

ALSO INCLUDES
Community News!
 STARTING ON PAGE 15

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 12, ISSUE 4

JANUARY 2015

Celebrating The Holidays Together



Music Filled The Halls

By Mary O'Rourke, Principal, John F. Kennedy Elementary

We had another successful Winter Performance on December 18th. The show this year was "On Top of the World." The theme was persistence, one of our graduate expectations. All songs connected to persisting through tough times. The students and teachers worked so hard to make this evening the success it was. I can't thank them enough for the hard work and **persistence**. Congratulations to all!



INSIDE THIS ISSUE

Notes from the Central Office	2-4
Announcements	5
Notes From JFK Elementary	6-7
Middle and High School Highlights	7-10
Afterschool Program Report	11-14
Community News	15-21
Health Corner, Menu	21
District and Contact Information	22



Building Relationships, Health & Community

By Sean McMannon, Superintendent of Schools

According to the US Census Bureau data from 2013, Winooski has just over 7,000 residents. How many of your fellow citizens do you know? While much of the world is fixated on using strategic planning, finance and marketing to solve their challenges, Winooski is primarily focused on a different approach. We want to grow a real community by utilizing our strengths—*people!* My favorite definition of community which comes from the Google search of “community definition” is a “feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals”. Everyone will agree that strong, close-knit relationships, and healthy bodies and minds make for a deep, strong and sustainable community. Last month on Vermont Public Radio’s Vermont Edition Winooski City Manager “Deac” Decarreau said the city is “talking about developing our community services to group people who are not black or white or rich or poor, but gardeners, or cooks or book readers. We’re working hard at developing community. The relationships are what get you past all those other things, and if we get to know each other, it works.”

Is this all touchy-feely stuff that makes us feel good but doesn’t really work? Well, research shows that relationships provide a purpose for living a healthy lifestyle. People in stable well functioning relationships develop a larger meaning and purpose in life and are more motivated to protect themselves against disease/illness/injury (Sullivan, 1997). Relationships provide a group identity. Individuals in social networks feel social control and peer pressure to behave like other group members. Groups of individuals that have health-promoting behavior have members with better health status (Berkman, 1984; Valliant et al., 1998). As a community we can grow the health of every citizen by intentionally engaging in building more relationships. Mentoring is one example of how WSD is growing youth developmental assets, and ultimately a healthier student population. Many of our high school students work with Business teacher Courtney Poquette in the Effective Communication class to learn about relationship-building, public speaking and leadership. Following this important learning they take these skills to the other side of the building and mentor our elementary students.

Another way WSD is working on health is through the Spartans-In-Motion (SIM) middle school movement program. Eric Jensen, author of *Teaching with the Brain in Mind* says “movement will influence the brains of students and can

be an effective cognitive strategy to (1) strengthen learning, (2) improve memory and retrieval, and (3) enhance learner motivation and morale.” Each day middle school students and teachers engage in a variety of activities such as yoga, soccer, walking, basketball and jump rope. We have begun to gather data from students and the initial results are very encouraging:

- 76% of students say they “like physical activity”
- 84% of students say they “understand the value of fitness”
- 68% of students say “physical activity improves their mood”

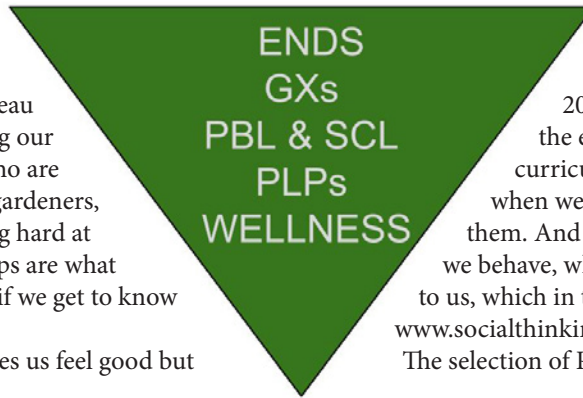
Neuroscientists are coming to the realization that social-emotional skills, like self-awareness, self-regulation, and resilience, are more important than IQ in academics and later life achievement (Farrington et al., 2013). We have seen tangible growth in the elementary through the Social Thinking curriculum. Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotions (<http://www.socialthinking.com/>).

The selection of Persistence as one of our Graduate Expectations (GXs) is an example of the importance we place on the quality of resilience which is always mentioned when the conversation turns to defining college and career readiness. Self-awareness and regulation is fostered through mindfulness which is not only being practiced at our school, but is spreading across the City of Winooski via the Mindful City Project.

Lastly, *New York Times* best-selling author, Patrick Lencioni says “an organization is healthy when it is whole, consistent and complete, when its management, operations and culture are unified.” This graphic shows

WSD’s intent to create a unified direction. It supports the school board’s ENDS Statement by having clearly defined Graduate Expectations (GXs), engaging all learners through Project-Based Learning (PBL) and Student-Centered Learning (SCL), developing Personalized Learning Plans (PLPs) and providing wellness opportunities like mindfulness, movement, self-regulation and food security as the strong foundation to increase all students’ readiness to learn. Thank you for working with WSD to benefit our students!

You can reach me at (802) 383-6000 or via email at smcmannon@wdschools.org.



Spartan Games Tug-o-War, October 2014

School Board Report

By Jennifer Corrigan, Board of School Trustees

HAPPY NEW YEAR! As we reflect on the past year and gear up toward the challenges of the coming year, I feel fortunate to be part of a great district. 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 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 being a school board member to pick up a petition at the city clerks office. See information below. There are two seats open in

Interested in Running for the School Board?

There are two positions up for election in March:

- a 2 year term and
- a 3 year term

Here's what you need to know:

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

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

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

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

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

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

the upcoming election. Jay Lambert will not be running again; Tori Cleiland has indicated she will be. If you would like more information on what Winooski School Board Members' role is in the district, I encourage you to contact Mike Decarreau, whose contact information is on the back of this newsletter.

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 announcements on our website and via Front Porch Forum as we continue to seek community input.

We look forward to seeing you at these gatherings.

Mindful City Project Update

What: Guided Mindfulness Practice & Discussion

Location: O'Brien Community Center

Dates: January 8, 15, 22 and 29

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

As part of the Mindful City Project, residents of Winooski are invited to practice mindfulness together each week at the O'Brien Community Center. Please join us each Thursday evening, beginning January 8, 2015, as members from the Center for Mindful Learning (CML) lead community members in an hour of mindfulness practice and discussion beginning at 6:30pm.

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

The goals of the Mindful City Project are to increase student engagement and learning, make mindfulness a transformational force in Winooski, and create a model that can be replicated in other communities.

Wellness Information

By Jaycie Puttlitz, Wellness Coordinator

Dress for Winter

As winter sets in, we want to remind students and families to dress well for the wet and cold weather. Whether you and your child are dressing for the walk to and from school, or your child is preparing for outdoor Recess or SIM activities during the school day, here are some points to consider.

- **Bundle Up.** Be sure to always wear a warm jacket. The more insulation you have, the warmer you will be. If your jacket is thin, wear a warm sweatshirt, fleece or sweater underneath. Include snowpants when you know you will be spending time being active outside during the day.
- **Stay Dry.** To keep feet and hands dry, wear waterproof

(Continued on next page)

boots and mittens or gloves. If your child tends to get his/her clothing wet, consider packing an extra pair of socks or other clothing.

Did you know that when cotton gets wet, it conducts heat away from the body at a much more rapid rate than other fabrics? Anything that can dampen your clothes, such as perspiration, snow, or falling in the water, can cause cotton to start robbing you of heat fast. Try wearing wool or other fabric that will wick moisture away from your skin.

- **Cover all exposed skin.** Body heat will be lost through any place where skin is exposed to the cold. Wearing a hat and scarf will conserve heat around the head and neck.

We welcome donations of new or gently used outdoor gear for all of our students in all of our grades. We currently have an urgent need for **new or gently used, WATERPROOF, gloves or mittens.** Due to health concerns, the only hats we can accept are new with tags. If you have any items to donate, bring them by the school or contact the Wellness Coordinator, Jaycie Puttlitz (email: jputtlitz@wsdschools.org).

School Pantry

The last School Pantry fresh produce drop for 2014 is Friday, December 19. We will continue the program again on Friday, January 16, 2015.

Stay Connected with us!

Wellness now has its own Twitter account! Follow us @WinooskiWell.

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/.

ANNOUNCEMENTS

Preschool Skills Screening

DATE: Friday, February 20, 2014

TIME: 9:00 AM – 2:00 PM

LOCATION: Preschool room in JFK Elementary School

If you have concerns about your child's development, our Winooski Early Childhood Program team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play based and free for 3 and 4 year old children, living in Winooski. Please call Maybeline Lopez at 383-6063 to schedule an appointment for you and your child to come to the screening on February 20, 2014.

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

Thank You to WCAX and the UPS Stores

By Sarah Murphy, JFK Elementary School Guidance Counselor

Many thanks to WCAX and the UPS Stores for coordinating another year of the Mitten Tree. They provided the students at J.F.K. Elementary School with two large boxes of warm gear that is being passed out quickly! We really appreciate their support and generous donations!

21 years in the Hopper

By John J. Malcovsky, for the Winooski Scholarship Toy Train Show

The 21st Annual Dollars for Scholars Train Show is in the books. Together we raised \$3661 for the students of the Winooski School District. That is over \$700 an hour for the 5 hours of the show.

What a year. As you know, I am no longer employed by the school district and working the show from the outside proved to be very very challenging. The weather was not helpful either. I am sure my frustrations were evident and I apologize for them. Thank goodness you were always there with kind words steering me in the right direction. Thanks for your flexibility in dealing with me.

I had to turn away vendors and displays again this year. While I do not like to do this, I must because I am confined to using the gym only. I have had multiple rooms in the past but people get concerned about where they are placed and feel disconnected. I will see if I can change the layout any to accommodate more tables. I want to make sure I am in compliance with the Fire Department guidelines.

Hall Communications, particularly Jon Brooks, were supportive as usual and I flooded the digital and print world with requests for free publicity. Setup was a breeze this year thanks to the students and Ed Bianchi. Takedown worked well too thanks to those same kids and Rich Rettig. Saint Mikes and the VFW were kind enough to provide tables for this show.

My right arms, the Bruce's, Steve Forman, Courtney Poquette, John McKelvy, and their students made life easier for all of us. I apologize to anyone I left out. Those students did a wonderful job this year.

Mark your calendars for **December 5, 2015**. I filled out the paperwork today.

Remember, your check for tables is tax deductible. I **always** turn the checks over to DFS after the show. It also helps if I have to refund due to weather. I did have to refund two tables this year but someone was there to pay and use those tables. I handed the checks over directly to the treasurer today.

The new VGR Timesaver module made its debut and an old friend, Tom Jarvis, made is return. There is only power on the perimeter of the area and one floor outlet so that determines placement at times. See you in Saint Albans!!!!

January is National Mentoring Month— Get involved, be a mentor!

By Phet Keomanyvanh, United Way of Chittenden County, Coordinator of Volunteer Mobilization

The experiences of young people who are connected to a mentor demonstrate a powerful effect. Mentors can play a powerful role in providing young people with the tools to make responsible decisions, stay focused and engaged in school, and reduce or avoid risky behavior.



United Way RSVP Before School Buddies Volunteer Hammond Murray-Rust and a student

Many children need another caring adult in their lives. Be a friend, a role model, an academic champion—be a Mentor! Whether you want to serve in a school or in the community, United Way of Chittenden County can help you find the mentoring opportunity that's right for you.

Want to learn more? Contact Phet Keomanyvanh at 861-7821 or email phet@unitedwaycc.org. You can also go to www.unitedwaycc.org/volunteer and click the Mentoring link under Education for programs in Chittenden County.

5 Numbers You Should Know

By Laban Carrick Hill

43 23 18K 20 1

Find out what these numbers mean by contacting Winooski Dollars for Scholars at winooskdfs@gmail.com.

Scholarships You Can Apply for Right Now

- *AXA Achievement Community Scholarship*
Award: \$2,500. **Deadline: Feb. 1, 2015**
- *Dr. Pepper Tuition Giveaway Promotion Contest*
Award: Up to \$100,000. **Deadline: Jan. 12, 2015**
- *MathMovesU Middle School Scholarship*
Award: \$1,000, plus \$1,000 matching grant to winning student's middle school. **Deadline: Feb. 7, 2015**

Go to the Winooski Dollars for Scholars website to apply: winooski.dollarsforscholars.org

DONATE: Go to winooski.dollarsforscholars.org and show your support for postsecondary education and academic enrichment for the young people in your community.

Honor Roll – First Quarter: 2014-2015

HIGH SCHOOL

Seniors

High Honors

Mina Dhamala
Avah Eaton
Amanda Nattress
Victoria White

Honors

Har Wa Bi
Nathalie Bray
Uyen Bui
Durga Dhamala
Connor Drown
Santa Kadariya
Randall Knox
Michaela Metivier
Ali Omar
Hiba Shakir
Samar Shakir
Samuel Treadwell
Ro Ze Yar

Juniors

High Honors

Hom Pradham

Honors

Lubna Abdulkhaleiq
Ali Al Jarah
Kip Dubie
Kinzang Gurung
Hannah Little
Mon Maya Luitel
Julia Poipo
Abdullah Shakir
Pascal Siki
Conner White

Sophomores

Honors

Hussein Abdirizak
Shukri Ali
Riley Corrigan
Mariah Metivier

Freshmen

High Honors

Jarod Fountain
Dylin Traverse

Honors

Zachary Chagnon
Heaven Clogston
Alexander Do
Calvin Hayford
Lydia Nattress
Zeneth Nheb
Noah Rouille

MIDDLE SCHOOL

High Honors

Muna Arbow
Shennelle Bailey
Kaw Ra Ban Bi
Linden Bronz-Russo
Xavier Clark
Sophia Do
Ines Horozovic

Tasha Larose Terry

Queen McCray
Andy Phuong
Tiffany Phuong

Honors

Essa AbdulSalam
Tiba Al Jarah
Hussein Al Sammarae
Amna Cicak
Jaysean Coleman
Charles Cusson-Ducharme
Vijayata Dahal
Yatrika Dhamala
Dante DuBose
Evan Eaton
Indra Ghaley
Alexis Gordon
Adison Granger
Savannah Green
Kunsang Gurung
Abigail Hayford
Matthew Hill

Madeline Irish

Madison King
Hiba Laaroussi
Rebekkah Lambert
Nicole Laplante
Sa Me Lar
Mae' Jeannette LaVallee
Lek Nath Luitel
Eh Kh Luu
Penny Ly
Asbin Mangar
Cody McDonald
Miya McMahan
Dah Lar Moo
Caleb Moore
Dakota Orenbach
Jeramiah Parsons
Susmita Rai
Jordan Reil
Destiny Syharaj
Anderson Vylzigiuro
Kayle Willard
Madison Wright

K-5 News

By Mary O'Rourke,
JFK Elementary Principal

In just a few short weeks, we will be half way through the year. Time does fly! It has been a busy first half of the year. As a school, we have been working on Project- Based Learning. Two of our grade levels have been doing projects focusing on acceptance, one of our star expectations. The notable shift I am seeing is the role of the teacher. Teachers are becoming facilitators, stepping back and letting the kids figure out the learning on their own! Imagine, first graders walking the hallways, scheduling appointments to meet with the principal, coaches, SRO!! When they arrive at the destination, they have their lists of questions and record the conversation on the iPad. Why? Not to use for view by others but as a means of taking notes! The other exciting piece is these kids can use this technology without the assistance of a teacher!! This is what we want for all of our students! We want them to be independent seekers of knowledge! And it is happening at young ages. They can all do it. PBL will transform the elementary school and allow our students to be ready for middle school! It is an exciting time!

This month we will reach our goal of 100,000 stars. We will be having a big school-wide celebration. Students have worked hard to earn these stars. They have been striving, thoughtful, accepting, responsible and safe. We have had mini celebrations along the way but when we hit big targets like 100,000, we celebrate! It is always an exciting day for the kids!

SAVE THE DATE Community Reads!

Our next JFK Community Reads will be a "Magical Community Reads" featuring a magician, treats, and tables set up with lots of magic tricks to learn! It will take place on **Friday, January 16th** from 3:00 - 4:00 in the Performing Arts Center and the library. Please join us!

Thanks for the Gift of Warmth

Our winter season in Vermont came in colder and earlier this year and fortunately our anonymous donor of warm coats came early also. We are very grateful here at John F. Kennedy Elementary School to have this generous donation; the coats are needed by many families. The coats have been given out to students and we are happy to say that they will be very warm thanks to her thoughtfulness. We would like to wish everyone a happy, safe and warm holiday season and may the generosity of others be a guiding example of what true community means.

ELL Students Celebrate Thanksgiving at JFK

By Kristin Van Fossen

This year's ELL Thanksgiving celebration was a great success. Second graders, along with other students who are new to the district or new to the country were able to attend a specially prepared holiday feast with their ELL "family". A great deal of turkey, stuffing and pumpkin pie were eaten by all!

It is a privilege to share our culture and traditions with our ELL students, as they enrich our lives in so many ways by sharing their traditions with us. The home-like atmosphere and feeling of community as students sit down to share a homemade meal together is unbeatable. Students who attend the feast look back on it with fond memories for months. The celebration also serves as an important cultural reference for students who knew nothing about thanksgiving, an important American tradition that was made to be shared by all.



St. Michael's and Winooski Partnership Program for ELL Grows and Thrives

By Sarah Forbes, ELL Teacher at JFK

Since September, first, second, third and fifth grade ELL students at JFK have had some special visitors come to join them for math several Friday afternoons. In partnership with Saint Michael's College (SMC), students enrolled in the college's "Peace and Justice Freshman Year Seminar", with Prof. Mahmoud Arani, Prof. Mary Beth Doyle, and Prof. Laurie Gagne, are paired with one or two JFK students to provide mentoring and math support. This opportunity fulfills a community-based learning component of the course, encouraging college students to reflect on how individuals build a just society. Every week the buddies are



scheduled to arrive, JFK classrooms buzz with excitement.

The program has more than doubled since last year, with the number of students participating climbing from 20 to 50. JFK ELL Director, Kirsten Kollgaard and WHS ELL Teacher Inge White helped establish this beneficial partnership, and have coordinated with SMC professors to pair students and provide an orientation for SMC students before coming to JFK. Before each visit, JFK students receive letters from their SMC buddies that help build strong bonds. SMC students join regular math instruction and classroom teachers plan special games that allow students to practice current math concepts and push their thinking to the next level. These interactions are valuable for both parties.

After weeks of fun and learning, the program concludes with a field trip to Saint Michael's College. This year, on Friday, December 5, JFK students piled on a bus with Kirsten Kollgaard, and ELL teachers Sarah Forbes and Kristen Van Fossen to meet their buddies at the college. First, students got to visit the



school's cafeteria and enjoy a meal or treat with their buddies. Then, students moved to the gym where they played various ball games and "Duck, Duck, Goose!" It was a blast! Saying "good-bye" was hard, and SMC students even ran after the bus as it pulled away, waving their farewells enthusiastically. Back at school, JFK students couldn't stop talking about their fun field trip to Saint Michael's.

The program will run again next year, with more opportunities for strong connections and powerful learning.

MIDDLE/HIGH SCHOOL HIGHLIGHTS

High School Mid Term Exam Schedule – January 12-16, 2015

This schedule was built so that students could sleep in and have time to meet with teachers to get help. Good luck to all HS students on their exams. Report cards will be mailed out the following Friday.

Date/Time	Mon. January 12	Tues. January 13	Wed. January 14	Thurs. January 15	Fri. January 16
Block 1 8:00-9:25	No students at school. Sleep in and be rested.				Schedule
9:25 - 9:40	Students may arrive to get breakfast.				Make-Up Exams
Block 2 - 9:40 - 11:00 or 9:40-10:22 and 10:24-11:05	Green Day Block 1 or Green Day Period 1A & 2A	White Day Block 1 or White Day Period 1A & 1B	Green Day Block 3 or Green Day Period 3A & 3B	White Day Block 3 or White Day Period 3A & 3B	Reserved for possible faculty meeting
11:00-11:33	Lunch				
Block 3 - 11:40-1:05 or 11:40-12:22 and 12:23-1:05	Green Day Block 2 or Green Day Period 2A & 2B	White Day Block 2 or White Day Period 2A & 2B	Green Day Block 4 or Green Day Period 4A & 4B	White Day Block 4 or White Day Period 4A & 4B	Schedule Make-Up Exams
1:05-1:35	Meet with teachers for support. Tech students may schedule exams that do not work with the exam schedule.				Schedule
Block 4 - 1:35-3:00 or 1:35-2:17 and 2:18-3:00					Make-Up Exams

The State of Winooski Middle High School

By Leon Wheeler, Middle/High School Principal

At first dreams seem impossible, then improbable...and eventually inevitable.

— Christopher Reeve

Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.

— Theodore Roosevelt

As many of you are aware, Connie Metz joined our community as substitute assistant principal while Kate was on family leave following the birth of her 3rd son, Malachi. Connie came to us with extensive experience as house director at CVU for many years. During her 6 weeks working with us she fell in love with the school, and told me it was one of the most amazing experiences of her educational career.

Working in Winooski is tremendously rewarding, which is in part related to the rich diversity of our cultures, traditions, religions, and life experiences. The rewards are also related to the vision of an engaging, dynamic, empowering school we've embraced and the challenges we are working through as we work to build this dream and make it a reality! Connie fell in love with Winooski for both of these reasons.

Our dream is inevitable! Bringing it about is challenging and difficult, and takes tremendous effort. And it is worth it especially as we see signs that the dream is taking root, and the vision is becoming reality.

- Each administrator and each school is working toward the same graduation expectations (GX)
- There are common practices and programs PK-12: ReadingPlus; Math Best Practices; Mindfulness; Project-based learning; and more
- There is a common approach to behavioral support across the district that includes Social Thinking in PK-5, and Success Counseling 6-12
- ELL and Special Ed are aligned PK-12
- District reading and math assessments are in place to monitor student growth
- Teachers at the middle and high school are all teaching and assessing either our Effective Oral and Written Language GX, or Critical Thinking and Problem Solving GX.
- Classes are being designed to include greater student voice and choice
- There are increased opportunities for personalized, student-centered learning, including community-based learning
- Students are talking about and showing their learning at Share It Nights
- Students in the middle school, and increasingly in the high school, are leading the parent conferences
- Students are provided with greater leadership development opportunities, including mentoring, Peace Jam, leading community meetings, serving on variety of school, district, and city boards, and more.
- Families are joining school learning walks on the first

Tuesday of each month, 8-10am. In these walks we visit classrooms, meet staff members, and talk about school-related matters.

- Parents and community members are working to support the school, programs, and further education through PTO, Dollars For Scholars, PACTS, and other organizations
- Educators around the state, including Vermont's Secretary of Education Rebecca Holcombe, are taking notice of and shining a light on the work underway in Winooski: our innovative approach to personalized and proficiency-based learning grounded initially in the iLab and now supported throughout the 6-12 school; and our school board, recently honored as Vermont's School Board of the Year!

We are investing in a dream, and that dream is becoming real! Thank you for partnering in this important journey to making Winooski a truly world-class school! Our students are worth it! Happy New Year!

Guidance News

By Emmy Charron, High School Guidance Counselor

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

Seniors:

- It's financial aid season. You can start working on your FAFSA starting on January 1st. Please see Heidi if you have questions.
- Scholarships can be found on Naviance, the VSAC scholarship booklet and through other online resources. Need help finding the ones that fit for you? Go see Emmy, Heidi or Mrs. Greene.

Juniors:

- It's time to start thinking about taking the SAT's & ACT's. There are free test prep options online through Khan Academy, ACT & CollegeBoard.

Everyone:

- **January 9th:** Last day to register for the February 7th ACT's
- **January 24th:** SAT test date (last day to register is December 29th)

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

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

Music Matters

By Cathy Mander Adams

Kudos to the WHS Chorus kids who went to 83 Barlow Street Senior Housing and sang for the residents at their Christmas Luncheon on Monday, December 11. A fun time was had by all.

Four girls in the Grades 7 & 8 Chorus class will be attending the District III Music Festival January 30 & 31. They are required to audition and have their audition scores reviewed to determine if they are qualified to participate in the District Festival Chorus. Kudos to Madison Wright, Sa Me Lar, Kathryn Berger and Kusa Daud.

Our Winter Concert was great in spite of the crazy weather. Thank you to those who attended. Mark your calendar for our next concert; **March 19 7:00pm**

Y Features Winooski Middle School in Public Service Announcement

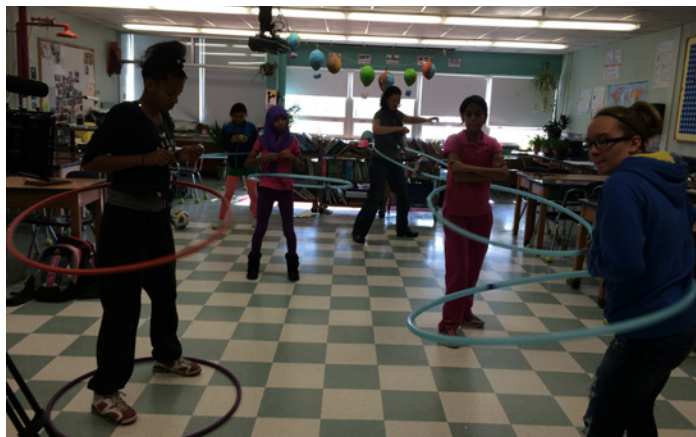
By Cal Workman, Greater Burlington YMCA

When *Eat Well, Play More Vermont*, a Y-Led program, and WCAX TV were looking for talent to feature in a public service announcement, they selected Winooski Middle School students as their talent. The public service announcement encourages youth to “find their groove and move.”

“Winooski teachers and students are bringing fitness and activity into their school day in a very innovative way,” said Ryan Torres, the Y State Alliance Director. “Working with this enthusiastic team was a natural choice for us and a real pleasure.”

The Spartans in Motion program offers fitness modules for students throughout the school day. The group had applied for a grant through the Y’s Eat Well, Play More Vermont alliance and won \$3,000 to help fund their fitness program.

To see the Public Service Announcement and the video that helped them win the grant, go to EatWellPlayMoreVermont.org.



PeaceJam Club Attends Vermont International Festival

By Elizabeth (Libby) Houghton, Tutor Coordinator, WMHS

The Winooski High School PeaceJam Club spent an engaging, action-filled day at the Vermont International Festival at the Champlain Valley Expo on Friday, December 5, 2014. The day was designed specifically for school groups, with over 1500 people from throughout Vermont in attendance.

The PeaceJam students left school for the festival at 8:30am, dressed for the cold with posters, flyers, and bag lunches in hand. The group of thirteen started the journey with a brisk walk to the CCTA bus station at the Champlain Mill. With the sun shining and our materials in hand, we boarded the #2 bus for the quick ride to our destination.

Once inside the Expo building, the excitement of the festival hit us in a wave of color and sound. There were flags representing hundreds of countries, a multitude of vendors selling their marvelous crafts and goods, educational booths offering your name written in Korean or a chance to play instruments from many different cultures, and two different stages running a full schedule of performances and attractions.

The PeaceJam students immediately participated in a student forum on New Americans in our community, providing an opportunity for them to educate their peers on some of the values and challenges of their experience. From there, the students were free to mingle among the various booths and to meet some of the larger Vermont community in attendance. They also enjoyed supporting Winooski’s very own musical group, A2VT, and even got on stage with some of their peers to join in the celebration.

All in all, the day was a fantastic success and offered another chance for the PeaceJam members to show the community what wonderful young men and women they are. The group’s positive impact was even captured in the cover story of our local Essex Reporter. As always, the Winooski High School PeaceJam students continue to demonstrate the pride and exceptional leadership of our wonderfully diverse community.



Shamir Gurung

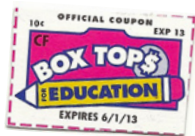
December's Artist of the Month:

Shamir Gurung

Congrats to Shamir Gurung, who has shown immense artistic thinking and talent in arts rotation. He has a special gift that he loves to share. Nice job, Shamir!

You Can Help!

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



ELL Newcomers Tour TV Station

By Inge White and Nellie Maley

On November 11th the ELL Newcomer class travelled to the WCAX News Channel TV studio in South Burlington as part of our weather unit. Fourteen students took a tour of the station.



The producer explained the process of preparing for a live newscast. Students visited different parts of the news station and observed employees researching, writing, and editing content, for a number of news segments.

The highlight of the trip was watching the 12 o'clock news with Roger Garrity and Gary Sadowsky. Following the show students participated in question and answer session with Gary Sadowsky.

The purpose of this trip was to provide real life connections to the unit studied over the past month and give students the opportunity to practice asking questions using weather vocabulary. They also completed a reflection after the field trip about their learning experiences.

Students also keep track of their learning on an online portfolio throughout the school year. Students enjoyed the visit and we are hoping to continue to learn outside the classroom for upcoming units.



Mohamed Receives Prestigious Gilman Scholarship

Castleton College senior (and Winooski High School alumni) Fardoos Mohamed spent a portion of her summer in the United Arab Emirates studying Arabic after being named the recipient of a prestigious national study abroad scholarship, the Benjamin A. Gilman Scholarship.

Originally from Somalia, Mohamed spent a majority of her childhood growing up in Yemen before moving to Vermont in 2008. During her time in Yemen she was able to work with refugees, which intensified her eagerness to learn and explore other cultures.

"It was a challenge for me to learn the American culture so now I am challenging myself even more to learn

another culture," she said.

The Gilman Scholarship program provides awards for U.S. undergraduate students to participate in credit bearing, career-oriented study and intern abroad programs worldwide.

The program broadens the student population that studies abroad and is intended to better prepare U.S. students to assume significant roles in an increasingly global economy and independent world.

While in the United Arab Emirates, Mohamed spent over a month at the Sharjah University taking Arabic language classes and becoming immersed in the foreign culture.

"I was able to learn a lot about the different cultures," said Mohamed of her



recent venture abroad, "It was a very diverse environment."

With hopes of eventually joining the Peace Corps or United Nations, Mohamed said her abroad experience has helped better prepare her for a future in international relations.

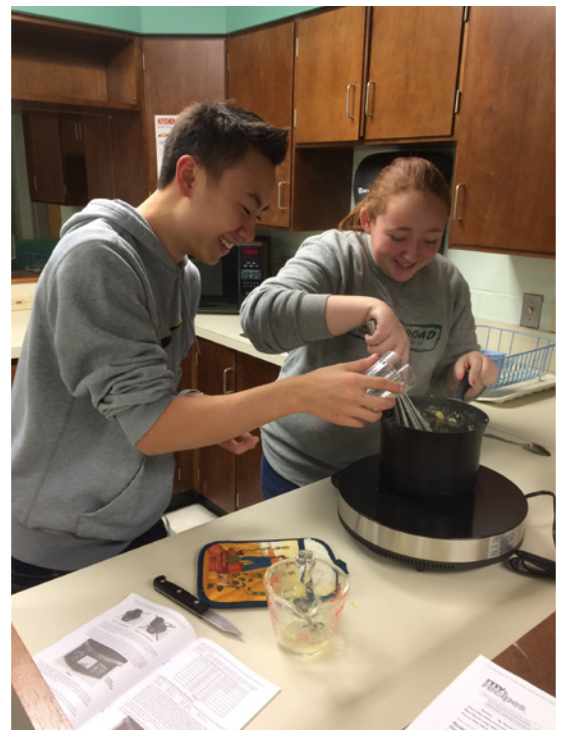
AFTERSCHOOL PROGRAM NEWS

Happy 2015 and Welcome to our Afterschool Programs!

The 21st Century Community Learning Centers grant (21C), in partnership with the City of Winooski, provides many afterschool opportunities for K-12 students throughout the school year and during the summer. We have included some examples of the very exciting programs we have offered during the first half of the school year. We are thrilled that students are participating and enjoying their programs, and we are continuing to develop new programs with exciting learning opportunities for our students! We are interested in working with parents and community members—so if you would like to be a part of the afterschool program, please contact:

Barbara Russ, 21C Program Director at 802-383-6041 or bruss@wdschools.org

Thank you for your ongoing support and see you afterschool!





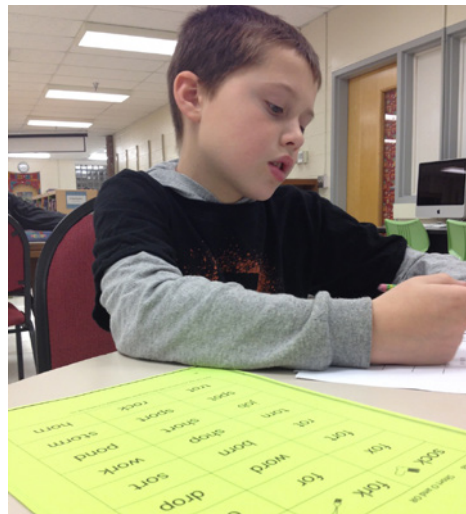
Brianna and Olivia are enjoying a healthy snack that they made in **Snack Attack**.



Gabriella and Harley show the alligator they built together at **Thrive**.



Students are editing their photos that they took in **Digital Photography**.



Kellen is working hard on his reading homework during his time at **Thrive**.



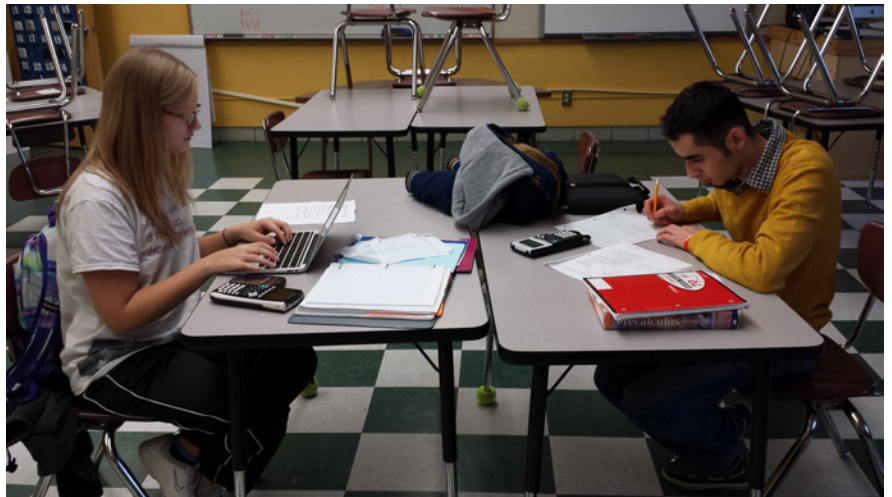
McKenna is proudly showing off her shape that she made in **Going On a Shape Hunt**.



Alexis, Trinity, and Sam are building their catapults using a variety of materials.



Brianna pieces together the plaid flannel as she prepares to sew pajama pants.



Justice and Haroon study their mathematics in Ms. Mellen's after school **Core Support** for high school students.



Sa Me Lar enjoys reading her book in the **Manga Book Club** with Mr. Magistrale.



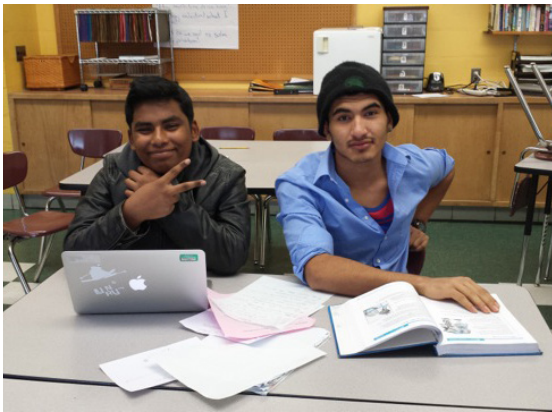
Ennis gives a thumbs up to afterschool mathematics work time in Ms. Clark's **Core Support** for high school students.



Matthew proudly displays his second place medal he won in the **Brazilian JiuJitsu** Tournament.



Skyler and Parker discuss the building of their Lego Robot in Mr. Forman's **Afterschool Robotics** program.



COMMUNITY NEWS

Update from your City Council

By Brian Sweeney, City Councillor

First and foremost I would like to wish everybody a safe and happy New Year. There is always a lot going on in our little city and the winter months are no exception.

There has been some great discussion on the possibility of a dog park at West Allen Park. Please check out their Facebook page for more info. [Facebook.com/winooskidogpark](https://www.facebook.com/winooskidogpark)

I would like to thank the public works team for all their hard work in December. Our first storm was a tough one but the crews were out in full force making sure we had safe roads and sidewalks. Thanks for all your hard work!

Please take note of the new signalized crossing at the southwest corner of the circulator. This is just the first of many safety upgrades that will be coming to the circulator in the next couple years. Please make sure to push the button to activate the flashing beacons for safe crossing. If you have any questions/concerns about the circulator or any other Public Works related issues please consider attending a Public Works Commission meeting. This newly formed Commission meets the 2nd Thursday of every month at 6:30 pm at City Hall. These meetings are open to the public and we encourage everybody to attend. So far, no officials have been elected, as they are still in the orientation phase. More information can be found at www.winooski.org/boards/public-works-commission/. Some upcoming topics will be Transportation Planning, Parking Ban, Summer Concert, Independence Day Fireworks, Renewable Energy Projects, and much more.

Finally, the City is getting deeper into the yearly budget process. Please take note a few important dates and consider coming to the meetings if you have issues, concerns, suggestions or are just curious about the process.

January 5th- Community Services and Administration

January 12th- Public Works

January 20th- Public Safety

January 26th- Final Approval

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

As always, if you have any questions, feel free to contact any of us on the Council. We wish you all a happy holiday season!



SAVE THE DATE

Free Throw Contest!

By Jeff Brosseau

The Winooski Knights of Columbus Council #2284 and St. Francis Xavier CYO basketball are sponsoring a free throw contest on **Saturday, January 24th 2015** for boys at 12:00 pm and girls at 1:00 pm at the Winooski High School Gym. The contest is open to all local girls and boys ages 9 through 14.

In the first round each participant has 15 attempts from the free throw line on the basketball court, the one with the most made will then move onto the next level. Proof of age (as of January 1, 2015) is required for participation. Winners on January 24th will move on to the district level, then onto participation in the state competition.

The Knights of Columbus is a national organization, and they hold this competition every January. For more information contact George Ashline at 654-2434 or Jeff Brosseau 233-5530.

Book Group Meeting

By Amanda Perry

Wednesday, January 14 at 7pm, the Book Group will meet to discuss *The Snow Child* by Eowyn Ivey. Copies of the book are available at the library, located at 32 Malletts Bay Avenue. For more information call Amanda at 655-6424.

Stay in Touch: Join Front Porch Forum!

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

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

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

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

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

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

Why We are Proposing to Close the Winooski Teen Center (and How We Think That Might Actually Be Better for Teens)

By Ray Coffey, Community Services Director, City of Winooski

Last week, I was driving a group of middle school boys from the Teen Center up to their basketball practice at the school when one of them shouted from the back of the bus, “Hey, are you the guy that’s closing the Teen Center!?” Leave it to a youth to put it out there that bluntly. It’s one of the things that I’ve most appreciated about working with young people over the years: they aren’t afraid to ask hard questions.

To answer his question, yes, we are proposing to close the Winooski Teen Center in June 2015. While a great deal of data, input, and feedback brought us to this conclusion, it is ultimately me who is responsible for putting this proposal forward; so I guess I am “the guy that’s closing the Teen Center.” It’s weird to think of myself that way because, for the past 12 years, I have worked in or managed organizations that run teen centers. I do not take this decision lightly as I know how transformative Teen Centers can be for youth. I still believe in them as really important community resources, so I think it is important that I tell you why I think closing our teen center is a positive move for our programming and our community.

Since I started working for Winooski in July 2012, I have seen the immense amount of time and energy that the Youth Programs staff has put into providing quality programming to youth at the Teen Center, and their efforts are not to be overlooked. During the past several years, however, all of us working with the City’s youth programs have felt at points like we’ve been missing the mark, whether it be because of the small number of teens attending drop-in, our challenge with reaching a diverse group of students, or the ongoing challenges with youth behavior around the O’Brien Center. The programs where we have experienced the most success with teens have been largely unrelated to the Teen Center space itself:

Our Drop-In Tutoring Program, which saw over 1,800 youth visits last school year; The Summer Teen Employment Program, which provided paid employment and job skill training



THE UNDERGROUND

to 24 teens last summer; An indoor soccer team, cross-country ski program, and several volunteer programs that have provided unique opportunities for students to learn a new skill, participate in a healthy activity, or give back to their community.

We believe that by closing the Teen Center space and shifting our resources to more of a “recreation and parks” model, we will be more able to offer the type of programs mentioned above where we’ve had great success with teens. Our proposed changes include maintaining similar staffing levels (shifting current staffing resources from “Youth Programs” to a more broadly focused “Recreation and Parks” Department). We would also plan to have our Recreation and Parks staff operating out of offices at the O’Brien Community Center, and absolutely envision that we’d continue to run some youth-targeted programs within the Community Center, just using common spaces instead of a dedicated Teen Center space. Additionally, we see huge potential to increase youth programming within the Winooski Memorial Library (housed at the O’Brien Center), including taking on our successful evening Tutoring Program. By not being tied to a daily drop-in program and the need to manage and supervise a physical Teen Center space, we will be able to more easily respond to teen’s evolving and ever-changing interests. Friday night basketball at the school? Pick-up soccer? Pop-up Makers Spaces? Hip-Hop Dance? Other interest-driven activities that we haven’t even thought of yet? The possibilities are virtually endless. We will also have flexibility to start providing more comprehensive recreational programming for community

members of all ages, including young adults, parents, and senior citizens, whom we feel we’ve been under-serving to date. The potential of this more flexible model is extremely exciting and allows us to better respond to the needs and interests of more members of our community, again including a larger, more diverse population of teens.

Lastly, a few things this proposal is not: This is not motivated by money or budget pressure as the proposed changes are budget-neutral for taxpayers. This is not being done in response to any major concerns or alarming incidents. This was not an easy decision. As staff who are dedicated to working to improve people’s lives, it is hard to make a choice that we know will negatively impact some youth. However despite being a difficult decision, we feel strongly that it is the best one for our community at this time, and it’s a change that will allow us to do more good for more members of our community, including youth.

I appreciate the time you took reading this piece, and we absolutely welcome and encourage your thoughts, feedback, and input as we seek to move this proposal forward over the next month.

Contact me, Ray Coffey, at rscoffey@winooski.vt.org or 802-373-0050. Come to a City Council meeting January 5th, 12th, or 20th when we’ll be discussing the budget. Come to our Community Services Commission meeting on January 28. We welcome your input.

Winooski Historical Society

By Rita Martel

Sunday, January 22, 2015, Tom LaVigne will review the history of the LaVigne family and LaVigne Funeral Home.

His presentation of how the business has changed over the last 125 years will be at the Winooski Senior Center at 2:00 p.m.

Public is invited and refreshments will be served.

Martin Luther King, Jr. Day of Service Celebration on Monday, January 19th

Winooski Youth Programs and the AmeriCorps members serving with the City will be hosting a Day of Service Event on Martin Luther King Day (Monday, January 19) to honor and celebrate his legacy of compassion, civic engagement, and public service.

Winooski residents of all ages are encouraged to join in the day's activities, which will conclude with a large bowling party for all middle school and high school-age participants. The day will begin with a light breakfast and gathering at the O'Brien Community Center at 10AM. Groups will disperse from there to help with service projects at various sites around the community for the remainder of the morning.

The groups will reconvene at the OCC for a nice lunch—with food generously provided by local restaurants— before students learn more about MLK's life and legacy through various activities. Some students will spend part of the afternoon visiting residents in rehab or assisted living facilities while others stay to discuss and reflect on MLK's teachings.

The bowling party will begin around 4:30PM, and all kids in grades 6-12 who participated in the earlier elements of the Day of Service are invited! The day's events will conclude around 6 or 7PM.

Participation in this MLK Day of Service can count toward required community service hours for Winooski High School students. Please consider joining us on that Monday morning for food, fun, and service in celebration of Martin Luther King's legacy!

Winooski Youth Programs Update

By *Ethan Hausman*

With snow already swirling outside, the City's Youth Programs staff is gearing up for a busy January. Several special winter programs for high school students will be getting underway this month. Through partnerships with other agencies—the Catamount Trails Association and the Chill Foundation— Winooski kids will be learning to cross-country ski and snowboard, respectively. The Teen Center's soccer team, having started play in late December, will be continuing its indoor season through the winter, until early April. Everyone is invited to come watch the team's games on Sunday afternoons (start times vary from noon-2pm) at the Nordic Soccer facility in Essex!

After the holiday break, the Homework Help program will return to its normal schedule (Monday-Thursday nights, 6-9PM) the week of January 12th. More tutors than ever will be available to help students nightly during the Spring Semester, and Tutoring Program Coordinator Nick McKelvie has plans to expand the program in other ways, too. Look for subject-specific Study Nights— at which students can count on getting expert instruction in math or science or work intensively with someone to revise and improve a piece of writing, for example— to start in the coming weeks.

The Youth Programs Space at the O'Brien Community Center will continue to be open after school on weekdays to serve students in grades 4 and up. Snack is served at 3:45 every day, and kids are encouraged to stop in anytime during Open Hours to play games, make crafts, or hang out with friends. As always, Teen Center dinners—free and open to any youth age 18 or under—will be served at 5:30PM on Tuesday and Thursday evenings.

Saturday Open Hours will be shifting slightly in the New Year. The Youth Programs Space will now be open from 1-3PM on Saturdays, and a free lunch for kids will be served, 1:30-2:00PM, those days. A sledding excursion is planned for the first week that students are back from break. Both middle school and high school students are invited to join staff for sledding from 1:30 - 3pm on January 7th, an early-dismissal day at WMHS. One of the Youth Programs team's biggest events of the year will be happening on January 19th, Martin Luther King, Jr. Day. The City's AmeriCorps members and other staff will be sponsoring an MLK Day of Service event. There is more information included separately in this newsletter about the plans for that day.

January will also be a time of reflection and discussion among community members-- teens, staff, and adult residents-- about what elements of the City's youth programs are most valuable to Winooski and should be carried forward. As the City's Community Services Department adjusts to evolving needs and explores new ways to serve all elements of this diverse community, adolescents and teens are most likely to be impacted by the proposed changes (see Ray Coffey's piece elsewhere in this newsletter about closing the Teen Center). In preparing for this exciting and important time of transition, Youth Programs staff will be seeking input and feedback from the youth themselves about how the City can best serve their interests moving forward. Students of all ages are encouraged to take part in the upcoming community conversations by sharing their ideas and visions for future youth programming and recreational opportunities in Winooski.

Winooski Teen Center 2015 Winter Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Hours: 3:00 - 5:30PM* Homework Help: 6:00 - 9:00PM	Open Hours: 3:00 - 5:30PM* Dinner: 5:30 - 6:00PM Homework Help: 6:00 - 9:00PM	Open Hours: 3:00 - 5:30PM* Homework Help: 6:00 - 9:00PM	Open Hours: 3:00 - 5:30PM* Dinner: 5:30 - 6:00PM Homework Help: 6:00 - 9:00PM	Open Hours: 3:00 - 4:00PM* High School Only: 4:00 - 9:00PM	Open Hours: 1:00PM - 3:00PM Lunch: 1:30 - 2:00PM

*Snack is served during Open Hours, Monday-Friday, 3:45 - 4:00PM

Interested In Running For City Council or Mayor?

There are three positions up for election in March:

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

Here's what you need to know:

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

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

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

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

If you are planning to run, we would like to introduce you to readers of this newsletter in our March issue.

Please provide the following information by February 11 for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates. Please submit the following information to editor Anne Linton Elston at annelinton@mac.com:

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



Weekend Islamic School Update

By Fathima Bariya

As the Weekend Islamic School wrapped up its first trimester on November 16th many students were happy to get their assessments over with while many were preparing for Thanksgiving break. The WIS thanks all of its teachers for all the effort they put in to create report cards for all the students to evaluate their performance during the first 10 weeks of the school. The WIS would like to recognize those students who had perfect attendance in the first trimester by mentioning their names at the end of this article. The WIS would also like to thank our community leader, Imam Islam Hassan for leading us in prayer every Sunday at noon in the school cafeteria. If anybody would like to join us in prayer they are completely welcome to come at noon to pray behind our Imam.

The WIS is excited to announce that one of its teachers, Dr. Feyza Basoglu who is a child psychiatrist at the University of Vermont Medical Center who hails from Turkey is hosting a fundraising parenting seminar. Dr. Feyza specializes in child and adolescent psychiatry. The seminar will take place on Saturday January 17th, 2015 at Winooski Middle School from 2:00PM to 4:00PM to help fundraise for the WIS. Tickets will be sold at the front door for \$5 per person. If there are any further questions, please contact Principal Fathima at (802) 310-5339 or drop by the Islamic School Office (located in room 110) on Sunday between 10:00am and 2:00pm.

2014 WIS 1st Trimester Perfect Attendees:

Maryam Ginawi	Omar Khan	Khadija Hasan
Qinwan Mohamed	Subia Khan	Seif Fandy
Omer Ali	Nafisa Moge	Yasmin Shabaan
Aden Ali	Zahrah Muhammad	Falastine Jafar
Abshir Hassan	Suheila Abdo	Sidrah Arabi
Ibrahim Moge	Kadar Jafar	Lena Ginawi
Zain Khan	Hammad Ali	Hawa Adam
Leyla Hussein	Jihad Alsaffar	Hamdi Jafar
Hassan Shabaan	Nashita Yusuf	Lule Aden
Mustafa Fadel	Safia Abdo	Linna Lahmadi

Community Center Coffee Hour

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

Food Shelf Reminder

The Little Green Pantry (aka Winooski food shelf) distributes food on the second and the fourth Saturdays of the month. It is in the Methodist Church across from the police station. Hours are from 10-11. If people would like to donate items, they may be left at Sally's Flower Shop (upper Main St.) and volunteers are always needed. Interested folks can call Sally Tipson (655-3894) or Linda Howe (655-2411). Thank you!

Legislative Report

By Clem Bissonette, Winooski Representative to the Vermont Legislature

I have been preparing myself for the upcoming 2015 Legislative Session by attending the following briefings or forums:

- **Nov. 17** - attended an opiate briefing
- **Nov. 18** - attended an all-day forum on "Climate Change" at UVM
- **Nov. 19** - attended a five hour session on the 2015 and 2016 "Budgets at the State House"
- **Nov. 26** - attended a briefing by The Vermont Army and the Vermont Air National Guards
- **Dec. 02** - attended a briefing from The Visiting Nurse Association
- **Dec. 03** - attended an all-day forum sponsored by The Vermont Liquor Control Board
- **Dec. 09 through Dec. 12** - attended a four-day conference in Washington, DC sponsored by the National Conference of State Legislators. The conference topic was "Transportation Infrastructure." (I am on the House Transportation Committee)
- **Dec. 15** - attended a meeting with the Vermont Bankers Association
- **Dec. 17** - attended a meeting with Officials from the City of Burlington
- **Dec. 18** - attended a meeting with The Chittenden County Regional Planning Commission

Note: all Chittenden County Representatives and Senators were invited to the above meetings.

Happy New Year and please be in touch if you have any questions or issues you would like to talk about. You can reach me by email at clembi@comcast.net. Future reports will include reporting from Diana Gonzalez as we plan to divide up and report back on our various committee assignments and work.



Community College of Vermont (CCV) Winooski News

By Aimee Loiter, Coordinator of Academic Services

Register NOW through
January 23rd 2015!

www.ccv.edu
(802) 654-0505

Classes begin January 26th, Financial Aid deadline January 16th

Thinking of going to college or a career change? Have you always wanted to work in a hospital or a doctor's office? Nursing and Medical Assisting, two growing professions in the field of health care, are available to you!

Prefer the business end of health care careers? Consider the Health Information Specialist Certificate. The Community College of Vermont (CCV) offers career pathways into health care for all students regardless of past experience or skill. While some students are straight from high school or GED programs, many come to us midlife wanting a different career. If you are someone who is pulled to provide care in a clinical setting, or you have a deep love for learning about illness, treatments, and medical procedures, we would love to talk with you.

Initial course work may include one class or a sequence of classes depending on your interests and academic needs. Commonly, students without previous college science experience will begin by learning the language of medicine by taking Medical Terminology. After this Human Biology will help develop a base knowledge of how the body works, and bodily processes are integrated. You can also take one class at a time to see how it feels to take a first step! Wellness for Life gives students a general overview of what it means to be well, and how choices people make impact our overall wellness.

Please stop by or call us with any questions. CCV welcomes you!

Winooski Senior Center — January Update

By Jahnine Spaulding

Just as it is at your house, December was a busy month at the Winooski Senior Center. Our seniors were decking the halls and trimming the tree in fine fashion. The bakers in the group cooked up 31 dozen cookies that may well be the highlight (I'm telling you, those cookies were great!) of the Little Green Pantry's Christmas baskets. No holiday is complete without a party, so we had two! Fantastic parties, where we ate, drank, and made merry with the help of Lyric Theater and Olaf the Snowman, and the Winooski Community Chorus. Many thanks to the Lyric and WCC, great community partners who really added to the festivities! What a month of fun, food, music, lights, and all things holiday.

As we kick off the new year, it always feels good to try something new, so give us a call to find out about these new activities that we are offering (if we have enough participants) starting this month:

BOOK CLUB – Time and date to be determined, starts in January. FREE! The acclaimed book, *Wonder*, by RJ Palacio will be a quick first read. The discussion will be lead by Winooski's wonderful Head Librarian Amanda Perry. What will we read? A heart warming and thought provoking story of one August Pullman - born with a facial difference that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face.

While the setting is middle school, the themes are universal, and the idea that each of us is more than what is visible on the outside will resonate with Seniors, who often experience being dismissed or mis-judged because of their appearance. There may be an opportunity to do a discuss with WSD students on this book.

Digging a bit deeper, our next book may be (all future books will be selected by the group), *Deep Down, Dark*, (the Untold Story of 33 Men Buried Alive in a Chilean Mine and the Miracle That Set Them Free) by Hector Tobar. This is the true story of the individuals trapped in

the Chilean Mining Accident of 2010, and how the experience transformed their lives. The themes of selflessness, sacrifice, courage, gallows humor, and human compassion are all explored. PLEASE CALL THE WSC to join the club! 655-6425.

MONDAY AND FRIDAY INDOOR WALKING GROUP – FRR. We pickup at 9:30 at the WSC, return to the WSC by 11:30 AM. Walk with us twice a week inside the buildings of the Champlain Valley Expo/Fair Grounds. We are partnering with Winooski Housing Authority's SASH Program (Support and Services At Home) to ensure a warm dry place to keep fit and active. We'll be walking with seniors from other communities, and will always be accompanied by one of the SASH Coordinators. To participate you must sign up for SASH – but that only means you will be eligible for SASH services when you think you are ready for them. There is no cost to participate, and no cost to become a SASH member. Please call us for details 655-6425.

WEEKDAY CARDS and/or GAMES – Early afternoons starting late January (day/date TBD by the group). Keep cabin fever at bay by dropping by for a casual round of cards, a game of scrabble, or any other “table top” pursuits. We have lots of games, and plenty of cards. Keep your mind fit, and spirits high! Call if you are interested 655-6425.

ON THE HORIZON – We are interested in starting the following groups/programs, but need to be sure we have enough participants: Wii Bowling, Aging Well Workshops, Scrapbooking, AARP Tax assistance, a Pinochle Tourney, and Scrapbooking club. If interested in any of these, please give us a call at 655-6425.

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



Many thanks to “Olaf” and the members of the Lyric Theater troupe who entertained us at the Senior Club Holiday Dinner!



Many thanks to Bill Wetherbee of Wetherbee's Catering for providing another wonderfully delicious dinner.



Gail Hance and Theresa Kellogg cutting up!



Norma Audette makes a great Santa.

“Discover Historic Winooski” Maps Now Available!

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

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Welcome Back! We hope everyone had a nice holiday season. It is that time of year again to remind everyone that during these cold wet winter months we are in need of extra pants size 5T-12. We get a lot of JFK kids in from recess asking for dry clothes and we just don't have enough to meet the demand. We would also ask parents to pack an extra set of clothes in their child's backpacks especially in grade K-2. Thanks and Happy New Year!

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

I hope everyone is ready to start the new year rested and smiling! Remember, your diet needs to include a variety of foods in order to have good Oral Health and good Overall Health. Poor choices (sugary snacks, all sodas and sports drinks) can cause dental problems. Even sugar-free sodas contain acid which, with each sip, cause a 20 minute acid attack that may harm your teeth. FLOSS, Brush and see your Favorite Dentist regularly!

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

ELEMENTARY SCHOOL LUNCH MENU — JANUARY

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 January 1 & 2: No School January 7: Early Release Grades 6-12 January 9: Taste Test Event January 14: Delayed Start Grades K-5 January 19: No School January 30: Super Bowl Party 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 January 2015 	DAILY BREAKFAST OPTIONS Abbey Breakfast Sandwich Sausage & Cheese on English Muffin offered daily!! MONDAY Whole Grain French Toast Sticks TUESDAY Whole Grain Cinnamon Bun w/Cheese Stick WEDNESDAY Scrambled Egg & Cheese Wrap THURSDAY Healthy Breakfast Round FRIDAY Ham & Cheese Bagel OR ** Cereals w/English Muffin OR Bagels Fresh Fruit & Mills With all Meals
--	---	---

Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php		Thurs., Jan. 1 No School	Fri., Jan. 2 No School	
Mon., Jan. 5 Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Potato Wedges Green Pepper Sticks Banana Bread Square Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Tues., Jan. 6 Spaghetti w/ Meat or Marinara Sauce Chopped Green Salad Garlic Breadsticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Wed., Jan. 7 Early Release Grades 6-12 Cheesy Breadsticks Hearty Country Vegetable Soup Marinara Dipping Sauce Side Caesar Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Thurs., Jan. 8 Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Warm Black Beans Steamed Corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Fri., Jan. 9 Grilled Cheese Sandwich Chicken Noodle Soup Roasted Beet Wedges Carrot Sticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Taste Test Event: Magenta Root Slaw Fresh Fruit Fresh Milk

Deli Sandwich Offered Daily

Pay for meals on-line
 For free on-line service go to <http://www.abbeygroup.net> Search for Your School and Click the K12 Payment Center link

Benefits:

- Free premium membership for all Abbey Group customers
- Get low balance email alerts for free
- Check meal account balances and account history for free
- Make payments for meals using your credit card for \$1.95 transaction fee (No limit on amount deposited)

Prices
Breakfast \$FREE Lunch \$FREE

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

Mon., Jan. 12 Chicken Patty Sandwich w/Lettuce & Tomato Magenta Root Slaw Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Tues., Jan. 13 Pasta w/ Marinara Sauce Spinach Salad Italian Bean Salad Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Wed., Jan. 14 Delayed Start Grades K-5 Homemade Pepperoni, Cheese Veggie Pizza or Chef's Choice Fresh Carrot Sticks Hummus Dip Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Thurs., Jan. 15 Taco Bar w/ The Works Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Rice Pilaf Marinated Black Bean Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Fri., Jan. 16 Pancakes w/ Warm Syrup Sausage Links Sweet & White Home Fries Celery Sticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk
Mon., Jan. 19 No School	Tues., Jan. 20 Dress Your Own Burger on A Bun Oven Baked Homemade French Fries Baked Beans Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Wed., Jan. 21 Homemade Pepperoni, Cheese or Veggie Pizza Chopped Green Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Thurs., Jan. 22 Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Warm Black Beans Steamed Corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Fri., Jan. 23 General Tso's Chicken Vegetable Fried Rice Steamed Broccoli Dinner Roll Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk
Mon., Jan. 26 Chicken Nuggets w/Dipping Sauce Oven Baked Rutabaga Baked Beans Dinner Roll Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Tues., Jan. 27 Spaghetti w/ Marinara Sauce Chopped Green Salad Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Wed., Jan. 28 Cheesy Breadsticks Marinara Sauce Hearty Country Veg. Soup Garden Slaw Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Thurs., Jan. 29 Hot Turkey Sandwich w/Gravy Homemade French Fries Steamed Peas Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Fri., Jan. 30 Super Bowl Party Chicken Chili Nacho Chips w/ Layered Dip (Salsa, Sour Cream, Topped with Lettuce and Tomatoes) Carrot Sticks w/ Dip Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk

We Support Local New England Companies

Samosa Man	Sentinel Orchards	McKenzie	Westminster Crackers	New England Coffee	Champion Orchard	VT. Hydroponic Produce LLC	Sunrise Orchards
Lewis Creek Farm	VT Country Farms	Cabot Cooperative	Michaela's Salsa	Mazza Farm Stand	Cold Hollow Cider		

Whole grain options offered daily

Harvest of the Month Beets & Rutabaga

Beets are root vegetables like carrots and turnips. Pick beets that are round and red. Although there are other varieties that come in different colors. Avoid dry or cracked beets. Store beets in refrigerator. Beets are high in Vitamin C and Folate.

American Purple Top Yellow rutabaga is a cool season Swedish variety of American origin, a long-time standard for home and market use. The rutabaga produces purple-topped, globular roots with pale yellow, fine-grained skin and flesh. Generally harvested when it is at least four inches in diameter, the rutabaga's creamy, yellow flesh is crisp and peppery sweet when raw and soft and sweet when cooked properly.

Like other root vegetables, rutabaga has a natural sweetness that is enhanced by cooking. Diced rutabaga and slowly sauté with apples and onions until caramelized. Toss thinly sliced rutabaga with soy sauce, vinegar, sugar and garlic then serve fresh as a side dish. Boil diced rutabaga and toss with herb vinaigrette and Israeli couscous for a side dish. Steam or boil diced rutabaga until soft, then mash with cooked carrots and flavor with minced lemongrass. Rutabaga will keep in cool, dark storage for months.

Magenta Root Slaw
 8 1/2 cup servings
 Fresh Ginger 1 oz. Shredded carrot 9.5 oz.
 Beets shredded 9.5 oz. Parsnips shredded 9.5 oz.
 Honey 1/8 cup Lemon Juice 1 tbslp
 Salt pinch
 Ground fresh ginger in food processor. Whisk together honey, lemon juice and salt in bowl. Add shredded vegetables and toss to combine.

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

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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

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

WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wdschools.org

John F. Kennedy Elementary School

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

Winooski Middle and High School

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

Board of School Trustees

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

WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

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

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

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