

# WINOOSKI SCHOOL DISTRICT NEWS!

MAY 2015

ALSO INCLUDES  
**Community News!**  
STARTING ON PAGE 13

VOLUME 12, ISSUE 8

## *Celebrating Our Achievements!*



### GREEN UP 2015!

By Stewart Ledbetter

To every resident and neighbor in Winooski – please put **Saturday, May 2** on your calendar for a

very special Vermont tradition.

Established in 1970, **GREEN UP DAY** is the one morning of the year when we join in to help beautify our own neighborhoods and make a real difference in Winooski that lasts the rest of the year.

Bring your family, your roommate, —all are welcome — to meet **Saturday May 2** at the O'Brien Community Center on Malletts Bay Avenue at 9 a.m. We suggest you bring gloves and sturdy shoes. We'll have bags and good cheer. You will be amazed how good it feels making a difference in our environment, and how much better our community looks. Will you help? MANY thanks to Myers -The Red Can Family -- and Winooski Public Works for their strong support of WINOOSKI GREEN UP 2015! Questions? email winooskieboard@gmail.com.

### INSIDE THIS ISSUE

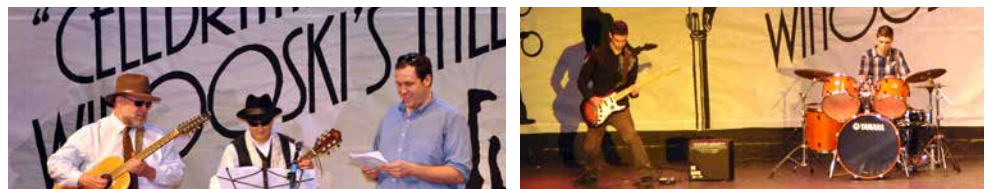
Notes from the Central Office	2-3
Health Corner	4
Announcements	4-6
Notes From JFK Elementary	7-8
Middle and High School Highlights	9-12
Community News	13-17
Menu	17
District and Contact Information	18

### Winooski's Got (a LOT of) Talent!

By Lisa Goetz

The Winooski School District held its first annual "Celebrating Winooski's Talent" show on Friday, April 10th. This event was presented by the PACTS committee and supported by the Winooski PTO. Our show highlighted an incredibly diverse range of talent that we have here in Winooski. We were so grateful to all the performers who came together to share their unique skills and we were able to celebrate all the different ways that music, song, and dance connect us together as one community.

Special thanks to Kate McConnell and Sara Everest who produced the show and to Joe Smith for being our DJ. Also, we would like to thank Arica Bronz, Kate Simone, Brianna Holton, Josh Neilson, Lori Lambert, and Jason Truong for their help the night of the show. We hope you enjoy a few of the beautiful photos that were taken by Eileen O'Rourke.



## NOTES FROM THE CENTRAL OFFICE

### Read, Read, Read and Read Some More...

By Sean McMannon, Superintendent of Schools

Billionaire businessman Warren Buffett estimates that he spends 80 percent of his working day reading and thinking. You might say “Well, he’s a billionaire so he can afford to spend all this time reading!”. However, he claims that his success has, in large part evolved from getting smarter through reading, sometimes up to a 1000 pages a day!

It’s never too early to start reading with your child! Ideally, the importance and love of reading should be cultivated during pregnancy.

*“Researchers have performed case studies involving following babies from before birth through their infancies. Babies in the test group were read and spoken to on a regular basis throughout pregnancy and then after birth. Researchers found the babies in the test group to be more responsive to language, more aware of books and print language and further along in language development than those babies who were not read and spoken to regularly.”* (Jeanne W. Holland. Reading Aloud with Infants: The Controversy, the Myth, and a Case Study. Early Childhood Education Journal. Volume 35, Issue 4, pp. 383-385.)

Reading aloud with your child from birth to age 5 provides 600 hours of essential pre-literacy preparation before entering school. (<http://readingfoundation.org/the-solution/for-parents/>) This is as simple as 20 minutes per day! For parents who are struggling to meet their daily family needs and cannot find the time to read to their child(ren) each day there are other avenues to pursue such as preschool, public library reading activities and coordinating time with neighbors and extended family members. We know that children who are not read to from birth to 5 have great difficulty reaching grade-level reading proficiency.

We also know that reading has other benefits in addition to academic success:

**1. It Might Help Prevent Alzheimer’s Disease:** A study in the Proceedings of the National Academy of Sciences found that older people who read regularly are 2.5 times less likely to have Alzheimer’s. The study isn’t saying that reading will in fact prevent Alzheimer’s, but it does seem to show it can help. Wouldn’t it be great if Winooski seniors read to our children on a regular basis!



**74%** of poor readers never catch up after 3rd grade.

THEY STRUGGLE IN EVERY CLASS, YEAR AFTER YEAR, SINCE READING IS ESSENTIAL FOR LEARNING 85% OF THE CURRICULUM.



- 2. It Makes You Smarter:** Anne E. Cunningham and Keith E. Stanovich found that reading helps you retain information. Also, it can improve your vocabulary at the same time.
- 3. It Can Reduce Stress:** A 2009 study by the University of Sussex found that reading for just six minutes can reduce stress levels by up to 68%. It’s an escape from your busy, anxious life.
- 4. It Can Improve Your Memory:** Similarly to #1, reading allows you to “exercise” the parts of the brain that get less action as you grow older.
- 5. It Can Make You a Better Writer:** According to a study by Karen Daniel from the University of California, Riverside, a high reading ability can be predictive of a high writing ability. Which means, the more you read, the better you’ll write. (<http://andygibson.us/2015/02/the-importance-of-reading/>)

If there is one thing we can all do for our children to improve their opportunity to be successful in life it is to make Winooski a community that believes in reading as an essential daily activity that should be started as early as possible. Thank you for working with WSD to benefit our students!

### DOLLARS FOR SCHOLARS

**Would you like to sponsor a Winooski High School graduate and help make their dreams come true?**

DONATE NOW to Winooski Dollars for Scholars at [www.winooski.dollarsforscholars.org/](http://www.winooski.dollarsforscholars.org/).

## School Board Report

By Mike Decarreau, President, Board of School Trustees

Finally, we can say welcome to spring when we begin to see the blooms of the new season taking shape. After this winter it is, indeed, a beautiful sight.

Last month we reported on some of the legislation moving through the process in Montpelier. Voted down was the bill that would have banned both strikes and contract imposition with the sticking point being a path forward if no agreement was reached between the two sides. Binding Interest Arbitration, a multi-tiered intervention approach as well as a method to be developed later were all considered and rejected. The focus at this time, in an effort to control property taxes, is a district consolidation state-wide to move toward Pre-K – 12 districts of 1,100 students or more. Our district currently has ~ 850 students Pre-K – 12 with a single Board. For perspective, consider a district in the state of comparable size containing fifteen Boards. Based on the results of a study done several years ago in Winooski where it was determined that WSD consolidating with another local district (Burlington in this study) was not in our best interest, we would likely move toward obtaining a waiver in this process to remain a single entity.

Enjoy the spring weather and we look forward to hearing from you.

*"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."*



## Celebrating Our Youngest Children

By Jaycie Puttlitz, Wellness Coordinator



Did you know that **80% of a child's brain is developed in the first three years of life?** Every new person, thing, place or event that a young child experiences makes a connection in the brain and lays the foundation for all future learning, skill-building, and social-emotional development.

Preparing Winooski children for success in school and in life means providing them with opportunities to live and learn in a safe, stimulating and stable environment from day one. During the week of April 13th, Winooski School District joined many libraries in communities across the state of Vermont to host events as part of the "Week of the Young Child" celebration and provide the sort of learning environment young children need for positive growth.

In our Library Learning Commons (LLC), the school librarian, wellness coordinator and several kindergarten teachers hosted an event to encourage families to bring their young children into the school to connect and learn with our staff. Several children between one and four years old visited the LLC with their families to participate in activities such as traditional songs with movement, breathing games and mindfulness, and learn how to use a pencil to write their names.

The "Week of the Young Child" celebration is an annual event intended to focus public attention on the needs of young children and their families, and to highlight the early childhood programs and services that meet those needs. The celebration is promoted by "Let's Grow Kids," a statewide public education campaign which aims to raise understanding of the importance of the earliest years in the lives of Vermont's children. Let's Grow Kids is working with Vermont communities, organizations, businesses and individuals to create positive lasting change that will allow all of our children to succeed in life. For more information, go to <http://www.letsgrowkids.org>.

Keep up to date with Wellness in Winooski on our new Twitter account! Follow us @WinooskiWell.



## HEALTH CORNER

### Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Recently I had the amazing opportunity to participate in a class that taught New American parents about who the school nurse is and what she does here in the district. It occurred to me while preparing for this class that parents and community members might not be fully aware of what the school nurse does on a daily basis. I had always thought a school nurse gave out Band-Aids, ice packs and called parents when their kids were sick or because they needed proof of vaccinations. Since becoming a school nurse I realized that was only the tip of the iceberg.

**May 6th is National School Nurse Day** so in honor of that I would like to present to you a day in the life your Winooski School Nurses.

Our primary goal is to keep your kids healthy and in school! On an average day we see approximately 100-150 students. This does not include staff, parents and outside community members who stop by for a visit or call. We administer approximately 40 daily prescription medications in addition to inhalers and multiple over the counter medications throughout the day. Keeping track of life-threatening allergies and working closely with staff to educate them on these special medical needs is a top priority of our job. We are able to screen the students for potential hearing and vision problems and help make doctor and dentist appointments when needed. Helping students who have headaches, earaches, sore throats, stomachaches and a host of other ailments are a daily part of our routine. We administer first aid as needed, but no matter how hard we try we just don't have x-ray eyes to see if that bone is truly broken so we call parents encouraging them to seek medical attention. The Health Office is known as a one-stop shop from blood pressure checks to dry clothes, super glue and shampoo! TLC is a HUGE component of our job and the part that we love the most!

Holly and I both came from other nursing jobs out in the community where

our primary focus was saving lives. You went to work; you kept your patients alive and went home. Very rarely if ever did you get to see the outcomes of what you did in the life of a person/family and that is the primary reason why we love being school nurses. You don't just keep students alive, you teach them how to live! Together with their teachers, we get the opportunity to make a difference in their lives. We instill coping mechanisms so they can learn how to handle discomfort and stress without always seeking medicine as their primary option. Teaching them that laughter is the best medicine and yes sometimes a spoonful of sugar does help the medicine go down! We get to watch your children grow from day to day and year after year and learn how to succeed in life. Holly and I thank you from the bottom of our hearts for allowing us to be your Winooski School Nurses! We love you!

### Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Something to think about (and a math lesson at the same time!):

Are teeth a good quality product? If you have your adult teeth for 60 years and you eat 3 meals a day, how many times in your life will you use your teeth to chew food? (60 years x 365 days a year x 3 times a day = 65,700 chewing workouts - and that's if you don't eat snacks between meals!). Now, just for fun, let's say that it takes ten minutes to eat a meal and that you chew your food 50 times a minute. How many times would your teeth chew during those 65,700 workouts? (10 minutes x 50 chews/minute x 65,700 meals = 32,850,000 chews) 32,850,000 chews! That's almost 33 million times for each tooth! Now, do you think your teeth are a quality product? You bet!

So remember: FLOSS, BRUSH and visit your FAVORITE DENTIST at least once a year.

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](http://www.wdschools.org) or stop by the Health Office for more information. Any dental questions or concerns, please contact me at 383-6094.

## ANNOUNCEMENTS

### JFK Summer School

By Sarah Murphy, JFK Guidance Counselor

We are happy to announce that we will be offering four weeks of summer school this year to any JFK student that would like to sign up.

The weeks are June 15-19, June 22-26, July 6-10 and July 13-17. Weeks one and two will be 8:00 am- 12:00 pm with breakfast and lunch included, and weeks three and four will be 8:00 am- 12:30 pm with breakfast and lunch included.

The Thrive summer program will run in coordination with the JFK summer school schedule the second, third and fourth weeks of summer school from the end of the summer school program - 5:30.

Sign up sheets for summer school and Thrive are available in the JFK main office or by calling Sarah Murphy at 383-6064.



### Volunteer to Read with Children!

By Phet Keomanyvanh,  
United Way of Chittenden County

The Foster Grandparent Program needs volunteers, age 55 and up, to make a difference in the lives of children. "Grandparents" serve a minimum of 15 hrs./week in preschool, child care, Head Stars and elementary school settings in Chittenden Franklin and Grand Isle counties. They tutor, mentor and help to build self-esteem in children of all ages. A small, non-taxable stipend is provided. In Chittenden County contact Susan Abell at 861-7823 or email [susana@unitedwaycc.org](mailto:susana@unitedwaycc.org); in Franklin & Grand Isle Counties contact Mary Pelkey at 524-6337 or email [maryp@unitedwaycc.org](mailto:maryp@unitedwaycc.org).

## Kindergarten Registration & Screening

Kindergarten registration and screening for your child at John F. Kennedy Elementary School in Winooski, VT, will take place on **Friday, May 8**, and **Monday, May 11**. Children who will be five years of age prior to September 1, 2015, should attend this screening. Please call the J.F.K. school office at 655-0411 to make an appointment for one of the two days. You must bring your child's birth certificate, (or I-94 if your child was born in a country that doesn't issue birth certificates), updated immunization record and his/her Social Security number to the appointment and register your child while he/she is being screened. Thank you.

## You Can Help Winooski's Youth!

By Laban Hill

Graduating seniors have begun applying for scholarships awarded by Winooski Dollars



for Scholars and our partners. You can become a partner in ensuring Winooski's future.

Last year, Winooski Dollars for Scholars gave out 23 scholarships. That's more than half the graduating class and more than \$15,000 was awarded.

You can be part of this community success story by donating to Winooski Dollars for Scholars. One hundred percent of the money donated goes to scholarship recipients and Winooski School District enrichment programs.

We invite you to go to [winooski.dollarsforscholars.org](http://winooski.dollarsforscholars.org) to learn about our mission and make a donation to the future. Thank you!



## Please join us for the 2015 Spring Into the Arts Festival! May 18th-22nd

**Monday** - 4:00 pm Kick-off at O'Brien Center with musical performances and student artwork

**Tuesday** - 7:00 Middle High School POPS concert at Winooski's Performing Arts Center at WSD, student artwork

**Wednesday** - Coffee House and Business Night (proceeds from local businesses to benefit WMHS and student artwork around town, and dance performances at location to be determined soon)

**Thursday** - 6:30 JFK concert at Performing Arts Center, Empty Bowls Dinner and Live Mural Painting at WSD

**Friday** - Painting Exhibit by student Hom Pradhan at Winooski's Learning Media Center at WSD, Artwork at the O'Brien Center all week



## Join us! WCSPC Activities for May

By Sarah Petrokonis, Winooski Coalition for a Safe and Peaceful Community

The Family Center and Winooski Coalition will be hosting a **free community dinner** to showcase their **Preschool Art Show** on Thursday, May 7th from 5:30 to 7:00 pm at the O'Brien Community Center (32 Malletts Bay Avenue, Winooski). This event is kid-friendly and will offer a healthy, vegetarian meal! Please contact Kate Nugent at [katenugent@wcspc.org](mailto:katenugent@wcspc.org) or (802) 655-4565 for questions or comments. We look forward to seeing you there!

The Winooski Coalition is also hosting a **family-friendly documentary** screening and follow-up discussion of **"The Mask You Live In,"** a thought-provoking exploration of American masculinity. Join us on the evening of Wednesday, May 27<sup>th</sup> at the O'Brien Community Center (32 Malletts Bay Avenue, Winooski). This event is recommended for ages 11 and older.



Sign up for our e-newsletter at [wcspc.org](http://wcspc.org) or email us at [winooskicoalition@gmail.com](mailto:winooskicoalition@gmail.com). Winooski Coalition for a Safe and Peaceful Community | 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404.

## Winooski Spartan Hoop Camp

**Contact info**-Camp Director: Dennis Barcomb-383-6096, dbarcomb@wsdschools.org

**Dates** – June 29-July 3 for students entering grades 2-5 – July 20-July 24 for students entering grades 6-8 – July 27-31 for students entering grades 8-10 (juniors and seniors are not eligible)

**Times** – The camp hours are 9:30 – 2:30. Please pick kids up promptly at 2:30

**Facilities** – Winooski High School gymnasium and cafeteria (lower baskets will be used for younger kids in the first session )

**Fee** – The fee for each camper is \$90. Families sending more than 1 child will pay \$85 per child (i.e. \$170 for two kids). The three weeks will overlap as far as payment goes so if you are sending 1 child to the first session and 1 to the second you will pay \$85 per child. The fee includes: T-shirt, trophies, and prizes. (Free lunches will be available through the summer lunch program, with the exception of July 3 when students must bring their own lunch) Please make checks payable to the Winooski School District and mail to Dennis Barcomb at Winooski Middle – Senior High School 80 Normand Street, Winooski Vermont, 05404.

**\*Registration will be cut off at 40 students per session\***

Staff – Camp Director: Dennis Barcomb. Dennis is entering his 20th year in the Winooski School District. He is Athletic Director, Elementary Physical Education Teacher, and Middle School Boys' Coach. Barcomb has coached the boys for the past eleven years. Prior to that, Barcomb served as the varsity boys basketball coach for seven seasons. Barcomb led Winooski to 70 wins during his Varsity tenure, including a trip to the "Final Four" in 2000. Barcomb was selected as "Coach of the Year" in 2003 for the Mountain Division. Barcomb played/captained the varsity basketball team for the Essex Hornets from 1990-1992. After graduation Barcomb left for Springfield College in MA. to pursue a degree in Physical Education. While there he coached J.V. basketball for two seasons. Barcomb has now had 24 years experience working at basketball camps, and 19 years directing men's basketball leagues in Essex Junction.

\*\*\* The remaining staff may consist of area coaches and college players\*\*\* Coaches that have worked in the past:

Eric Werntgen – Former Men's Coach at the University of Maine at Fort Kent, presently Athletic Director @ Fort Kent HS

Shawn Montague – Varsity Girls at Essex High School

Brian Chandler – MMU High School

Chris Dumouchel – Essex Middle School

Cory Payson/Sue Messier/Chris Magistrale/Kyle Blindow – Winooski Middle/High School

Bernie Cieplicki – Former Assistant Coach St. Michael's College, Presently Athletic Director @ Colchester HS

Matt Mahar – Head Men's Coach at Assumption College

Jeff Robinson – Winooski High School

Josh Safran – Varsity Girls Coach @ Burlington High School

Kristen Shaffer – St. Micheal's College Women's coach

Nicole Conley – Women's Head Coach @ Vaughn College

To get this information(including printable registration form) on the internet visit: <http://www.wsdschools.org>. Then click on the athletics tab and you will find it there.

## Signups: Youth Football 2015

The Winooski Youth Football program is holding registration Thursday, May 21<sup>st</sup> and Thursday, July 23<sup>rd</sup> 5:30 to 7:30 at the Winooski High School football field. If you can't make it to either date, registration can be completed by going to [nvyfl.org](http://nvyfl.org) and following the link, "Handouts."

We accept registration from Boys and Girls, grades 1-8!

Participation in the Northern Vermont Youth Football is by age:

-1<sup>st</sup> through 4<sup>th</sup> grade participate in the Flag Program

-5<sup>th</sup> and 6<sup>th</sup> grade play Tackle Football

-7<sup>th</sup> and 8<sup>th</sup> grade play Tackle Football

Winooski Youth Football has invested in the most state-of-the-art helmets and all of our Coaches are members of USA Football and certified in "Heads Up" tackling techniques.

No previous football experience is required, we are committed to teaching the game to any kid who wants to play!

The season begins August 17th. Join the SPARTANS in 2015!

Contact Adam Barndt for more info: [Adam4b11@gmail.com](mailto:Adam4b11@gmail.com) or 338-6802

## Mindfulness Continues!

By Jaycie Puttlitz, Wellness Coordinator

• **What:** Guided Mindfulness Practice & Discussion

• **Where:** Winooski Senior Center

• **When:** Thursdays evenings, May-June, 6:30-7:30 p.m.

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. **Please note that the location of these sessions has changed to the Winooski Senior Center.**

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. You can follow the progress of this initiative by joining the Mindful City Facebook group, or joining the Mindful City email list on the [mindfulcities.org](http://mindfulcities.org) website.

Sponsored by the Center for Mindful Learning, [www.centerformindfullearning.org](http://www.centerformindfullearning.org) in Johnson, VT.

## Youth Music Recital Sunday May 10th at the Methodist Church

On Sunday, May 10th from 2:30 to 3:30 there will be a Spring Recital for a dozen elementary school piano students who attend Studio MPower. Please consider enjoying music in a beautiful setting with wonderful acoustics. The Methodist Church is on the corner of West Allen and Follett streets. Hope to see you!

## Stay in Touch: Join Front Porch Forum!

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

Go to [www.frontporchforum.com](http://www.frontporchforum.com) to sign up for this free community resource.

## K-5 News

By Mary O'Rourke, JFK Elementary Principal

We implemented **Project Based Learning** this year. At our school board meeting on Wednesday, April 8th, some of our first and fifth graders presented to the school board. First and fifth graders were selected because those two grade levels have completed their first project. Other grade levels are either in the process or will be kicking off their project after break.

The students who presented to the board were: Eliza Willis, Jacoby Hammitt, Jonah Bronz-Russo, Ivy Resmer, Anna Willis and Ethan Piette. The kids were poised and very articulate. They talked about how engaged they were in the learning because of the choice they had in the process. The students also talked about how they learned to work together in small groups and how they had to work out problems encountered along the way. Hats off to these students for representing their classes. They did an amazing job! A huge thank you to all teachers at JFK for their hard work around the implementation of PBL. It was a steep learning curve, we hit bumps along the way however, in the true style of the elementary teachers, they never gave up. They too see the benefits for students and always want what is best for them!

Friday, April 10th was Winooski's first talent show. What a huge success! Congratulations to the following brave elementary students who showed great courage performing in front of a packed audience: Lila Treinis, Trinity White, Farah Shakir, Samantha Lefebvre, Thera Neilson, Alexis Burgos, Ellie Young, Ava Olsaver, Hailey Butchino, Gabriella Lothrop-Penn, Eliza Willis, Anna Willis, Rowan Abbot-Smith, and Memphis Everest.



## Puzzles, Legos, and Games!

By Mag Thomas

Mrs. Murphy and a group of students meet Tuesday afternoons for a program called Puzzles, Legos, and Games. I stopped in to visit and asked what they liked about the program and why. Here is what some of them had to say...

"I like coloring because I try my best and if I mess up I can keep going." - Marissa

"It is fun because we get to do all kinds of activities." - Macy

"I like the puzzles because they are challenging and might have 100 pieces!" - Campbell

"I like coloring because it is fun to create new pictures." - Alexis

"I like the Legos because you can build colorful things out of them." - Jacoby

"I like all of it because everything is fun!" - Harley

"I like this program because there is a lot of fun stuff and you can play with other kids." - Taylor

"I like Legos because I can build anything!" - Jahiem

## Starbase Blasts Off!

By the Fifth Grade Team

The fifth grade's 2015 started off with a blast...a rocket blast to be exact.

For many years now, JFK Elementary has worked with Starbase VT, a physics based science program that is based on the VT Air National Guard. This year, as always, was full of excitement!

Our fifth graders got to connect their science and math knowledge with such experiments as Eggbert, Pop Goes the Fizz and Circuit Connectors. The culminating activity, and always the biggest memory maker, is the rocket launch. Even though the winter was harsh, it didn't stop the excitement of getting to watch their rocket travel high into the sky.

Another component of Starbase is teamwork and goal setting. Students get to participate in team building activities and then reflect on team strategies that worked and felt good. This is an incredible connection to the classroom communities that they build back at JFK, and often times teachers will see the students tie in their new strategies.

Every year, fifth grade teachers start off the year by telling students what they will do that year, and every year students are so excited about going to Starbase. That excitement leads to one of their best experiences as an elementary student and life long lessons and learning that are carried beyond the classroom.



## Jump Rope For Heart A Success!

By Dennis Barcomb

On Wednesday, March 11, JFK Elementary School participated in its annual Jump Rope for Heart Event. Many students raised money for the American Heart Association this year. In addition, all students were able to try many different types of jumps, and had a great heart workout. They learned the importance of keeping a healthy heart, as well as the importance of fundraising for such a great cause. And the best part? The school raised \$2,479.69! Over the past 11 years JFK has contributed a grand total of \$33,730.36.

The top fundraisers for the school this year were : 1) Lukas Zweeres with \$252.79, 2) Amelia Slade with \$190, and 3) Hope Gunning and Macy Granger who raised \$110.00 each.

A special thank you to the station leaders for giving up their time to make this a valuable and entertaining experience.

## Colchester Rotary Works with Third Graders

By Joan Benjamin, Lacey Potter, and Lisa Goetz

The third grade has been working on a biography unit in literacy. Books for the unit were donated by the Milton/Colchester Rotary. After students read and discussed the books, the Rotary came in with 8 volunteers and worked in small groups on projects based on the biographies.

The group who studied Ernest Shackleton learned about his adventures to Antarctica and each student received a compass and learned how to use it. The group who studied Harry Houdini learned the disappearing quarter trick. All third graders were given the opportunity to see a real magician at work which brought a nice connection to the biography.

The third graders are very grateful to Kiki Leech and the rest of the Rotary for this opportunity to enrich their learning.



*Pictures from our day spent with the Milton/Colchester Rotary*

## What A Fantastic Fun Fair

By Nancy Devost

The JFK ELL Team took 28 ELL First Graders and Newcomers on a “field trip” to the Fun Fair on March 20<sup>th</sup>. This has become a tradition for our brand new ELL students from grades 2-5 as they join our ELL First Graders and experience the Fun Fair. Many of the students, for the first time, got to get their face painted, bounce about in a bouncy castle, and just have some good old-fashioned fun!

The JFK ELL Team wishes to thank our volunteers from Winooski Middle/High School and from Saint Michael’s College who chaperoned our students at the Fun Fair. Their help was greatly appreciated! We can’t wait until next year!



## Community Reads Brings Characters To Life

We had a wonderful time at our Disney Community Reads. Mayor Seth Leonard read “Sleeping Beauty” to the children and parents and even brought props to help bring the story to life! We had Mickey Mouse visit along with other Disney characters. (Many thanks to Devon Fisher for playing the part of Mickey Mouse!)

The children and their families enjoyed pizza and Disney themed books and activities. Many thanks to J.D. Piette, Sara Everest, and Kate McConnell for volunteering to help run an activity table. Our Community Reads are sponsored by the PACTS committee.





## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Life is Good

By Leon Wheeler, Middle/High School Principal

Just before the April break I wrote this poem while visiting the Senior Seminar class where our students were writing free verse poetry. The image was real, just as described. I saw it, was inspired by it, but never thought the experience again until I paused, sat down with the rest of the learners in that class, and reflected on my day. The naming of my feelings that morning was, for me, a powerful affirmation!

Dewitt Jones, a retired National Geographic photographer, finds his inspiration by looking for and celebrating beauty amid ordinary experiences. His powerful film “Celebrate What’s Right” captures the essence of this passion. “When you believe it, you’ll see it,” he says. And I’m convinced he’s right.

As a school and as a district, we are retraining our eyes, our minds, and our heart to see the extraordinary, the amazing, the excellence in each student. Speaking from experience, as much as I truly love my work and our staff and students and school, there are times it’s not easy for me to see the good and beautiful. It’s easier to get caught up in what’s wrong, and miss what’s right! I don’t want to miss all this beauty, however. I want to celebrate, here and now, that life in Winooski is good!

There is a lot of great learning to celebrate. Take time daily to go to our district web site and read the announcements, follow our Twitter feed, “WinooskiLearns” which is continuously updated with things worth applauding throughout our community. Join Spring Into the Arts in our school and the O’Brien Center the week of May 18. Come to the Senior Expositions on May 22, from 10:00-11:00am, and 2:30-3:30pm. Cheer at baseball and softball and track contests with our athletes.

Come and celebrate what’s right with our fine, fine school!

### Free Summer Program Offered to Winooski Middle School Students!

By Barbara Russ

We are excited to announce a continued collaboration with the Sarah Holbrook Community Center and Burlington Afterschool to provide summer program opportunities for our Winooski Middle School students this summer. The summer program is a five-week program (June 22nd-July 24th) with 12-15 programs offered each week and is designed specifically for middle school students. All of our middle school students are invited to attend the summer program. Students who would like to attend will be able to choose the week or weeks that work in their schedules, and can attend either half days (mornings or afternoons) or full-day programs. Lunch will be provided and there is no cost to the students. Programs will take place for the most part in Burlington and transportation will be provided. Fliers will be mailed in mid/end of May at the latest.

Please feel free to contact me if you have any questions and parents/guardians please look for the flier in your mailbox by mid/end of May. We look forward to seeing many middle school students participating in this exciting summer program!

*I woke this morning as the glimmer  
of light from the not yet risen sun  
broke the blackness of night,  
a fingernail moon beginning to fade  
into the cloudless sky.*

*The air was still – no song from the birds  
who normally grace our land.*

*Quiet. Peace. All is well.*

*A new day begins...and in this moment I know  
that here...  
now...  
life is good!*

SAVE THE DATE!

## WHS PRESENTS SENIOR EXPOSITION

**Friday, May 22  
at  
Winooski High School**

WHS Seniors display the products of their year-long Senior Projects.

**10:00 - 11:00am  
Morning Open House,**  
in WHS classrooms

**2:30 - 3:30 pm  
Community Open House,**  
in WHS classrooms

**3:30 pm  
Awards Ceremony,**  
in the Performing Arts Center

## Guidance News

By Emmy Charron, High School  
Guidance Counselor

Here are calendar items for May:

- **May 2nd:** SAT test date
- **May 8th:** Last day to register for the June 6th SAT's
- **May 8th:** Last day to register for the June 13th ACT's
- **JUNIORS:** Spring is a great time to start looking into colleges and going to visit. See Ms. Emmy if you have questions.

Questions about financial aid?  
Contact VSAC Coordinator Heidi McLaughlin at [mclaughlin@vsac.org](mailto:mclaughlin@vsac.org).  
You'll find lots of information about planning for college, grades and transcripts on the district website at [www.wdschools.org](http://www.wdschools.org). Follow the links under the “Winooski HS” header tab, and you can get more information about graduation requirements, college resources, and much more. You can reach me at 655-3530 or at [echarron@wdschools.org](mailto:echarron@wdschools.org) to set up an appointment.

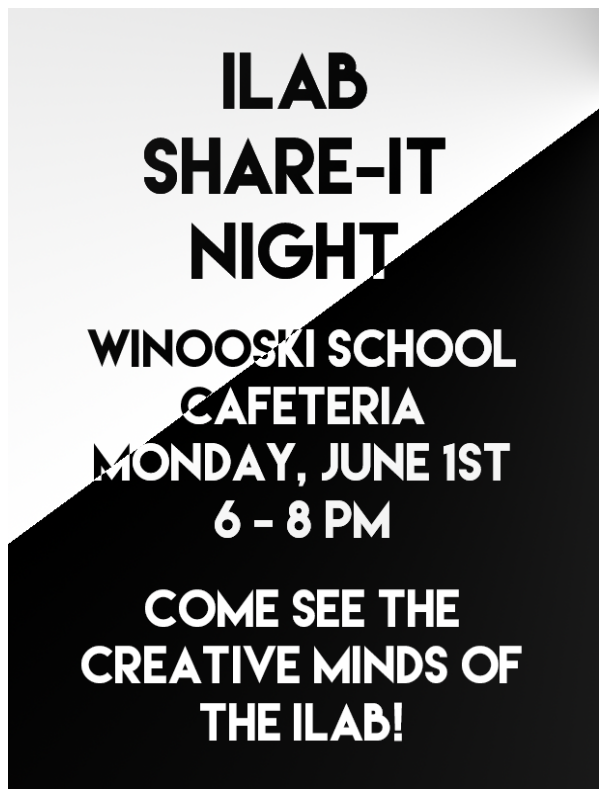
## iLab Share-it Night

All Winooski community members are invited to visit the school and talk with students about their independent study projects for this year.

The school cafeteria will be set up with display tables, a gallery, and a performance space.

Topics include starting a clothing design company, social justice, photography and filmmaking, world languages, health careers, maple sugaring and much more!

Students benefit greatly from speaking with adults who take an interest in their work, so please join us on June 1st from 6-8 pm!



— Poster design by Ennis Horozovic '17



## Artist Of The Month

Winooski  
Middle  
High  
School



Haroon  
Al  
Sammarae

### April's Artist of the Month:

## Haroon Al Sammarae

Congrats to Haroon Al Sammarae for the award of Artist of the Month. Haroon has a great knack for thinking creatively to tackle new art projects and use his own flair in the process. Great job, Haroon!

## Winooski Basketball All-Stars

By Dennis Barcomb

On Saturday, March 14th the annual Senior All star classic is held at Windsor High School. Seniors from across the state compete in all-star games that day. In addition, other special awards are give out.

Winooski had great representation at this event. Winooski High School Girls coaches **Tom Prim** and **Jeff Robinson** coached the D3/D4 Girls all-star team. Senior **Amanda Nattress**



Eddy Lamson, Amanda Nattress and Jibril Abdullahi

competed on the team. In addition to her being selected as an all-star, Amanda also received the Tristan Southworth award. Tristan was a standout athlete for Hazen Union High School. After graduation in 2007, he served our country in the Vermont National Guard. Tristan was deployed to Afghanistan in 2010 where he was killed in the line of duty. A \$750.00 scholarship is given each year to a male or female player from across the state who represents their school and community with distinction. We are very proud that Amanda was the recipient of this award.

Varsity Boys Coach **Tom O'bbagy** was recognized for winning his 300th game of his career. **Hunter Robare** received a academic/athletic scholarship from the VBCA. Finally we had two students who were chosen to the dream dozen team which honors the top underclassmen in each division. Those students were **Eddy Lamson** and **Jibril Abdullahi**.

## Winooski Parent & Student Night at CCV

\* Thursday, May 7, 2015, 6:00—7:30 \*

Winooski parents and students are invited to CCV for free dinner and information about career/college opportunities for students and parents.

- You will hear from Winooski HS graduates who currently attend CCV.
- You will hear about free scholarship money for all Winooski MS/HS students.
- Parent will learn how to access free grant money for college class.

Sign up in the Winooski MS/HS Office! If you have questions please contact Heidi McLaughlin, VSAC Outreach Counselor at 655-9602 ext. 401 or [mclaughlin@vsac.org](mailto:mclaughlin@vsac.org).

## DOLLARS FOR SCHOLARS

Would you like to sponsor a Winooski High School graduate and help make dreams come true?

DONATE NOW to Winooski Dollars for Scholars at [www.winooski.dollarsforscholars.org/](http://www.winooski.dollarsforscholars.org/).

## Community Mentors Wanted!

By Steve Crowley, WHS teacher, Senior Project Coordinator

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

## Band Notes & Calendar

By Randy Argraves

Welcome to 4th quarter! I wanted to give everyone a quick reminder about our upcoming performances. Hope you can come out and see us!



<b>All State Parade</b>	Wednesday, May 6	Middlebury	6pm
<b>Pops Concert</b>	Tuesday, May 19	PAC	7pm
<b>JFK Chorus, Band, Orchestra Concert</b>	Thursday, May 21	PAC	6:30
<b>Memorial Day Parade</b>	Saturday, May 24	PAC	12:00
<b>Jazz Fest on Church Street</b>	Friday, June 12	Church St.	12:00

## Jr. Iron Chefs Compete Again!

By Barbara Russ

The tradition continues and for the third year, Winooski High School had a Jr. Iron Chef team representing our school. The team competed on Saturday, March 21st and did very well. Competing this year were Jason Truong and Alyssa Winegar, who have been on the team all three years, and a new team member Brianna Holton. And, for the second year, Jacie Knapp (who just happened to be their 5th grade teacher) was their coach. The team began meeting and experimenting in November to create, test, and fine-tune their recipe of fried polenta served over arugula and spinach. The chefs also created their own salad dressing for the lettuce as well as a cheese sauce and sautéed topping for the polenta. Unfortunately, Jason was ill the night before the competition, so couldn't compete. Alyssa and Brianna rose to the challenge and did an amazing job representing our school.

### Here's their Fried Polenta recipe and we encourage you to give it a try!

Ingredients you will need:

- 5 oz. Spinach
- 5 oz. Arugula
- 1 block of Feta Cheese
- 1 1/4 Cup Cheddar Cheese
- 1 Cup Fontina Cheese
- 1/3 Cup Vegetable Broth
- 1/2 Tbs Honey
- 1/2 Tbs Lemon Juice
- 1/2 Tbs Dijon Mustard
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 1 package of Polenta
- 1 Head of Garlic
- 1 Package of Cherry Tomatoes
- 1/4 Tsp Paprika
- 1/4 Tsp Red Pepper
- 1 Container Olive Oil

### Preparation Instructions:

1. Cut the Polenta into 1/2 inch circles
2. Rub the circles with the red pepper, paprika, salt and pepper
3. Heat olive oil and fry the polenta until golden brown

4. When done, place polenta on paper towels

5. Shred the cheddar and fontina cheeses

6. Put the cheese and vegetable broth in a pot and melt--Leave on low temperature to keep it warm

7. Sautee tomatoes, garlic, and spinach in olive oil--when done put in bowl

8. In a bowl put dijon mustard, honey, salt, pepper, lemon juice and mix

9. Put arugula and spinach on plate

10. Crumble feta cheese over the arugula and spinach

11. Add the polenta on top of the arugula and spinach

12. Put the cheese sauce over the polenta

13. Then place the sautéed tomatoes, garlic and spinach on top of the cheese sauce

14. Drizzle the dijon mustard, honey, and lemon juice mixture over the arugula and spinach

15. Enjoy!



# Finished Like Champions

by David Quinlan

Congratulations to all of our Winooski Middle/High School competitors who entered the Vermont Open Grappling Championships on Saturday, April 11. For the past 6 weeks, students prepared for this tournament by learning take-downs, holds, sweeps and passes as part of the CCLC Afterschool JiuJitsu Program. It takes a lot to make the decision to compete, train for the event, endure the weigh-ins and endless waiting around, face an unknown opponent on the mat, and win or lose, finish like a champion. I am proud of all of you, and I thank you for the way you represented our school!

Mark your calendars now for another Afterschool JiuJitsu season, beginning in September 2015! See you on the mat!



Before the tournament: Hussein Al Samaraee, Matthew Hayden, Austin Benoit (front row), Shamir Gurung, Nishan Darjee, Matthew Hill (back row)



After the tournament: Matthew Hayden, Matthew Hill, Nishan Darjee, Shamir Gurung, and Austin Benoit. (Hussein Al Samaraee not pictured.)



Hussein Al Samaraee gives a “thumbs up” before his first match of the day.



Sensei David Quinlan (on the left) announces the winners for the Kids’ Beginner Division. Winooski students Nishan Darjee and Austin Benoit (in white from L to R) receive their second and third place medals.



Shamir Gurung (in white) controls his opponent using a strong closed guard position. Winooski High School student, Rainbow Chen, (at the table) scores the match.

## Update from your City Council

By Brian Sweeney



Summer is just around the corner and there are many opportunities to give back to your community. There are openings on the Planning Commission, Design Review Board, Library Committee, and the Public Safety Commission. These are all great ways to be involved and give back to the community. Please contact City Hall or check [WinooskiVt.org](http://WinooskiVt.org) for more details.

There are many great events that tell us spring has finally sprung. Starting it all off **May 1st-3rd is the Waking Windows**

**Music Festival.** 100+ Bands, 11 Venues, 3 Days 1 Rotary! For more details go to [www.wakingwindows.com](http://www.wakingwindows.com) or read the complete story on the next page.

**May 2nd is Green Up Day.** Bags can be picked up at the O'Brien Community Center at 9:00am on Saturday May 2nd. Bags will also be available at Scout and Co. Just bring a pair of gloves and all your friends. Or come alone and make new friends! JFK Students and families will be meeting at Landry Park. This is a great place for young children and families to participate! This event is rewarding and fun! Spend a couple hours cleaning up an area so that we can all enjoy trash free streets, paths and parks.

The **Winooski Farmers Market** will be running Sundays 10am-2pm May 31st-October 11th. There will be many great food and craft vendors as well as live music. The Winooski Community Partnership is also selling Access Winooski Cards. These cards get you access to great discounts at all kinds of local restaurants and stores. Please go to [www.downtownwinooski.org](http://www.downtownwinooski.org) for more details.

As always, please feel free to contact me or anybody on City Council if you have any questions or concerns.

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

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

Keep up to date with announcements and news:

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

## Winooski Food Shelf open May 9th and 23rd

The Winooski Food Shelf is open the second and fourth Saturday of each month from 9:30 a.m. to 12 noon. We are located in the Winooski United Methodist Church (use the side entrance on Follett Street). We are open to all low income Winooski residents (please bring proof of residency such as a utility bill). We will be open May 9th and May 23rd from 9:30 a.m. to 12 noon. Hannaford's provide fresh fruit and veggies, artisan breads, deli items and pastry. There are also dry goods available to registered families such as cereal, pasta, canned meat, fresh meat, eggs, etc. Our phone number is 655-7371.

## Thrive Program Enrolling Now

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

Have you started thinking about your Summer plans yet? We have started enrollment for the 2015 Thrive Summer Program, and the weeks are filling up fast! Last year was our first year with a wait list for enrollment and we expect to have a wait list again this year, so enroll early to reserve your spot!

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

Our full 6 week schedule, weekly rates, enrollment forms, and Subsidy application for Child Care Resource are all available on our website [www.winooskiVt.org/communityservices/thrive](http://www.winooskiVt.org/communityservices/thrive). Stay tuned to Front Porch Forum, your children's backpacks, and the Onion City Newsletter for announcements for our Thrive Summer Enrollment Party in May, which will be an opportunity for families to fill out enrollment forms, subsidy applications, as well as ask questions and learn more about the program and the summer ahead!

For questions regarding the Thrive Summer Program or any of our school-year programming, Financial Assistance from Child Care Resource, or any other questions regarding your child's summer, please contact me at [thrive@winooskiVt.org](mailto:thrive@winooskiVt.org) or drop in to the Thrive After School Program, located in the school Library (Learning Media Center) between 3pm-5:30pm.

We're looking forward to seeing you this summer!

## Quran Competition at Weekend Islamic School of Vermont

By Fathima Bariya

The Weekend Islamic School of Vermont (WIS) will conduct a Quran Competition 2015 for its students on May 9th at the Islamic Society of Vermont (ISVT) Islamic Center located at 182 Hegeman Avenue, Colchester, VT 05446. Imam Islam Hassan of ISVT will be the judge for this competition. Students will be judged based on Tajweed (Elocution), Pronunciation, and Memorization. Students from Pre-K to 8th grade will be participating in this competition.

The 2015 WIS Annual Show will be held at the Winooski Middle School Auditorium on Saturday May 16th, 2015 from 3:00 to 5:00 pm. The students of WIS will prepare performances based on the theme of Quran.

If you have any questions, please contact Fathima Bariyajaan at (802) 310-5339 or stop by on Sundays at the Winooski Middle School in Room 110 between 10am and 12pm.

## Free Preschool at the Winooski Family Center Starting September 2015

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

## Winooski Family Center Annual Art Show and Community Dinner

Join us at the O'Brien Community Center on **Thursday, May 7th** from 5:30-7pm. Young artists of Winooski have been hard at work creating a wonderful variety of work to share with the community – we hope that you will join us!

## Waking Windows 5

May 1-3, 2015

Downtown Winooski, VT

[www.wakingwindows.com](http://www.wakingwindows.com)



Waking Windows is a springtime celebration in appreciation of music, art, comedy, food & drink, and the beauty of downtown Winooski. Weekend (\$40) and Day (\$20) passes are available at <http://ticketf.ly/1EaGdCj>

In it's fifth year, Waking Windows will include 2 nights of a large outdoor stage featuring national headliners, 3 nights of 10 smaller venues featuring regional and local bands, comedians, short films presented by VCAM, an artist market, food trucks and art installations,

Reviewers say: "...a pitch-perfect showcase of local and regional underground talent. Other local festivals may have attracted more marquee star power. But Waking Windows staked its claim as the coolest music fest in the state." - Dan Bolles, Seven Days VT

"In only its fourth year, Waking Windows has become one of the coolest (and most affordable) festivals in northern Vermont. A gaggle of local bands plus a few buzz-worthy out-of-towners take over the music scene in the happening micro-city of Winooski..." - Brent Hallenbeck, Burlington Free Press

For performer information and schedules of each venue, please visit our website. If you have any further questions, please feel free to contact us at [info@wakingwindowspresents.com](mailto:info@wakingwindowspresents.com).

**2015 Venues include:** The Monkey House, The Mule Bar, Misery Loves Company, MLC Bake Shop, Oak 45, Waterworks Food + Drink, Four Quarters Brewing, The Methodist Church, Scout & Co., The Stoplight Gallery, WW Outdoor Stage

**Featured Performers:** King Tuff, Titus Andronicus, Delicate Steve, Javelin, Cymbals Eat Guitars, Birdie Busch, William Tyler, O'Death, Ruth Garbus, NNA Showcase ft. Horselords, Tredici Bacci, & Battle Trance

The 2015 event is sponsored by The Monkey House, Milagro Tequila, Dealer.com, SoundToys, Burton Durable Goods with additional support from Otter Creek Brewery and Woodchuck Cider.

**History of the event:** Waking Windows was founded by Paddy Reagan and Nick Mavodones of Angioplasty Media in 2011 as a continuation of The Other Music Fest held in 2010 during the Burlington Jazz Fest. The Other Music Fest was curated by Peter Negroponte with help from Angioplasty Media, NNA tapes, and other independent promoters and labels.

The first Waking Windows in 2011 was 12 nights of Music featuring showcases by NNA tapes, Greg Davis, DJ Disco Phantom, and Mars Pyramid with performances by Future Islands, Ruth Garbus, Kurt Weisman, Ryan Power, and 30+ other acts.

Waking Windows 2 and 3 shortened the festival to 3 days and 2 days respectively with production help from Matt Rogers, Brian Nagle, and Ali Fogel and multiple venues including the The Methodist Church, the Winooski Welcome Center, the Stoplight Gallery, and in 2013, the newly opened Misery Loves Company including 60+ bands each year. The 4th year was a year of firsts: outdoor stage, closed streets, artist market and food trucks.

Shortly after WW4, the 5 organizers formed Waking Windows Presents as a means to continue putting on great music year round and to make this years festival as strong and cohesive as possible.

---

## Winooski Historical Society Hosts Speaker Event

**Sunday, May 17, 2015, 2:00 pm** • Winooski Senior Center, Barlow Street  
**Journey to Winooski; The Family of Francois Xavier Mongeon 1855 – 2015**  
**Speaker: Jim Mongeon**

The event is free and the public is invited!

# Youth Programs at the O'Brien Community Center

By Rebecca Stewart, AmeriCorps State Member, Vermont Youth Development Corps  
Activities Coordinator - Winooski Teen Centers

Lots of exciting things are happening at the O'Brien Community Center in the month of May. As we start our summer programming that will take us all the way through June, there are plenty of opportunities for the kids to get involved and have once in a lifetime experiences and new challenges. While there are many exciting things happening this also means that it is a very busy time of the year for youth programs!

Following are the dates and times of meetings and holiday events that we will be happening at the O'Brien Community Center.

- For the upcoming early dismissal day on **May 12th** we are planning a beach field trip for grades 6th-12th!
- **Now hiring:** STEP job descriptions and applications will be available in early May at the WHS office, City Hall, and Youth Programs Office at OCC. Completed applications can be turned in to Karen Greene or Emmy Charron at WHS, Youth Programs staff at the Teen Center or City Hall. All applications are due back by Friday, May 15, and applicants will be contacted about setting up an interview. Positions are for older MS or HS students, age 15+, or other youth or young adults that are not enrolled in school. Preference will be given to Winooski residents, but anyone can apply and students do NOT need to attend WHMS.

## Join us for Outing Club Activities!!

- **May 2nd Green Up Day Volunteering**, please meet at the teen center at 9 am.
- **May 9th- Small Hike or Biking** meet at the O'Brien Center at 10 am
- **May 16th- Biking or Canoeing** meet at the O'Brien Center at 10 am
- **May 30th- Canoeing or large hike** meet at the O'Brien Center at 9 am

Finally note that the teen center will be closed May 23rd-May 25th in honor of Memorial Day weekend!!

## It's time... for FACETIME!

By Kate Dearth, Community Support Counselor,  
Centerpoint Adolescent Treatment Services

Do you know a kid or a teen in the area who wants something fun (no, seriously, fun) to do after-school? Do they want to make real connections with people their own age in a healthy, supportive environment? Then send them down to FACETIME! Join your host Kate and friends on Wednesdays at the O'Brien Community Center from 3:45-5:00pm for free, fun weekly activities with real people and real connections.

FACETIME runs its events monthly, with its remaining spring semester events running during April & May. Those events will include a Game Night, a special event celebrating Fair Housing Month titled "heART and home": a Group Art Workshop, Jeopardy Nite (with prizes!), Junkyard Bowling Tournament, and rounding out the year Celebrating Spring with Upcycle Spring Party (May 6th)!

Look for our events posted on the bulletin board outside the Winooski school cafeteria, here in the newsletter, and on Centerpoint's social media! Stay tuned for future programming!

What's this all about? To learn more about FACETIME, or any of Centerpoint's services, you can reach Kate at (802) 343-3958 or KateD@CenterpointServices.org.

Winooski youth and teens!  
Are you wondering...

What is going on at **facetime** for spring semester?

Join your host Kate & friends for fun (seriously, fun!) activities on  
**Wednesdays 3:45-5:00pm**  
at the O'Brien Center's Community Room

Events in APRIL & MAY:

- April 1<sup>st</sup> - Game Night
- April 8<sup>th</sup> - Celebrate Fair Housing Month with: "heART and home" Group Art Workshop
- April 15<sup>th</sup> - Jeopardy Nite (with prizes!)
- April 29<sup>th</sup> - Junkyard Bowling Tournament
- May 6<sup>th</sup> - Celebrate Spring with Upcycle Spring Party

Stop by, drop by, or come every week! Bring your friends and come make new ones!

What's this all about?  
Ask Kate at (802) 343-3958 or by email: KateD@centerpointservices.org  
And don't forget to stop by to see our poster at the O'Brien Center!

Centerpoint - www.CenterpointServices.org - 802-488-7711



## Legislative Report

By Representative Clem Bissonnette

The House Transportation committee is working on a couple of bills at this time. I will give an overview of the two bills.

**H. 228** is an act relating to adding saliva testing to the DUI statutes. H. 228 proposes to add saliva testing to the test that may be conducted on operators of motor vehicles reasonably suspected to be under the influence of drugs. This is a tool that will help officers in the field to detect the use of marijuana and other drugs. This will be an important tool if and when we pass marijuana as being legal. I expect the bill to pass the House Transportation committee this week (04-17-2015) and move on to the house.

**S. 122** is what is referred to as the Miscellaneous DMV bill. The bill covers a variety of issues that need to be updated. The bill covers motor vehicles, snowmobiles, motor boats, all-terrain vehicles, dealers, insurance cards, multifunction school activity buses, railroad grade crossings, distracted driving, reinstatement, total abstinence program, titles, abandoned motor vehicles, commercial driver licenses and skill tests.

Feel free to contact me at 655-9527 (home) or by email at clembi@comcast.net.

## 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 Starbucks on Williston Road. Contact 655-1392, ext. 10 for more information.

# Senior Center News

By Jahnine Spaulding

Before we get “newsy,” please be aware that we are actively looking for **MEALS ON WHEELS VOLUNTEERS** – especially for the summer. If you are 18 or over, have transportation, and want to make an IMMEDIATE positive impact in your community, give us a call – 655-6425.

Though we thanked all our Winooski Senior Center volunteers for their service in our previous article, we wanted to be sure to mention our volunteers who received special recognition at the City of Winooski Volunteer Appreciation Celebration on April 23rd. Many thanks to Blanche Boissy, Theresa Kellogg, Ken Lauritzen, Jim Read, and George Vigneault for their dedicated, inspiring service to the seniors of Winooski. There are several programs that would NOT be possible without their diligent and energetic service. For always giving from the heart, we THANK YOU!

A big THANK YOU, on behalf of the entire community, to our **WONDERFUL AARP TAX AIDE TAX PREPARERS** who helped over 600 people with their taxes this year. From mid-January through April 10th these community minded, professional people went through weekend training and refresher courses, and then spent every Monday, Wednesday, and Friday, for 9 weeks, helping people – mostly seniors- take care of their taxes. Throughout the tax season we watched them tackle very involved situations with professionalism and a sense of humor. Thank you all for the wonderful service you provide each year. Three cheers for: Maria Bialas, Pauline Bergeron, Barry Corbin, Michael Funke, Steve Hennessey, Ann Murray, Marilyn Richer, Gil Rhodes, Diane Sutor, Jackie Ward, and, especially, their fearless leader Dominic DiCicco!

As we enter the “Lusty Month of May,” we are looking forward to some great activities. Please call us if you have any questions, or to get on our email list to receive a monthly calendar of events and a highlights sheet.

**Every Tuesday and Friday - Walking Groups:** 9:30 am or 5 pm FREE

We have partnered with **Move For Wellbeing** to bring you hosted walks twice a week. Log both your walking

## Channel 17 Update

### Channel 17 Welcomes New Trustee for Winooski, Michele Palardy

Michele writes: “It would be great to get more people involved in voting. I’ve stood at the senior center on voting day and I wish voter turnout was bigger. Maybe the media could help spur that on more? Community media could be used for getting important topics out there to the people of Winooski. A lot of things that people don’t know - They don’t know there is a community center, that there is a group against the F35s, general information about the city. Until the F35 issue came up, I paid my taxes, loved Winooski, but wasn’t involved. Now that I’ve gotten involved, I’ve met people and I have made real connections.” —*Michele Palardy*

Read more at: <https://www.cctv.org/news/channel-17-welcomes-new-trustee-winooski-michele-palardy>.

**Did you see the VKAT kids present at Winooski City Council?** If not, you can here: <https://www.facebook.com/video.php?v=10205429700879270&pnref=story>.

And don’t forget all of your favorite **municipal meetings and community events** in video are available at: <https://www.cctv.org/search/node/winooski>.

times and all your other active activities (house cleaning, gardening, grocery shopping etc...) to win cash gift cards, and other prizes. Stick with the program for 6 months and we’ll throw a dinner party for you with more give aways. On Tuesdays we walk Winooski. On Fridays we take the van to some of the most beautiful spots all around Chittenden County. Our walking hosts will encourage you, keep you going, ensure your safety.

**MAY 5th:** 11:30 am **Lunch** and 12:30 **Senior Club Meeting** with a presentation by Armistead Caregivers on the Sandwich Generation. \$4 suggested donation for the meal, reservations due by May 1st.

**MAY 12th,** 9 am **Coffee With A Cop** Free. No agenda or speeches, just a chance to ask your questions, voice your opinions, and get to know the officers in your neighborhood. For more information contact Lt. Scott McGivern at 655-0221.

**MAY 19th, Spring Clean Up Day** 9am–2 pm. If you participate at the WSC, now’s the time to show your appreciation for what we have. Join other seniors and help us spruce up our beloved Senior Center. It takes a village to keep our center looking it’s best, so sign up , and come down to help dust away the cobwebs, throw away the flotsam and jetsam, and generally get things ship-shape. We have a little something for every ability level. RSVP 655-6425.

**BOCCÉ! Every Tuesday evening** 5:30 pm starting May 26th. Free!

Come find out why Bocce is the fastest growing recreational activity in the US! No experience necessary, just wear comfortable athletic shoes. We provide the equipment and the snacks. Bring your friends! It’s a fun and relaxed game for every ability level.

**MAY 30th, Senior Prom & Karaoke,** 6:30 pm – til the cows come home! \$6 pp includes canapes, punch, and a few surprises! This will be a great dance party and karaoke night for all mature adults. Wear your best prom attire, OR dress up in duds from your favorite decade – the 50’s, 60’s, or 70’s. You don’t need a date to have fun at this party! Our DJ has all the rock and roll, swing, and blues hits you love to dance to. There will be line dancing to the Stroll, the Macarena, the Electric Slide, etc..., there will be games and prizes, and we will even crown the Prom King and Queen. It’ll be a BLAST from your PAST daddio!

**MINDFULNESS GROUP – every Thursday 6:30-7:30pm.** Free twenty minute guided mindfulness practice, discussion and tea is served. Led by volunteer Andrea O’Connor. Sponsored by the Center for Mindful Learning, [www.centerformindfullearning.org](http://www.centerformindfullearning.org) in Johnson, VT. Part of the Winooski Mindful City Project. [www.mindfulcities.org](http://www.mindfulcities.org). This is a city wide program, all ages are welcome.

*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.*



# Postal Carrier Food Collection on Saturday, May 9th

Please consider making a donation of much needed pantry staples on Saturday, May 9th. You can leave a bag of food for your Postal Carrier to pick up and deliver to the Winooski Food Shelf. Much needed items include: canned meat and fish, cereal, canned pasta especially Beefaroni, pasta sides, soup, boxed meals for hamburger, chicken or tuna, peanut butter, canned meals like stews or hash or baked beans, pasta sauces especially meat sauce, pasta, rice, dry beans, canned milk and condiments like mayo, ranch salad dressing and ketchup. Non food items needed include: tooth paste, toothbrushes, body soap, shampoo, feminine products, and toilet paper. Should you prefer to send money, the Winooski Food Shelf mailing address is P.O. Box 53 Winooski, VT 05404. Right now we have an abundance of canned beans. Thank you!! the Food shelf phone number is 655-7371.

## Support Local Businesses — and Get A Deal!

By Jessica Bridge

Get yourself a \$45 Access Winooski card and you're eligible for all kinds of sweet deals at Winooski businesses!



This year-long event showcases the best of what Winooski has to offer. With a seasonally-changing list of member-only deals, card holders can save money, support Winooski, and get awesome breaks on food, drink, gifts, and services. Find out more at [www.downtownwinooski.org](http://www.downtownwinooski.org).

# ELEMENTARY SCHOOL LUNCH MENU — MAY

**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:

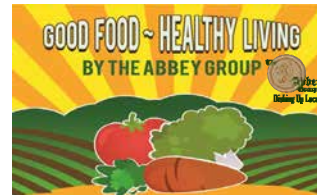
Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.

**Important Dates**

May 8: Taste Test Event  
 May 12: Early Release, Grades 6-12  
 May 20: Delayed Start, Grades K-5  
 May 22: Senior Expo  
 May 25: No School, Memorial Day

The Abbey Group's meal options are prepared home-style daily with fresh local products and comply with the new USDA Meal Patterns!

**MENUS ARE SUBJECT TO CHANGE**  
 USDA is an equal opportunity provider and employer



WINOOSKI ELEMENTARY SCHOOL  
 May 2015

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., May 1**

Hand Cut Sweet & White Home Fries Served w/ Pancakes Warm Syrup Sausage Links Celery Sticks

Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad

Fresh Fruit  
 Fresh Milk

**DAILY BREAKFAST OPTIONS**

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

MONDAY  
 Whole Grain French Toast Sticks

TUESDAY  
 Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY  
 Scrambled Egg & Cheese Wrap

THURSDAY  
 Healthy Breakfast Round

FRIDAY  
 Ham & Cheese Bagel

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

## Deli Sandwich Offered Daily



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

Providing parents a safe secure way to manage food service payments and to look up account balances

**Pricing**

Breakfast \$0.00 Lunch \$0.00

Adult Breakfast \$1.75 Adult Lunch \$3.25

**We Support Local New England Companies**

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

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

**Whole grain options offered daily**

**Vegetable of the Month: Mixed Greens**

\*Arugula is nicknamed "salad rocket", which is derived from the Latin word *eruca*, meaning caterpillar—this is most likely referring to the hairy stems some varieties possess.

\*The word lettuce is derived from the Latin word *lactuca*, which stems from *lactus*, meaning "milk"; this name was designated because of the white resin the stems secrete when they're cut.

\*In China, lettuce represents good luck.

\*During the Middle Ages, spinach leaves were sold in the form of round balls, called *spinocole*.

\*Spinach contains more iron by weight than a hamburger

**Mixed Greens w/Maple Balsamic Vinaigrette**

1/2 cup oil (olive if possible)  
 2 Tbsp. balsamic vinegar  
 2 Tbsp. maple syrup  
 1/4 tsp. salt  
 1/4 tsp. pepper  
 Mix together all ingredients and pour over mixed greens.

Mon., May 4	Tues., May 5	Wed., May 6	Thurs., May 7	Fri., May 8
Dress Your Own Burger on A Bun	Homemade Cornbread Served w/ Homemade Macaroni & Cheese	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Taco Bar w/ Hard or Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla	General Tso's Chicken
Garden Pasta Salad Baked Beans	Caesar Salad Steamed Green Beans	<b>Chopped Green Salad</b>	Rice Pilaf Warm Black Beans	Vegetable Rice Steamed Broccoli Sesame Noodles
Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk
Mon., May 11	Tues., May 12	Wed., May 13	Thurs., May 14	Fri., May 15
Spaghetti w/ Meat or Marinara Sauce	<b>Early Release, 6-12</b> Hand Cut French Potatoes	Hearty Country Vegetable Soup	Beef Nachos Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips	Roasted Sweet Potato Wedges
<b>Chopped Green Salad</b> Garlic Breadstick	Chicken Nuggets w/Dipping Sauce Baked Beans Dinner Roll	Cheesy Breadsticks Marinara Sauce Creamy Coleslaw	Rice Pilaf Warm Black Beans	Corn Dog Steamed Broccoli
Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk
Mon., May 18	Tues., May 19	Wed., May 20	Thurs., May 21	Fri., May 22
Dress Your Own Dog Day On a Bun	Chicken Alfredo w/Homemade Cheese Sauce	<b>Delayed Start, K-5</b> Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Beef Burrito Tortilla Stuffed w/Taco Meat, Shredded Cheddar, Corn and Black Beans	<b>Senior Expo, Early Release, 6-12</b> Scrambled Eggs Green Pepper Strips Baked & Seasoned Sweet & White Potatoes French Toast Sticks Warm Syrup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
Homemade French Fries Baked Beans	Caesar Salad Steamed Carrots Dinner Roll	Fresh Carrot Sticks Hummus Dip	Rice Pilaf Chunky Salsa Creamy Coleslaw	
Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk
Mon., May 25	Tues., May 26	Wed., May 27	Thurs., May 28	Fri., May 29
<b>No School</b>	Seasoned Potato Wedges	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Chicken Tortilla w/ The Works Seasoned Chicken Strips, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla	Shepherd's Pie
	Chicken Patty Sandwich w/Lettuce & Tomato	<b>Mixed Greens w/ Maple Balsamic Vinaigrette</b>	Rice Pilaf Marinated Black Bean Salad	Homemade Cornbread Caesar Salad
	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad	Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad
	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk

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

## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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

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

### WINOOSKI PUBLIC SCHOOLS

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

#### Superintendent of Schools

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

#### John F. Kennedy Elementary School

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

#### Winooski Middle and High School

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

#### Board of School Trustees

**Mike Decarreau**, President: 310-4032  
[mdecarreau@wdschools.org](mailto:mdecarreau@wdschools.org)

**Mohamed Abdi**, 343-6281  
[mabdi@wdschools.org](mailto:mabdi@wdschools.org)

**Tori Cleiland**, 655-7678  
[tcleiland@wdschools.org](mailto:tcleiland@wdschools.org)

**Jen Corrigan**, 233-7642  
[jcorrigan@wdschools.org](mailto:jcorrigan@wdschools.org)

**Julian Portilla**, 399-0241  
[jportilla@wdschools.org](mailto: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](mailto:aelston@wdschools.org)*