

# WINOOSKI SCHOOL DISTRICT NEWS!

JUNE 2015

ALSO INCLUDES  
**Community News!**  
STARTING ON PAGE 15

VOLUME 12, ISSUE 9

## *Celebrating Our Achievements!*

### Free Preschool at the Winooski Family Center for Fall 2015

We are currently accepting applications for our preschool for the fall. We are NAEYC and STARS accredited and offer free summer school/camp activities for children registered in our preschool as well as many other resources and activities for children and their families. Please call Karen at 655-1422 for more details.

### 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. Find out more at [www.downtownwinooski.org](http://www.downtownwinooski.org).

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### It's Summer Reading Time at the Winooski Memorial Library!

Our theme this summer is Every Hero Has A Story. Come uncover your inner superhero! All our programs are free and open to everyone. The Summer Program kicks off on Saturday, June 10.

- **Tuesdays from 6:30-7:30pm is pajama storytime!**

Wear your pjs and join us at the library for a story hour on a different theme each week. We'll share stories, songs, and crafts and serve lemonade and snack. This program is geared toward children under age 6 and their caregivers, but all are welcome.

- **Wednesdays, 9-11am: Toddler Playgroup.** Join Amanda for a playgroup for children under age 6 and their caregivers in the Family Center space in the O'Brien Community Center.

- **Wednesdays, 3-4pm: Teen Drop-In.** These programs are geared toward teens and tweens and include crafts, special events, and even a Comic Con! Each week will feature a different activity.

- **Thursdays, 3-4pm: Library Party Time!** Every Thursday afternoon, we'll feature a different party with books, crafts, and snacks. Highlights include a Fancy Nancy Tea Party, Minecraft IRL, and a Robot Day, just to name a few. These programs are geared toward school age youth but are open to all.

- **Fridays, 7pm: Hero Movie Night!** Every Friday night, we'll be showing a Marvel superhero movie in the Community Room at the O'Brien Community Center. Each week is a different movie. Bring sleeping bags, pillows, camp chairs, or anything else you want to get comfortable for the movie. Popcorn provided!

- **Book Group** will meet at the Library Wednesday, June 10 at 7:00PM. The title is to be determined, but will be available at the Library. Book Group meets the second Wednesday of each month at 7:00PM.

- **The Senior Center Book Group** will meet at the Winooski Senior Center on Tuesday, June 9 at 1:00PM. Books will be available at the Library. This group meets on the second Tuesday of each month.

- **The Library Committee** will meet on Wednesday, June 17 at 7:00PM.

- **The Friends of the Library** will meet on Tuesday, June 23 at 7:00PM.

You can also borrow passes for free or reduced admission to local attractions. Passes to ECHO, Shelburne Farms and the Vermont State Parks are on the way! For more information please call the library at 655-6424 or email [winooskilibrary@winooski.vt.org](mailto:winooskilibrary@winooski.vt.org).



### Important School Dates to Remember

- **Last Day of School:** The last day of school is Friday June 12. School will let out at 11:00 AM.

- **2015 Graduation:** Winooski High School is pleased to announce that graduation will take place on Saturday, June 13 at 1:00 PM. See page 9 for full end-of-year calendar items.

## NOTES FROM THE CENTRAL OFFICE

### Transitions

By Sean McMannon, Superintendent of Schools

June school days are a very important time filled with mixed emotions. Students are excited and/or nervous about the summer, and wondering what the next school year will hold; staff may be transitioning to retirement or new opportunities, and a cadre of new staff are excited to start their Winooski School District (WSD) adventure!

I would like to personally thank all of the staff who have served WSD and are retiring or moving toward new opportunities. Specifically I would like to acknowledge teachers who have served WSD for ten or more years. With nearly 80 years of combined service to the Winooski School District (WSD) **Mary O'Rourke** and **Glenn Willette** have continuously shown passionate commitment to the growth of Winooski students. Their leadership, compassion and student-centered approach have contributed to the development of a school culture that always asks "What is best for students?". Thanks Mary and Glenn, we will miss you and greatly appreciate all you have done for WSD families!

Also, I would like to thank Music teacher **Cathy Mander-Adams** and Middle School teachers **Steve Forman** and **Deb Gonter** for their service. Cathy, thanks for your passion for music that has been passed to many students during your time in WSD. Deb, I appreciate your patient and kind approach to working with students, parents and colleagues. Steve, I greatly appreciate your sense of humor, dedication to the pre-adolescent condition, your willingness to support our students outside the classroom and for riding your bike to school almost every day! I wish all of you the best in your future endeavors.

In addition, I am excited to welcome the following new administrator and teachers to WSD for the 2015-16 school year:

#### JFK

- Sara Raabe, Principal
- Michelle Michalski, Classroom Teacher
- Caroline Bell, Classroom Teacher
- Lindi Hixon, Special Education Classroom Teacher (pending board approval)

#### WMS

- Andi Thibodeau, Special Educator
- Andrea Boon, Nexus Classroom Teacher

#### WHS

- Tony Settel, Guidance Counselor
- Sierra Thibodeau, Math Teacher (pending board approval)
- David McNally, Science Teacher

#### WMHS

- Jennifer Teal & Kari Maughan, Reading Specialists
- Vicki Wolinsky, Health Teacher (pending board approval)



Finally, the reason that the Winooski School District exists is for our students. Student transitions are very important. We have been working diligently to support all students as they close this school year and prepare for next year. A few of our intentional transition efforts are:

- Our incoming kindergartners have come in for screening and registration. Also, they can attend Kindergarten Camp the weeks of June 15 and 22 to meet their teacher and get acclimated to our school.
- 6th graders have visited 5th graders this past month to tell them what to expect in middle school. Also, 5th graders will join their new middle school teams for a few hours during the final days of school to meet their team of teachers and classmates.
- 8th graders and their parents were invited to a transition night on May 12th and will meet their teachers and classmates for a few hours during the final week of school.

Please help all of our students transition smoothly to summer by continuing to provide a safe and supportive community so students can play, learn and grow! Thank you for working with WSD to benefit our students!

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

### 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/](http://www.winooski.dollarsforscholars.org/).

# Flexible Pathways

By *Tori Cleiland, Board of School Trustees*

Here's the thing: I'm not sure I thought inspiration could be found in legislation. That has changed. I read Act 77, which became law 2013, and I found inspiration. One of the first phrases is "to encourage and support the creativity of school districts as they develop and expand high-quality educational experiences" for secondary education. The law specifies four categories that need to be integrated: personalization, work-based learning, virtual/blended learning, and dual enrollment (taking college classes while in high school). In an introduction piece about Act 77, a statement was made the four categories "should not be seen as placing a limit on what students and schools may imagine as contributing to each student's unique experience".

Vermont's new law is giving public education a directive to change how we do school through creativity, imaging, and having student interests and skill acquisition at the center of the new design(s). This will fundamentally

change the role of educators and schools very soon. It will change schedules, contracts, structures, grading and reporting, and even the role of the student. THIS IS GREAT NEWS. But it will be very different and very unfamiliar to majority of parents and community members, even to high school students who recently graduated. High school will no longer be what it was for us. THIS IS STILL GREAT NEWS, even if it seems confusing.

At our school board meetings, we have a Focus on Learning at the beginning of the meeting. On May 13th, the Winooski Middle/High School Leadership team presented a couple of years worth of work that has culminated into a new structure and schedule for the high school to be implemented in 2016-2017 school year. PLEASE watch the presentation and conversation; it's linked on the school's

*"There can be no life without change, and to be afraid of what is different or unfamiliar is to be afraid of life."*

— *Theodore Roosevelt*

website under the tabs District - Board of School Trustees - Board Meeting Videos. It's about 40 minutes. I found their work innovative and inspiring. Using creativity to imagine and develop a new way to do school to expand students access, options, and opportunities

for high-quality educational experiences through flexible pathways was a cornerstone of the leadership team's collaboration. Honoring our community-school created Graduation Expectations was another.

The state gave us until 2020 to fully implement Act 77. Our district is well on its way. Information about our school's continued transformation will continue to be published on the school's website, in the District News!, on the Partnership for Change website, and at the board meetings.

Happy Summer!

## Winooski MHS and Rice High School Honor Roll – Third Quarter: 2014-2015

### HIGH SCHOOL

#### Seniors

##### High Honors

Nathalie Bray  
Uyen Bui  
Mina Dhamala  
Amanda Nattress  
Chanefer Nheb  
Ro Ze Yar

##### Honors

Selina Bhattarai  
Har Wa Bi  
Connor Drown  
Avah Eaton  
Chris Francis  
Krishna Gurung  
Niha Jackson  
Randall Knox  
Michaela Metivier  
Zu Ti Nar  
Hiba Shakir  
Samuel Treadwell  
Khalil Young

#### Juniors

##### High Honors

Pascal Siki

##### Honors

Lubna Abdulkhaleiq  
Brandon Bigelow  
Edmund Do  
Taylor  
Langlais, Hannah Little  
Hom Pradhan

#### Sophomores

##### High Honors

Rainbow Chen  
Onna Morgan

##### Honors

Riley Corrigan  
Colton Lavalette  
Mariah Metivier  
Thong Nguyen  
Hussein Sadik  
Alyssa Winegar

#### Freshmen

##### High Honors

Jarod Fountain  
Elisha Limbu

##### Honors

ThaZin Aye  
Heaven Clogston  
Calvin Hayford  
Lydia Nattress  
Rebecca White

### MIDDLE SCHOOL

##### High Honors

Shennelle Bailey  
Kaw Ra Ban Bi  
Linden Bronz-Russo  
Yatrika Dhamala  
Indra Ghaley  
Matthew Hill  
Ines Horozovic  
Nicole Laplante  
Penny Ly

Andy Phuong  
Tiffany Phuong  
Destiny Syharaj

##### Honors

Hussein Al Sammarae  
Sofia Bitukendja  
Amna Cicak  
Xavier Clark  
Siddhartha Dahal  
Vijayata Dahal  
Dhiraj Dhakal  
Adison Granger  
Kunsang Gurung  
Abigail Hayford  
Parker Kane  
Hiba Laaroussi  
Rebekkah Lambert  
Sa Me Lar  
Corbin Lawrence  
Lek Nath Luitel  
Ashbin Manger  
Cody McDonald  
Dah Ler Moo  
Jeremiah Parsons

Anita Pradhan

Susmita Rai  
Jordan Reil  
Khadija Sadik  
Kirsten Stillwell  
Stephanie Truong

### RICE HIGH SCHOOL

#### Second Honors

Jenna Flint  
Cole Thornton

#### Honorable Mention

Mersaylia Beaudoin  
Olivia Lesage



# Winooski School District Celebrates Vermont Community Preschool Collaborative (VCPC) Grant with Tour!

By Robin Hood, Director of Early Learning & Mabyeline Lopez, Preschool Coordinator



On Thursday, May 7th, early learning leaders from Chittenden County and other agencies in Vermont attended a VCPC Tour at the school. The event began with a panel discussion around early learning in Winooski. Panel participants shared their experience with the new Early Learning Center, Winooski's newest Head Start preschool program. Afterward, a visit to the classroom to see and hear children involved in preschool activities sealed the

day! Vermont Community Preschool Collaborative is an initiative supported by the Permanent Fund for Vermont's Children, the A. D. Henderson Foundation, the Turrell Fund, The Vermont Children's Trust Fund, and other private funders and the State of Vermont. Having this additional program provides a rich pre-school experience, high quality learning, and kindergarten readiness skills for the children participating. The high quality program follows the Vermont Early Learning Standards and use Creative Curriculum to assess children's progress.



## ANNOUNCEMENTS

### You're Invited: Getting To School In Winooski

By Dawn Moskowitz

Although Winooski is just over one square mile, transportation to and from school can be tough for families. Many families have only one or no car. Even with a car, when work schedules don't match the school schedule, driving children to school is a challenge. And walking a mile in winter snow sometimes results in wet, tired, late kids (and frazzled parents...). For the past 4 months, a volunteer group of parents supported by Parents and Youth for Change has been getting together to study this issue, and now, we'd like to invite you to:

#### A Special Public Action Meeting on Getting to School in Winooski!

Wednesday, June 3, 7:00 pm to 8:30 pm  
O'Brien Center (32 Malletts Bay Avenue).

Our parent and youth leaders will share what we've learned and request that our invited special guests from the Winooski School District, City of Winooski, CCTA, and Chittenden Regional Planning Commission support an action team to work together with us to come up with feasible solutions so that children can get to school safely, on time, and ready to learn.

Childcare provided. Transportation available. Contact Dawn 802-318-5892 or dawn@parentsforchangevt.org

### Remember 2014-2015 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.

#### 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! Thank you!



## Save the Date: Athletic Banquet is June 7th

By Lori Lambert

Winooski High School's 72nd Annual Athletic Banquet sponsored by the Winooski Boosters and the Athletic Department will be held this year on Sunday, June 7th 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: Athletes should not wear shorts OR t-shirts to this event!**

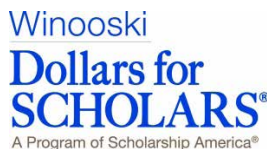
## Scholarships on the way!

By Laban Hill

Nearly half the graduating seniors at Winooski High School will be receiving

scholarships at graduation this June. Most scholarships will be awarded by Winooski Dollars for Scholars, a community-based nonprofit that raises money for scholarships so that Winooski students can pursue their dream. Whether it's postsecondary education or vocational training, Winooski Dollars for Scholars supports them. Winooski High School seniors are our future. Many members of the community and local businesses sponsor the more than 20 scholarships. Why don't you support them as well? Go to [Winooski.dollarsforscholars.org](http://Winooski.dollarsforscholars.org) to find out more about what we do and to make your tax deductible donation.

Donate now at: [winooski.dollarsforscholars.org](http://winooski.dollarsforscholars.org)



## Preschool Opportunities in Winooski

By Maybeline Lopez

The Winooski School District offers FREE preschool programs for children ages 3 and 4 years old. The preschool classrooms are specifically designed to provide rich pre-school experiences, high quality learning and kindergarten readiness skills for all children. The programs follow the Winooski School District's school calendar. There are multiple morning sessions and afternoon sessions four or five days a week at three locations. Healthy meals and snacks are provided.

- Winooski Early Childhood Program (located at the Winooski School District)
- Winooski Early Learning Center (located at the Winooski School District)
- Winooski Family Center (located on Elm St.)

If you are interested in participating in a Winooski preschool program, please contact Maybeline Lopez at 383-6063.

## Winooski Youth Football 2015

By Adam Barndt

The Winooski Youth Football Program is holding registration Thursday, July 23rd at the Winooski High School football field.

We are a member of the Northern Vermont Youth Football League. We accept registration from Boys and Girls, grades 1st through 8th!

Participation in the NVYFL is by age.

- **1st through 4th Grade**

Participate in the Flag Program

- **5th and 6th Grade**

Play Tackle Football

- **7th and 8th Grade**

Play Tackle Football

Winooski Youth Football has invested in the most state of the art helmets and all of our Coaches are members of USA Football and certified in "Heads Up" tackling techniques. No previous football experience is required, we are committed to teaching the game to any kid who wants to play! The cost for participation is \$40 for the flag program and \$65 for the tackle programs.

The season begins August 17th.

For more information about the program and upcoming dates for area football camps and clinics please e-mail Adam Barndt at [Adam4b11@gmail.com](mailto:Adam4b11@gmail.com)

## Winooski Farmer's Market Starts May 31st

*Power of Produce (POP) Club For Kids ages 5-12*

We're going on our third year of running the Power of Produce (POP) Club at market. What is it? Well, kids ages 5-12 sign up at our kids booth, get a Passport to Health (we hold onto it for the season), and \$2 worth of wooden market tokens to buy fruits, vegetables and food bearing plants. Each week they return they get a stamp in their passport and \$2 more worth of tokens. Once they come to market 10x they get a maple snow cone as a reward. Each week we have a kids activity for kids of all ages around food, food growing and nutrition. During the last two years we have had 241 kids become members, had 676 visits from kids and held over 40 kids activities. The program is run by two interns from UVM who are studying Nutrition, Food Systems or Environmental Science.

This program is sprouting up all over Vermont and nationally thanks to the originator of this program, Oregon City Farmers Market, who began this program in 2011 to help empower and encourage kids to make healthy food choices. We're helping our next generation of farmers market shoppers make healthy food choices and you can, too!

Questions? Interested in Volunteering? Contact: Charlotte Roozkrans [winooskimarket@gmail.com](mailto:winooskimarket@gmail.com)





## A Fond Farewell



By Mary O'Rourke,  
JFK Elementary  
Principal

Dear Members  
of the Winooski  
Community:

I arrived in the fall of 1978 as an eager student teacher. That semester set the stage for my future. I knew at the conclusion of that experience that Winooski “stole my heart” and this was the place I wanted to work.

Fast forward (that *is* how it feels!) 37 years and I am now looking back at all of the wonderful opportunities I have been afforded while working here, the relationships forged and the incredible experiences encountered. I carry with me wonderful memories of families, students, community members and staff.

I feel honored and privileged to have worked for all of you. I thank you for the trust, support and faith you placed in me to work with your most valuable possessions, your children.

I ask you to join me in welcoming Sara Raabe as the new JFK principal. I know that you will embrace her as you did me many years ago.

Thank you from the bottom of my heart for making your community my daytime home.

With gratitude,  
Mary



Above: Mrs. Brown's students show off their personal pair of Better Hearing and Speech Month ear plugs.

Right: Ms. Cote stands in front of the “Protect Your Hearing” hallway display case with an iPhone connected to ear buds.



## Better Hearing & Speech Month

By Catherine Lavigne, MS, CCC-SLP Speech-Language Pathologist Preschool - 2nd Grade  
JFK Elementary School

Winooski School District 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](http://www.vsha.us)) generously provided materials to support the theme “It’s a Noisy Planet – Protect Their Hearing.” VSHA members, Daniel Cote (JFK Instructional Assistant) and Catherine Lavigne (JFK Speech Language Pathologist) collaborated on several awareness raising activities.

An educational exhibit was created in one of the JFK Elementary hallway display cases and featured eye-catching yellow neon ear plugs and several colorful posters with the public service message: “To Protect Your Hearing...”

- Lower the volume (for personal listening devices connected to ear buds)
- Move away from the noise (particularly loud, sustained noise such as rock concerts or lawn mowers)
- Wear hearing protectors/put a plug in the noise (ear plugs) to help avoid noise-induced hearing loss

Hearing protection information was shared with students either as part of a short elementary classroom learning session or made available as educational handouts during some middle/high school breakfast/lunch times. Students enjoyed receiving a personal pair of Better Hearing and Speech Month ear plugs and bookmark for their participation. A special thank you to Mrs. Brown and her students!

## Parent/Teacher Organization Benefits from Survey Project

The Winooski Parent/Teacher Organization (PTO) recently received \$200 from the University of Vermont (UVM), Department of Communication Sciences & Disorders. Last November 2014, the PTO collaborated with UVM to distribute “social thinking” surveys, that asked primary caregivers questions about their child’s ability to understand peoples’

thoughts, feelings, and beliefs. The purpose of the project was to help test the usefulness of a new measure of children’s ability to take other peoples’ perspective (also call “theory of mind”).

Families who completed and returned the survey received a \$5.00 Visa gift card. The Winooski PTO also received \$5.00 per completed survey. Thank you

to the 40 families who took the time to participate. Thank you also to Catherine Lavigne (Speech Language Pathologist) who was the local organizer and to Lisa Goetz (PTO Teacher Liaison), who secured the PTO’s endorsement of the plan. Future questions regarding the survey project should be sent to Hope.Morris@uvm.edu

## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Thoughts for the month of June

By Leon Wheeler, Middle/High School Principal

#### COOL SCHOOLS

Four years ago a group of staff members, parents, board members, community members, city employees, and business leaders dared to believe that the Winooski Middle High School could redesign our learning so that each student will graduate with the skills needed for college and career. That belief became a dream...a vision of a world-class learning community; World Class Winooski! Since that time, with funding from the Nellie Mae Education Foundation and the coordination and supports of the Partnership for Change, this dream has taken root, and it's growing and spreading throughout our school community!

On Friday, May 15, Local 22 News reporter Alaina Pinto captured our students and staff celebrating some of the many things that now make Winooski a "Cool School." With live broadcasts of our students every 30 minutes, beginning at 5:00am and concluding with an incredible pep rally at 8:30, viewers were treated to some of the ways the seed of change four years ago is bearing fruit! Check out Local 22 News' "Cool Schools – Winooski Students Tell Us Why Their School Rocks!" and "Cool Schools: Winooski's Cool Senior Projects."

"If you believe it,  
you can achieve it.  
The future belongs  
to those who believe  
in the beauty  
of their dreams."

can participate in a way that honors each one.

One important consideration is to recognize the importance of each person hearing and understanding the ceremony. To do that it will be important to:

- Turn off cell phones
- Cease talking during the ceremony when someone is speaking on the podium
- Remain in seats during the ceremony unless taking a photo
- Translation services be available for non-English speaking community members using wireless broadcast and headsets. (*Whenever possible, translators will read script concurrent with speaker to maximize efficiency for all participants.*)

- Provide feedback with ideas about how to make our celebrations more positive for all members of our community. We want each person to recognize that he/she is important and valued!

Enjoy these closing days of school, and the highlight of our year: Graduation, our celebration and blessing of the seniors. They are now ready for college, career, citizenship, and leadership to a bright future.

#### EXPO WEEK

During the week of June 8, WMHS will celebrate each student's accomplishments toward meeting the Graduate Expectations. Using the content appropriate for the course, each teacher will focus on the transferable skills necessary to complete the complex assessment, then administer either an Effective Oral and Written Communication (EOWC) or Critical Thinking and Problem Solving (CTPS) complex assessment in at least one course. The complex assessment will be completed during the year and may be the "exam grade" for the course. At the end of the school year, the school community will celebrate each student's GX learning during Expo Week. Each student will select one CTPS assessment to display during the Expo Week and present one OWC assessment to present during the week.

Student participation in Expo Week is mandatory. Over the course of the year each student has completed several assessments that can be shared during this week and will choose from these the presentation and the display he/she will share. This is a required part of the work for the year, so students who have not yet shared their learning will receive an INC for all of their courses until they've done so.

#### CULTURE OF GRADUATION

Our exciting and affirming growth as a community is also coming with growing pains and challenges! Change is messy and difficult. The culture of our school events is evolving as new families become part of our community. It's important that as we continue our traditions we ensure that all community members

### Guidance News

By Emmy Charron, High School Guidance Counselor

Here are two calendar items for June:

- **June 6th:** SAT test date
- **June 13th:** ACT test date (and graduation)

On a personal note, I wanted to inform the Winooski community that I will not be returning as the high school guidance counselor next year. I have had an amazing four years here working with the incredible students and staff but it is time for me to pursue other professional endeavors. Tony Settel will be taking my place in the guidance office, and he will introduce himself in the August newsletter.

Thank you all for making my experience at Winooski a memorable one. The Winooski School District will always hold a special place in my heart.

Questions about financial aid? Contact VSAC Coordinator Heidi McLaughlin at [mclaughlin@vsac.org](mailto:mclaughlin@vsac.org).

You'll find lots of information about planning for college, grades and transcripts on the district website at [www.wdschools.org](http://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 the guidance office at 655-3530.

# Calling all Middle Schoolers! Come Join the Summer Fun!!

By Barbara Russ

We are excited to be collaborating again with the Sarah Holbrook Community Center and Burlington Afterschool to provide summer program opportunities for our Winooski Middle School students this summer. The summer program is a five-week program (June 22nd-July 24th) with 12-15 programs offered each week and is designed specifically for middle school students. Students entering grades 6, 7, 8, and 9 are invited to attend the summer program. Students who would like to attend will be able to choose the week or weeks that work in their schedules, and can attend either half days (mornings or afternoons) or full-day programs. Lunch will be provided and all programs are free. Programs will take place in Burlington and transportation will be provided to and from Winooski Middle School. Fliers have already been mailed to home addresses.

We have an exciting line up of over 50 summer program offerings. Programs include: Bicycle Mechanics & Touring (taught by WMS teacher Steve Forman), Manga and Anime Cartooning, Sailing, Beginner & Advanced Fashion Design, Ultimate Frisbee & Chess, Cooking and Community, Basketball, Volleyball, Soccer, Pottery, Silk Screening, Film Making, Running & Yoga, Explore Vermont, Beading, Nature Journaling, Fishing, Young Hacks, Astronomy, Pizza Making, Young Writers Workshop, Geocaching and Mapping, Rock Climbing, Knitting, Water Rocketry, Dance, Gardening, Fitness Training, Hiking, and Gardening to name a few.

Please feel free to contact me if you have any questions and parents/guardians please let me know if you need another flier (383-6041 or bruss@wsdschools.org). We look forward to seeing many middle school students participating in this exciting summer program!

## Band Notes June 2015

By Randy Argraves

Happy June Everyone! The Middle High School Marching Spartan Band did a great job performing at the All State Parade in Middlebury, Vermont and the Memorial Day Parade in Winooski. I am always so proud of how well they perform under pressure.



It is wonderful to see all that hard work in the classroom pay off in front of hundreds of people who are out cheering us on in the streets of Middlebury and Winooski! Great job to all my students!

The year is not over yet. Come hear the Jazz Ensemble play on Church Street on June 12 at noon. We will be playing on stage just outside the mall entrance. Thank you to all the parents who support us and make these performances so memorable!



## Community Mentors Wanted!

By Steve Crowley, WHS teacher, Senior Project Coordinator

As the class of 2016 begins their senior projects, they will be looking to connect with a community mentor. Do you have any special hobbies or vocation that you would care to share with a WHS senior? Please email Steve Crowley, advisor, at scrowley@wsdschools.org. He is eager to talk with you about what this looks like.

Winooski Middle High School

ARTIST  
of the Month



Hau Duong

May  
2015

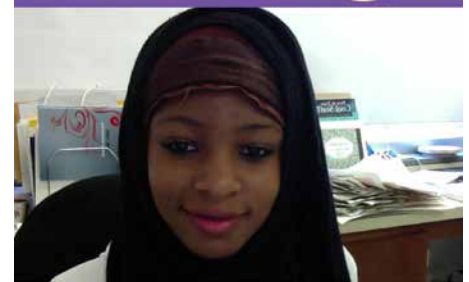
May's Artist of the Month:

### Hau Duong

Hau Duong is so artistic naturally, but has really stretched her skills across many different types of media in Art 1 this year. Her enthusiasm is infectious, and she is a hard-working student. We can always count on Hau to bring it back into focus, and she is a nice addition to our class. Congrats to Hau!

Winooski Middle High School

ARTIST  
of the Month



Abshira  
Abdirahman

June  
2015

June's Artist of the Month:

### Abshira Abdirahman

Abshira Abdirahman! Abshira is very talented, focused, and a greatly creative thinker. She is a true inspiration to her fellow classmates in art, always on task, creating artwork in her own style, and with beautiful execution. Great job, Abshira! :)



## Eight WHS Students Inducted to National Honor Society

On Monday evening, May 11, 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 Oo Mai Be, Edmund Do, Hau Duong, Kinzang Gurung, Ra Mat Bi, Hannah Little, Taylor Langlais, and Ball Wit.

Congratulations, everyone!



Madey Madey

## Track & Field 2015

By Laura Abbene

The Winooski Track and Field team is off to a great start. At our first meet of the season at Essex High School, sophomore and captain, Madey Madey broke the decade old freshman/sophomore 400 meter dash record of 62.0 seconds running a 58.83. Only three meets into our season, fourteen of fourteen Track and Field athletes have qualified for the state championship meet on May 5th at Green Mountain High School in Chester, Vermont.



## Hands-on Learning

By Dave McNally

Winooski High School's Foundations of Science students participated in a field trip to the Community Sailing Center (CSC) in Burlington May 12th and 14th. They were accompanied by Nancy Keller, David McNally, and Rebecca Savage. The goal of the trip was to reinforce concepts studied during the Spring semester in the FOS class related to the big question - why do boats float? Students spent the first part of this semester learning the basic steps of the scientific method, measurement of variables, how to interpret/explain results, etc. Students also conducted investigations in the physics of why objects sink or float in order to learn the concepts of density/buoyancy culminating in the construction and testing of aluminum boats.



These concepts and skills were put into sharp context during the field trip as students were able to first hand explore this using actual boats - sailboats. For half of the trip, the CSC staff led an on land session reviewing density principles and exposed students to the physics of air pressure and forces that push sailboats. During the second half of the trip, students and chaperones learned how to sail and operate sailboats on Lake Champlain. Guided by the expert sailors of the center, students took the helm and learned how to operate rigging, move the sails to change direction, and steer the boats with a keel. Though the weather was typical of Vermont (ever changing) - students enjoyed themselves and learned a lot!

## Students of the Quarter Honored

High School students are recognized at an Honor's assembly that takes place shortly after the quarter ends. In addition to the recognition, students are invited, along with their parents, to a luncheon sponsored by the Winooski PTO. These luncheons take place at Waf's Westside Deli. Being honored as a Student of the Quarter means that you have worked very hard and done your best to exemplify the kind of student that we would like everyone to aspire to.

The staff and students would like to thank the Winooski PTO for their generosity in maintaining this special event.

The following students were honored on Tuesday, May 12th, 2015:

<b>Leadership</b>	Eddie Lamson
<b>Character and School Citizenship</b>	Dylan Ralston
<b>Arts and Humanities Scholarship</b>	Felix Abwe, Kamala Rai, ThaZin Aye, and Zahra Mohamed
<b>Math, Science, and Technology Scholarship</b>	Austin Mitchell, Riley Corrigan, Pascal Siki, Rebecca White, Rupa Rai, and Susmita Rai
<b>Most Improved</b>	Alyssa Winegar and Fartun Mohamed

## What is YouthBuild?

By Julie Hankins, AmeriCorps  
YouthBuild Community Partnership  
Coordinator

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

### What's going on now at YouthBuild?

**Construction:** Students recently completed "Lead Safety for Renovation, Repair, and Painting", OSHA 10, and CPR and First Aid training. Currently, students are constructing garden sheds for a farm that serves new Americans.

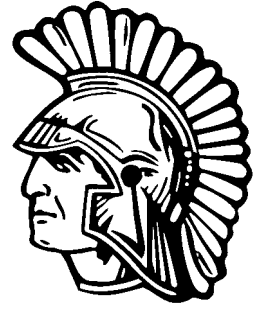
**AmeriCorps:** Global Youth Service Day is an international day of community service, every year millions of young people ages 5-25 plan and participate in community service around the world. This year YouthBuild partnered with Burlington Parks and Recreation on April 17th to support the mission of youth service. Students helped prepare Archibald Park for a makeover!

### What's next at YouthBuild

YouthBuild has projects scheduled throughout Burlington and Barre including sorting donations with the Vermont Foodbank, grounds maintenance at the Shelburne Museum, and trail work with Winooski Valley Park District.

If you are interested in learning more about YouthBuild contact us today at (802)658-4143 ext 27 or e-mail [Jhankins@resourcevt.org](mailto:Jhankins@resourcevt.org).

## Graduation Calendar



- **June 2: Honors Dinner** will take place from 5-7 pm at the Windjammer Restaurant in South Burlington.
- **During the week of June 8**, WMHS will celebrate each student's accomplishments toward meeting the Graduate Expectations. Using the content appropriate for the course, each teacher will focus on the transferable skills necessary to complete the complex assessment, then administer either an Effective Oral and Written Communication (EOWC) or Critical Thinking and Problem Solving (CTPS) complex assessment in at least one course. The complex assessment will be completed during the year and may be the "exam grade" for the course. At the end of the school year, the school community will celebrate each student's GX learning during Expo Week. Each student will select one CTPS assessment to display during the Expo Week and present one OWC assessment to present during the week. Student participation in Expo Week is mandatory. Over the course of the year each student has completed several assessments that can be shared during this week and will choose from these the presentation and the display he/she will share. This is a required part of the work for the year, so students who have not yet shared their learning will receive an INC for all of their courses until they've done so
- **June 12: 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 12: 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 12: 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 13: 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.
- **June 13: 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 13: 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 Winooski High School from 7pm to 6 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!



## AFTERSCHOOL PROGRAM

### Celebrating Afterschool Programs and Thank You!

By Barbara Russ, 21C Program Director

This year the 21st Century Community Learning Center afterschool program provided more than 170 free enrichment and academic support afterschool programs for our K-12 students during the summer and school year. We are excited that over 500 K-12 students participated in a wide variety of afterschool and summer programs since July 2014. 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 in 2015-2016 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! You can reach me by phone at 802-383-6041 or by email at [bruss@wdschools.org](mailto:bruss@wdschools.org). Again, many thanks for your continued support and please look for our fall afterschool fliers in late August!



#### JFK Afterschool

1. *Drumming – Learning a new rhythm in Group Percussion.*
2. *Gabo & Ayla – Gabo and Ayla are enjoying a friendly game of cards.*
3. *Violins – Auishma and Jayda practicing what they learned in Making Music with Violins.*
4. *Puzzles – The girls stop and pose for a photo during Puzzles, Legos, and Games.*
5. *Playful Puppets – Getting the props ready for their puppet show.*
6. *Read aloud – Sydney making a Mother's Day card in Spring Read Aloud.*
7. *JFK Tech Wizards visited WCAX as a wrap up to their Videography afterschool program. They toured the studio, learned about all that happens behind the scenes, met reporters and meteorologists, and watched the live noon news broadcast!*





**WMS Afterschool**

1. Katie and Adison are happy to be sewing with Ms. Brosnan's Making Pajama Pants afterschool program!
2. Sa Me Lar enjoys reading her book in the Manga Book Club with Mr. Magistrale.
3. It's cupcake day and Eh Kh Luu is happy at Art Club with Mrs. Crandall.
4. On the court at The Edge, Logan, Indra, Ashbin, Nishan, and Susmita are ready to play tennis at their Friday afternoon afterschool program. (inset) Having a few laughs before playing tennis—it's so much fun to be learning how to play tennis with our King Street Center friends from Edmund Middle School!
5. Hussein and Austin are getting ready to spar during afterschool Jujitsu. We are fortunate to partner with Martial Way Arts to offer this exciting and engaging afterschool program each fall and spring
6. Sarday is figuring out her sewing pattern, as she gets closer to cutting the material.

**Many thanks to our 21C Afterschool Advisory Board Members for their ongoing support and expertise:**

- Rosina Cannizzaro, Vermont Youth Orchestra Association Executive Director
- Ray Coffey, City of Winooski Community Services Director and 21C partner
- Robin Hood, Winooski School District Director of Special Education
- Heidi McLaughlin, Vermont Student Assistance Corporation Gear Up Program
- Sean McMannon, Winooski School District Superintendent
- Jane Mekkelson, Literacy & Learning Connections Literacy Specialist
- Mary O'Rourke, JFK Elementary School Principal
- Leon Wheeler, Winooski Middle High School Principal

**Many thanks to our community partners for helping us provide high quality afterschool and summer programming. Our partners are:**

- Burlington Afterschool
- City of Winooski
- Global Premier Soccer
- King Street Center
- Martial Way Arts
- Sara Holbrook Community Center
- Sawmill Studio
- University of Vermont Extension / 4-H Tech Wizards
- Vermont Student Assistance Corporation—Gear Up Program
- Vermont Youth Orchestra Association



## WHS Afterschool

1. Brianna, Kinzang, and Dhan are all taking time from 3-4pm to get their homework assignments done in afterschool core support.
2. Rainbow is diligently working on an upcoming science project.
3. Omar contemplates his science assignment in afterschool core support.
4. Ms. Bundy is helping Nate with a science question in afterschool core support.
5. Abdullah uses his laptop to get his science work completed in afterschool science core support.
6. Mrs. Mellen is answering math questions during her afterschool core support time.

## When asked why they sign up for afterschool and summer programs, here's what some of our students have to say:

- "It's neat the way you get to pick what you want to make in woodworking."
- "I like that I can get help on my math assignment with my math teacher."
- "I love the experiments we do in Wacky Science—especially when we blow things up."
- "Manga Book Club is a great place to read, draw, and be with my friends."
- "Building and programming Lego robots is a lot of fun."
- "We've competed in the Jr Iron Chef competition for three years in a row. It's fun to be able to cook with friends and with our fifth grade teacher."

- "I love JiuJitsu and I love competing in the tournaments!"
- "Tennis is great. I like how we get to go to The Edge."
- "Yoga is really fun and it helps me wind down at the end of the day."

### Quotes from parents:

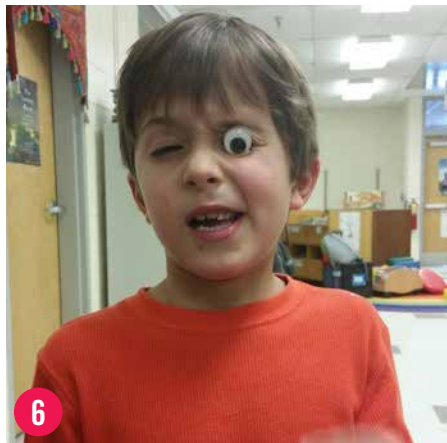
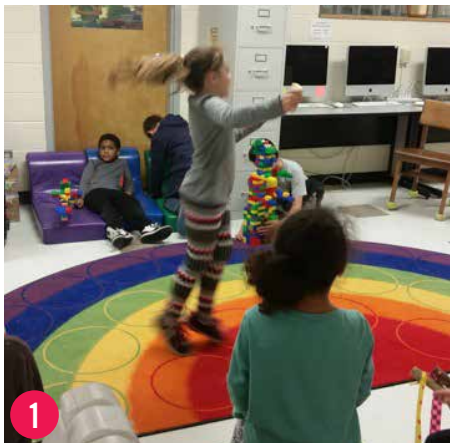
- "I wanted her to try something new and Woodworking sounded like it would be a lot of hands on fun!"
- "Music is a big thing in our house. Having free violin lessons every week is a great opportunity for him to learn how to play the violin."
- "I like how the kids can go to a variety of activities afterschool and then go to Thrive. The transition is really easy for the kids."

- "What's not to love? The kids can choose from an amazing list of afterschool programs every session."
- "Soccer is a great way for him to learn about teamwork—and it also tires him out!"
- "The drums Nic brings for afterschool are amazing. She loves the chance to try them all in Group Percussion."
- "He loves learning new games in Strategy Game Room—and he brings his own games to teach to his friends."
- "She's been talking about Playful Puppets for weeks. I can't wait to see the puppet show at the end of the session."
- "He loves games and likes being an older kid helping the younger kids in Puzzles, Legos, and Games."



## Thrive Afterschool Program

1. April Vacation Camp was a week full of talent shows! Thrive kids came up with their own talents, led their own set lists, designed their stages, and spent long hours practicing to perform for their friends.
2. Practicing building our tallest towers. Students challenged each other to build towers taller than themselves.
3. Exploring the snow mounds on our first warm day in February.
4. Coloring and creating ocean animals for our Thrive Ocean during February Vacation Camp.
5. Miss Jessica from the Winooski Memorial Library and the ever popular Monster Box!
6. Max and his very convincing googly eye
7. Harley, Amelia, and Tianna playing DJ for one of our talent shows.
8. Mayor Leonard leading read aloud at Community Reads.



## Afterschool Staff

Our 21C and Thrive afterschool and summer staff makes sure that kids are safe and have access to many high quality learning opportunities throughout the year. When you see the folks listed below, please be sure to say thanks for all of their ongoing efforts!

- **Cathy Burbo:** Thrive Assistant Director
- **Nancy Keller:** 21C 6-12 Afterschool Coordinator
- **Danielle Magowen:** Thrive Program Assistant
- **Claudine Nkurinziza:** Thrive Program Assistant
- **Kirstie Paschall:** Thrive Children and Family Programs Manager
- **Barbara Russ:** 21C Afterschool Program Director
- **Amanda Santor:** Thrive Program Assistant
- **Petie Shea-Gamache:** 21C Afterschool Attendance Coordinator
- **Mag Thomas:** 21C K-5 Academic Coach





## COMMUNITY NEWS

### Update from your City Council

By Brian Corrigan

Well fellow Winooski citizens, it seems winterzilla has finally given up on beating us to a pulp. Just in time too, as our Department of Public Works is repairing the damage done, and working on our warm weather list of To Do's. Be sure to watch Front Porch Forum ([www.frontporchforum.com](http://www.frontporchforum.com)) for upcoming to do's in your neighborhood.

Special thank you to all the community members that took the time to sit in on the interview process for our new chief of police. I, too sat in a couple time slots and was very impressed with the candidates. Good luck to each of them.

Finally, thank you to all departments that put in time making sure Waking Windows was a huge success, as well all the locals that enjoyed the event. While it was a huge success, we had a few take-aways that should lead us to an even better event next year.

Enjoy your summer, create a green space. Even a small one can bring bees and birds for discovery, appreciation, and simply watching. Its a great way to share time, and conversation.



### SAVE THE DATE

## French Heritage Day on Falls Way -- Saturday, July 11

By Steve Norman

Vermont's 10th Annual French Heritage Day will enliven our downtown on Saturday, July 11, from 10 am-4 pm. The outdoor celebration of all things French -- music, art, crafts, food, language -- until now held in Vergennes, is moving to the Falls Way greenspace, lock, stock, and barrel. Also knifemakers, genealogists, clockfixers, handspinners, fiddlers, singers, historians, lacemakers, fencers, petanque-players, chair-canners, trappers, traders and canoemakers, produced by the Winooski Historical Society. For a great day of free fun for all ages in Vermont's most French-settled community -- just show up! Individuals, groups or businesses interested in participating as exhibitors, please email [FrenchHeritageDay@gmail.com](mailto:FrenchHeritageDay@gmail.com).

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

Visit the city website at [winooskivt.org](http://winooskivt.org) or call 802-655-6410.

Keep up to date with announcements and news:

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

### Winooski Food Shelf changes days of operation

Starting in June, the Winooski Food Shelf will be open the second and fourth Wednesday of each month from 2:00 p.m. to 6:00 p.m. for pantry staples including canned and dry goods. In June, that will be **June 10 and 24th**. The Food Shelf will also be open the second and fourth Saturday of each month just for the fresh fruit and veggies, bread, pastry, and deli items donated by Hannaford. Fresh foods will be available **June 13 and 27th** from 9:30 am-12 noon. Pet food will be available on Wednesdays and Saturdays. The Food Shelf is currently serving 130 Winooski households with over 380 people receiving assistance.

The Winooski Food Shelf is located in the Winooski United Methodist church at the corner of West Allen Street and Follett Street. There is a bus stop on the corner. Please use the Follett street entrance and bring proof of Winooski residency such as a utility bill. For questions please call 310-8240.

### Gardeners: Plant an extra row for the Food Shelf

We would be most grateful if you could plant an extra row of veggies or think of us when you have a surplus. Favorite veggies include tomatoes, green beans, summer squash, zucchini, corn, potatoes, onions, carrots and beets. If you have fruit trees that provide more than you can use, please think of us. To arrange a drop off time at the Winooski Methodist Church please phone 310-8240. Thank you and happy gardening!



## Thrive Program Still Has Space Available

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

There is still space available in the Thrive Summer Program! We have lots of space available in our 3rd-5th grade classroom. Last year was our first year with a wait list for enrollment and we expect to have a wait list again this year, so enroll early to reserve your spot!

The Thrive Summer Program will be 6 weeks from June 22nd-July 31st and is continuing our partnership with JFK Summer School. Children will have the opportunity to participate both in JFK's Summer School in the morning, expanding on their school-year learning with their teachers and classmates, as well as in Thrive programming in the afternoon, building upon that learning with hands-on, play-based activities and lots of time out in the community. At the end of Summer School, Thrive will open for full day weeks, giving children the consistency of a full day in the school building, but with all the summer camp fun of Thrive! Throughout the summer, classrooms participate in opportunities like fencing, afternoons at the Winooski Memorial Library, and open swim days at Myers Pool.

For questions regarding the Thrive Summer Program or any of our school-year programming, Financial Assistance from Child Care Resource, or any other questions regarding your child's summer, please contact me at [thrive@winooskivt.org](mailto:thrive@winooskivt.org) or drop in to the Thrive After School Program, located in the school Library (Learning Media Center) between 3pm-5:30pm. Our full 6 week schedule, weekly rates, enrollment forms, and Subsidy application for Child Care Resource are all available on our website [www.winooskivt.org/communityservices/thrive](http://www.winooskivt.org/communityservices/thrive)

See you this summer!

## Islamic School News

By Fathima Bariyajaan

The Weekend Islamic School (WIS) is pleased to announce the completion of another school year by its wonderful students, coming to a close with a series of academic events.

WIS held its annual Quran competition on May 2nd and May 9th, 2015. This competition allows students to demonstrate their excellence and hard work at memorization and recitation of the Qur'an. WIS evaluated the students and passed out prize awards for those who excelled in their age level.

As the school's 3rd trimester came to a close, the students prepared plays and nasheeds to demonstrate their learning during the year. These performances focus on Islamic values and strong moral character, along with Arabic and Qur'an recitation. WIS held its end of the year WIS Annual Show on May 16th at the Winooski High School. The WIS student body, which had grown from 92 to 125 students during the year, put on an excellent show. We are blessed that they are able to demonstrate the development of our beautiful religion and the importance of strong Islamic values in our community through their learning. Students ranging from kindergarten through 9th grade performed.

After the WIS Annual Show, the school presented **Rashad Alsaffar** with this year's scholarship award. The scholarship is for a student who completes schooling at the Islamic School and then continues to serve by completing two years of community service. Rashad was an excellent student, a great help and will continue to demonstrate exemplary Muslim character and Islamic values as he continues to college in Montreal. WIS wants to thank Rhino Foods and Moe's for their generous donations for the performance. For information on school registration for the 2015-2016 school year contact Fathima Bariyajaan at (802) 310 5339. The school year will begin on Aug. 30th.



## Y encourages fun, exercise and safety around water this summer!

By Doug Bishop, Director of Communications, Greater Burlington YMCA

Whether you have a new swimmer at home, one who is looking for the challenge and friendship of swim team, or your family swims for exercise, the Greater Burlington YMCA is encouraging you to think first about water safety.

Drowning can happen nearly anywhere with standing water. But, as a parent or caregiver, you can't keep your children sidelined. Equip them with the tools needed to be confident in and around water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends and the sense of accomplishment when they learn new skills.

The greatest degree of safety around water comes from adopting and practicing as many safety measures as possible, including: staying within arm's reach of children, being alert and watching children in and around water; learning and practicing water safety skills (know how to swim and perform CPR); and having the appropriate equipment at all pools (compliant safety drain covers, alarms, fences and other barriers and sensors). It is vital that families and caregivers implement a "personal system of safety" consisting of as many water safety steps as possible.

The Y is the national leader in aquatics and the Greater Burlington YMCA offers several of its swim programs at Winooski's our own Myers Pool. Swim lessons and the Y's Summer Swim Team are just two great ways to ensure your children learn a skill that will last them a lifetime.

To learn more about water safety and how the Y can support safe swimming, healthy habits and a lifelong love of water, go to [www.gbymca.org](http://www.gbymca.org) or call Jess Lukas at 652-8143.





## STEP Program Provides Work for Teens

By Katy Gimma, AmeriCorps Member, VT Youth Development Corps, High School Activities Coordinator - Winooski Youth Programs

The weather is finally warm and the kids are out of school. This summer you will see 25 Winooski youth around the city giving back to the community that has given them so much. Our Summer Teen Employment Program (STEP) is offering a wide array of opportunities for youngsters to empower themselves and the community.

The following is a list of where you can catch a glimpse of these young leaders:

- **6 Trail Crew Workers** – building trails & walking paths, as well as maintaining existing features and keeping walkways throughout Winooski's parks & natural areas free of brush and obstacles.
- **4 Parks Patrollers** – working with the Winooski Police Department

to monitor parks and public areas by patrolling on foot or bicycle and reporting suspicious activity.

- **4 Teen Harvesters** – growing crops and maintaining garden plots, as well as traveling to local farms to pick & harvest vegetables that will ultimately be used in Summer Food Service Program meals.
- **3 General Maintenance Workers** – working with Winooski's Public Works Department to paint & maintain City facilities, keep the Downtown & parks clean, and water gardens & greenery.
- **3 CITs (Counselors-In-Training)** – supervising and helping elementary-age students in the Thrive Summer Program at Winooski High School.

- **2 Snack Bar Assistants** – operating the Snack Bar at Myers Pool (at Landry Park), which involves preparing & cooking food and then selling those snacks to the public during open pool hours.
- **2 Library Pages** – assisting the librarians at the Winooski Memorial Library by greeting patrons, answering phones, helping to reserve & check out materials, and creating bulletin board displays.
- **1 City Hall Clerical Assistant** – Helping the City Clerk and Administrative Assistants at City Hall by filing, copying, and scanning documents and creating print & online communication materials.

## HomeShare Vermont Offers Solutions to WHS student and Winooski Resident

By Amy Jelen, Homesharing Coordinator



Alyce is a bright and talkative French Canadian mother of six, with over 50 grand- and great-grandchildren, who just celebrated her 90th birthday in her Winooski home. Alyce worked part-time as a caregiver well into her 80s, and was very active with the Genealogical Society and the Historical Society. She even wrote a book about her own family history, tracing their Winooski roots back to 1881!

Alyce has a big heart. At the age of 83, she contacted HomeShare Vermont wanting to share her home to help someone who needed an affordable place to live. She chose to work with HomeShare Vermont for the benefit of the screening and background checks. Alyce is legally blind and has had some health scares, so she was also interested in having some help around the house and yard, as well as a minimal amount of rent—just enough to cover the cost of her weekly bingo games!

Seven years later, Alyce continues

to share her home and now has two unrelated housemates living with her. Nabil is a 27-year-old man from Morocco who has shared her home for 4 ½ years. When he applied to HomeShare Vermont, he was new to the United States, having moved here in hopes of more opportunity to support his family back home. He works hard at a local hotel and restaurant, but devotes part of each day to Alyce. Companionship with Alyce has also helped him with his goal of improving his English skills.

Six months ago, Alyce decided she liked the idea of having another woman in the house, too. We introduced her to 24-year-old Liliane, a refugee from the Democratic Republic of Congo. She has endured many hardships, yet her positive, kind, and determined spirit endures. Like Nabil, Liliane works hard in her jobs, in addition to attending school. Her goal is to save enough money to support herself through nursing school. Alyce certainly appreciates hard work, remembering when she was younger and earned \$1/week as a nanny!

Homesharing has created a second



family for three wonderful people in Alyce's Winooski home. She says, "I would not be able to stay at home without them. They're a big help and I'm glad to have them here."

HomeShare Vermont has over 30 years of experience providing a comprehensive and tailor-made screening and matching service for people who want to share their homes for assistance and/or rental income, with others who are looking for affordable housing. For more information, call (802)863-5625, visit [www.HomeShareVermont.org](http://www.HomeShareVermont.org).



# Senior Center News

By Jahnine Spaulding

We are starting this beautiful time of year with a big change. Jahnine Spaulding, current Senior Center Director, is moving to California to care for her aging father, and a new Senior Programs Manager will be starting June 15th. Barbara Pitfido is a long time Winooski Resident, graduate of SUNY Albany, and has worked as a wellness programs facilitator at the Winooski School District. She comes to us with years of experience in program management, understanding of the programs and agencies that serve our community, a passion for wellness and art, and a deep desire support seniors in their efforts to thrive. We wish her well as she takes the reins of the liveliest centers around. Please stop by the Senior Center and introduce yourself to Barbara, and make her feel welcome!

Many thanks to the wonderful community-minded folks who helped us with so many great activities in May – To Chief of Police Rick Hebert, and the Officers of the Winooski Police Department for bringing a feast of breakfast goodies, hot coffee, and a desire build relationships. Coffee with a Cop was a great success! Participation was lively and friendly as officer's listened to citizen concerns, and answered questions. Thanks so much! Ole! And Gracias to the Hospitality Team who provided a great Taco Bar at our last club meeting on May 5th. Blanche Boissy, Mary Beebe, Brigid Beebe, Deborah Ragon, Brenda Dupuis, Gail Hance, and Gail Spillane. Many thanks, also, to Chapelle's Florist, and the Heinenberg High Steppers for helping us prepare for the Senior Senior Prom with flowers and dance lessons. Thanks also for and a new crew of volunteers for making our Senior Senior Prom a fantastic success! More to follow on this.



June is chockfull of fun activities both inside and outside the Senior Center. Come on out and play, learn, and socialize!



- **Every Tuesday evening – Bocce!**  
5:30 pm, no experience necessary. Open to all community members. Bring a buddy! Bocce is one of the fastest growing recreational activities in America. Come find out why. All you need are comfortable clothes, closed toe shoes, and a sense of humor. All ability levels.
- **Tuesday June 2nd, Senior Club Meeting** – 11:30 POTLUCK lunch, if you don't bring a dish, bring a fin (\$5) 12:30 Meeting
- **Friday June 5th- CVAA's Annual Picnic in the Park** at Bayside Park in Colchester 10 am to 1 pm. Transportation available at 9:30 am at the Senior Center, returning to the Senior Center by 1:30 pm. Join us – RAIN OR SHINE- for a day of relaxation in a beautiful setting! We'll start with breakfast treats and coffee, enjoy entertainment by Sergio and prize raffles, as well as a delicious hamburger and hot dog lunch catered by the Dutch Mill – who will also be serving their famous strawberry shortcake. Tickets are \$5 in advance. Tickets are available in the Senior Center Office. We have a limited number of tickets, so hurry in. : )
- **Tuesday, June 9th – The Winooski Senior Center Volunteer Appreciation Lunch** 11:30 am at the WSC FREE but an RSVP is a must by June 1st. Please come and celebrate what we have accomplished together this year! We guarantee a top-drawer event, and even a surprise or two.



- **Tuesday, June 16th AARP Safe Driver's Course** 5pm at the WSC. The Winooski Senior Center will host the AARP Smart Driver Class on Tuesday June 16 at 5 pm. The 4.5 hour refresher course is open to drivers 50 years and older. This is the only evening class being offered this summer in Chittenden County. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests. The fee for the course is \$15 for AARP members and \$20 for non- members. To reserve space in the upcoming class, please call the Winooski Center between 9am and 12 at 655-6425
- **Every Tuesday and Friday morning we walk!** 9:30 am – join us! On Fridays we go to some pretty beautiful spots. Please call for details 655-6425.



# HEALTH CORNER

## Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Today about one in three American kids and teens are overweight or obese, nearly triple the rate in 1963. Here are a few suggestions to help keep your kids healthy.

1. Be a good role model-your kids are watching you. They will see your effort and hopefully try too.
2. Keep positive-change is not going to happen over night. Praise them for the jobs well done.
3. Keep the whole family moving-take walks together or ride bikes.
4. Limit the amount of time your child watches TV, uses the computer or plays video games.
5. Encourage physical activity-jump roping, hula hooping, jumping jacks and more!
6. Stay involved-take them to their well child exams every year. Know what they are eating for lunch at their school and make healthy choices when grocery shopping. Little changes can make a BIG difference!

*\*All information/facts were adapted from the American Heart Association*

## Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Gearing up for spring sports? Remember to ALWAYS wear a Mouth Guard. If a tooth accidentally gets knocked out, see immediate treatment with your Dentist within 30 minutes.

- DO NOT clean the tooth.
- DO NOT touch the wound site.
- Keep the tooth WET. Put it in a glass of milk, cool water or a wet cloth.

FLOSS, Brush and see your Favorite Dentist regularly!

If you do not have a Dentist, remember the School Dental Program with Vermont Dental. Please visit [www.wdschools.org](http://www.wdschools.org) or stop by the Health Office for more information.

Any dental questions or concerns, please contact me at 383-6094.

# ELEMENTARY SCHOOL LUNCH MENU — JUNE

**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:**

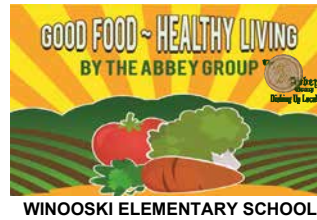
**Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.**

**Important Dates**

June 5: Taste Test Event  
 June 8: End of Year BBQ  
 June 12: Last Day of School, 1/2 Day

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 provider and employer



**WINOOSKI ELEMENTARY SCHOOL**  
 June 2015

Mon., June 1	Tues., June 2	Wed., June 3	Thurs., June 4	Fri., June 5
Homemade French Fries  Chicken Nuggets w/Dipping Sauce Baked Beans Dinner Roll  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	Homemade Lasagna  Chopped Green Salad Wheat Bread Slices  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	Hearty Country Vegetable Soup  Cheesy Breadsticks Marinara Sauce Celery Sticks  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	Beef Nachos Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips  Rice Pilaf Steamed Corn Warm Black Beans  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	General Tso's Chicken  Sesame Noodles Steamed Broccoli Dinner Roll  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Taste Test Rainbow Coleslaw  Fresh Fruit Fresh Milk
Mon., June 8	Tues., June 9	Wed., June 10	Thurs., June 11	Fri., June 12
End of Year BBQ Grilled Hamburgers, Hot Dogs and Veggie Burgers Lettuce, Tomato & Condiments Chilled Watermelon  Garden Pasta Salad Patriot Pops  Fresh Milk	Homemade Cornbread Served w/ Homemade Macaroni & Cheese Caesar Salad Rainbow Coleslaw  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza  Fresh Carrot Sticks Hummus Dip  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	Chicken Patty Sandwich w/Lettuce & Tomato  Rice Pilaf Cucumber Sticks  Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad  Fresh Fruit Fresh Milk	<b>1/2 Day Breakfast Only!</b>

Mon., June 15	Tues., June 16	Wed., June 17	Thurs., June 18	Fri., June 19

Mon., June 22	Tues., June 23	Wed., June 24	Thurs., June 25	Fri., June 26

Mon., June 29	Tues., June 30
<p>Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder.</p> <p><a href="http://www.abbeygroup.net/careers.php">http://www.abbeygroup.net/careers.php</a></p>	

**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

**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 M12 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**
- |                        |               |                    |               |
|------------------------|---------------|--------------------|---------------|
| <b>Breakfast</b>       | <b>\$0.00</b> | <b>Lunch</b>       | <b>\$0.00</b> |
| <b>Adult Breakfast</b> | <b>\$1.75</b> | <b>Adult Lunch</b> | <b>\$3.25</b> |

**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
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**Whole grain options offered daily**

**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 leading 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 tsp. vinegar
- 2 tsp. lemon juice
- 2 tsp. 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](http://www.abbeygroup.net/schoolmenus). You can also learn about options for managing your child's account at the website.**



## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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### WINOOSKI PUBLIC SCHOOLS

[www.wdschools.org](http://www.wdschools.org)

#### Superintendent of Schools

**Sean McMannon:** 655-0485  
[smcmannon@wdschools.org](mailto:smcmannon@wdschools.org)

#### John F. Kennedy Elementary School

Principal: **Mary O'Rourke**  
802-655-0411, 802-655-3530  
[morourke@wdschools.org](mailto:morourke@wdschools.org)

#### Winooski Middle and High School

Principal: **Leon Wheeler**  
802-655-3530  
[lwheeler@wdschools.org](mailto:lwheeler@wdschools.org)

#### Board of School Trustees

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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](mailto:aelston@wdschools.org)*