

ALSO INCLUDES
Community News!
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WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 13, ISSUE 4

JANUARY 2016

Celebrating The Holidays Together



Music Filled The Halls

By Sara Raabe, JFK Elementary Principal

JFK's 2015 Winter Performance took place on Thursday December 17th at 6:30 pm. Our theme this year was "Hopes and Dreams". This theme linked with our Graduation Expectation of Physical, Social, and Emotional Well-Being. 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!



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Photos by Beltrami Studios

NOTES FROM THE CENTRAL OFFICE

Attendance

By Sean McMannon, Superintendent of Schools

This past September I reported out some of our local data from the 2014-15 school year to the community via this column. One of the areas that I shared was student attendance, specifically absences and tardies. The 8-week sampling of student attendance data from the 2014-15 school year showed the following:

School	Absences 2014-15			Tardies 2014-15		
	JFK	Middle School	High School	JFK	Middle School	High School
Avg. # of students Absent and Tardy per day	19.5	8.5	14.5	36.9	15.5	18.7

This year we are sharing the monthly attendance data with the principals and teachers so they can work with students and parents who struggle with absences and tardies. The good news so far in the 2015-16 school year is that overall attendance has improved from October to November and we have 96 students who have not been tardy or absent the entire months of October and November. A perfect 36 out of 36 days! Please congratulate them on their consistent dedication to learning!

The troubling news is that we continue to have many students tardy and absent throughout the first few months of the school year. Here is the current absence and tardy data for October and November 2015:

School	Absences (Oct & Nov 2015)			Tardies (Oct & Nov 2015)		
	JFK	Middle School	High School	JFK	Middle School	High School
Avg. # of students Absent and Tardy per day	20.5 or 6%	8.2 or 5%	15.8 or 7%	30.8 or 9%	16.4 or 10%	27.5 or 12%

Here are a few tips for parents to support student attendance:

- Let your child know that you believe school is important
- Regularly check your child's attendance and academic progress with your child's teacher
- Take an interest in their education - ask about school work and encourage them to get involved in school activities
- Discuss any problems they may have at school - inform their teacher, guidance counselor or principal about anything serious
- Make sure they understand the importance of good attendance and punctuality, future employers expect this
- Set a regular bedtime/curfew on school nights that is appropriate for your child's age
- Provide a plan for getting your child to school on time
- Do not let them take time off school for minor ailments - particularly those which would not prevent you from going to work
- Do not support children leaving school early during the school day
- As much as possible, schedule all appointments for before or after school hours
- Notify the school as soon as possible if your child has a prolonged absence due to illness or hospitalization

- Make sure excuse notes are returned immediately for all absences

REFERENCES

<http://webgui.phila.k12.pa.us/offices/a/attendance-truancy/for-parents/parents-can-improve-students-attendance>

<http://www.nidirect.gov.uk/school-attendance-and-absence>

Remember, we are all in this together as we support our children in their journey toward college, career and life readiness. Thank you for working with WSD to benefit our students!

Students with Perfect Attendance

(Oct/Nov 2015)

JFK ELEMENTARY SCHOOL

Abdihamid, Saitun
 Ahmed, Ahmed
 Barlow, Eli
 Barrett, Caidyn
 Barton, Alex
 Be, Raseda
 Buker, Eric
 Buker, Ryder
 Byamungu, Olivia
 Coleman, Kamiya
 Corrigan, Joshua
 Darjee, Roshika
 Daud, Ahmed
 Daud, Dahir
 Enwa, Aluma
 Francis, Sha'leya
 Freije, Emily
 Jan, Mea Ree
 Holness, Jahnaiyah
 Khant, Jeffery
 Laaroussi, Yassir
 LaBounty, Markus
 Martin, Braden
 Mayange, Fatuma
 Michoma, Dahlia
 Mohamed, Abdullahi
 Mohamed, Hamdi
 Mohamed, Mohamed
 Morrison, Hailey

Budgeting for 2015-2016

By Julian Portilla, Board of School Trustees

Dear friends and neighbors,

I write to you this month with a bit of a heavy heart. As a result of some of the provisions of Act 46, the board has been struggling with how to prepare for some fairly severe spending cuts in our budget for next year. As you may know, Act 46 of 2015 was passed by the Vermont Legislature in the spring. The goals of Act 46 are stated as follows:

(1) provide substantial equity in the quality and variety of educational opportunities statewide; (2) lead students to achieve or exceed the State's Education Quality Standards, adopted as rules by the State Board of Education at the direction of the General Assembly; (3) maximize operational efficiencies through increased

flexibility to manage, share, and transfer resources, with a goal of increasing the district-level ratio of students to full-time equivalent staff; (4) promote transparency and accountability; and (5) are delivered at a cost that parents, voters, and taxpayers value.

So the state wishes to change the way schools in Vermont are governed and it wishes also to save costs for taxpayers. Both of those goals are laudable. The devil is in the details as they say. One of the motivations for the legislation is that the cost of schools has gone up while the student population has gone down. According to Act 46:

Vermont's kindergarten through grade 12 student population has declined from

103,000 in fiscal year 1997 to 78,300 in fiscal year 2015. (b) The number of school-related personnel has not decreased in proportion to the decline in student population.

The document also goes on to talk about increasing needs of children with regards to things like severe emotional needs, nutrition and poverty. It also talks about the need to simplify governance, citing the fact that there are 13 different kinds of school governance structures.

As is so often the case, Winooski does not fit the image of what might be considered a typical school in Vermont. For one thing, our student population has NOT gone down in many years. In fact, this year we have 856 students in the district, 50 more than last year. We've hovered around the 850 mark since at least 2005 when we had 794 with a high point in 2011 with 926. Current predictions based on demographic models suggest that we'll hold steady around 850 for many years to come.

At the same time we have seen an increase in students on Individual Education Plans (IEPs)—this year at about 18.6%—which require more staff support. 32% of Winooski students are ELL students. And while the presence of New Americans enriches the lives of everyone in Winooski and especially those in our school district, it does imply a slightly higher overall education cost. Consider also that without the presence of folks recently arrived in this country, Winooski might not have a school district at all.

So we've bucked the statewide trend in terms of our student population and we're above and beyond the state trend in terms of the increasing needs of our students.

Add to this that our district is a K-12 district which is exactly the model the legislature and the VT Agency of Ed want other schools to move to. There again we are both the model and the exception.

Finally, over the years, despite the challenges of a population that has higher needs than others, Winooski School District has done an exceptional job of controlling its costs. Our education spending rank is 206 out of 282 districts

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Osman, Abdulkadir
Osman, Ghamaril
Parris, Ashlyn
Parris, Samuel
Parrott, Taylor
Pascosime, Niyontsinzi
Patnaude, Charley
Perkins, Andrew
Resmer, Ivy
Sadik, Kamila
Saeed, Mohanad
Senna, Diamond
Su, Winechit
Surma, Daniel
Sweeney, Taylor
Thaw, Bway Nay Kaw
Totin, Eurzulie
Willis, Eliza
Yousif, Baraa
Yousif, Taha

WINOOSKI MIDDLE SCHOOL

Bi,Kaw Ra Ban
Bista, Keshab
Dang, Nhan
Do, Sophia
Granger, Brayden
Hussein, Ali
Ly, Penny
Ly, Ruby
Magar, Milan
Mangar, Ashbin
McIntire -Nunez, Isaac
Mohamed, Abdimalik
Moo, Dah

Musanovic, Ayoob
Nsimirimana, Regine
Parris, Michaela
Richards, Lauralye
Treadwell, Sarah
Sanyashi, Dipen
Shabaan, Faisal
Siki, Stephanie
Surma, Lucy
Tiwari, Padam
Willis, Anna

WINOOSKI HIGH SCHOOL

Alger, Noah
Aye, ThaZin
Be, Oo Mai
Bigelow, Brandon
Do, Alexander
Fisher, Devon
Gure, Cabdishakuur (Abdi)
Hayden, Shelby
Ly, Marie
Lambert, Rebekkah
Little, Kaitlinn
Metivier, Mariah
Mohamed, FartunMuya, Hamdi
Nguyen, Thong
Nbitanga, Esther
Pradhan, Roshan
Siki, Andy
Siki, Pascal
Syharaj, Destiny
Taylor, Ledania
Wit, Ball
Yar, RoZe

in the state. That means that 205 districts spend more per child than we do. Those of you who follow my updates (and who doesn't??) will know that while I'm proud to serve a district that has been frugal and wise over the years, I've also advocated that we think about increasing our commitment to our children. I know that for those on fixed incomes that doesn't sit well but our district is wonderful and unique in so many ways. Consider also that our tax rates in Winooski are among the lowest in the county and even though we are in Chittenden, our tax rate is well below the state average. The future depends on the kids in this school and we can do better for them.

Which brings me to the final part of Act 46 that affects us which is called the allowable growth percentage. The intent of this portion of the law is to control costs statewide. The equation is somewhat complicated but the idea is that depending on what you spent the last year and how it compares to those who spent the most, your district is allowed a budget increase between 0 and 5%. In our case the equation comes to 2.75%. The impact of this section of the law in Winooski means that without programming a single increase in spending for next year, the Winooski School District cannot meet its current obligations. This is mostly due to staff salary increases negotiated in previous contracts, to increases in the costs of health care (7.9% this year alone!) and to increases in some special education expenses (required by law).

What does that mean? It means we have to make deep cuts. We are trying to make cuts as far away from students as we can but given our lean budgets in years past, there are only so many places to cut before students feel the effects. As it stands now, everything is on the table: field trips, dental care, technology, athletics, staff and supplies.

More broadly, it means that this law, designed to "provide substantial equity in the quality and variety of educational opportunities statewide;" is in fact freezing inequality around the state while reducing educational opportunities. The provisions restricting spending have been designed in such a way that if your community has well-funded schools, you will continue to have well-funded schools

while those of us who have been more frugal and responsible with our budgets are unable to make any meaningful changes in the support we give our children. The allowable growth provision of act 46 is an example of policy making that continues the trend of punishing those at the bottom and flies in the face of the basic principle of public education: that all children deserve the same opportunities to learn and grow.

In a recent statement, the Vermont School Boards Association said that,

The allowable growth percentage is flawed public policy. Expecting school boards to respond to this flawed provision jeopardizes local efforts to implement the governance provisions of Act 46, and is likely to do damage to educational quality and equity, the primary goals of the Act.

The General Assembly must act within the first week of the session to repeal or delay this damaging provision before school district budgets are sent to the printer. If you have concerns about the allowable growth percentage, your local representatives and senators need to hear from you now. Ask them to take action to repeal or delay the allowable growth provision within the first week of January.

These are the people who need to hear from you if you wish to voice your opinion about Act 46 and its impact on Winooski.

- Rep. Clem Bissonnette (D) 11 Dufresne Dr., Winooski, VT 05404 655-9527 cbissonnette@leg.state.vt.us
- Rep. Diana Gonzalez (P/D) 27 LeClair St., Winooski, VT 05404 661-4053 dgonzalez@leg.state.vt.us
- Sen. Tim Ashe (D) 45 Lakeview Terrace, Burlington, VT 05401 318-0903 tashe@leg.state.vt.us
- Sen. Philip Baruth (D) 87 Curtis Ave., Burlington, VT 05408 503-5266 pbaruth@leg.state.vt.us
- Sen. Michael Sirotkin (D) 80 Bartlett Rd., So. Burlington, VT 05403 999-4360 msirotkin@leg.state.vt.us
- Sen. Virginia "Ginny" Lyons (D) 241 White Birch Lane, Williston, VT 05495 863-6129 vlyons@leg.state.vt.us
- Sen. Diane Snelling (R) 304 Piette Rd., Hinesburg, VT 05461 482-4382 dsnelling@leg.state.vt.us
- Sen. David Zuckerman (P) 2083 Gilman Rd., Hinesburg, VT 05461 598-1986 dzuckerman@leg.state.vt.us

I hope you'll join me in letting our elected representatives know that the allowable growth provision of act 46 flies in the face of its stated intent, that it freezes inequality around the state and makes it harder than ever for the school district to meet the needs of Winooski's children.

Interested in Running for the School Board?

There are two positions up for election in March:

- a 2 year term (Julian Portilla) and
- a 3 year term (Jen Corrigan).

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 or School Board.

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 Thursday, January 21, 2016 and the last day to file your petition is Friday, January 29, 2016 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 Mindful City Project: Year Two!

By Jaycie Puttlitz, Wellness Coordinator, Winooski School District



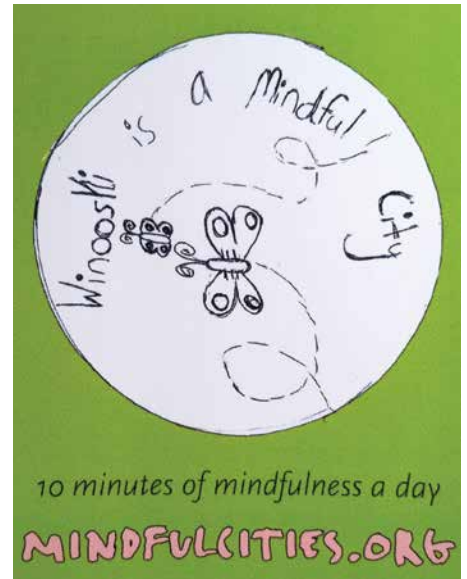
We are delighted to announce that the Mindful City Project has been awarded funding to continue for another year! The continuation of funding shows that this project represents the very best of innovative, non-profit work in Vermont. The grant comes again from the Vermont Community Foundation as one of their “Innovations and Collaborations Grant” awards.

Last year, this funding was awarded to the Mindful City Project to teach and integrate mindfulness into the core city institutions of Winooski (see December 2014 issue of Winooski District News). Activities from the 2015 grant included expanding mindfulness lessons that were successful in JFK Elementary School

into Winooski middle/high school and initiating a student leadership team. We also began offering weekly mindfulness sessions for Winooski residents at the community center and senior center, provided mindfulness training to the Winooski Police Department, and developed a Web site to help connect and guide Winooski residents.

The goal of the Project has evolved for 2016 to strengthen the relationship students have with their community. Funding for the upcoming year of the Mindful City Project will provide more opportunities for Winooski families, residents and City employees to participate in mindfulness training, some of which may be led by students. In the classrooms, we will continue to teach mindfulness techniques to students not just for managing stress and emotions, but also to set goals for themselves so they can be more engaged in learning and successful in their lives. Students will also have more opportunities to be leaders and share their learning with their community and other schools.

Another important aspect of the Mindful City Project is to serve as a



model for schools and towns throughout Vermont to integrate mindfulness as a tool for supporting a strong, healthy community.

All members of the Winooski community, from residents to employees working here, are encouraged to participate in the Mindful City Project. You can find out more at www.mindfulcities.org. There, you will find a link to sign up for updates as well as contact information. You may also find updates on the Winooski School District web page.

Unified Sports Bowling

By Tim Rich, Special Education Teacher, Team Journey

On December 7th the Winooski Unified Sports Bowling Team competed in the annual statewide bowling tournament at Twin Lanes in Barre, VT. Special Olympics Unified Sports® brings together athletes with and without intellectual disabilities to train and compete on the same team. By pairing peers with and without disabilities on the same team, students are given the opportunity to build more inclusive schools. Unified Sports promotes equality on and off the field. The motto for Unified Sports is “On the field we’re teammates and off the field we’re friends”.

Our team, comprised of students from 5th - 11th grades, took home several gold, silver and bronze medals from the tournament. Special recognition goes to Richard Booher for bowling the high

score of 102, way to go Richard! Special thanks to the following coaches: Dave Couture, Clarissa Gibbons, Shannon Fountain and Jake Lester. Without your support we wouldn’t have been able to have such a great season.

Thank you to the following athletes and partners for making this the best bowling season ever:

- Richard Booher
- Abdinoor Hussein
- Noah Alger
- Jacob Chappie
- Matt Hill
- Matthew Hayden
- Zachary Chagnon
- Samantha Davis
- Dominic Kirby (Captain)



- Austin Moquin (Captain)
- Dylan Hutchinson
- Eric Davis
- Austin Benoit
- Ayshton Langdon-Green
- Max Gordon
- Alyssa Winegar
- Natalie Cross
- Zoe Clark

CITY AND SCHOOL ANNOUNCEMENTS

Mayor Seth Leonard Dedicates new Winooski Little Free Library

By Dr. Ron Stotyn

The first Little Free Library in Winooski, sponsored by Marron Holdings LLC, was celebrated by an Official Opening and Dedication ceremony at 21 Bernard Street on Wednesday December 2nd.

Winooski Mayor Seth Leonard, accompanied by Director of Community Services Ray Coffey and Librarian Amanda Perry spoke in support of the Little Free Library installation at the ceremony. Mayor Leonard commended Dr. Ron Stotyn, President of Marron Holdings LLC for commitment to the community in the opening of a Little Free Library in the community.

Dr. Stotyn noted that littlefreelibrary.org is a world-wide organization with more than 32,000 Little Free Libraries around the world. Many, he said, are located in rural areas or in locations where access to a public library is either non-existent or difficult. He said the installation of a Little Free Library in Winooski came about following realization that while several exist in surrounding cities, none existed within Winooski. He hopes this Little Free Library will inspire other members of the community to build and install others around the city.

Director Ray Coffey said Community Services was encouraged by the opening of the Little Free Library and expected the new service would enhance community spirit in Winooski. Librarian Amanda Perry said she did not expect the Little Free Library would conflict with the Public Library but would offer additional access to books and reading. Dr. Stotyn noted that the only real difference between a Little Free Library and a Public Library was the fact that a Public Library cannot be open all the time. A Little Free Library has no open hours restrictions. Use of the Little Free Library has only one guideline: Borrow a Book, Return a Book. The selection of books in a Little Free Library is typically varied as users may return a different book from what they borrowed.



Winooski Dollars For Scholars

By Linda Gregoire

HAPPY NEW YEAR FRIENDS AND FAMILY!

We are pleased to announce a brand new addition to the Winooski Dollars For Scholars — the Winooski Community Partnership. We are off to a promising start! We are now offering handy plastic cards to carry in your wallet to use locally to benefit our graduates and the WCP. Did you know the WCP is responsible for making the Farmer's Market happen and other great venues? Such great news for our little town who is so proud of the recent graduates who just received their scholarships. Way to go Winooski! Wishing you all a 2016 that's better than the year before.

Honor Roll at Rice Memorial High School

Rev. Msgr. Bernard W. Bourgeois, principal at Rice Memorial High School in South Burlington, proudly announces the following Winooski residents achieved Honor Roll status for the first quarter:

- **Second Honors:** Kayla Corrigan, Madison Gorrigan
- **Honorable Mention:** Mersaylia Beaudoin, Olivia Lesage, Cole Thornton

Exciting things are happening at YouthBuild!

By Julie Hankins, AmeriCorps YouthBuild Community Partnership Coordinator

As we gear up for the New Year it's a great time to reflect on the last few months here at YouthBuild!

Community Service:

In 2015 YouthBuild students worked with 20 organizations to completed 35 Community Service Projects. Some of the organizations we served with include: Vermont Foodbank, The Community Sailing Center, Ronald McDonald House, Fellowship of the Wheel, Bike Recycle Vermont, Salvation Army, Winooski Parks and Recreation, and many, many more!



In the Classroom:

We enrolled 4 new students between October and December, these students formed a new crew, called D Crew. Our senior students, C Crew members, are working hard preparing for their capstone presentations. This will be C Crew's final major project with YouthBuild, and they will complete the program in mid-February.

Construction: Students have been working on a new shed for Burlington



Department of Parks and Recreation's community gardens, the shed features a unique water barrel system.

Recruitment: We will be starting a new crew of students in February, if you are interested in learning more about YouthBuild, contact us today at (802) 658-4143 x 27 or stop in at 266 Pine Street.

AFTERSCHOOL PROGRAM

Afterschool Programs Matter

By Suzanne Skaflestad, 21C Program Director

It is clear to us that Afterschool matters because Winooski students matter!

Afterschool happens because of the support from the entire school community.

Each one of you plays an important role that helps build quality programs for students. Thank you for all that you do throughout the school year and summer.

We would like to especially thank the teachers, instructional assistants, thrive staff, administrators, community members, parents, and our students... for bringing your vision, creativity, excitement and smiles to afterschool.

We recently asked parents, students and staff why afterschool matters to them. **Here are some parent responses:**

- It allows my child extra learning.
- It helps children learn valuable life lessons by participating in new programs.
- My child gets more education, knowledge and skill and learns about new games.
- My daughter enjoys doing things she doesn't normally do.
- My daughter has loved everything she has done here....she is in violin and the teacher is excellent - VERY impressed.

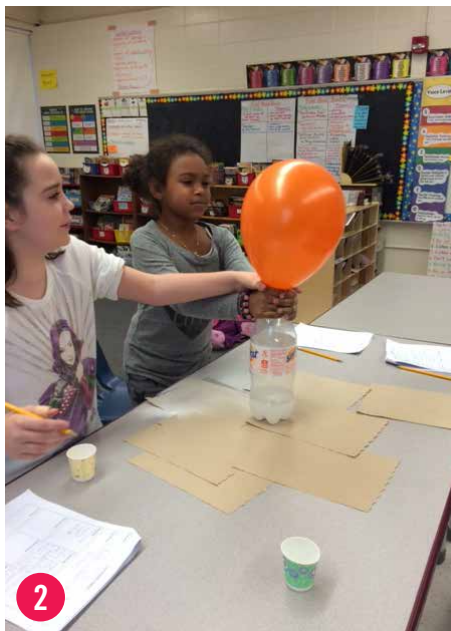
Thank you!!

Here are some student responses:

- I get to be more creative with my mind. I get to try new things out.
- It's fun. We spend all day working so hard and it's nice to have some fun. It's challenging. We strategize.
- I learn new things. I learn new games.



1



2



3



4



5



6



7

Elementary Enrichment, Recreation and Fun

1. Auishma, Evangelina, Norah and Pasco create cool patterns and designs
2. Ashlyn and Natayah conduct the fizz inflator experiment
3. Jesse reading during a field trip to the Winooski Memorial Library.
4. Bayley demonstrates the rock pose.
5. Robbie is happy to share his woodworking project.
6. Thera works on her project in woodworking.
7. Anthony and Ashlyn observe the lemon explosion.



Elementary Enrichment, Recreation and Fun

1. Band practice in the 2-5 classroom.
2. Thatcher problem solves in Strategy Games.
3. Nadia and Ashley finishing a puzzle.
4. Afterschool book club reads *Gabriel Finley and the Raven's Riddle*.



Afterschool matters to students because:

- There are a lot of things you can do and learn from going to afterschool. For example, now I am really good at soccer.
- I get to do things I like.
- I get to choose the class that I want.
- We are here to learn and the teachers help us.
- It makes me happy.
- I like making things like owls in Night Creatures.
- I want to have fun.

Afterschool matters to parents because:

- It allows my kids to explore their hobbies and likes while learning!

- It has given my grandson the courage to try new things, make new friends and has improved his confidence and feeling of self-worth. Big change in him!
- My kids get exposure to the arts!
- My children enjoy the fun activities and it increases their ability to gain more knowledge.

Afterschool matters to staff because:

- It is a neat way to build new relationships with students that I have never worked with before.
- It gives students a safe place to be afterschool; and it is educational. They even get a meal.
- It's a chance for me to see students

in a different mode with no hurry to make it through curriculum.

- It's a chance for me to share something that I love with the students and help them learn a valuable skill.
- It's a relaxing way to end the day.
- It is a way to expose small groups of students to experiences they may not have within the school day, or at home.
- We're opening their minds to other ways of thinking and new perspectives to look at the world with.
- It provides a chance for students to deeply understand content or to build on already existing knowledge and solidify ideas together!



Thank you to our 21C Afterschool Advisory Board Members for their ongoing support and expertise:
Rosina Cannizzaro, Vermont Youth Orchestra Association Executive Director
Ray Coffey, City of Winooski Community Services Director and 21C Partner
Robin Hood, Winooski School District Director of Special Education and Support Services
Heidi McLaughlin, Vermont Student Assistance Corporation Gear Up Program
Sean McMannon, Winooski School District Superintendent
Jane Mekkelsen, Literacy and Learning Connections Literacy Specialist
Sara Raabe, JFK Elementary Principal
Leon Wheeler, Winooski Middle High School Principal

Thank you to our community partners for helping us provide high quality programs:

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

Middle School Happenings

1. Dah Lar Moo strategizes in Paper Creations
2. Having fun afterschool.
3. Learning how to hand sew a stuffed animal in Stuff It.
4. Tulasha, Meera and Sa Me Lar share their sewing projects
5. Eh Ka Luu enjoys Manga Club
6. Abdalazez and Ashbin practice their swim strokes at the GBYMCA
7. Mayor Leonard talks with Richard during Baking with Vegetables

High School Happenings

1. A delicious meal prepared by Winooski students and the VYCC staff
2. Andy crafts an essay for English
3. Avery develops questions for Personal Finance interviews
4. Hamdi prepares a meal for the VYCC celebration
5. Libby assists Hau with a writing assignment and Joy with her personal finance class
6. Look at what Winooski students prepared in their cooking class
7. Vijayata and Sujan format documents for their Dual Enrollment Information Processing class
8. Ubah participates in the VYCC celebration



Take a look at who has made a commitment to providing high quality learning opportunities for our first and second sessions. (Sept-Dec) Please thank them for all their hard work.

Randy Argraves
 Katherine Blair
 Courtney Bryan
 Shannon Bundy
 Cathy Burbo
 Joe Clark
 Lisa Dold
 Lindi Hixon
 Petie Shea-Gamache
 Libby Houghton
 Nancy Keller
 Jeanne Knowlton
 Deb LaForce
 Jen LaPointe
 Chris Magistrale
 Danielle Magowan
 Kari Maughan
 Melissa Mason
 Rebecca Mellen
 Anja Mosehauer
 Claudine Nkurinziza
 Kirstie Paschall
 Courtney Poquette
 Ariel Salmon
 Amanda Santor
 Suzanne Skaflestad
 Jessica Summer
 Mag Thomas
 Ada Wetmore
 Vicki Wolinsky
 Jenny Wright



Our Hopes and Dreams

By Sara Raabe, Principal, John F. Kennedy Elementary

JFK's annual winter performance was Thursday December 17th at 6:30 pm. Our theme this year was "Hopes and Dreams". This theme linked with our Graduation Expectation of Physical, Social, and Emotional Well-Being.

This year our Kindergarten class sang "Heroes". This song is about making a choice every moment to be a hero every day. Being a hero is to be kind, loving, and nice to each other. We can all work together to be everyday heroes at JFK!

First grade sang "Safe and Sound", which is a wonderful song about hopes and dreams. The words, "Even if the sky is falling down, I know that we'll be safe and sound" reminds us that even when we face struggles, having an attitude of hope will keep us strong.

Grade 2 sang "Ain't No Mountain High Enough". This is a classic song about having hope. What a wonderful feeling it is to know that we all have people in our lives to give us support and encouragement. Whether that person is a friend, family member, teacher, or someone from the community sometimes all it takes is one person to make a difference.

"We Rock", which Grade 3 sang, is a song about finding our inner voice and following our dreams. It is about being able to stand strong alone or with those around us to make our dreams possible. We will raise our hands, find our voice, and rock on!

Grade 4 sang "Fight Song", which is another inspirational song about finding our own inner strength through the choices we make and the words we use every day. It is about the incredible power of just one word that can make all the difference for our own lives or for those around us. Sometimes what it takes is finding the strength to do or say the right thing.

The song Grade 5 sang, "I Lived", which is about giving it all you have. It is a song about hope and encouragement. The words, "I did it all, I saw so many places and did so many things" are great reminders to have an attitude of living our lives to the fullest and achieving our personal goals.

Annual Thanksgiving Feast

By Elizabeth Wood

On Wednesday, November 18th, the ELL teachers and staff held their annual Thanksgiving feast for ELL students new to JFK Elementary and Winooski Middle School. This was a special opportunity for these students to celebrate an American holiday and build a sense of community. Everyone enjoyed tasting the traditional foods of American Thanksgiving including turkey, stuffing, mashed potatoes, gravy, and cranberry sauce. The highlight of the meal was pumpkin pie served with whipped cream. We are already looking forward to next year's feast!



ELL teacher Kristin Van Fossen serves gravy to 2nd grade ELL students at the ELL Thanksgiving feast.

Literacy Instruction at JFK

By Jennifer Lapointe, Literacy Coach

It has been a great start to the school year for students and teachers in the area of literacy at JFK. As many of you may know, we have moved away from instruction using a Basal Anthology and are moving towards Reader's Workshop. Reader's Workshop is a teaching structure in which the goal is to explicitly teach students strategies to become more skillful at comprehending text. Reading Workshop involves students in authentic reading experiences that focus on the strengths and needs of each individual student through differentiated instruction. The Workshop model emphasizes the importance of student engagement and the interaction between readers and the text.

For the first few weeks of school, K-5 teachers and students have been focusing on a unit of study called, "Launching Your Reading Life." All students at JFK have been learning skills and strategies that will help grow their reading lives. JFK readers are learning about the kinds of books they like to read, and how to choose "just right" books. Students have been learning new routines and procedures about what reading looks and sounds like during Reader's Workshop, working with reading partners, sharing ideas and reading independently for longer periods of time.

With this strong foundation in place, readers are currently working within a Fiction Unit of Study, specifically focused on characters. They are developing big ideas about characters and making connections to their own lives, which are then carried through into their writing through response-to-text and writing personal narratives. Before Winter break, students will be immersed in non-fiction at each grade level and continue that work in January.

It's been a thrilling time at JFK and we look forward to the second half of the new year when things get really exciting as your child continues to grow as a reader!

JFK 5th Graders go to STARBASE

by Jenny Wright, 5th Grade Teacher

Our 5th graders are lucky to be able to attend STARBASE again this year! STARBASE Vermont serves schools throughout the state of Vermont with the goal to inspire students in Science, Technology, Engineering, and Math (STEM). STARBASE Vermont is part of a national program with over 60 sites across the country and the South Burlington office is hosted by the 158th Fighter Wing at the Vermont Air National Guard Base. While at STARBASE, students participate in exciting hands on activities where they

are challenged to think like engineers. Some activities include subjecting marshmallows to mini-decompression vaults where students learn about the crushing power of the air we breathe and using Lego Mindstorm software and robots to learn how NASA engineers program the Curiosity Rover to explore the planet Mars. The most exciting part of STARBASE for many students is when they observe Newton's



Laws of Motion by launching their own homemade rocket hundreds of feet into the Troposphere. Each 5th grade class will spend four full days at STARBASE and the rocket launch will take place here at JFK. If you would like to learn more about this exciting program, please visit their website: www.starbasevt.org

Happy New Year from the JFK Learning Commons!

By Jody Weimer

The second graders have really been enjoying the space's new lay out, the comfortable seating, and the many wonderful books that Ms. Laura has added to the library's collection. Popular book choices this month have been anything Minecraft and Lego related as well as the *Bad Kitty* chapter book series by Nick Bruel. These books fly off the shelves as soon as they are returned!

During their weekly visits to the Learning Commons, second graders spend their time choosing and reading new books alone or with a friend. They also have loved the fun pages Ms. Laura sets out for them to do afterwards.



Bad Kitty



MIDDLE/HIGH SCHOOL HIGHLIGHTS

Prepared and Empowered

By Leon Wheeler, Principal, WMHS

The week before the parent conferences on November 23rd, all middle and high school parents/guardians were mailed a document titled Progress in Winooski. In order to build a prosperous future for our community and ensure all students are college and career ready we've been redesigning school to support what students need to be successful in today's innovative society. To do this, here in Winooski we're providing three strands of skills and knowledge to students who will weave them together to form their education:

- Graduation Expectations (GXs) - the six overarching skills that apply to all areas of learning and work;
- Graduation Proficiencies (GPs) - the necessary knowledge every student

needs to prepare them for our complex world;

- Reading and Math skills at a college entry level, which will be demonstrated by a skills test in each subject.

The Winooski Middle High School has made significant progress redesigning teaching and learning in the past 4 years, including the introduction of the daily GX Champ one year ago, in January, 2015.

January 13th & 14th all middle and high school students will be presenting projects and speeches for JanPo, the first of two student expositions in this school year. This is the culminating event of the 1st semester, with students demonstrating

their GX skill growth, and one way we're ensuring that each student is college and career ready when he/she graduates.

As we prepare for the 2nd semester and plan for the 2016-17 school year, the following areas are priorities: Personalized Learning Plans for each student (PLP); Strengthening the advisory and TA system to better support and engage students; GX Gateway for 8th grade students in June; House structures in the high school; and revisions to the ways we assess and report student learning.

With blessings and best wishes to each student and family throughout this New Year!

Winooski Middle High School GX Champs!

By Kate Grodin, Assistant Principal, WMHS

Winooski Middle High School has a new way of recognizing students. Teachers may nominate students in 6th-12th grade who have demonstrated excellent work in one of our Graduate Expectations (GXs). One student is chosen to be the WMHS GX Champ of the Day. This student is celebrated with an announcement, tweet, photograph, and, most importantly, the opportunity to wear Winooski's own GX Champ belt for the day!

This month two middle school students were nominated in the Wellbeing GX for Growth because of the Reading Plus goals they set for themselves. **Lukas Zweeres** and **Milan Magar** have now advanced over two reading levels due to their hard work! Lukas reflected on how at the beginning of the year he was



Teachers Ms. Boon & Ms. Mintzer with GX Champ winners Lukas Zweeres & Milan Magar

falling behind in Reading Plus assignments. By the third week he decided to make a goal to advance grade levels and has been sticking with it ever since. Lukas likes to read now, thanks to Reading Plus. He finds the questions in the program help him focus and stay interested.

Milan said he started this year wanting to make a change. He was new to Winooski in the middle of last year and he found the transition difficult and his grades were slipping. This year he decided he wants to read at or above grade level. Turns out he enjoys reading because it helps him think about stuff.

What does it feel like to win the belt? Awesome if you ask Lukas, "I

literally didn't expect it, not this early! Maybe 7th or 8th grade." Milan agrees the belt is a great thing, "Every student will want to be a champ and will have to learn and study." Milan wants to win it one more time this year and Lukas hope to improve in science and win again. With the goals and work ethic these two students have, it's sure to happen!

Follow Winooski's GX Champs @ WinooskiLearns!

GX Champs November 15-December 16

- Abdey Madey
- Communications of Ideas Class
- Zeneth Nheb
- Abby Hayford
- Hiba Laarousi
- Sujan Acharya, Robert Ruhl & David Klinker
- Destiny Syharaj
- Abdullah Abdulaziz
- Austin Mitchel
- Tasha LaRose-Terry
- Mowtes Ibrahim
- Sujan Acharya

Guidance News

By Tony Settel, High School Guidance Counselor

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

- SAT on January 23. Please be sure to have printed out your admissions ticket beforehand.
- The Knights of Columbus are offering five \$1000 scholastic achievement awards to high school seniors slated to graduate in 2016. Sons or daughters of a Knights of Columbus in good standing in a subordinate Council within the Vermont jurisdiction are eligible. Please see Mr. Settel for additional information.
- January 1st marks the opening of the FAFSA application process. Be sure to get your financial documents filed and in order so that you can begin your application promptly. The earlier, the better. See Heidi McLaughlin or Tony Settel for help with this process.

Many college application deadlines fall near February 1st. See Tony Settel for help with completing applications. Remember to turn in your transcript release forms.

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 asettel@wdschools.org to set up an appointment.

WHS Online Store Welcomes Donations

By Courtney Poquette

The Winooski Business Department students are starting their own online store to learn about business and to raise money for upcoming field trips.

We welcome donations of new and like new small household items. Books, video games, and DVDs are also great donations. We are also still in search of board games which may be sold or used for our Business of Board Games class.

Donations can be dropped off at the school during business hours. You may also contact Courtney Poquette at 383-6192 or cpoquette@wdschools.org with questions about what we will accept. Thank you!

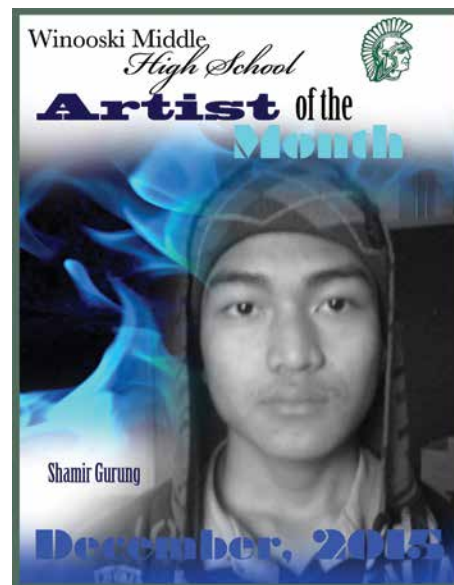
Winooski High School Students Attend Athletic Leadership Conference

By Dennis Barcomb, Athletic Director

Winooski High School proudly sent five students to the annual Student Athletic Leadership Conference on November 9th and 10th. Bailey Miller, Elli Nahimana, Lydia Nattress, Zeneth Nheb and Rebecca White represented the school.

Guest speakers taught the students how to become better leaders, and positive role models. The students also made many new friends from rival schools and learned a great deal about always giving your best effort!

All five students each play multiple sports at Winooski High School. Congratulations to these five students!



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

Please join me in congratulating Shamir Gurung as December's Winooski Middle High School Artist of the Month!

Shamir is often very quiet in Art, but very diligent and hard-working. He is always on task, and has an amazing eye for drawing portraiture, especially anime style. His work is envied by many of his classmates, and he takes all the compliments in stride, humble and proud.

Great job, Shamir!



Cadmium Kills

By Colton Lavalette

What is cadmium?

Cadmium is a highly toxic, bluish-white heavy metal used in a variety of products, both industrial and commercial.

Why is it dangerous?

Cadmium prefers a +2 oxidation state, the same as calcium. This means that cadmium can replace calcium in the body. Cadmium can also cause lipid peroxidation. This means that cadmium can attack fats in the body and cause tissue damage. Cadmium can also coat the inside of the lungs, and it is highly carcinogenic.

Where is cadmium found?

Cadmium is used in many types of solder (used to keep the pieces of a circuit in place) and as a pigment in paint. Cadmium is also found in television tube phosphors and nickel-cadmium batteries, and it is used to plate other types of metal to prevent corrosion.

Why is it dangerous?

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Can it get into drinking water?

Because cadmium is so insoluble, it is very unlikely that dangerous levels of cadmium would be found in drinking water. However, were the levels of cadmium high enough to be hazardous, water companies are required to notify customers. Exposure to cadmium is much more likely to come from other sources.

Who is at the highest risk?

Cadmium workers are at the highest risk for cadmium poisoning because they are exposed to it on a regular basis. Smokers are at risk for cadmium poisoning, because cadmium is found in cigarettes. Painters can also become exposed to cadmium from paints such as cadmium yellow. Cadmium is especially dangerous to children, because their bodies are smaller.

What happens to cadmium when it is used?

Because it is so dangerous, cadmium is strictly regulated. However, when nickel-cadmium batteries are not recycled, they can end up in landfills. Rain can then carry cadmium into bodies of water. Cadmium is rather insoluble, meaning it does not stay in the water very well. It then gets deposited on the ground and binds to the soil, where it can be absorbed by plants.

Ultimately, cadmium ends up being circulated through the system. When people dispose of cadmium improperly, it ends up in the ground, from which it cannot be removed. Nickel-cadmium batteries, when used, should be brought to a collection centre to be recycled, but the best solution is to cease the use of cadmium. Cadmium absorbed by the soil, is difficult to remove and poses a danger to plants, and the animals consuming those plants. Only the cessation of cadmium production can prevent this from happening.



Update from your City Council

By Robert Millar



Happy New Year!
By the time you read this, it will be 2016 – an exciting new year! I hope everyone is managing to keep to their resolutions so far.

In recent months, our focus on the City Council has been reviewing proposed changes to the City Charter, ordinances, and policies, but for now we have focused mainly on process changes and minor tweaks, rather than major substantive changes. For example, looking at whether various issues are better addressed with policies, which take a matter of weeks to change, ordinances, which take a few months, or the Charter, which requires voter and Legislative approval to change.

As I write this in mid-December, the Charter Review Committee, which Mayor Leonard and I served on, has just made recommendations to the City Council of suggested changes to the Charter. As a committee we decided to focus mainly on process issues, such as whether various City Council vote requirements made sense (some issues required a two-thirds vote, for example, which is four out of five members for the current Council). We also addressed some confusing and antiquated language and some parts that seemed to conflict with state law. Once

the Council approves them, all these changes will be presented to you and will be voted on at Town Meeting Day – Tuesday, March 1st this year.

One major thing the Council has changed is the City’s Ordinance on Winter Parking Bans (see how to sign up on the next page). After several decades, we will no longer have a citywide street parking ban all winter long! Instead, the City will employ several means to get the word out when there is a snow storm or other emergency that requires a parking ban, either citywide or in a specific area. One exception is the Downtown – south of the railroad tracks and east of Mayo Street – where the winter long ban will continue, due to the difficult nature of keeping those streets clear. You can find all the information you need on these changes, as well as information on how to sign up for alerts about parking bans and other emergencies, on the City’s website at www.winooskivt.org.

With the New Year also comes the budget season for cities, towns, and school boards across the state. For your City Council, that means we will be meeting for budget hearings every week in January to address different aspects of

the General Fund budget, the budget you will be voting on at Town Meeting Day.

This year, different City Department will be presenting at different hearings.

- On **Monday, January 4th**, the Administrative Services Budget (Mayor and Council, City Manager, Clerk, Finance Department and Human Resources) will be presented at City Hall.
- On **Monday, January 11th**, the Community Services Budget (Parks, Recreation, Pool, Library, Senior Center, and Regional Programs) will be presented at City Hall.
- On **Tuesday, January 19th**, the Public Safety Budgets (Code Enforcement, Fire, and Police) will be presented at the Fire Station.
- On **Monday, January 25th**, the Public Works and Capital Budgets, and Work Plan (Streets/Sidewalks, Facilities and Grounds, and Engineering) will be presented at the Public Works Garage.
- The final hearing before the budget is finalized will be **Monday, February 1st** at City Hall. All hearings are scheduled for 6PM.

I strongly urge you to attend some or all of these hearings if you can – we need your input to ensure we present the voters of Winooski with the best budget possible in March!

Stay in Touch: Join Front Porch Forum!

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

Administrators post information about events happening in our city and 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 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
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

Sign Up for Text Alerts on Winter Parking Ban and Other Emergencies

Winter is coming and Winooski is preparing to make the Winter Parking Ban work as smoothly as possible. This year we're rolling out a text alert system that will send a message right to your phone when the Winter Parking Ban goes into effect. The parking ban will work differently this year and will only be enforced in the downtown core when the weather gets bad and snow needs to

be removed, and this new text system is one of the primary ways we'll be communicating about the ban.

It's easy to sign up for alerts. You can text WINOOSKI to 888-777 from your mobile phone, or go to www.winooski.vt.org and sign up by clicking the Nixle logo in the upper right of any of the site's web pages.

New Library Hours!

The Winooski Memorial Library has expanded hours! The Library is now open Tuesday through Friday 10:00am to 6:30pm and Saturday 10:00am to 2:00pm. Come see us at 32 Malletts Bay Avenue. We've got plenty of free parking! Reach us by phone at 802-655-6424.

Update: Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis

For Community

A lot of traditions at this time of year involve alcohol. Celebrating with friends and family often includes drinking, and we may think that if we're aware of our limits it won't be harmful. Unfortunately, keeping to our limits can be more difficult than we expect. Drinking seasonal cocktails that you're not accustomed to, coping with the strife and strain that may build from the holidays, or dealing with the pressure to be happy during this season can each play a role in overdrinking. Fortunately, this common mistake can be prevented with a few simple tips.?

- Alternate sparkling water (or something else nonalcoholic) with any alcohol you consume.
- Figure out beforehand how many drinks you will actually enjoy without feeling lousy the next day. It's easier to say no when you know that the third drink will give you a nasty hangover.
- After setting a drink quota for the night, spread them out over the course of the evening.
- Don't make drinking the focus of your party-going. Choose something else, such as dancing, catching up with friends, or taking pictures.

For Youth

When looking for ways to live above negative influences, remember these few tips:

1. Give a reason for saying no. Be honest. Honest answers are more easily accepted by others. Some reasons might be:

"I want to keep a clear head."

*"I could get suspended from the team."
"I don't use alcohol or other drugs."*

2. Use the right body language. Your body language has to match your words. Make sure there are no mixed messages. Be firm, not wishy-washy. Make eye contact, stand up tall, and use a firm voice. Don't look at the ground, glance away, show you are nervous, or speak softly.

3. Show your concern for others. Express your concern for those trying to persuade you. In the case of friends who have decided to drink, you might say things like:

"I'd be really sad if anything happened to you."

"What would your parents do if they found out you were drinking?"

4. Suggest something else. Try to persuade your friends to do something safer or more healthy. Here are some suggestions:

"Let's go outside and play basketball."

"I'd rather dance and eat something. I'm starved."

5. Take action. If your friends still try to talk you into doing something you don't want to, just leave. That way they'll know you're not going to change your mind.

For Parents

Developing open, trusting communication between you and your child is essential to helping her or him avoid alcohol use. If your child feels comfortable talking openly with you, you'll have a greater chance of guiding them toward healthy decision-making.

Some ways to begin:



Winooski Coalition for a
Safe and Peaceful Community

- **Encourage conversation.** Encourage your child to talk about whatever interests him or her. Listen without interruption and give your child a chance to teach you something new. Your active listening to your child's enthusiasms paves the way for conversations about topics that concern you.
- **Ask open-ended questions.** Encourage your teen to tell you how he or she thinks and feels about issue you're discussing. Avoid questions that have a simple "yes" or "no" answer.
- **Control your emotions.** If you hear something you don't like, try not to respond with anger. Instead, take a few deep breaths and acknowledge your feelings in a constructive way.
- **Make every conversation a "win-win" experience.** Don't lecture or try to "score points" on your teen by showing how he or she is wrong. If you show respect for your child's viewpoint, he or she will be more likely to listen to and respect yours.

References

http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm

Find us at 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404 | wcspc.org

Interested In Running For City Council?

There are two city council positions up for election in March:

- 2 year term (currently held by Brian Sweeney and Brian Corrigan)

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 Thursday, January 21, 2016 and the last day to file your petition is Friday, January 29, 2016 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)

Meals on Wheels Drivers Needed

Description: To combat senior hunger and to provide a lifeline and companionship for community members who would otherwise be isolated.

Activities

- Deliver meals
- Perform safety checks
- Chat with clients

Qualifications:

- Must have a car and have a valid driver's license
- Be able to lift 10-15 pounds.
- Be able to climb stairs carrying meals.
- Comfortable with diverse populations.
- Comfortable working with volunteers of all ages.
- Must be able to pass a screening test, including a background check.

Skills: Customer Service, Visiting with Seniors

Contact: Barbara Pitfido, Senior Center Director, (802) 655-6425 (Work) seniorcenter@winooski.vt.org



Community College of Vermont (CCV) Winooski News

By Ian Boyd, Coordinator of Academic Services

REGISTER NOW!
Classes start Jan. 25th!
Registration runs
Nov. 2 - Jan. 22
www.ccv.edu
(802) 654-0505



Free College Credits are a Terrible Thing to Waste!

Do you know that you may take college classes as a high school student? The Community College of Vermont (CCV) offers several opportunities to current high school students free of charge.

Introduction to College Studies is a free class designed to prepare high school students to be successful in college. You will learn how to search for and apply to the right college, pick up a few good study habits and explore career options connected to your academic interests.

Juniors and seniors are also eligible for **Dual Enrollment** vouchers, each good for **one free college course**. The free credits earned at CCV may also count as credit toward your high school graduation – that's why it is called Dual Enrollment.

Rising seniors can apply to CCV's **Early College program** which allows you to spend your final year of high school at CCV earning college credits that help you graduate and get a jump on your college degree, tuition free!

Contact your guidance counselor or the Community College of Vermont for more information.





WE'RE BACK – and we've grown!

By Kate Dearth

Come join us in our space at the Winooski Family Center at 87 Elm Street!

FACETIME is a FREE program for students, especially those between 11 and 18, who are looking for a supportive place where they're encouraged to get real, be real, and make real connections while doing fun (seriously, fun) activities. We meet Mondays from 3:30-5pm and students are free to stop by for the events that most interest them, or they can come every week! See schedule at right for our upcoming events:

JANUARY 2016

- 4th: Chillax & Crafts
- 11th: Fighting the Winter Blues 101
- 18th: Junkyard Bowling Tournament (with prizes)
- 25th: Youth Yoga (sign up early, we have limited slots)

Please contact FACETIME's host, Kate, for more information at (802) 343-3958 or KateD@CenterpointServices.org. You can also ask Winooski Student/Family Assistance Counselor Danielle Jatlow for more information on FACETIME and other supports available to Winooski students and families at (802) 383-6093 or djatlow@winooski.k12.vt.us.

Looking forward to seeing you there!

This year, find out why volunteering is the best resolution.

Make 2016 meaningful in Winooski:
Apply Today!
winooski.vt.org/volunteer

A Big Thank You to the Community For All Your Support in 2015!

By Linda Howe

The Winooski Food Shelf has been able to keep up with ever increasing demand for services thanks to all the support from Winooski businesses, churches, service organizations and residents! Thank you!

Winooski Food Shelf Schedule for January:

The Pantry will be open Wednesday, January 13th and Wednesday, January 27th from 2:00 p.m. to 4:30 p.m. These are the days we provide pantry staples including canned and dry goods, some eggs and meat. Low income Winooski residents may use the pantry once every 28 days. New clients should bring proof of Winooski residency such as a utility bill.

We will be open the 2nd and 4th Saturdays of the month, January 9th and January 23rd from 9:30 a.m. to noon for fresh food provided by Hannaford. This will include deli items, bread, pastry and fresh fruit and veggies. Clients may come both Saturdays.

Where to find us:

The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen Street and Follett Street. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase if you have to walk any distance. New clients should bring proof of Winooski residency such as a utility bill. For questions please call 318-0460.

Volunteers needed:

We always welcome new volunteers. We have a variety of needs. We need folks to shelve food on days when we are not open, folks to act as translators to new Americans (French, Arabic and Napali speakers are especially needed). We need folks to help serve clients on days we are open. Please call 318-0460 if interested.

Join Us For Coffee and Socializing!

By Sister Pat McKittrick

Please join us Friday mornings from 9am-11am for a **free coffee hour** at the O'Brien Community Center. Friendly atmosphere, great way to meet your neighbors. Everyone is welcome.

We also provide blood pressure screenings on the first Friday of the month. (Coffee and pastries are provided by our friends at Starbucks on Williston Road).

Miss a Municipal Committee Meeting? You Can Watch it Online!

Channel 17/Town Meeting TV regularly covers and airs **Winooski City Council** and **Development Review Board meetings**. Tune in to Channel 17 on Thursday nights at 8 for regular Winooski community content or visit www.cctv.org/watch-tv/municipalities/winooski. Do you want to learn to make your own video programs about life in Winooski? Contact morourke@cctv.org to find out about group or one-on-one trainings.

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

-Looking for some warm sunshine on a cold winter day? Then join us at the Winooski Senior Center for some great food, fun, a chance to make new friends and get your laughter on!

NEW! in 2016... the Winooski Seniors will be having a once-a-month themed Community Lunch and Bingo! Join us and beat the Winter blues on January 21st as we celebrate National Squirrel Appreciation Day! We'll have lots of nutty food and squirrely things going on! Instead of yelling BINGO! you'll be yelling SQUIRREL! On February 11th we'll celebrate Valentines Day and in March St. Patrick's Day. The themed lunches will include interesting food, fun, prizes and give-aways! There's always room at the table for you! Just give us a call so we can save you a great seat.

Also new this year...Last Tuesdays! Come on the last Tuesday of the month at 11am for activities like cards, games, coloring and entertainment. At 11:30 we'll serve a FREE lunch, followed by a program that is specifically geared for senior and elder issues.

Food, fun and friends.... come on down and share some laughter with us!

.....
"Laughter is sunshine, it chases winter from the human face."
.....

—Victor Hugo



COMING UP at the WSC:

- **Jan 5** - Senior Lunch & Meeting
- **Jan 21** - Squirrel Appreciation Day Lunch & BINGO!
- **Jan 26** - Last Tuesdays Lunch & Learn
- **Feb 2** - Senior Lunch & Meeting
- **Feb 11** - Valentines Day Lunch & BINGO!
- **Feb 19** - International Lunch
- **Feb 23** - Last Tuesdays Lunch & Learn



EVERY MONTH

- **Do Drop In** - (Mondays 9-11am) Join us for coffee, treats and great conversation! FREE!
- **Tai Chi** - Starting up on January 24th (Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness) FREE!
- **Exercise Class** - (Tuesdays and Thursdays 10-11am) Great for stretching and balance. FREE!
- **Open Art Studio** - (Wednesdays 9-12pm) Join us and try a new skill and be creative with fellow art and crafter lovers. Snacks provided. FREE!
- **Community Lunch** - (Thursdays 11:30am) Join us for a great lunch and great company! \$4.00 RSVP
- **BINGO!** - (Thursdays 12:30pm) Come on in and play, try our snack bar and maybe win the Jackpot or the Jar! \$10.00
- **NEW! Last Tuesdays** - Join us at 11am for activities, 11:30 lunch, 12:15 programs and speakers on current Senior issues. FREE! RSVP
- **NEW! Indoor Walking Group** - Join us as we travel to the Fairgrounds and walk the indoor track. Jan 5, 7,14,19, 21. Feb 2, 4, 11, 16. FREE!



The Winooski Senior Center.... the most exciting place in Winooski! We are located at 123 Barlow Street. Office hours are Monday - Friday 8:30am - 12:00pm, and on Thursdays until 2:30pm. You can reach us by phone at 802-655-6425 or by email at: seniorcenter@winooski.vt.org

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Welcome Back! We hope everyone had a nice break. 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. If you have any smaller size ski pants that your kids are no longer in need of, we could always use them here.

A special thanks to Denise Santerre and Wendy Waples-Scully for their generous homemade hat/scarf donations to the school district. We appreciate the time, effort and love that went into making these products for our students.

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

TOOTH DECAY: We all have plaque in our mouths. Bacteria in the plaque in your mouth turns food on your teeth into ACID. This acid destroys the tooth's enamel and after repeated attacks, the tooth decays. FLOSS, Brush and see your Favorite Dentist Regularly!

If you are in need of dental care, remember to visit www.wdschools.org or stop by the Health Office for information on our school based dental program with Vermont Dental Care.

Winooski
Elementary School

MENU

January 2016

Local Products Used on when available

Items in bold and italicized are Local Products

Items in Bold and Underlined are Harvest of the Month & Feed Items

All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

This institution is an equal opportunity provider.

DAILY BREAKFAST OPTIONS

Abbey Breakfast Sandwich Sausage & Cheese on English Muffin offered daily!!

MONDAY
Whole Grain French Toast Sticks

TUESDAY
Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY
Scrambled Egg & Cheese Wrap

THURSDAY
Healthy Breakfast Round

FRIDAY
Ham & Cheese Bagel

OR

** Cereals w/English Muffin Or Bagels
Fresh Fruit & Milk With all Meals

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>




Fri., Jan. 1

No School

Mon., Jan. 4	Tues., Jan. 5	Wed., Jan. 6	Thurs., Jan. 7	Fri., Jan. 8
Oven Baked Chicken Nuggets w/Dipping Sauce	Spaghetti w/ Meat or Marinara Sauce or	Early Dismissal Grades 9-12 Homemade Tomato Soup	Beef Nachos Seasoned Taco Meat, Cheese Sauce, <i>Cabot Sour Cream</i> , Salsa, Lettuce, & Corn Tortilla Chips	Taste Test Event Sweet & Seasoned Parsnips General Tso's Chicken Served Over Rice
Roasted Sweet Potato Wedges	Chopped Green Salad	Cheesy Breadsticks w/Marinara Sauce	Rice Pilaf	Sesame Noodles
Baked Beans	Wheat Bread Slice	Celery Sticks	Steamed Corn Warm Black Beans	Asian Cabbage Salad
Dinner Roll				Blueberry Muffin Square

Mon., Jan. 11	Tues., Jan. 12	Wed., Jan. 13	Thurs., Jan. 14	Fri., Jan. 15
Hand Cut French Potatoes <i>Local Potatoes</i>	 Mac Attack A new twist on Macaroni & Cheese	Delayed Start Grades K-5 Chef's Choice Pizzas	Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa <i>Cabot Sour Cream</i> & Soft Flour Tortilla	January Birthday Celebration Grilled Cheese Sandwich
Dress Your Own Beef Hot Dog On a Bun	Chopped Green Salad	Pepperoni, Cheese Or Veggie Pizza	Rice Pilaf	Chicken Noodle Soup
Baked Beans	Dinner Roll	Fresh Carrot Sticks w/ Hummus Dip	Creamy Coleslaw	Sweet & Seasoned Parsnips Caesar Salad

Mon., Jan. 18	Tues., Jan. 19	Wed., Jan. 20	Thurs., Jan. 21	Fri., Jan. 22
No School	Meatball Sub	Chef's Choice Pizzas	Home Style Chicken & Biscuits	French Toast Sticks w/ Warm Syrup
	Roasted Sweet Potato Wedges	Pepperoni, Cheese Or Veggie Pizza	Steamed Peas & Carrots	Scrambled Eggs Sweet & White Home Fries
	Steamed Broccoli	Broccoli Salad	Caesar Salad	Green Pepper Strips
		Carrot Sticks		

Mon., Jan. 25	Tues., Jan. 26	Wed., Jan. 27	Thurs., Jan. 28	Fri., Jan. 29
Chicken Patty Sandwich w/Lettuce & Tomato	Spaghetti w/ Meatballs or Marinara Sauce	Corn, Potato & Cauliflower Soup	Beef Nachos Seasoned Taco Meat, Cheese Sauce, <i>Cabot Sour Cream</i> , Salsa, Lettuce, & Corn Tortilla Chips	Dress Your Own Burger
Hand Cut French Potatoes <i>Local Potatoes</i>	Maple Seasoned Parsnips	Cheesy Breadsticks Marinara Sauce	Rice Pilaf	Garden Pasta Salad
Cucumber Sticks	Steamed Green Beans	Carrot Sticks w/Hummus Dip	Cherry Tomato & Corn Salad Warm Black Beans	Steamed Broccoli

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.

DAILY BREAKFAST OPTIONS

Abbey Breakfast Sandwich Sausage & Cheese on English Muffin offered daily!!

MONDAY
Whole Grain French Toast Sticks

TUESDAY
Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY
Scrambled Egg & Cheese Wrap

THURSDAY
Healthy Breakfast Round

FRIDAY
Ham & Cheese Bagel

OR

** Cereals w/English Muffin Or Bagels
Fresh Fruit & Milk With all Meals

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or

Cabot Yogurt Parfait or Deli Sandwich or Chef Salad

Offered with all Meals

Fresh Fruit
Fresh Hood Milk

Community Eligibility Provision

Meals to all Students are Free

Adult Breakfast	\$1.75	Adult Lunch	\$3.50
		Milk	\$0.50

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

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. Maples 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

Vegetable of the Month:
Parsnips



Fresh parsnips are available year-round with the peak period during fall and winter. Look for small to medium, well-shaped roots; avoid limp, shriveled or spotted parsnips. Parsnips contain small amount of iron and vitamin C. Parsnips are a root vegetable with a celery-like nutty flavor. The first frost of the year converts the parsnip's starch to sugar and gives it a pleasantly sweet flavor.

Sweet and Seasoned Parsnips

1 lb. parsnips
2 tbsp. butter
1/4 tsp. nutmeg
Salt & Pepper
Cut parsnips into sticks. Melt butter, add parsnips, sprinkle with nutmeg. Cover and sauté on medium heat 5 to 10 minutes. Parsnips should be tender & gooey and slightly caramelized. Add salt & pepper.



JANUARY, 2016

www.wdschools.org

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Newsletter of the Winooski School District

Winooski School District
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Winooski, VT 05404

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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