

6 PAGES OF
Community News!
 STARTING ON PAGE 11

WINOOSKI SCHOOL

DISTRICT NEWS!

VOLUME 14, ISSUE 4

JANUARY 2017

celebrating Our Achievements!



Music Filled The Halls!

By Sara Raabe, JFK Elementary Principal

JFK's 2016 Winter Performance took place on Thursday December 15th at 6:30 pm. Our theme this year was "Try Everything." This theme linked with our Graduation Expectation of Persistence. The students and teachers worked so hard to make this evening the success it was. I can't thank them enough for their hard work and persistence. Congratulations to all!



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SAVE THE DATE

Magical Community Reads — January 27!

By Lisa Goetz

On January 27th, we will have a "Magical Community Reads" event at the Winooski School District library. Our featured reader will be School Board President Mike Decarreau. There will be magical activities for kids of all ages provided by the JFK student council and the Pi Beta Phi Sorority from UVM. Activities will start at 3:00 and end at 4:00. All children must be accompanied by an adult. This event is free and open to the public. We hope you will join us for a magical hour!

A Promise of Safety, Stability and Early Care & Education

By Sean McMannon, Superintendent of Schools

Vermont is a place that cares about its neighbors. People move here for the small town feel and deep sense of community. This sentiment leads to an expanded sense of responsibility for each other which manifests in care not only for one's family but for the broader community. Last April I described the Promise Community Grant that was awarded to Winooski. This grant exemplifies Vermont's focus on strong and deeply connected communities.

A Promise Community is a coalition of people who are committed to supporting young children who live in the area of the local public school. This initiative supports collaboration across the education, health care, human service, public, and private sectors to create an all-of-the-above, comprehensive approach to transforming communities to better support children with high needs. The coalition is comprised of representatives from school leadership, Building Bright Futures, Agency of Human Services, local childcare providers, libraries, city, families, law enforcement, faith-based organizations, business, and others. It is a 2-year grant. Year 1 is spent conducting the community needs-assessment and building a roadmap or action plan. Year 2 implements the roadmap with financial support of grants up to \$200K.

I am very excited to report that our Winooski Promise Community committee has completed, and submitted the roadmap and budget to the State of VT for approval. After approval we will have access to \$200K! This has been a collaborative effort between these amazing local and regional organizations:

- The Winooski School District
- The City of Winooski
- The Winooski Family Center
- The University of Vermont Medical Center
- The Chittenden County Building Bright Futures Regional Council
- Prevent Child Abuse Vermont

- The United Way of Northwestern Vermont
- Vermont Department of Health
- Howard Center
- Vermont Family Network
- Steps to End Domestic Violence
- Let's Grow Kids
- Winooski Community Justice Center
- Winooski Police Department
- Champlain Valley Head Start
- The Winooski Coalition for a Safe and Peaceful Community
- Centerpoint
- The Champlain Valley Office of Economic Opportunity

The Winooski Promise Community committee will intentionally target efforts and resources toward the two identified areas of: Safety and Stability of Children & Parents and Early Childhood Care & Education with these indicators and others:

1. Children are ready for school

- a. # of 4 & 5 STARS-rated child care providers located in Winooski
- b. # of Winooski children enrolled in high-quality childcare & preschools
- c. Kindergarten readiness results
- d. K-5 behavior statistics
- e. 3rd grade reading progress

2. Children live in safe and stable homes

- a. # of domestic violence related crimes reported in Winooski
- b. # of reports to VT Department for Children & Families
- c. Youth Risk Behavior Survey (YRBS) results
- d. Employment rates
- e. Home ownership rates

In order to organize the work we will continue to utilize the following three concepts:

- **Collective Impact** is a framework to tackle deeply entrenched and complex social problems. It is an innovative and structured approach to making collaboration work across government, business, philanthropy, non-profit organizations and citizens to achieve significant and lasting social change. The 5 key elements are Common Agenda, Shared Measurement, Mutually Reinforcing Activities, Continuous Communication, and Backbone Organizations. (<http://www.collaborationforimpact.com/collective-impact/>)

- **Strengthening Families**

- **Protective Factors Framework**

- is comprised of the these 5 factors; Parental Resilience, Knowledge of Parenting and Child Development, Social & Emotional Competence of Children, Social Connections, and Concrete Supports in Times of Need. (<http://www.cssp.org/reform/strengtheningfamilies/2015/Core-Meanings-of-the-SF-Protective-Factors-2015.pdf>)

- **Results Based Accountability**

- (RBA) is a disciplined way of thinking and taking action that communities can use to improve the lives of children, youth, families, adults and the community as a whole way of measuring what you are doing using questions like "How much are we doing?", "How well are we doing it?" and "Is anyone better off?" (<http://resultsaccountability.com/about/what-is-results-based-accountability/>)

I will continue to update the community as this work progresses. If you are interested in participating please contact me at smcmannon@wdschools.org or 383-6000. Thank you for working with WSD to benefit our students!

School Board Update

By Jen Corrigan, Board of School Trustees

Wow, another year gone and the next quickly approaching. Last year while we were doing the budget, we had many challenges ahead of us. This year, we continue with providing an excellent education for all our students. The Budget process is underway and I encourage people to join us in February for our community dinner to get the details of this year's budget. Our leadership has once again spent countless hours to give us a fiscally sound budget. Not an easy task to do without knowing the changes will be at the State level! Last year, we had a great turnout and the city joined us too. If you have questions before then please don't hesitate to ask.

Our schools are continuing to move forward in a positive way. As a school board member, I have had the privilege of working with an amazing district. I would encourage anyone interested in

"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."

being a school board member to pick up a petition at the city clerk's office. They are due January 31st and this year, there are 2 seats open. If you would like more information on what a Winooski School Board Members' role is, I encourage you to contact Mike Decarreau.

We have also started negotiations with our support staff and our teachers. There are many hours and countless discussions on how to show our teachers their importance to our community and still remain fiscally responsible to the community.

Throughout the year, we will be gathering more information to help guide our 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."

Please watch for advertised events as we continue to seek our community input. In the meantime, stay warm. We look forward to seeing you at one or more of these gatherings.

CITY AND SCHOOL ANNOUNCEMENTS

Join Us at the Diversity Storytelling Festival

By Saragail Benjamin

When: Sunday, January 22, 2017, 10-11 AM

Where: Temple Sinai, 500 Swift Street, South Burlington; www.templesinaivt.org

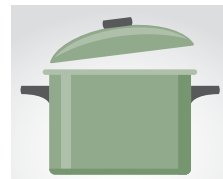
Join us as we tell and act out stories from around the world and from our own backyard, with instruments and song. Feel free to bring and share a favorite story from your own culture, a true story from your life, or just join in as the stories unfold. Everyone loves stories—all our stories enrich the world. Let's share and celebrate the richness of diversity all around us!

The festival will offer fun for all ages! Please let us know you're coming and RSVP by email to Saragail@SaragailBenjamin.com.

District Cookbook

By Lisa Goetz

Attention all parents, teachers, staff, and community members! The P.T.O. is creating a district cookbook and we need your help!



Please look online to submit a recipe at: bit.do/winooskicookbook, if possible.

Please include: your name, your child's name, your phone number and/or email address, category of recipe, name of recipe, ingredients, and directions.

All of the recipes will be featured in a district-wide cookbook that will be available to students, parents, faculty, and community members in the near future. Please feel free to submit more than one recipe!

If you didn't yet, please submit your recipe online or return your handwritten or photocopied recipes to the JFK office or Mrs. Goetz's classroom (Room 14). If you submitted your recipe online, you're all done!

Need Money for College?

2016-2017 scholarships are available for all class standings, ranging from \$500-\$2000. For more information, please contact us at winooskidfs@gmail.com

Winooski
**Dollars for
SCHOLARS**[®]
A Program of Scholarship America[®]



JFK Elementary Update

By Sara Raabe, Principal

Once again, the JFK Winter Performance was amazing! The students did a great job singing the songs and fully participating.

A huge thank you to Hillary Rivers, JFK's music teacher. Each year Hillary coordinates the whole school Winter Concert. She picks songs, choreographs them, works with classes to master the songs, puts together the rehearsals, and manages to get the details for the show all done. From the rehearsals to the staging to the final performance, she is a dedicated individual that helps our students to shine during this big event.

Also a huge thank you to the teachers and staff at JFK. Having students ready to perform takes a huge effort from all of the students and all of the adults. Our staff at JFK practice the songs with the students in classrooms, at recess, at lunch, walking down the halls - wherever they can! Everyone works together towards the common goal of an amazing concert by supporting each other and the students. Congratulations to our JFK families for supporting your student's attendance, and therefore their education!

Girls on the Run is coming to JFK Elementary School and we need volunteers to help! Over a period of 10 weeks, girls in the 3rd through 5th grades participate in an after-school program like no other. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face at this age. They also develop important strategies and skills to help them navigate life experiences. We start with helping the girls get a better understanding of who they are and what's important to them. Then, we look at the importance of teamwork and healthy relationships. And, finally, the girls explore how they can positively connect with and shape the world.

Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each ten week session, the girls participate in a Girls on the Run 5k event. This celebratory, non-competitive event is the culminating experience of the curriculum. Completing the 5k gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

Girls on the Run is a spring program that starts at the end of March and runs through the first week of June. Sessions meet twice a week for 90 minutes each. You do not need to have running experience to coach. If you are interested in volunteering contact Sara Raabe or Suzanne Skaflestad at JFK (802) - 655- 0411



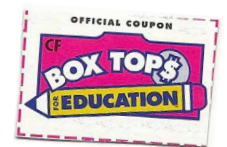
Food Drive

By Lisa Goetz

The JFK Student Council hosted a canned food drive during the month of December. All food will go to the Chittenden Emergency Food Shelf in Burlington. Thank you so much to all the families who were able to contribute food this year. We had 7 boxes of food collected!

Join the PTO and Help Our School!

The Winooski School District would love to have YOU be a part of the K-12 PTO. If you are interested in being a part of this really fun committee, please e-mail Lisa Goetz at lgoetz@winooski.k12.vt.us.



Our next PTO meeting will be held on January 18th from 5:30 - 7:30 in the JFK conference room. Meetings for the remainder of the year will be as follows: Feb 15, March 19, and April 19. All meetings will be held in the JFK conference room.

Please continue to send in Box Tops. Pre-school-5th grade can give them to their classroom teachers, 6-12th grades can bring them to the middle/high school office. Last year we earned \$1,000! Funds raised support end-of-year field trips, teacher grants, and much more. Please join us!

SMC Buddy Program Brings Joy and Learning

By Sarah Forbes, K-1 ELL Teacher JFK

For several years, JFK has hosted a group of freshman from the Saint Michael's College Peace & Justice class for mentoring elementary students in math and providing valuable individual attention to our young learners.

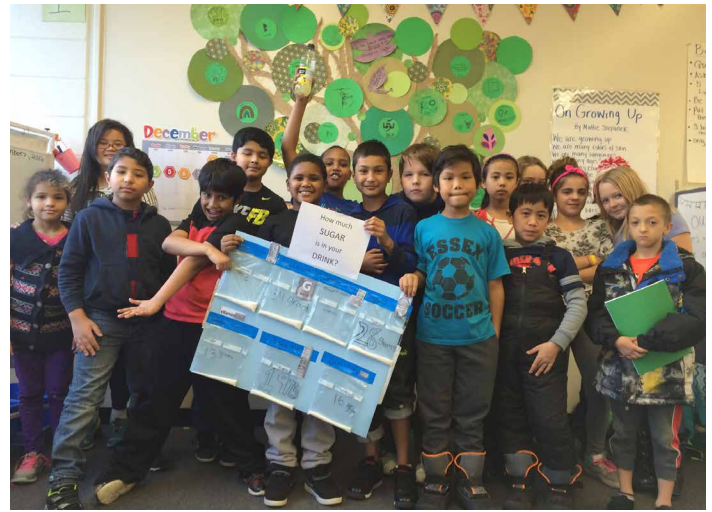


This year was the first year the SMC buddies visited kindergarten classrooms. The buddies were paired with English language learners (ELLs), since the original goals of this partnership were to raise SMC freshman's awareness of the diversity in our community and to give ELLs extended practice in English speaking and math support. However, this year there was a larger focus on providing support to *all* of the students in each class, engaging in small group math work and interacting around explorative play. The JFK students looked forward to their buddies' visits every week and cheered with excitement on Thursday afternoon's when they were reminded of the buddies' arrival. Kindergarteners developed an interest in college and what it means to be a college student.



The SMC students also gained a lot from this collaboration. The program kicks off with a presentation by JFK teachers and liaisons, this year myself, Sarah Forbes, and Tul Niroula, providing background information about our

unique and diverse population of students and the various journeys and challenges refugees have faced in their past and in transitioning to a new country. Many of the students were hearing some of these things for the first time, and all were engaged in the presentation. They were also prepped with the responsive classroom and PBiS initiatives at JFK and how they could enhance these practices by acknowledging students who showed H.E.A.R.T. in their interactions with them. The result was that the buddies felt prepared to enter the classrooms and enjoyed finding out about how learning happens at JFK. When asked to share feedback of the program, many said it was their favorite time of



Fourth Grade Scientists!

By Emily Fisher

Fourth graders in Ms. Fisher's class have been busy investigating the scientific mysteries of how various animals have evolved through time. Each day, their science mystery begins with an anchor question for students to grapple with. So far, some of their mystery inquiries have focused on habitats and environmental changes, fossil evidence and classification, heredity, variation, and selection. Fourth graders even had a chance to see if they could outrun a dinosaur!

In addition, the class worked with WSD wellness coordinator, Jaycie Puttlitz, on an intensive study of their snack, drink, and breakfast choices. Students learned how to examine a nutrition label, read ingredients, and make informed choices about the fuel they put in their bodies each day. Students worked in teams to convert the grams of sugar on drink labels into tablespoons, and made an informative poster displaying the amount of sugar in common drink choices. Take a peek outside outside Room 16 to see for yourselves!

the week. One student said "My experience with this program was really positive. I came into it really nervous, because I've always thought that I'm not



very good with kids. My buddy...has taught me a lot over the past few months and I'm so glad that I got to be a part of her life." Another said, "The energy from the kids really rubs off on you. This experience has been so unique and uplifting."

To conclude the program, students got to have a pizza party with their buddies, and played a math pizza game, rolling a dice and counting toppings onto a pizza to see who could fill their pizza first. We'll look forward to another great year of SMC connections next year!

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Making Winooski Great

By Leon Wheeler, Principal, WMHS

As the New Year begins I'm thinking about the amazing community we have here in Winooski. With all of our different backgrounds, beliefs, birthplaces and observances, here we are making a life together in this 1 ½ mile square city. It's not an easy life for many residents. The difficulties that are faced by individuals and families are often complex and don't have simple solutions. And yet, we're here together, each working to make and live a good life.

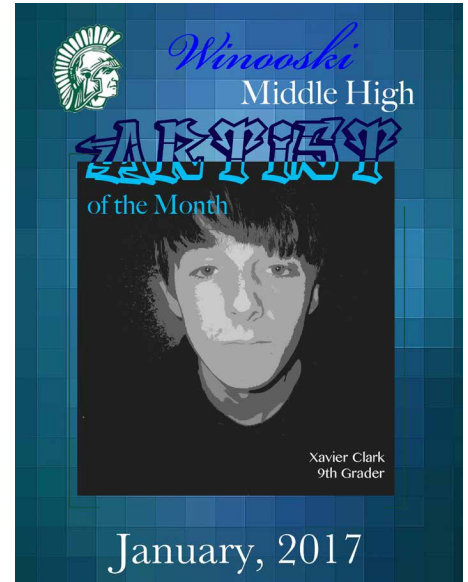
All the hopes and dreams and aspirations and challenges of our students, as well as our parents/guardians for their children, converge as they enter our school doors. There is a common interest in providing an excellent education for each student. It's something we each want, and it's at the heart of our commitment as a district. It is one thing that unites us all, and it's powerful!

I am looking out my window at school as I write this, and I see parents walking out of school with grocery bags filled with healthy food as the school is hosting the bi-weekly VT Foodbank distribution. Good nutrition promotes healthy children and families, and healthy children are more available for learning. This is one small and important way that we support each other for the good of the children of Winooski. Winooski cares! And together we are making Winooski great.

Wishing all a Happy and Healthy New Year!

"What we have in common as human beings is more important and crucial than what divides us."

— SARGENT SHRIVER



January's Artist of the Month

By Jessica Bruce, Visual Arts Teacher, WMHS

Xavier Clark has shown great commitment and perseverance in art class while working on his Chuck Close inspired Self-Portrait. Through a complex set of steps, Xavier has exhibited patience and hard work to accomplish his end goal of completing his artwork. Because this project is labor intensive, X has also been able to keep his work ethic casual enough to not burn out, and to enjoy the process as well. He is modeling excellent artist behaviors for other students to follow.

Congratulations, Xavier!

Got Yarn?

The Winooski Middle High School Art Department is looking for yarn for an installation project in the spring. Lots and lots of it! If you have any you'd like to donate, please contact Mrs. Bruce at the school or drop off at the Middle High School Office. Thanks!



SIGN-UPS ARE NOW OPEN!
Come to Winooski Middle High School for a 2017 Yearbook Fundraiser Event!

PAINT SIP

January 12th
6:00-8:00
Winooski Middle High School Cafeteria
Refreshments also for sale!

Make some Art you can take home, while Giving to a Great Cause!
\$25 per person

Contact Mrs. Bruce @ 655-3530 to reserve your seat **by January 2nd**

AFTER SCHOOL PROGRAM

Anytime, Anywhere

By Suzanne Skaflestad, 21C Program Director

Learning happens anytime, anywhere! Take a look at the awesome learning that is happening at Winooski School District beyond the school day. Read about why after school programs matter to parents. Learn about how students are practicing HEART after school. Experience students' creative writing contributions and leadership skills. Discover how our after school program is connected to the GXs and how it develops students' transferable skills. It's all here in this 4-page celebration of afterschool!

Winooski students continue to matter! Thank you to everyone for helping us provide high quality programs after school and in the summer.

Here's to all the learning that will take place in 2017!

After school and summer learning matters to families in 2016 because...

- "My son is a very inquisitive child and loves to learn new things. These programs allow him to actively participate in a variety of programs, which he has become so passionate about."
- "It gives him opportunities he may not have been able to participate in, and has taught him leadership skills."
- "My daughter enjoys it very much."
- "The programs have increased our daughter's exposure to new activities and hobbies and have added to her enjoyment of school."
- "It extends learning and social times. She loves it!"
- "My son gets to participate in different activities that he finds fun and engaging."
- "This is something my child really likes doing."
- "My child gets to experience all sorts of enrichment activities beyond regular academics."
- "It provides students with special and unique opportunities."
- "It gets my daughter connected with other students."
- "All students have access to opportunities to expand their learning"



Elementary Enrichment, Recreation and Fun

1. Charley and Fiona practice interviewing skills and video making. Students share what HEART means to them in the Winooski has HEART class
2. Senator Ginny Lyons learns about Horses from Serenity
3. JFK students making 'baked sand-goods'
4. Ashley, Sali and Taraji after getting faces painted at the Community Reads Halloween event
5. Carving pumpkins for the Festival of Pumpkins
6. Yoga students getting in touch with Fall



1



2



3



4



5



6

Elementary Enrichment, Recreation and Fun

1. Money Management Masters Learn about Budgeting from Mike, UVM 4-H and Katherine Blair, teacher
2. Carmen, Jessie and William use loupes to look for hidden messages in Private Eye
3. JFK students develop their violin skills with Mr. Swanson, VYOA and Stefanie Hamble, teacher
4. Norah, Iris and Ellie reading and playing brain games
5. Eric, middle school student is a volunteer in the JFK Theater Games class. Eric and Mr. Quigley demonstrate improvisation for the JFK students
6. JFK students practice HEART after school!

JFK students practice HEART after school in the following ways:

- Lyric, 2nd grader, "I made videos on what practicing HEART looks like."
- Analise, kindergarten, "In my video I asked students how we can show HEART at school."
- Ivania, 1st grader, and Phoebe, 2nd grader, "We walk safely."
- Jahnaiyah, 2nd grader, "Be kind, be responsible for our things, and walk to the carpet."
- Eurzulie, 1st grader, "I made a poster with lots of HEARTS which will be used in the JFK performance."
- Ms. Poulin, "The students made clay hearts for each elementary classroom at JFK."

Middle School Happenings

1. Melissa, VYCC and Danielle Magowan, instructional assistant with middle school students, Dilly and Stacie and high school student, Ubah
2. Lukas' presentation to 5th graders about Winooski's Above the Influence program
3. Middle school students learn Kempo Jujitsu with Ms. Keller

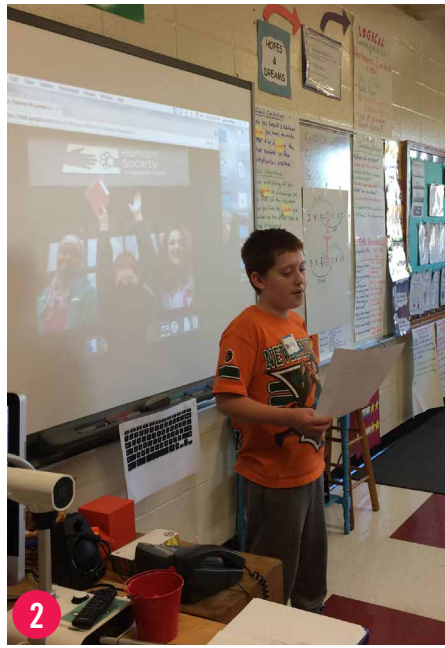


Silence

An excerpt from work by Alia Ross 2016

The house was dead quiet. The familiar gurgling of the coffee pot had died down, its contents growing cold. A violin sat on the small round table, untouched, with its bow lying beside it. The strings were still. No sound emerged from them to fill the room with their soft, echoing melody. Beside me was a vacant rocking chair. It stood there, silently, no subtle creak coming off the ancient wood. I sat there alone, in the silence, trying to ignore the longing I felt in my aching heart.

Silence drifted around me, encircled me, and swallowed me up in its melancholy embrace. I looked around at the dusty room. She was everywhere. The coffee stained mug on the windowsill. The tarnished barrette on the aging carpeted floor. Her smiling face was displayed beneath the glass of the crooked picture frames that lined the walls. Everything around me mocked the pain I felt now that I had lost her, forever, and I was subject to a world of sorrow and silence.



Above the Influence

“Hi, my name is Lukas and I have been a part of the Winooski Above the Influence (ATI) group for 2 years now. I love this group because you are learning and teaching about how substance use can affect and impact someone’s life. In the group you are also having fun while learning and having a positive influence on your community.”

If you are a 5th-8th grader, interested in getting involved, registration forms are available through the 21st CCLC program at Winooski School District. Suzanne Skaflestad, Director is happy to assist you. Rachel Swanson, the youth engagement coordinator for Above the Influence is also available to answer any questions at rswanson@wcspsc.org.

Strength

Inspired by *The Red Wheelbarrow*
by William Carlos Williams (1883 - 1963)

So much depends on a working mom
Tired of facing reality
But for us she stays strong
So much depends on a working mom
Walking through life with us
Eyes filled with trapped tears
So much depends on a working mom
On this journey towards happiness

— Yatrika Dhamala 2016

Why Afterschool?

Nancy Keller, Middle School Teacher

Learning happens anytime, anywhere.

All teachers, students and parents know that teachable moments do not exclusively happen in a classroom between 8:00am and 3:00pm. To this end, our 21st CCLC After School Programs are an important part of a student’s overall education. With a wide range of activities from which to choose, from Brazilian Jiu-Jitsu to Creative Writing to Violin Lessons, our programs offer perhaps the most optimal time for personalized learning.

With this in mind, our program staff is working to connect the learning that happens after 3:00pm with the learning that happens before 3:00pm. This year we have aligned all of our offerings with Winooski School District’s Graduation Expectations of Critical Thinking, Communication, Wellbeing, Creativity, Culture and Community, and Persistence. This offers a connected and continuous program that is not dictated or constrained by a schedule, and can become part of a student’s personalized learning plan. Rainbow Chen’s senior project, as mentioned in the high school section, is an example of how impactful after schoolexperiences can be.

Learning happens anytime, anywhere, and we are fortunate that the 21st CCLC After School Programs are part of our children’s education here in Winooski.

Personalized Learning

By Rainbow Chen, Senior

This year is my 14th and final year in the Winooski School District. I have participated in after school programs since I was in Kindergarten. As a child, I never understood how beneficial it was for a growing child like me. By taking the opportunity to learn new things outside of school and staying in a safe environment while my parents were at work, my mind and imagination was able to grow into a prosperous and healthy mindset.

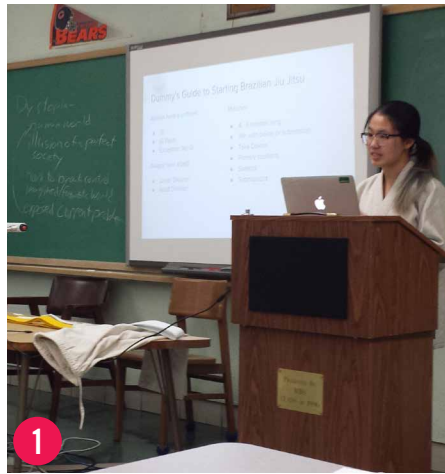
This past year I participated in the Brazilian Jiu-Jitsu after school program, a program where students from grade 6-12 were able to learn the art of Brazilian Jiu-Jitsu. Not only did I learn incredible self-defense techniques, I also learned how to improve my strength and self-confidence, which is incredibly important to be aware of as a growing young adult.

Jiu-Jitsu ended up becoming my senior project. I have studied this topic, participated in more than 30 hours of Jiu-Jitsu practice, and will be presenting my newfound information to graduate!

Jiu-Jitsu has become a hobby that I will pursue outside of school. It has helped me improve self-confidence and strengthen my health through outlets outside of sports, which easily connects to one of Winooski's GXs: Wellbeing. This realization is not just limited to me; all students have the opportunity to find their passions, likes, and dislikes, all in the world of after school programs!

High School Happenings

1. Rainbow's senior project presentation on the after school program, Jiu-Jitsu
2. Musa, senior at Winooski School, and Rebecca Goulet greet visitors attending the Lights On event
3. Calorie Counting by Cory in Science Core Support
4. Felix completes his English assignment



Thank you to the following people for teaching, assisting and sharing their expertise for our 1st and 2nd sessions:

Randy Argraves
Jeremy Beauregard
Katherine Blair
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Stefanie Hamble
Rick Hebert
Sachi Hergsheimer
Kristen Holbert
Michael Judkins
Nancy Keller
Clifford Kida
Shawna Krump
Ariel Langevin
Jennifer Lapointe
Catherine Lavigne
Jim Learned
Stacie Lesneski
Chris Magistrale
Danielle Magowan
Kari Maughan
Rebecca Mellon
Paige Montgomery
Brian Dalla Mura
Josh Neilson
Claudine Nkurinziza
Courtney Poquette
Amy Poulin
Dave Quinlan
Dan Quigley
Jaycie Puttlitz
Petie Shea-Gamache
Amy Sherrer
Suzanne Skaflestad
Dave Soloman
Tom Steele
Tim Swanson
Sierra Thibodeau
Mag Thomas
Jason Ziter

City Council Update

By Nicole Mace



Happy New Year! As we head into 2017, City Council will be meeting every Monday at different locations in the City as part of the budget development process. We will be continuing last year's practice of focusing each budget meeting on a specific department and holding the meeting there.

All meetings begin at 6:00 PM and will be held at the following locations:

- Tuesday, January 3 (at City Hall): Administration Budget and overall budgeting assumptions
- Monday, January 9 (at Fire Department): Public Safety Budget (Police, Fire, Code Enforcement)
- Tuesday, January 17 (at Winooski Senior Center): Community Services Budget (Recreation and Parks, Library, Senior Center, Pool)
- Monday, January 23 (at Public Works, 200 Gilbrook Road): Public Works Budget
- Monday, January 30 (at City Hall): Final Budget Workshop and FY2018 General Fund Budget Draft Approval

As City Council is asked to consider budget priorities in our growing City, we will be focused on our vision statement, which states:

Winooski will be an affordable, livable, diverse community where the roles of the government will be to

foster and guide the following:

- **Economic Vitality:** *Maintain and expand our economic development to ensure a long term vibrancy and small town feel.*
- **Transportation and Infrastructure:** *Invest in the City's transportation infrastructure in order to make our City safe and accessible to residents and visitors while recognizing the critical role we play in the region's system.*
- **Housing:** *Ensure a mix of quality, affordable housing stock that maintains the character and aesthetics of our neighborhoods.*
- **Safe, Healthy, Connected People:** *Foster relationships across generations and cultures by providing safe, healthy environments and opportunities to connect and engage.*

The municipal budget is the blueprint for investing in this vision for our City. It determines what resources we will provide to the City's hard working and dedicated staff to provide services to our residents. It also sets the course for how we will develop and maintain the city's infrastructure. We encourage you to attend and inform the budget process with your perspectives and priorities.

Some other important dates to put on your calendar:

- **Town Meeting will be held on Monday, March 6th** at the

Winooski School District Performing Arts Center.

- **Election Day is Tuesday, March 7th.** Polls are open from 7 AM to 7 PM at the Winooski Senior Center (123 Barlow Street). The last day to register to vote is Wednesday, March 1, by 5 PM. Details available at www.winooskivt.org/voting/

In other Council news, the hiring process for the new City Manager is well underway. The Council expects to make a selection in January and will be having public interviews and opportunities for residents to meet finalists – notice of these opportunities will be on the City's website and Facebook page.

Here's to a safe and healthy 2017!

Want To Get Involved in City or School Government?

By Carol Barrett

Petitions are available in the clerk's office or on line for School District Trustee, School District Treasurer and City Council Members.

The last day to file a petition is Monday, January 30, 2017 at 5:00 pm.

The following positions are up for re-election:

City Council:

- Two 2 year terms: Robert Millar and Nicole Mace

Board of School Trustees:

- One 2 year term: Matt McNeil
- One 3 year term: Michael Decarreau

School Treasurer

- One 3 year term: James Ticehurst

If you have any questions about running for these positions, please contact Carol Barrett at 802-655-6410 or by email at cjbarrett@winooskivt.org.

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

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

Keep up to date with announcements and news:

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

Legislative Report

By Representative Clem Bissonette

There is much work to do this year, especially in the areas such as the General Fund, the transportation budgets and Vermont Health Connect. The General Fund has a gap of \$40 million: a gap is the difference between the projected revenue and the proposed budget. The Legislature will balance the budget to the projected revenues. We always balance the budget to the project revenues, we do not deficit budget. We have not received the Transportation budget at this time.

Vermont Health Connect is a complex law and we were told it would take two days for us to go through the law so we could understand it. The Health Care Committee will be going through the law to understand it and may make recommendations to make changes.

The year will be challenging with a new Governor, a new Lieutenant Governor, a new Speaker, a new Majority

Leader and a new chairperson for the Appropriation Committee.

Governor-Elect Scott is a Republican, Lieutenant Governor-Elect David Zuckerman is a Progressive Democrat. A new Appropriation Chair will be named when we return on Jan. 4, 2017 and the Speaker will be elected on Jan. 4th. The Appropriation Chair and the Speaker are expected to be Democrats. All of these individuals have their own agendas and everyone will have to work together for us to accomplish what needs to be done, such as the economy and jobs to keep our young Vermonters in Vermont.

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

By Representative Diana Gonzalez

Happy New Year! The 2017 legislative session is about to begin and we may have some creative work ahead of us. To prepare for the session, elected legislators

received briefings on multiple topics including: revenue, budget, All Payer model for health care, and statewide clean water update. If you want to see the presentations you can go to: http://www.leg.state.vt.us/jfo/leg_briefings.aspx.

The leadership changes on the state and national level will benefit from engagement and attention. Our governor-elect has talked about the need for affordable housing, something we know we need in Winooski and throughout Vermont. I look forward to seeing what progress we can make in this important area.

Committee assignments will occur after our new House Speaker is elected. I hope to stay on my current committee; Housing, General, and Military Affairs.

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

Girl Scout Troop 30167 Update

By Sarah McGowan-Freije

The Kappa Delta Sorority, in support of the Confidence Coalition, created International Girls Day on November 14, 2009 to celebrate girls. With the theme "She Can Do Anything," it's a day to build confidence in girls and help them realize their potential. This year we celebrated the day by spending the afternoon with the Kappa Delta Sorority at UVM. The girls in our troop had a great time taking part in confidence building activities, learning how to boost confidence and self-esteem in each other, and realizing what they are awesome at. All of this fun was topped off by cookie decorating (and eating). We will definitely be going back next year!

We attended STEM night at WSD as a troop. The girls had a blast learning about water erosion, looking at cells through microscopes and trying out some experiments. The Girl Scouts organization strongly encourages girls to explore different aspects of STEM, so it was great to be able to do that right in our own school.

We were also fortunate enough to be given a tour of the Winooski Wastewater



Treatment Plant. Many of us did not know that wastewater gets sent to the plant, is cleaned up and then released into Lake Champlain. We got to walk through the whole process and see dirty water transformed into clean water. We also got to see the lab where water gets tested and the huge machines used to run the plant. I'm sure this trip will be on our girls minds the next time they let the water out of the bathtub.

Our troop also helped out at the PTO Pancake Breakfast on Saturday, December 17th, from 9am to noon.

The Girl Scouts in Troop 30167 are in second and third grade. For more information about our troop, please contact Sarah McGowan-Freije at 802-598-4280.

FREE Ski Cubs Program!

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

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

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



Winooski Food Shelf Schedule for January

By Linda Howe

A BIG THANK YOU for all the community support for Holiday food! You have made a huge difference in the lives of so many Winooski residents. The Food Shelf regularly provides food to over 300 people each month. We are especially proud that we can offer help to Winooski children and seniors.

We are especially grateful for the support of many, many local businesses including My Web Grocer, the Beverage Warehouse and McKenzie. The holidays were a lot brighter for our Food Shelf clients thanks to their generous donations.

Wednesday, January 9th	2:00 p.m. to 4:30 p.m.	Pantry staples, meat and eggs
Saturday, January 14th	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, January 25th	2:00 p.m. to 4:30 p.m.	Pantry staples, meat, and eggs
Saturday, January 28th	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items

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

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

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled

cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

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

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

Weekend Islamic School Update

By Jan Battaline

The 1st trimester of the Weekend Islamic School has been an exciting and fun one for students and teachers. With almost 100 students currently enrolled, Sundays at the school are very active!

Congratulations to our perfect attendance students for the first trimester:

- **Pre-K:** Fuad Hussein, Sili Khalil, Hohid Ali; K: Abdolkader M., Fahar Kasim, Liban Hassan, Mariam Albatamah, Retaj Fadel, Tasneem Mohamad, Zayd Mosanovic
 - **2nd:** Ibrahim Moge, Zain Khan, Noor Ahmed, Maryam Ginawi, Abdullah Mohamed
 - **3rd:** Maryam Khan, Momin Waqar, Ali Ali, Leyla Hussein, Azra Sakoc, Hassan Shabaan
 - **4th:** Mustafa Ahmed, Hawa Malawia, Abdirazik Hussein, Saynab Hassan, Mohamed Mohamed, Omar Khan, Subia Khan, Myra Waqar
 - **5th:** Khadija Hassan; 6th Yasmine Shabaan, Abdulrahim Hussein, Bilal Hassan
 - **7th-12th:** Hiba Ali, Anzar Waqar, Abdishakuur Gure, Mowtes Osman, Ahsan Khan
- Our Sunday school classes are progressing well with eager

students settling in well with their studies of the Arabic language, Islamic knowledge, character values, Quran memorization and meaning, and the importance of working together to respect and benefit our community. An example of this is where our Pre-K and Kindergarten classes learned about the value of "good deeds" vs "bad deeds" by making scales to weigh the results of each time they performed a good deed or a bad deed. A great visual learning experience!

Each Saturday afternoon during the trimester, the girls had the opportunity to participate in swimming at the YMCA as a result of a generous grant received this past year. This gives so many the opportunity to have fun and learn to swim in a safe environment for girls/women only.

Plans for community service for January include visits to the Ronald McDonald House to bake for the residents, and plans are in the works for Green-Up Day in May. Students are looking for more opportunities to help in the community....let us know how we can help!

Everyone at the Weekend Islamic School is looking forward to more fun, activities, and learning in the New Year!

For any information about the Weekend Islamic School, please contact us any time at: board@vtweekendschool.org.

Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

One of the most significant effects winter can have on aging adults is the increased risk for social isolation. Seniors can face a variety of problems if they are not staying socially connected. Social isolation in the elderly can affect both a person's health and well-being.

Ways to Stay Socially Connected through the Winter

(tips from American Senior Communities - ascseniorcare.com)

- **Visit frequently.** Even if you don't live near your loved one, it's important to try to schedule regular visits as often as possible. Many seniors look forward to family get-togethers, so try to plan a few events throughout the winter months to enjoy a family dinner and some good conversation. At the very least, call or email your loved one frequently to stay in touch.
- **Reach out to neighbors or friends living nearby.** If it's impossible for you to visit as often as you would like to, ask for the assistance of the aging senior's friends or neighbors. Ask neighbors to stop by once a week or so to check in.
- **Join a senior community center.** Many areas have senior centers available that offer a way for aging adults to connect with each other. They offer programs and events to keep seniors engaged throughout the year.
- **Encourage daily exercise.** A few minutes of physical activity every day can help improve your mood and ward off depression. Plus, exercise helps increase your mobility and can lessen the risk for falls.
- **Consider pet adoption.** A furry friend can help reduce feelings of isolation; a pet offers constant companionship to aging seniors.
- **Utilize technology.** Learning programs like Skype and video chatting gives seniors a way to stay in touch with friends and family no matter how far away they may be.

The Winooski Senior Center offers many ways to beat the Winter Blues: We offer low cost community meals and many free ways to participate such as: wellness events, technology classes, art time, exercise groups, coffee time and much more! Van trips to grocery stores, the mall, the Food Shelf and the library, every Thursday we offer an Age Well Community Lunch for \$4.00 at 11:30am and BINGO! at 12:30pm.

Please call or email us to receive our monthly calendar of events and programming or go to the Senior Center calendar at: <http://www.winooskivt.org/senior-programs/>

Reservations for all meals are now required. Call the Center by NOON the day before the meal to make your reservation. Some meals require prepayment. Call 655-6425 for the details.

Coming Up:

- Jan 9 - Coffee with a Cop & SASH Wellness Fair*
- Jan 10 - Senior Committee Lunch & Meeting
- Jan 16 - Center Closed for MLK Day
- Jan 18 - Local trip to National Guard Museum*
- Jan 19 - Theme BINGO! Squirrel Appreciation Day
- Jan 22 - Open House Chinese New Year & Tai Chi event*
- Jan 31 - Senior Birthday Party Lunch
- Feb 14 - Senior Committee Lunch & Meeting
- Feb 20 - Center Closed for President's Day
- Feb 23- Theme BINGO! 50's Flashback
- *FREE event!

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. You can reach us by phone at 802-655-6425 or by email at seniorcenter@winooskivt.org

*"The most terrible poverty is loneliness,
and the feeling of being unloved."*

— Mother Teresa



Photos from top left: 1) Mary Ellen won "funniest" costume at our Halloween party. 2) Stan and Mary Carroll won the "Best couple" costume prize their Halloween creation! 3) Don Sutton (Mr. Bingo) receives his Halloween treat from Mary Beebe. 4) Althea Garceau our official Senior Center photographer is captured on film by Winooski's own Dan Higgins! 6) Pumpkin carving brings out folks of all ages to the Senior Center!

Library Update

By Elsie Goodrich

Hello from the Winooski Memorial Library! The Library is hosting **Homework Help** Monday-Thursday from 6:00pm to 9:00pm. Come in and get help with any assignments or projects you have for school. We have friendly, knowledgeable tutors every night, supplies for projects and presentations, computers, and WiFi. If you schedule in advance, we also have free SAT prep one-on-one.

During Homework Help, anyone under 18 can stop in and get a free, nutritious meal as well, Monday-Thursday 6-9.

Story Time for babies, toddlers, and preschoolers is every Friday at 10:30 in the Children's area. Join Elsie for stories, rhymes, songs, activities, and play. No signup required.

The Winooski Memorial Library is located at 32D Malletts Bay Avenue, Winooski, VT 05404. (802) 655-6424. We are open Tuesday through Friday 10am to 6:30pm, Saturday: 10am to 2pm and are closed Sunday/Monday.

Collective Impact — The Winooski Peace Initiative

By Sr. Pat McKittrick, RN

In the past, I have mentioned a 4 point leadership strategy described by Joan Chittister, OSB: 1) Have a common vision, 2) know your reality, 3) build relationships, and 4) have the courage to do what you need to do. As I have been reading *Deepening Community* by Paul Born, I see many similarities to Collective Impact.

According to Wikipedia - Collective Impact is the commitment of a group of actors from different sectors to a common agenda for solving a specific social problem, using a structured form of collaboration. Maybe this would be the best way to describe the "Winooski Peace Initiative." We are reminded by Paul Born that we cannot change anything unless we are willing to change ourselves. How do we do that? By working and thinking comprehensively, by being asset-oriented, by developing a multi-sector team that represents our community.

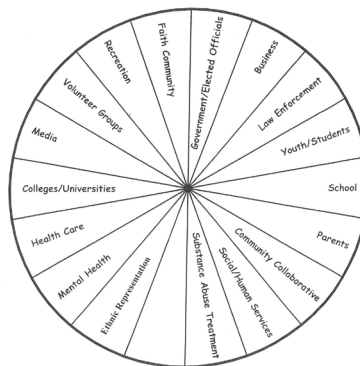
If it is true that we have the resources we need to build a strong community to better the lives of everyone then we will coordinate better, communicate better, collaborate better and rediscover our sense of community. In doing this, we move from a position of knowing, to healthy curiosity. We move from "problem solving" to storytelling, understanding and acceptance, moving towards our vision together. Wish us well as we journey together with our new initiative in 2017!

About The Winooski Peace Initiative

Winooski is a unique and blessed community and we want to work together to make it an even stronger, more peaceful place to live. Winooski is one of the most diverse areas in the State of Vermont. We see our diversity as "value added". We are also realistic about our challenges: many struggle with poverty, also, the effects of drugs in our community impacts everyone. We as a community need healing, support, and opportunities to build better relationships.

Our goal is to use a differentiated approach to reach as many community members as possible. We know that the more opportunities we provide to reach out to people the more successful our endeavors will be. We are aware that this is an ambitious endeavor. Working on the grant has helped us bring together many people who are enthusiastic about the opportunity to achieve our goals. We have representation from all the sectors of the Coalition Wheel. The white space is there to remind us to continue to invite others to the table. For more information or to be involved, please contact: Sr. Pat 847-6534 or pat.mckittrick@uvmhealth.org

Coalition Sector Wheel



YouthBuild: Building Futures

By Alex Weinstein, AmeriCorps Community Partnership Coordinator

YouthBuild is an alternative high school completion program that serves men and women ages 16-24. YouthBuild students have the opportunity to gain meaningful job 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 NCCER, OSHA-10, First Aid and CPR, and Work Keys. Additionally, students serve their community as part-time AmeriCorps members, and can qualify for an education award to use towards college or training programs. We currently have 3 students from Winooski in our program.

What's going on now at YouthBuild?

Construction: Students are making incredible progress on our storage building at the Miller Center. Soon they will complete the roof, and begin construction on the stairs. When completed, the structure will serve as valuable storage space for sports equipment.

AmeriCorps Service Learning:

In recent weeks, students have volunteered their time to benefit various community partners, including The Salvation Army, Bike Recycle, and Burlington Parks and Recreation.

If you or anyone you know is interested in applying for YouthBuild, please email aweinstein@resourcevt.org or call us at (802) 658-4143.

News from the Winooski Coalition for a Safe & Peaceful Community

By Jackie Hoy, Communications Coordinator
with WCSPC



Happy holidays to everyone from the Winooski Coalition!

Winter Wellness Photo Competition:

The Winooski Coalition, with the help of the Winooski Park District and the City of Winooski, will be hosting a social media contest this month beginning on December 19th. To enter the competition, take a photo using the prompt "What does wellness look like to you in the winter months?" Share the photo on Facebook, tag the Winooski Coalition, and use the hashtag #winterwellness.

Participants will have until January 6th to enter their photos and captions. Winners will be announced the following week, and prizes will be awarded!

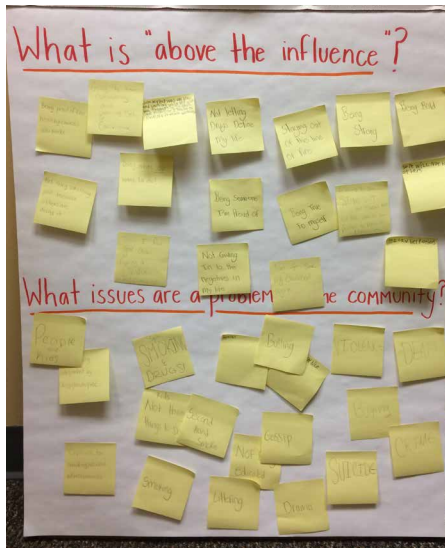
2016 Community Dinners: We had a great turnout for our last community dinner of 2016, where we invited residents to share in our achievements for the year. Thank you to all of our sponsors who helped us provide a free meal for the community, and to those who gave presentations on important issues involving the future of our city. We will begin our monthly community dinners again in 2017; we look forward to seeing you there!

Sanctuary City: Winooski is seeking formal status as a sanctuary city. We support the city of Winooski as it seeks formal status as a sanctuary city. We believe everyone is welcome and deserves to feel safe and secure, and that our community greatly benefits when all of its members are able to fully participate.

Above the Influence: The Winooski Above the Influence (ATI) group supports youth in making healthy choices and empowers them to make a difference in their community. Currently, ATI meets Tuesdays from 3:30-4:30pm in the O'Brien Community Center for both middle school and high school students. Beginning in January, ATI will meet at the Winooski School for 5-8th grade students, and a brand new teen group will meet at the O'Brien Community Center for high school students. Stay tuned for start dates and times on these exciting new programs! Feel free to contact Rachel at rswanson@wcspc.org for any questions.

Thank you!

Thank you to everyone who gave to WCSPC this year; we could not accomplish all of our tasks without the help from our donors. Your donation has supported the education about proven strategies that have been successful in reducing substance abuse, and it gives Winooski youth the opportunity to partake in our prevention programming. If you wish to donate to our organization, please visit our donation page at wcspc.org. We greatly appreciate your generosity and continued support. Happy Holidays!



Police Department Outreach

By Scott D. McGivern, Lieutenant,
Winooski Police Department

This month I thought about writing briefly on the police department's interaction with the students. When I first became a police officer, there were no school resource officers. The only interaction I would have with students is if they violated a law.

Society saw the value in placing officers in schools to create positive interactions between the children and the police. It is a good idea to interact in a non-confrontational environment as it increases trust in the students towards the police. The Winooski School District has a wide variety of children who come from a myriad of backgrounds. Their and their families' interactions and perceptions of the police are wide ranging. Building that trust and understanding of the police and the officers who serve cannot be overstated.

Officer Dave is the person most everyone in the school district is familiar with. He does an outstanding job of interacting with the students and staff of the school district. For me, working outside the school system, I have seen that his presence and interactions in the school is making a difference with the students in the community.

Another positive interaction with the students is the after school mindfulness and sports activities program. I can say that the officers who participate in this program genuinely enjoy the interaction with the students. I have also enjoyed coming into the schools to teach the students about some of the duties police officers perform. Allowing the students to see, hear, and understand why police officers do what they do also builds a trust. Hopefully, there will more opportunities to interact with the students in the future.

Keep up to date by viewing the Police Department's web site and Facebook page.

Free Meals at the Library

By Colleen Sullivan

The City of Winooski is now providing free meals at the Winooski Memorial Library from 6 pm to 9 pm, Monday through Thursday. The meals will be provided in conjunction with the Homework Help program, which provides academic support to Winooski students.

The meals are free for anyone 18 and under and are provided by the Abbey Group. Anyone is welcome to come enjoy dinner - participation in Homework Help is not required!

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN,
Health Office Coordinator

We hope that everyone had a good holiday season and enjoyed their vacations!

We have some exciting news here in the health office: The Winooski School District is partnering with UVMCMC-Pediatrics in Burlington to create a school based health center that is scheduled to open next fall.

A school based health clinic is a clinic that is located at the school where local providers (Doctors and Nurse Practitioners) come in and see students for sick visits along with other health related visits during the school day. Our goal is to reduce absenteeism, tardies and early dismissals and support families with meeting the healthcare needs of their children.

Detailed information regarding how it will operate, and what you need to do to sign your family up will be given out at a later date, but for now we want you to understand the overall desire of the district.

Right now we are asking for parents to be a part of our planning committee. If you would be interested to learning more about this or being a part of our planning committee, please call the health office at 383-6094 or stop by and ask one of the nurses.

ELEMENTARY SCHOOL LUNCH MENU — JANUARY



This Institution is an equal opportunity provider
Menus are subject to change

Mon., Jan. 2	Tues., Jan. 3	Wed., Jan. 4	Thurs., Jan. 5	Fri., Jan. 6
No School	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release K-12 Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
No School	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk



Winooski Elementary School Breakfast January 2017

Breakfast in the Classroom:
100% Juice or Fresh Fruit
Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.



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

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

Prices
Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included
Adult Breakfast \$1.75 Milk \$.50
Adult Lunch \$3.50
Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the K12 Payment Center link



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



This Institution is an equal opportunity provider
Menus are subject to change

Mon., Jan. 2	Tues., Jan. 3	Wed., Jan. 4	Thurs., Jan. 5	Fri., Jan. 6
No School	Taco Bar w/ Soft Shell Rice Pilaf Warm Black Beans	Creamy Tomato Soup Cheesy Breadsticks w/Marinara Caesar Salad	Taste Test Event Hot Turkey Sandwich w/ Gravy Hand Cut French Fries Local Potatoes Steamed Carrots	Oven Baked Turkey Corn Dog Roasted Sweet Potato Wedges Celery Sticks w/Hummus Dip
Chicken Patty Sandwich w/Lettuce & Tomato Steamed Broccoli Garden Pasta Salad	Birthday Celebration Chicken Fajitas Southwest Rice Black Bean & Corn Salad	Early Release K-12 Chef's Choice Pizzas Pepperoni, Cheese or Veggie Roasted Parsnips Chips Carrot Sticks w/Hummus Dip	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Chopped Green Salad	Sweet & White Home Fries Pancakes w/ Local Maple Syrup Sausage Links Fresh Celery Sticks
No School	Nachos w/ The Works Rice Pilaf Steamed Corn Creamy Coleslaw	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Sweet & Seasoned Parsnips Caesar Salad	Creamy Macaroni & Cheese Homemade Cornbread Steamed Carrots	BBQ Beef Sandwich Creamy Coleslaw Celery Sticks w/Hummus Dip
Dress Your Own Hamburger Oven Baked French Fries Maple Seasoned Parsnips	VT. Chevron Rice Pilaf Black Bean & Corn Salad	Chicken Noodle Soup Cheesy Breadsticks w/Marinara Carrot Sticks w/Hummus Dip	Hearty Meatloaf Mashed Potato Local Potatoes Steamed Peas Dinner Roll	Chinese New Year Chicken Fried Rice Veggie Egg Roll w/Sweet & Sour Sauce Steamed Broccoli Fortune Cookie
Oven Baked Chicken Nuggets w/Dipping Sauce Kale Pesto Pasta Salad Baked Beans	Chicken & Biscuits Chef's Mashed Potato Warm Black Beans			



Winooski Elementary School Lunch January 2017

DAILY LUNCH OPTIONS
Entrée Options
Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad

Taste Test Event Thursday, January 5, 2017
Roasted Parsnip Chips

Offered with all Meals:
Fresh Fruit
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Harvest of the Month
January
Parsnips

Prices
Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included
Adult Breakfast \$1.75 Milk \$.50
Adult Lunch \$3.50
Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the K12 Payment Center link

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

We Support Local New England Companies
Koffee Kup Bakery/VT Bread Co. - Breads & Rolls
Cabot Cooperative- Yogurt, Sour Cream
King Arthur Flour- Dinner Rolls, Pizza Dough
Chappelle's Potatoes
Georgia Mtn. Apples-Maple Syrup- VT. Maple Syrup
Sunrise Orchards-Apples
Mazza Farm Stand- Local Produce
Green Mtn. Farms- Cream Cheese
Hood-Milk
Green Mtn. Farm Direct-Local Produce



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

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

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 410 students attending JFK Elementary (grades PreK-5), 161 attending Winooski Middle School (grades 6-8), and 234 attending Winooski High School (grades 9-12).

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

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