over the course of the year. We are so proud of our students. Everyone has worked extremely hard striving, being thoughtful, accepting, responsible and safe! YEAH, JFK STARS!!

On June 16th, 17th and 18th, the teachers will begin training in Project Based Learning. This will become our new initiative next year. Project Based Learning is a teaching method in which students gain knowledge and skills by working for an extended period of time to investigate and respond to a complex question, problem, or challenge. Project Based Learning aligns itself nicely to our graduate expectations.



Words Come Alive

By Angela Moulton

The second grade had a terrific time at the Flynn Theater seeing *Stuart Little* in May. We had the amazing opportunity to have Susannah Olson come in to do a follow up workshop using Words Come Alive strategies. The students got to practice movement, voice and acting skills. They even rehearsed and performed a small scene from the show. We have a lot of future actors and actresses. This was a wonderful experience for our students. It is something they can do at home with a favorite book. Happy acting!



RSVP in Education

By Ruthann Hackett and Phet Keomanyvanh, United Way

Interested in making a difference in the lives of children! RSVP of Chittenden County can connect you to volunteer opportunities that nourish children's hearts and minds. There are many ways you can help kids learn and grow. Whether you want to mentor, tutor or coach we'll find an opportunity for you! Volunteers choose to work with Pre-K-12 school age children who have been identified by teachers as needing supplemental support. Scheduling flexible. Background checks and references required.



Many thanks to the JFK student council for helping out the City of Winooski by planting flowers at the O'Brien Community Center. They worked with Alaina from the city to complete their final service learning project for the year.

Better Hearing & Speech Month

By Catherine Lavigne and Robert Fox,
Speech Language Pathologists

Kindergarteners recently celebrated Better Hearing & Speech Month. This annual event provides opportunities to raise awareness about communication disorders and to promote treatment that can improve the quality of life for those who experience problems with speaking, understanding, or hearing.

The Vermont Speech-Language Hearing Association (www.vsha.us) invited JFK Elementary students to participate in a group reading and art awareness activity.

Guest reader, Catherine Lavigne, read the book “The Listening Walk” by Paul Showers.

“Put on your socks and shoes -- and don't forget your ears! We're going on a listening walk. Shhhhh. Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds.”

Students created artwork that was inspired by the book and depicted “things I can hear with my ears.” Student creations were posted in a hallway display and all students received a very cool Better Hearing and Speech Month wristband for their participation.



Ms. Bryan's Kindergarten class showing their “Listening” inspired artwork.

Thank you to Kindergarten teachers Ms. Bryan, Ms. Bushey, Mrs. Perrotte and Mrs. LaForce for their support!



JFK Elementary School Green Up Day Team cleans up Landry Park

Thank you so much to the JFK students and families who helped out on “Green Up Day” at Landry Park.

MIDDLE/HIGH SCHOOL HIGHLIGHTS

“College, Career and Citizenship”

By Leon Wheeler, Principal, WMHS

At the May meeting of the School Board of Directors, nine local professionals from higher education and learning support organizations were invited to talk about what it means to graduate students who are “college ready.” Board chair Mike Decarreau clarified at the beginning of the meeting that although college may not be the chosen path for every student, the skills needed for success in college are the same skills essential for living well in today’s global world.

What does it mean to be college ready? Many of the responses connected directly to our graduation expectations. Students must be able to read and write well.. New American students must have a strong foundation of English language skills. Students must be able to think critically, know how to find needed information, and apply their knowledge to solve complex problems. And they need to develop grit, resilience, readiness for hard work, and persistence.

The panel of professionals highlighted a number of other important factors that support college readiness as well: Time management, including understanding and creating a schedule to get things done; Knowledge of self and one’s learn; Self-advocacy; Growth mindset, which is the belief that achievement is the product of hard work and persisting through failure, not natural ability; Planning to take classes that are demanding, rigorous, and enhance deep understanding about at least one topic of interest, including the free college classes available through state colleges.

One important way that our school has embedded rigor and relevance to our requirements for graduation is the Senior Project, a year-long process of researching, analyzing, summarizing and communicating a topic of interest that a student wants to learn more about. Our seniors presented their projects on Friday, May 16, and the results were truly impressive, with students demonstrating their development of many of the important life skills named above!

We’re moving in a good direction as a school and as a district! Congratulations Class of 2014!

EXAM SCHEDULE: Week of June 9-13

DATE/TIME	Mon. 9	Tues. 10	Wed. 11	Thurs. 12	Fri. 13
BLOCK 1 8:00-9:25	No students at school. Sleep in and be rested.				Scheduled Make-Up Exams
9:25 - 9:40	Students may arrive to get breakfast.				
BLOCK 2 9:40 - 11:00	Green Day Block 1 or Green Day Period 1A & 1B	White Day Block 1 or White Day Period 1A & 1B	Green Day Block 3 or Green Day Period 3A & 3B	White Day Block 3 or White Day Period 3A & 3B	
11:00-11:33	Lunch				
BLOCK 3 11:40-1:05 or 11:40-12:22 & 12:23-1:05	Green Day Block 2 or Green Day Period 2A & 2B	White Day Block 2 or White Day Period 2A & 2B	Green Day Block 4 or Green Day Period 4A & 4B	White Day Block 4 or White Day Period 4A & 4B	
1:05-1:35	Meet with teachers for support, tech students may schedule exams that do not work with the exam schedule.				
Block 4 1:35-3:00 or 1:35-2:17 & 2:18-3:00					



May’s Artist of the Month:

ThaZin Aye!

... goes to ThaZin Aye. She is so creative and talented, and loves art so much - she took the class TWICE this year! We were happy to have her and I hope that she continues to do great things with her creative perspective as she transitions to high school next year. Great job, ThaZin Aye! :)



June’s Artist of the Month:

Austin Mayo!

Congrats to Austin! You finally did it. Austin has been working so very hard on his art projects all year, and really exemplified a great student, a super role model, and a nice person to with in the classroom. He certainly added to the positive morale of the art room! Good job, Austin!

—Jessica Bruce, Fine Arts Educator

Graduation Calendar

June 2: Honors Dinner will take place from 5-7 pm at the Windjammer Restaurant in South Burlington.

June 9-13: Final Exams will take place June 9, 10, 11, 12, 13. Be sure to clean out your locker, return all books to the LMC if any are due, and check in the office for any obligations that need to be cleared up before the last day of school. (Ex: Texts not returned, broken items, missing team uniform, etc.)

June 13: Senior Potluck Celebration will take place from 11:15-12:15 at WHS. The entire staff would like to invite the senior class to join us, as our honored guests, as a simple gift as we celebrate the school year.

June 13: Rehearsal for Graduation will take place from 12:30 pm to 2:30 pm, or later if needed, in the gymnasium. We will go over the lineup and seating, practice marching, and answer questions about the ceremony. Please be prompt and ready to pay attention. The smoother the rehearsal goes, the fewer times we need to run through the exercise.

June 13: Caps and Gowns will be distributed at WHS in the gym lobby. Students need to bring their payment of \$20 and pick up their cap and gown from the Balfour representative starting at 2:30 pm. Please make checks payable to Balfour.

June 14: Senior Breakfast will take place at Cafeteria from 9 am to 10 am. Seniors who plan to attend need to get their complimentary (FREE) ticket from Ms. Greene by June 2nd. Tickets for family members are \$5 and we strongly recommend they be purchased by June 2. Tickets will also be available at the door. We encourage everyone to attend; it is a great start to a memorable day and a positive reflection on the past 4 years in our school. The guest speaker this year is Ms. Maida Townsend, former WHS Language Teacher.

June 14: Graduation is at 1:00 pm in the gymnasium, but we expect all seniors to be at school by 12:00 pm. We will line up in the cafeteria and go over any last minute questions. The graduation ceremony usually lasts about 90 minutes. We ask people to observe the celebration by dressing formally (shirts and ties for the gentlemen, dresses or slacks for the ladies).

June 14: Project Graduation is a chaperoned, substance-free, all night party that is designed to keep our students safe as they celebrate their high school graduation. The celebration is being held at Saint Michael's College from 6pm to 2 am. If any student leaves for any reason, they will not be allowed back in and their parents will be called. This celebration is absolutely FREE!

Middlebury College Offers Workshop

The annual "Applying to College" workshop sponsored by the Admissions Office has been scheduled for Friday, June 6, 2014. High school age children and grandchildren of Middlebury alumni, faculty and staff as well as students from Vermont high schools are invited. Preference is given to juniors in high school.

This program gives an overview of the general selective college application process and does not focus on Middlebury College. It runs from 8:15 A.M. to 12:30 P.M. and covers five areas of the college application process: 1) choosing a college; 2) how to visit a college; 3) how a college admits its class; 4) financial aid; and 5) understanding the common application--a hands on session. Following the final presentation, individual afternoon appointments can be scheduled with Student Financial Services. In addition, for any students who are interested specifically in Middlebury College, a group information session will be conducted at 1:30 P.M. and campus tours will be offered at 2:30 P.M. The required registration deadline is Thursday, May 29, 2014. Parents are invited to all activities.

Winooski Senior Wins Gates Millennium Scholarship

By Shannon Bundy

Indra Acharya, a senior at Winooski High School, arrived to Winooski in June 2012. He came from a Bhutanese refugee camp in Nepal. His story is not unique to many of our New Americans, but what he did with the challenges that were put in front of him are.

Indra focused on his education, and pushed himself to become an invaluable member of our school. He challenged himself to learn more, and go deeper than his teachers asked of him. But he didn't stop there. Indra's passions lay in helping his community, and so he inserted himself into the workings of our community. One of the many ways he's participated in our school's development is when he advocated for the inculcation of cross-cultural understanding and community engagement into the school's graduate expectations. Another is, while he attended Vermont Technical College under the Dual Enrollment program for his senior year, he served as International Student Mentor, and helped international students to become integrated into the school community.

Because of his commitment to learning and community, Indra was recently awarded the Gates Millennium Scholarship 2014. 57,000 students applied for this award, but it is awarded to only 1,000 nationwide. He is only the second in the state of Vermont to receive the honor. He will attend Georgetown University in the fall where he is planning to study law, politics, and government. Additionally, he was also selected into the Georgetown Scholars Program and Community Scholars Program. These two programs are highly competitive, and only 150 and 50 accepted students respectively at Georgetown are selected for this program.

Indra wants people, especially students of Winooski, to know, "No matter where you come from, no matter where you go to school, your passion, dedication, and hard work will eventually lead you to success. Although there could be challenges put into your way, that does not mean you cannot succeed. Listen to everyone, but don't forget to stand and fight when you honestly think you are right." Clearly for Indra, this philosophy has worked. Congratulations Indra.





VKATS and OVX Fair

By Cheryl Brosnan

On Monday May 12 2014 Vermont Kids Against Tobacco (VKATS) and Our Voices Exposed (OVX) had a fair in

front of the Winooski educational center. There were give aways and 6 tables with different things about tobacco.

- Yousef Yah Ya had a table promoting smoke free cars. He gave away bumper stickers and pamphlets.
- Madison Wright had a table giving information on what tobacco does to animals and promoting smoke free zones. She gave away stickers and flyers.
- Kim Soukone did a table about the chemicals in cigarettes.
- Ali Al Jarah had a table explaining how much is spent buying cigarettes.
- Samar Jameel gave away T-shirts that said "I am a smoke free zone".
- Shennelle Bailey did a table explaining why teens start smoking, and students and parents sign a pledge not to promote smoking or to start smoking. Great job, everyone!



Join Us at our Final iLab Share It Night !

By Matt Webb

As a member of the Winooski community, you are warmly invited - even encouraged! - to attend the final exhibit of iLab presentations in the school cafeteria and auditorium on **Wednesday, June 11th, from 6-8 pm**. Our students enjoy and benefit from sharing their work with interested adults, so please come see the results of the independent projects they have conducted this year!

Here are some of the projects they have been working on:

- Graphic design
- Video game design
- Building a computer
- Photography
- Preventing sports injuries
- Black holes
- Comparing American and African cultures
- Writing a novel
- Dog obedience and creating a dog park for the city
- French language and cinema
- Brazilian Jiu-Jitsu
- Family history
- Healthy foods and nutrition
- Physical fitness and weight training
- Writing and performing autobiographical rap
- Medical marijuana
- Street art
- Web design for a shoe restoration business
- Bullying prevention
- Wedding traditions in America and Africa
- Snowboarding and building a snowboard
- Creating a motorized bicycle
- Sound recording
- Korean pop music and language
- Mentoring in a snowboarding program
- Advertising and marketing
- ... plus on-line studies of Latin, German, Swedish, and Japanese



Safety Tips for Parents

By Danielle Jatlow, LICSW

The warmer weather has everyone excited about being outside and looking forward to having more free time! I wanted to offer a few safety tips for parents as we transition from the school year into the summer season.

- Research shows that good communication between parents and teenagers can have a positive influence on risk-taking behavior by teens. Teens who report regular, open communication with their parents about important issues say they are more likely to try to live up to their parents' expectations and less likely to drink, use drugs, or engage in early sexual behavior.
- Parents are the most powerful influence on children's behavior. It's important to stay involved in your teenager's life even as they are striving to be more and more independent. Setting limits and having expectations is a great way to stay involved and have conversations about safety.
- Know where your children are, who they are with, and what they are doing. The brain of adolescents has not fully developed impulse control, which can leave young people at risk for making unsafe choices.
- Try to stay up and check in with your child when they get home, even if it is late. This will encourage them to know you are making sure they got home safely.
- Always encourage seat belt use in vehicles and helmet use for bikes.
- Always be proactive and talk openly with your teen about your expectations and remind them how important it is that they stay safe. **When kids feel respected and valued, they are more likely to engage in safe choices and behaviors.**

I will be getting a group of Winooski parents together this summer to talk about parenting concerns and support. Please contact me if you are interested in joining this parent group. If you don't want to join the group, but would like resources, please contact me as well! You can reach me at djatlow@winooski.k12.vt.us or 802-383-6093. *Stay safe and enjoy your summer!*

Three Great Ways to Watch the Graduation!

by Doug Dunbebin, RETN Community Relations Associate

1. Watch Graduation LIVE ONLINE at retn.org/WHS2014

2. Watch it again on cable TV on RETN Channel 16. Tune in to RETN on Sat., Jun. 21 at 8 a.m. and again on Sun., Jun. 22 at 7 p.m. on Comcast and Burlington Telecom in the Champlain Valley, or watch online at retn.org/WHS2014 after June 21.

3. Order a DVD and watch it anytime. SAVE \$5 when you buy your DVD prior to graduation [[click here](#)]. DVDs are \$20 starting graduation day. For more information, contact RETN at 802-654-7980, or info@retn.org

Ten WHS Students Inducted to National Honor Society

On Monday evening, May 5, the candles of Scholarship, Character, Service, and Leadership were lit. Family and friends were gathered in the Performing Arts Center. Juniors and seniors who had attained the high standards of the National Honor Society were inducted. These students, who are now expected to maintain these high standards, join the senior members who were inducted last spring as juniors. Congratulations to all of these fine young people and their families.

The inductees were Khada Acharya, Uyen Bui, Mina Dhamala, Connor Drown, Avah Eaton, Michaela Metivier, Amanda Nattress, Samuel Treadwell, Victoria White, and RoZe Yar.

Congratulations, everyone!

Guidance News

By Emmy Charron, Guidance Counselor, Winooski Middle High School

Here are upcoming June events to mark on your calendars!

- **June 7th:** SAT test date
- **June 14th:** ACT test date

Best wishes to all of our seniors in their future endeavors! Have a wonderful and safe summer!

You can reach me at 383-6099 (direct), 655-3530 or at echarron@wdschools.org to set up an appointment.

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

AFTERSCHOOL PROGRAM

Celebrating Our Afterschool Programs and a Thank You!

By Barbara Russ, 21C Program Director

This year the 21st Century Community Learning Center afterschool program provided more than 170 enrichment and academic support afterschool programs during the summer and school year. We are excited that over 525 K-12 students participated in a wide variety of afterschool programs since September. Thank you to all of the parents, teachers, and students who participated this year. And, a special thank you to the administrators and community for your on-going support!

We will continue to provide high quality enrichment and academic support afterschool programming and are very eager to continue to expand our afterschool and summer offerings. We are very interested in working with parents and community members—so if you would like to be a part of the afterschool program, please let us know!

Again, many thanks for your continued support and please look for our fall afterschool fliers in late August! Please feel free to contact me at 802-383-6041 or bruss@wdschools.org.





Michaela and Makayla are waiting for instruction in **Making Music with Violins**.



Robbie is using the skills he learned in **Zentangle** to decorate a card he is making with his design.



Eliza is showing off the card she made using handprints in **Fingerprint Art**.



Stacie, Rowan, and Miami are getting their materials in order so that they can design and make their own **hot air balloons**.



Christian proudly displays the birdhouse he made in **Woodworking**.



Kusa enjoys all that she is learning about how to play violin in the **Making Music with Violins** afterschool program with Ms. Kathy and Ms. Dold.



Max is thinking what his next move should be against Thatcher in **Strategy Games**.



Reeve finishes his math homework during **Core Support** with Ms. Clark.



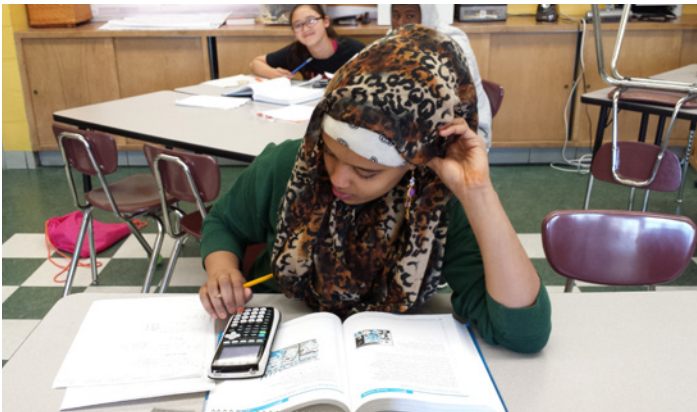
Ubah, Sela, Queen, and Yousef use their vocabulary skills with Mrs. Brown in the **Strategy Game Room** afterschool program.



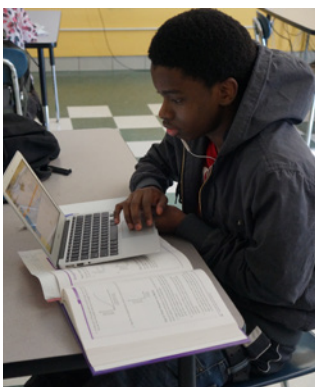
Right: Niki and Omar work on understanding exponential growth and decay in Mrs. Mellen's afterschool **Math Core Support** program.

Left: Mohyadin and Yousef take a break at The Edge after an exciting tennis game with their friends from Edmonds Middle School.





Zahra Mohamed uses quadratic equations to solve the Vertex Problem in **Core Support**.



COMMUNITY NEWS

Update from your City Council

By Sally Tipson



Spring has finally sprung in our “one square mile of fun” and it has been a very active start with a lot of exciting things happening.

- Green-up Day saw a large contingent of volunteers helping to clean up the city.
- Waking Windows took place over a 4 day period at the beginning of May with 60 Artists, Musicians, and Comedians. The events brought hundreds of people to town and was a joint, cooperative effort of city staff and private event organizers. Kudos to all involved.
- The city welcomed Sloane’s Mercantile to the space next to McKee’s and Oak 45 has expanded its space.
- Council has been reviewing policies

overseeing Public Works positions as well as Code Enforcement.

- City Manager Deac Decarreau and staff have been busy working on the refinancing of the TIF bond and by the time this is published, that will be completed.
- Public safety is asking for responses to a survey. Check out the web site for that. (Your comments will be looked for on June 4th regarding the Formed Based Code.)
- There are always opportunities for you to get involved in city activities. We hope you will check out the city’s website at winooski.vt.org, and we hope to see you at a council meeting. *Happy Summer!*

As always, if you have any questions about what’s going on in the City, feel free to contact any of the city council or call city hall at 655-6410. And again, thank you for your support.

Farmers Market: June 1 to October 12

The Winooski Community Partnership is pleased to announce that the Winooski Farmers Market will be held on the green, in front of the Champlain Mill, running from June 1 – October 12. We are anticipating a fabulous season with many of our vendors returning & some new folks to please us all. Here are some of the new vendors who will be attending: Bake Champlain Home Bakery, Chocolate Hollow, Madhattes Crafts, Simple Roots Brewing & Sobremesa. The Market accepts Farm to Family Coupons, EBT/ Debit Cards & Harvest Health Coupons (available while supplies last). Come join us for all the fun!

Send an email to winooskimarket@gmail.com for more information!



Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	mayor@winooski.vt.org	802-655-4879
Deputy Mayor Sally Tipson	stipson@winooski.vt.org	802-655-3894
Councilor Brian Corrigan	bcorrigan@winooski.vt.org	802-999-9270
Councilor Seth Leonard	sleonard@winooski.vt.org	802-777-3381
Councilor Brian Sweeney	bsweeney@winooski.vt.org	802-734-6902
City Manager Deac Decarreau	deac@winooski.vt.org	802-655-6410

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

Keep up to date with announcements and news about City activities:
LIKE US ON FACEBOOK We are “City of Winooski - Government”
FOLLOW US ON TWITTER We are @winooski.vt

Missed a Meeting? Watch it Online or on TV

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

WCSPC Update

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

You are invited to two special events in June by the Winooski Coalition!

- Our **annual meeting** will take place on **June 4**, from 6 to 7:30. We will very briefly present our annual report and thank you to donors, volunteers, and partners; elect officers; present our goals for the next three years, and ask for your feedback in how best to achieve them. Light refreshments will be provided.

- The **June Community Dinner** on **June 18**, from 5:30 to 8 PM, at the O'Brien Community Center, will be the last of the year, and will again feature BBQ food. We are excited to partner with the City of Winooski to provide a presentation of the results of visioning the gateway districts with residents from all over the city. This event is generously made possible by Chittenden County Regional Planning

Association, the City of Winooski, the Sisters of Providence, the Missionary Sisters of Our Lady of Africa, St. Francis Xavier Parish.

Have a safe, happy, healthy summer and we look forward to continued work promoting health and wellness in this wonderful community.

Sign up for our e-newsletter! Call 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404 | wcspc.org



My City, Your City, Our City.....Visioning Winooski's Gateway Corridors

By Mayor Michael O'Brien

The City of Winooski is excited to announce a Gateway Corridor project that will update the City's zoning regulations. This is an important project on future growth and the overall character - building form, land-use, and transportation - of East Allen St. (Route 15), Main St. (Route 7) and Malletts Bay Ave. corridors (not including Downtown and the circulator). To begin this project a six day public design workshop, known as a charrette, will be held from June 13th to June 18th at the O'Brien Community Center.

The charrette will be an intensive, six-day public planning process. Our team will include urban designers, transportation planners, business owners, property owners, residents, City officials and staff, and YOU. The charrette process will produce a "Form Based Code" that clearly defines the community's desires for the future.

What will people be doing?

On the first night of the charrette people will learn the ground-rules and review the intent of the project for the Gateway Corridors. Participants will be given an opportunity to express any concerns, and ask any and all questions about the process and goals. The following day will be a hands-on design exercise. Working in small groups led by a facilitator, participants will use a Corridor map, pens, pencils and colored markers to draw their specific vision of the Corridors. At the end of the exercise, each group will share their vision with the rest of the community.

These visions will become the basis of

a specific zoning code for growth along the Corridors. Following the hands-on session, the design team will run an open design studio at the O'Brien Community Center, inviting the community to drop in on the work in progress and share ideas.

The design team strongly encourages the community to come by throughout the week as new issues come to mind. On the final day, the design team will present the code work generated for the future of Winooski's Gateway Corridors.

When and Where will it be?

All events will be at the O'Brien Community Center, 32 Malletts Bay Avenue.

- **Friday June 13**, 7p.m. – Kickoff Event
- ***Saturday June 14**, 9am to Noon – Hands-on Design Exercise (childcare available)

- **Sunday-Tuesday June 15-17**, 9a.m. - 7:30p.m. - Open design studio - Walk-ins are appreciated and encouraged!
- **Wednesday, June 18th**, 6:30pm – Final Design Presentation, immediately following the Community Dinner (childcare available)

RSVP if you will need childcare to rmahony@ccrpcvt.org; or (802)846-4490, ext. 28.

For more information contact Regina Mahony at rmahony@ccrpcvt.org; or (802)846-4490, ext. 28. Visit the project website to stay connected and for updates : www.winooskigateways.com.

** We recognize that High School Graduation is at 1pm and apologize for the inconvenience – unfortunately this was the only weekend that worked rather than postponing to September.*



Winooski Summer Food Program

By Ethan Hausman

The City of Winooski will once again be providing **free meals** to children through the Vermont Department of Education's *Summer Food Service Program* (SFSP).

Funded by the USDA, the program is designed to ensure that children who rely on low-cost meals during the school year continue to have access to healthy food throughout the summer. **Meals**

will be provided to all children without charge, and no child will be discriminated against on the basis of race, color, gender, age, religion, national origin, or disability. An afternoon snack site at the Winooski Memorial Library is a new addition this summer. The 2014 Summer Food Program in Winooski begins June 16th.

Children do not need to be enrolled in any recreational or

childcare program in order to receive free meals. All children 18 years of age or younger will be served meals or snacks at the locations and times listed below, Monday-Friday. Meals will not be served on July 4 or July 5 due to the holiday.

Please contact Ethan Hausman in the City's Youth Programs Office (655-1392 x21 or coordinator@winooski.vt.org) for more information.



MEAL SITE LOCATIONS & DATES

Winooski High School 60 Normand Street Winooski, VT	June 16 - August 8 Breakfast 8:15 - 9:00am (Mon-Fri) Lunch 11:30am - 12:30pm (Mon-Fri)
O'Brien Community Center 32C Malletts Bay Avenue Winooski, VT	June 16 - August 15 Breakfast 9:00 - 9:30am (Mon-Fri) Lunch 12:30 - 1:00pm (Mon-Fri)

SNACK SITE INFORMATION

Winooski Memorial Library 32D Malletts Bay Avenue Winooski, VT	June 17 - August 15 Afternoon Snacks 3:00 - 4:00PM (Tues-Fri*) <i>*please note: No snacks available on Mondays.</i>
---	--

Space Still Available in the Thrive Summer Youth Enrichment Program!

By Kirstie Paschall, Children and Family Programs Manager

Have you enrolled in the Thrive Summer Youth Enrichment Program yet? We still have space available!

Starting on June 23rd, the Thrive Summer Youth Enrichment Program will run 7, week-long sessions full of fun, sun, swimming, hands-on play based learning, and did we mention the FUN? Thrive children will participate in a book giveaway and story telling event provided by the Children's Literacy Foundation on Monday, June 14th, a fencing clinic for 4th and 5th graders the week of July 21st, swim days at Landry Park each Friday, and the chance to explore topics in science and technology through play. Breakfast, lunch, and snacks are provided. Registration is open to all children who have completed grades K-5.

The weeks of June 23-27 and June 30-July 3 are completely FREE TO ALL WINOOSKI RESIDENTS. These two free

weeks, along with the week of July 7-11, will run half days from 12pm-5:30pm. For more information on half-day rates for the week of July 7-11, you can find our enrollment form at the Thrive office in the main lobby of the Winooski Schools or contact Kirstie Paschall at thrive@winooski.vt.org.

The Summer Youth Enrichment Program begins full time on Monday, July 14th and runs through Friday, August 8th, from from 8 am to 3 pm each day weekday. Though camp ends at 3 pm each day, children can remain at Thrive from 3pm to 5:30pm at no additional cost.

For families requiring financial assistance for the cost of Thrive, applications are available at the Thrive Office, on our website at www.winooski.vt.org (click through Departments > Youth Programs > Thrive Summer

Youth Enrichment Program), or directly from Child Care Resource at www.childcareresource.com or by phone at 802-863-3367. Families who qualify for free or reduced lunches during the school year, and apply for subsidy but are not eligible, can still receive discounted rates for the Summer Youth Enrichment Program.

For more information about the Summer Youth Enrichment Program, enrollment forms, or financial assistance from Child Care Resource to cover the cost of Thrive, contact Kirstie at thrive@winooski.vt.org, 802-316-1552, or stop by the Thrive Office, located in the main lobby of the Winooski Schools.

Enrollment forms will be accepted through the end of the school year!

We look forward to seeing you this summer!

Join us for FUN at the Winooski Library!

By Jessica Summer, Children's Librarian

It's time for summer reading at the library! Our theme for children's programming this year is Fizz, Boom, Read! For teens, the theme this summer is Spark a Reaction. Our program is science-based this summer, and will be filled with fun science experiments and other activities. Children and families can register for the summer reading program at the library. The best part? Registration is free! Children under 6 and families who register for our early literacy program can keep track of the books read all summer. Everything counts, even if your child just wants to read the same book 57 times in a row. Bring in the book logs for small prizes and books, plus earn chances to win big raffle prizes! School age children and teens can register for their programs and track the amount of time they spend reading each day. For each 15 minutes read, earn a stamp on a punch card. Cards are traded for small prizes, books, and chances to win big prizes. Earn bonus stamps for attending library programs, reviewing books on the library book blog, reading Red Clover, DCF, or GMBA books, or helping out at the library. Call the library or stop in with any questions!

Join us for the summer reading kick-off on Friday, June 20th! At 10:30am, Ellie's Preschool Parties will be helping us kick off our early literacy program! Join us for free fun and games. At 2pm, we will host an egg drop competition for older children and teens. Bring a container you make at home to protect an egg dropped from high up at 2, and let the fun (and mess!) begin! Containers must be able to be opened, and all eggs will be provided at the library before the drop. Don't want to make a container at home? Come to the library between noon and 2pm and make one here with supplies we provide. Containers can be made from any materials other than glass.

For children ages birth to 6, with a parent/caregiver: Every Tuesday and Thursday, we will have a free science-based Early Learning Program from 9-11am. Registration is encouraged, but

weekly attendance isn't required. Register by calling the library at 655-6424 or come to the library to sign up!

For children of all ages: Every Saturday from 10:30-11:30 am is our weekly story hour! Come hang out with Jessica for stories, songs, games, and crafts.

For school age children and teens: Thursday afternoons from 1-4pm, join us for drop-in crafts and activities that fit our weekly science themes! Bring your friends and have a great time! All activities are free and all supplies will be provided by the library. On Fridays, join us from 3-4pm for special theme events. All programs are open to children and youth of all ages, but children under age 8 should be accompanied by an adult.

For everyone: Join us Thursdays from 4-6pm for drop in crafting time! Bring your own project and relax with friends while you create. Suggestions of crafts to bring: sewing projects, knitting, painting, jewelry making, whatever artistic projects you have. Open to patrons of any age, though each participant should be fairly independent with their project. Tables are available in the library for projects.

August 16th, join us from 10:30-12:30 for a make-your-own ice cream party to celebrate the end of summer reading! We'll have stories and games starting at 10:30, with ice cream to follow. We will also draw winners for our prizes during this celebration, so don't miss it!

Downloadable calendars with library events are available on the youth tab of the library website, www.winooskilibrary.wordpress.com. Also on the youth page are downloadable early literacy calendars for the summer. Each calendar lists an activity every day to support early math, reading, and science skills for children to help get them ready for kindergarten. Check out the website for updates on summer programming!

The library is located at 32 Malletts Bay Avenue and open Tuesday 10-7, Wednesday 3-7, Thursday & Friday 10-6 and Saturday 9-5. You can reach us by phone at (802) 655-6424.

Myers Pool Opens June 15

Come enjoy the summer fun at Myers Pool!

Added bonus: Y members enjoy the Myers Pool all summer long for FREE! Rates for non-members are listed at right.

The outdoor, 6 lane pool is located at 40 Pine Street in Winooski across from Landry Park and is open 12:00 – 5:30 pm M-F and 12:00 – 7:00 pm Saturday and Sunday. Please contact Jess Lukas by email at jlukas@gbymca.org or by phone at 802-652-8143 for more info.

The Winooski Summer Swim Team is part of the Champlain Valley Swim League and the Vermont Swim Association. The team swims out of Winooski. Join this friendly supportive team of swimmers. The focus is on developing a love of swimming, building confidence and a positive team spirit. Contact Jacsen Callanan, Head Swim Coach at 652-8154 or jCallanan@gbymca.org for more information and to sign up.



RESIDENCY	AGE	DAILY FEE	SEASON
Winooski Resident	Under 18	\$1	\$10
Winooski Resident	Adult	\$2	\$20
Winooski Resident	Family	\$5	\$35
Non-Resident	Under 18	\$2	\$20
Non-Resident	Adult	\$4	\$30
Non-Resident	Family	\$8	\$50

Come On Out And Play At The Winooski Senior Center!

By Jahnine Spaulding, Director, Winooski Senior Center

The Winooski Senior Center invites all residents 55 and over to come out and have some fun with us! June is our month to get up, get out, and get active – from fun new outdoor sports, to exciting trips, to unique activities designed to take advantage of every moment of sunshine – we want you to THRIVE! Information and registration is on a walk or call in basis.

Here's what's cookin' in the summer sun:

June 3rd – General Meeting and barbeque - WSC hosts a good, old fashioned barbeque with hotdogs, hamburgers, and all the trimmings! This event is open to EVERYONE 55 or over! \$5 suggested donation. OPEN Meeting at 11:00 AM, Barbeque at 12:30 PM RSVP REQUIRED! 655-6425

June 3rd – Kick Off of our summer



sports programs

Walking Groups - 9:00 AM or 6:30 PM meet every Tuesday and Friday at the Winooski Senior Center . Walking pace and length of the walk will be set by the participants, and we may break down into smaller groups. Each group has a leader who will guide you and ensure a good experience for everyone. Fun, prizes, and celebratory dinners will be your reward! FREE Please RSVP by June 2nd 655-6425

Bocce Ball – 5:30 PM every Tuesday at the Winooski Senior Center No experience necessary! Come out and enjoy summer evenings with your friends and neighbors. Teams are 2 person, and if you don't have a partner, we will match you with someone. This is the hottest new game being played at bars and clubs everywhere. Come find out why! If you

can roll a 2 pound ball across the grass from a sitting OR standing position, you can play this game! FREE Please RSVP by June 2nd 655-6425

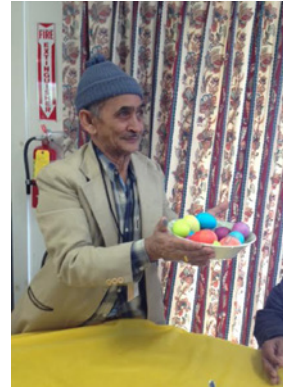
June 4th – Kick off for Horse shoe groups – Every Wednesday at 6:30 PM at WSC FREE Please RSVP by June 2nd 655-6425

June

13th – BUS TRIP TO King Arthur Flour and other delights. Visit a local glass blower, enjoy a delicious summer MYSTERY lunch, then on to King Arthur Flour for a demonstration and plenty of time to shop in their fabulous kitchen store! \$81 RSVP and money due by June 3rd.

June 24th – Safe Driver's Course presented by AARP from 5:30-9:30 PM at the WSC. Cost: \$15 for AARP members, \$20 for non-members. Taking this course could reduce your overall maintenance and insurance costs. RSVP by June 20th. 655-6425

June 30th – Game Night! 3 to 5 PM at the WSC - What's your pleasure? Cribbage, rummy, yahtzee, scrabble, sequence, quarkle , Mah Jong? We have most of the equipment and light snacks, you bring your friends and play board or card games. What a relaxing way to start the weekend! FREE



New Americans Visit State Capitol

By Jahnine Spaulding, Director, Winooski Senior Center

On May 8th, a group of Winooski New American seniors traveled to our state capitol - an exciting and enriching experience for everyone. Jahnine Spaulding, Winooski Senior Center Director, and Phul Pokrel, Elder Refugee Specialist at CVAA coordinated this outing. The group was welcomed by the district State Representatives from Burlington. A tour guide then gave them a short introduction to the State Capitol, and an overview of the legislature and what the Winooski seniors would be experiencing as they entered the main floor observation gallery.

The Bhutanese elders entered the

chamber, took their seats, and watched a very active session of the House of Representatives debate and vote on several bills and rules. They were mesmerized by the process, and watched for over an hour. Afterwards they spoke about being impressed with the civility with which the representatives debated. They also appreciated the beauty of this historic chamber, and the Capitol building as a whole.

As they posed for photos on the Capitol, it was clear that the visit helped them connect what they have been learning about democracy in America to their own lives, and deepened



their understanding of the way their community makes its voice heard at the state level.

It was a great day, and many thanks to Phul Pokrel and the AALV for partnering with the Winooski Senior Center to make this lesson in democracy happen.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN,
Health Office Coordinator

While you are soaking up the summer rays (with your sunscreen on of course) by the poolside or lake over the next couple of months please take a minute to think about what your child will need before they return to school in the fall.

If your child is going to be a kindergartner then he/she will need an updated copy of immunization records. Please make sure they have had 5 doses of DTP/Dtap, 4 doses of IPV, 3 doses of Hepatitis B, 2 doses of MMR and 2 doses of Varicella. If they don't then please call your child's primary doctor to schedule an appointment for them.

If your child is entering the 7th grade, make sure they have had their 2nd dose of Varicella and a tdap booster.

Do you exempt your child from immunizations? If so then please make sure to stop by the health office before June 13th to fill out a form for next school year. (Also available from your school's administrative assistant over the summer.) Remember without updated immunizations, a renewed exemption form or a doctors note stating their next appointment, your child can't start school in the fall!

Does your child have asthma? If so, then please get those asthma action plans completed over the summer and have an inhaler and/or spacer ready to bring in the first day of school.

Does your child have an epi-pen? If so, then please get updated doctor's orders for them and have the new orders and epi-pen ready to bring in on the first day of school.

Holly and I have enjoyed serving the health needs of your kids this school year and wish everyone a safe, happy and healthy summer vacation.

Tooth Tutor Update

By Diane Polson, RDH

The warm weather is here! Get outside, get moving and enjoy the fresh air. Stay safe, stay healthy and remember: FLOSS, brush and keep those summer dental appointments!

Free Weekly Playgroups offered at Winooski Family Center!

Playgroups are an opportunity for children to build social and literacy and skills and engaging in fun activities that will help build a foundation for future learning and Kindergarten readiness. It is also a place where parents can gain support, learn about and access resources and meet other parents from their community. Our Thursday Playgroup includes a nutritious lunch prepared by "Fresh Foods". Our playgroups are funded by Building Bright Future and the Children's Trust Foundation.

All parents, caregivers, grandparents with children 0-5 years are welcome. Playgroups are held Mondays from 10-11:30am and on Thursdays from 11am-1pm at the Winooski Family Center in the O'Brien Community Center at 32 Mallets Bay Ave. Please call us at 655-1422 or email karenp@howardcenter.org for more information.

ELEMENTARY SCHOOL LUNCH MENU — JUNE

Choice of milk served with all complete meals:
Low-fat White &
Low-fat Chocolate

Available Daily

1. The Abbey Groups Main Menu Entree
2. Hoagieville Made to Order Deli Bar
3. Garden Fresh Salad Bar
4. Yogurt Parfait & Cheese Bun [substitute your main entrée]
6. Little Italy Pizzeria and Abbey Express Daily Specials

PRICES:

Breakfast
Regular \$1.25
Reduced \$FREE
Adult \$1.75
Lunch
Regular JFK \$2.00
Regular WMHS \$2.25
Reduced \$FREE
Adult \$3.25

Beverages

Milk \$0.50
Juice \$0.50

Pay for your student's meals with our easy on-line bill pay system. Go to: www.abbeygroup.net/lunch/prepay



Mon., June 2	Tues., June 3	Wed., June 4	Thurs., June 5	Fri., June 6
Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Potato Wedges Green Pepper Sticks Wheat Bread Slices Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Goulash Tomato, Macaroni & Beef Bake Steamed Broccoli Carrot Sticks Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Pepparoni, Cheese or Veggie Pizza Chopped Green Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Taste Test: Herb Sampling Fresh Fruit Fresh Milk	Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Warm Black Beans Creamy Coleslaw Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Grilled Cheese Sandwich Chicken Noodle Soup Rainbow Slaw Carrot Sticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk
Mon., June 9	Tues., June 10	Wed., June 11	Thurs., June 12	Fri., June 13
Chicken Patty Sandwich Lettuce, Tomato & Cheese Garden Pasta Salad w/ Fresh Herbs Steamed corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Macaroni & Cheese Steamed Carrots Side Caesar Salad Homemade Cornbread Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Dress Your Own Burger on A Bun w/ Lettuce & Tomato Garden Pasta Salad w/ Fresh Herbs Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Chicken Fajitas Chicken, Sautéed Onions & Peppers, Soft Flour Tortilla, Salsa, Cabot Sour Cream Rice Pilaf Warm Black Beans Steamed Corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	1/2 Day Breakfast Only

We Support Local New England Companies

Samosa Man
Sentinel Orchards
Mckenzie
Westminster Crackers
New England Coffee
Champlain Orchard
VT. Hydroponic Produce LLC
Sunrise Orchards

Lewis Creek Farm
VT Country Farms
Cabot Cooperative
Michaela's Salsa
Mazza Farm Stand
Cold Hollow Cider



DAILY BREAKFAST OPTIONS:

(** Fresh Fruit & Milk With all Meals**)

Abbey Breakfast Sandwich:

Sausage & Cheese on English Muffin
— offered daily!!

MONDAY: Whole Grain French Toast Sticks

TUESDAY: Whole Grain Cinnamon Bun with Cheese Stick

WEDNESDAY: Scrambled Egg & Cheese Wrap

THURSDAY: Healthy Breakfast Round

FRIDAY: Egg & Ham in a Basket OR Cereals w/English Muffin OR Bagels

Harvest of the Month: Herbs

In the U.S. Alone, some 200 million pounds of herbs and spices are consumed annually, with black pepper, cinnamon, nutmeg, garlic, paprika, chili powder, oregano, celery (seeds and salt), onions and parsley heading the list. A seasoning by any name is still a seasoning, but generally speaking, herbs are leafy, aromatic plants, usually grown from seed in the Temperate Zone. Spices, on the other hand, are often pungent barks of trees, or seeds, or buds of plants grown in the tropics. To add to the mystique, however, there are some seasonings, such as mustard, which start out as herbs, and after going to seed, are classified as spices.

Rainbow Coleslaw

6-8 servings

2 c. shredded green cabbage
2 c. shredded red cabbage
1 carrot shredded with peeler
1 red bell pepper
1 yellow bell pepper
1/3 c. raisins
1/4 c. low-fat mayo
2 tbsp. vinegar
2 tbsp. lemon juice
2 tbsp. honey
1/4 c. onion
Salt & Pepper to taste



Put the cabbage, carrot, bell peppers, and raisins in a bowl. In a separate bowl, combine mayo, vinegar, lemon juice, honey and onions. Season with salt and pepper. Stir the dressing into the cabbage mixture and toss until all veggies are evenly coated. Chill for at least 30 minutes before serving.

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
60 Normand Street
Winooski, VT 05404

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BURLINGTON, VT
PERMIT #361

POSTAL PATRON
*****ECRWSS**
WINOOSKI, VT 05404

WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wdschools.org

John F. Kennedy Elementary School

Principal: **Mary O'Rourke**
802-655-0411, 802-655-3530
morourke@wdschools.org

Winooski Middle and High School

Principal: **Leon Wheeler**
802-655-3530
lwheeler@wdschools.org

Board of School Trustees

Mike Decarreau, President: 310-4032
mdecarreau@wdschools.org
Jay Lambert, Secretary: 655-2942
jay.bird.2@gmail.com
Tori Cleiland, 655-7678
tcleiland@wdschools.org
Jen Corrigan, 233-7642
jcorrigan@wdschools.org
Julian Portilla, 399-0241
jportilla@wdschools.org

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