

WINOOSKI SCHOOL DISTRICT NEWS!

MARCH 2016

ALSO INCLUDES
Community News!
STARTING ON PAGE 12

VOLUME 13, ISSUE 6

celebrating Our Achievements!

*** DO YOUR PART ***

VOTE!

MARCH 1, 2016

Voting Day Information

To help you get to know them a little better, candidates for School Board and City Council have provided details which we share on page 5 for School Board applicants and page 19 for City Council applicants.

You are also invited to attend an information meeting February 29th, 2016 in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets and to meet the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues will begin at 7:30.

Please do your part and become informed, and vote on March 1, 2016 at the Senior Center on Barlow St. between 7 a.m. and 7 p.m.

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Community Reads Together in January

On January 29th, JFK School's PACTS committee hosted "Community Reads" with the theme of "Beach Day in January." We are very grateful to the women from UVM's Pi Beta Phi Sorority for reading summertime books and providing the craft projects and treats for the children. Everyone had a great time and we are looking forward to hosting our third "Community Reads" in March.



SAVE THE DATE:

**FEBRUARY 29TH
The Annual Meeting**

BUDGET PRESENTATIONS

6:00pm: City Budget

7:30pm: School Budget

LOCATION

**Performing Arts Center,
Winooski Educational Center**

NOTES FROM THE CENTRAL OFFICE

Growing an Inclusive Community

By Sean McMannon, Superintendent of Schools

Chen Guangcheng, a Chinese civil rights activist said “How a society treats its disabled is a true measure of a civilization.” I am very proud of Winooski, Vermont and our country for being a leader in creating an inclusive society.

United States Public Law 94-142 was historically passed in 1975. P.L. 94-142 was a response to congressional concern for two groups of children. The law supported more than 1 million children with disabilities who had been excluded entirely from the education system. The law also supported children with disabilities who had had only limited access to the education system and were therefore denied an appropriate education. These issues of improved access became guiding principles for further advances in educating children with disabilities over the last quarter of the 20th century. Today, the United States is the world leader in early intervention and preschool programs for infants, toddlers, and preschool children with disabilities. (US Department of Education)

Four Purposes of P.L. 94-142

- “to assure that all children with disabilities have available to them ... a free appropriate public education which emphasizes special education and related services designed to meet their unique needs
- to assure that the rights of children with disabilities and their parents ... are protected
- to assist States and localities to provide for the education of all children with disabilities
- to assess and assure the effectiveness of efforts to educate all children with disabilities” Source: *Education for All Handicapped Children Act, 1975*

Special Olympics Vermont (SOVT) is part of a global movement that works year round to foster inclusion and acceptance of people with intellectual disabilities by using the power of sport



to showcase their gifts and abilities. 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”.

Just recently, the Vermont Principals’ Association (VPA) has recognized Unified Sports as interscholastic activities which will start with co-ed basketball and add additional sports like soccer and bowling in the future.

Led by middle/high school special educator Tim Rich, the Winooski School District (WSD) has enthusiastically embraced Unified Sports and we are in our second year of competing in bowling and bocce, and we hope to participate in co-ed basketball.

WSD is able to provide this activity through the generous support of SOVT and the tremendous participation of Winooski students, staff and parents in the Penguin Plunge.

The Winooski Penguin Plunge team has raised over \$35,000 for SOVT in the past three years with over 200 donors! This year over 60 Winooski staff, students and parents took the icy plunge on



Saturday, February 6th with 22 other school teams to raise over \$156,000 total for SOVT! It is important to know that 10% of the monies our Winooski Penguin Plunge team raises each year comes back to WSD to support our Unified Sports program. Thanks to everyone for your support and if you plunged, we greatly appreciate your bravery!

I am very grateful to live in a country and state, and work in a community that supports ALL members of our society! Thank you for working with WSD to benefit our students!

School Board Update

By Jennifer Corrigan, School Board

Budget Time! Join us on Monday February 29th for our annual school and city budgets presentations. The Winooski School District has worked to build a budget with an allowable growth cap of 2.75% plus .9% added to allow for the 7.9% increase in Health Care expenditures. It was quite a challenge and one that we all took on mindfully. The leadership has brought forward a budget that will continue to move our schools forward with the great work that is going on. Please vote.

The School Board has been in negotiations with teachers for the last few months. It is going well and we appreciate all the hard work that goes into these meetings and the countless hours involved by both sides.

Our last board meeting was a round table discussion with folks about global engagement and what that looks like in students. To view this meeting tune to RETN for Wednesday February 10th. This discussion begins about 45 minutes into our meeting. It was very inspiring to have such dedicated people join us to share their thoughts. We are excited to take the information and incorporate it into our Ends statements.

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.

Thank you in advance for taking the time to vote on the budget items and if you have any questions please come Monday, February 29th to get answers.

Meet The Candidates For School Board

There are two candidates running unopposed for re-election to the school board this year. Here is information they submitted to help you get to know them a little better.

You are also invited to attend a meeting February 29th, 2016 in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets, in addition to meeting the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues is scheduled to begin at 7:30.

Please do your part and become informed, and vote on March 1, 2016 at the Senior Center on Barlow St. between 7 a.m. and 7 p.m.

JENNIFER CORRIGAN

Running for: 3-year seat

Contact: 75 Hickock Street, 802-233-7642

Work: Childcare provider; owner UBU Childcare

Hobbies/activities: I spend time with my family and pets, walking, running, and when I can, reading a great book

Community service: Due to the fact that I am a business owner, I am in the background soliciting for many of the parent (PTO) and athletic functions (Boosters).

Reasons for running: I am seeking re-election to continue helping bring about the great changes going on in our school district and to serve in providing continuity in negotiations with the WEA (Winooski Educators Association).

JULIAN PORTILLA

Running for: 2-year seat

Contact: 26 North Street, 802-399-0241

Work: I direct the Master's in Mediation and Applied Conflict Studies at Champlain College

Education: I have a Master's degree in Conflict Analysis and Resolution from George Mason University

Hobbies/activities: I like to play with my kids, play guitar, ski and watch tv online.

Community service: I participate in projects with the Winooski Coalition for Safe and Peaceful Communities in addition to serving on the School Board.

Reason for running: I think Winooski is a great town with great kids and a chance to be one of the best schools in the state. We're not afraid to try new things and be leaders in education. I want to be a part of it.



Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

* DO YOUR PART *
VOTE!
MARCH 1, 2016

WARNING

WINOOSKI INCORPORATED SCHOOL DISTRICT 29 FEBRUARY 2016 AND 1 MARCH 2016

The legal voters of the Winooski Incorporated School District in the City of Winooski, Vermont are hereby warned and notified to meet at the Performing Arts Center, Winooski Educational Center on Monday, February 29, 2016 at 7:30 o'clock in the evening to act on Article I, Article II, and Article III and to conduct an informational hearing on Australian Ballot questions, and the meeting to be adjourned to reconvene at the Winooski Senior Citizen Center, Barlow St., on Tuesday, March 1, 2016 to transact any business involving voting by Australian Ballot, said voting by Australian Ballot to begin at 7:00 o'clock in the morning and to close at 7:00 o'clock in the evening.

The legal voters of the Winooski Incorporated School District are further notified that voter qualification, registration and absentee voting relative to said annual meeting shall be as provided in Chapters 43, 51 and 55 of Title 17 and §473 and 553 of Title 16, Vermont Statutes Annotated.

ARTICLE I: Elect a Moderator and Clerk.

ARTICLE II: Shall the District accept the 2016 Annual Report and all included sub reports?

ARTICLE III: Shall the Board of School Trustees be authorized to allow appropriate groups and agencies to use school facilities and equipment in accordance with District policies?

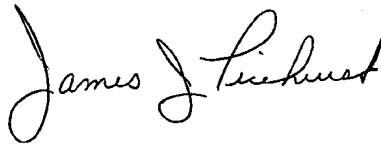
AUSTRALIAN BALLOT ARTICLES

ARTICLE IV: Shall the District accept and expend the sum of One Million, Eight hundred fifty-two thousand, Five hundred seven dollars (\$1,852,507) or whatever sum is provided by federal programs for the support of compensatory education and special programs? Said sum shall be exclusively federal funds received by the District. *(No local or statewide school property taxes included in these funds.)*

ARTICLE V: Shall the voters of the school district approve the school board to expend Fourteen Million, Eight hundred ninety-seven thousand, Two hundred eighty-four dollars (\$14,897,284), which is the amount the school board has determined to be necessary for the ensuing fiscal year? It is estimated that this proposed budget, if approved, will result in education spending of Thirteen Thousand, Three hundred sixty-eight dollars (\$13,368) per equalized pupil. This projected spending per equalized pupil is 3.65% higher than spending for the current year.

Winooski School District

Winooski, Vermont
February 02, 2016



James J. Ticehurst, District Clerk

CITY AND SCHOOL ANNOUNCEMENTS

Winooski Dollars for Scholars: Making Education Possible!

Your contribution makes a difference – Here is how we know –

- The many hand written notes received every year thanking our team for the many opportunities that these donations have helped with college success.
- One senior wrote in thanking Morgan Kelner for the award of the Leadership Scholarship. The student went on to say how it meant a lot to be recognized for Leadership Qualities and the significant difference it made covering expenses.

Let's find out how Winooski DFS can make a difference in your future.

Visit our website at <http://winooski.dollarsforscholars.org>. All new members are welcome to join us any time. Please email us at winooskidfs@gmail.com.

WE LOOK FORWARD TO SERVING WINOOSKI YOUTH!

JFK Fun Fair is March 18th!

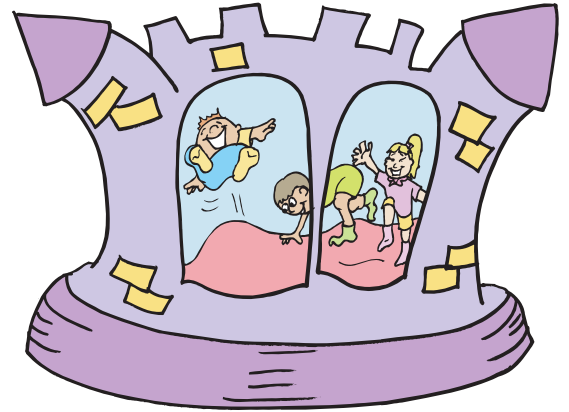
Join us from 4:30-6:30!

Fun activities for everyone led by JFK teachers and sponsored by the PTO.

Tickets are .50 each, and activities cost 1-2 tickets each. Enjoy games with prizes, face painting, bounce castles, a teacher raffle and much more!

Students in grades K-3 must be accompanied by a parent or older sibling.

Dinner is available for \$3.00 per person (includes your choice of hotdog/chips, pizza, salad bar, milk, fruit).



Babe Ruth Baseball/Softball Registration

Winooski Little League Baseball/Softball & Babe Ruth will hold it final registration on **Friday, March 18th** 3:00 pm - 6:00 pm in the school library. Proof of age is required for all new players, who must be within age limits: April 30th is the cutoff for Baseball, December 31st for Softball. Little League is for ages 4-12, Babe Ruth for ages 13-18.

Little League fees are \$40 for one player, and \$70 for a family. Late fee is \$10 after 3/31. Babe Ruth fee is \$55.00 per player. *Info: Jeff Brosseau at 233-5530*

2016-2017 SCHOOL YEAR

Kindergarten Registration and Screening

Kindergarten registration and **screening for your child** at John F. Kennedy Elementary School in Winooski, VT, will take place on **Friday, May 6th** and **Monday, May 9th**.

Children who will be five years of age prior to **September 1, 2016**, 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.

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).

★ COMING SOON ★

The 2nd Annual
"CELEBRATING WINOOSKI'S TALENT"
Show!

Auditions will happen on **March 7th, 8th and 12th***
The Talent Show will be presented on **April 8th**.
Auditions and the Talent Show will take place at the Winooski School District Performing Arts Center.

Children, Adults, & Groups welcome!
Any questions? Please contact lgoetz@winooski.k12.vt.us

*March 7th & 8th auditions start at 3pm, March 12th audition is 10am-12pm

March Report

By Sara Raabe - JFK Elementary School Principal

February was a busy month once again at JFK. The work with Vermont Reads Institute has begun with the JFK teachers. The Vermont Reads Institute at the University of Vermont (VRI at UVM) conducts high-quality professional development and research in all areas of literacy. They are running two PLC's; one for K-2 teachers and one for 3-6 teachers. The PLC's are voluntary and almost all of our teachers are participating. These PLC's are part of the transition school wide to Readers Workshop using Lucy Caulkins's Units of Study.

This past month, JFK has been participating in the Big Change Roundup. All of the money raised supports patients and families at the University of Vermont Children's Hospital. The children at UVM Children's Hospital are more than just patients. They are our family, friends, neighbors, classmates, and a huge part of our community. Eleven adults volunteered for the Hair Contest Challenge to raise the money. The adult that raises the most money "wins" and has to dye their hair a fun color. With one week left in the contest, we have raised \$976.57!

On February 29th, all professional staff will be participating in a full day Responsive Classroom training. The Responsive Classroom approach to teaching emphasizes academic, social, and emotional growth in a strong school community. Part of the philosophy taught is that how children learn is as important as what they learn, and that academic success is tied to building social-emotional connections and stability. The full day inservice will be Introduction to Responsive Classroom for all our professional staff, and our support staff that choose to attend. The workshop will offer an overview of the REsponsive Classroom approach as well as an introduction to a practical strategies that teachers can begin using right away. We are working on offering more in depth professional development over the summer.

Afterschool Knitting

By Mag Thomas

There is a group of students who get together on Thursday afternoons to learn the art of knitting. They are learning basic stitches and terminology.

Here is what they have to say so far about their experience...

"It is good and complicated trying to do the stitches, but I am learning. I am going to try to make a blanket for my little cousin."



"It is hard to remember what stitch to do. I was doing the purl stitch instead of the knit stitch. But it is fun."

"It is fun and really interesting. It is hard to learn at first but when you get the hang of it, it is easy!"

"It was hard at first then it got easier."

This is a skill that they will hopefully continue after the program ends.

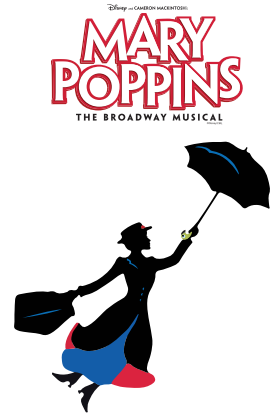
Maybe they are knitting up some warm scarves for the cold winter weather!



SAVE THE DATE

Mary Poppins!

"Mary Poppins" will be performed by a very talented group of 4th/5th graders on Friday, March 4th at 9:00, 10:30, and 7:00pm in the Performing Arts Center.



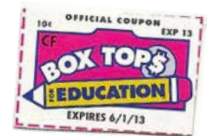
JFK Guidance Update

By Sarah Murphy

As some of the families of JFK might know, I'm expecting a baby at the end of February, and will be taking the rest of the school year off. I'm excited to share that beginning on February 29th, Joseph McLaughlin will be my long-term substitute, working as the Guidance Counselor at JFK while I am away. Joe has 11 years of experience as a Guidance Counselor at all levels, most recently working at a Middle School in Massachusetts. We are all excited to welcome Joe to JFK Elementary School, and we know he's excited to join us here!

You Can Help!

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



Kindergarten Celebrates 100 Days of School

By Lisa Bushey



On Thursday, February 4th, JFK Kindergarten celebrated the 100th Day of School. From day 1 of kindergarten, children were keeping track and counting how many days they had been in school; learning and practicing different ways to count to 100 (by 1's, 10's and some by 5's). As the hundredth day got closer, the countdown began and students were anticipating the big day. They also looked at the Hundred's Chart and used many strategies to figure out how many days left until 100. From the beginning of the year, students were engaged in mathematical thinking, discussion and developing very important math skills.

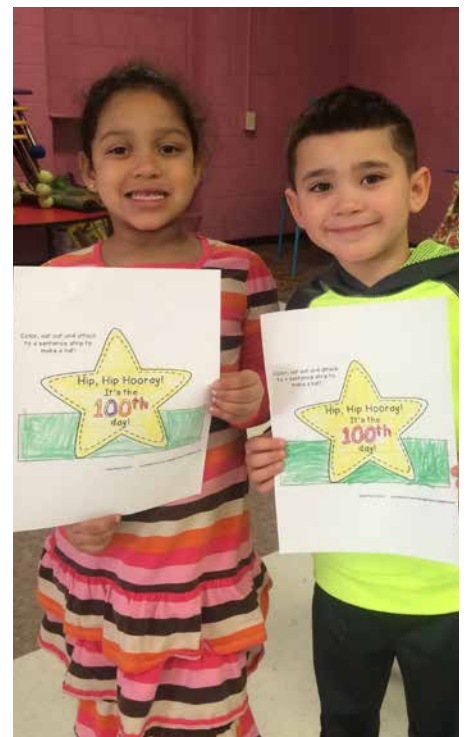
Although the celebration may have looked different in each class, there was equal excitement and engagement in each classroom for this very special event. To kick off the celebration students made "One Hundred Day" hats to wear for the day, showing their pride for their one hundred days of accomplishments in kindergarten.

During Literacy, some classes listened to a book about 100 days of school as a Read Aloud, while others may have created a book about 100 days of school. In my classroom, my students read a poem, titled *Wacky Wishes*, and each student finished the poem with something they would like 100 of. They had some very interesting ideas!

During Math, some students spent time arranging 100 small items on a mat that had 10 Tens' Frames on it. One class glued 100 bright colored gems on their mats, while another class used Q-Tips to dab paint on each square of each Tens' Frame. In another class students placed cereal on their mats and once they had 100 pieces, they made necklaces.

The 100th Day ended and students were able to take home some of their projects from the day. It was a day of excitement, enthusiasm, activities and a day of learning and engagement!

Next, kindergarten teachers look forward, continuing to teach and help our students grow over the remainder of the school year.



MIDDLE/HIGH SCHOOL HIGHLIGHTS

It Can Be Done

By Leon Wheeler, Principal, WMHS

A few years ago Bill Rich, one of the consultants working with our school, shared a graph of the winning high jump height at the Olympic Games since 1900. During this 100+ years the graph noted 4 major changes in the high jump technique: Scissors; Western Roll; Straddle; and Fosbury Flop. With the introduction of each new technique, performance initially decreased. It took time for the height to increase.

Researchers recognize that this is a universal experience with changes that require people to think and act in a different way. Expect that performance will initially decrease as your mind and body adapt to the changes, and the processes become more natural and automatic.

Student-centered and proficiency-based learning require new ways of thinking and acting on the part of teachers as well as students. While there's strong research to support these changes

and the need for them, there will be drawbacks and discomforts along the way. Being reflective, intentional, and committed to student learning, we will continue to improve.

Growing up, whenever one of my siblings would say "I can't do that," Mom would respond with the poem by Edgar Guest "It Couldn't Be Done." The last stanza seems appropriate to our school:

*There are thousands to tell you it cannot be done,
There are thousands to prophesy failure,
There are thousands to point out to you one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start in to sing as you tackle the thing
That "cannot be done," and you'll do it.*

We continue to adapt and respond to challenges. Recently we hired a behavior

.....
"Any change, even a change
for the better, is always
accompanied by drawbacks
and discomforts."
.....

—Arnold Bennett

coach, **Thomas Shearer**. Thomas comes to us with ten years experience at Mount Abraham Middle High School, and ten years prior to that with Centerpoint School. His training, experience, and expertise will be valuable as we redesign systems to better support student engagement and well-being.

Also newly hired is program assistant **Mohamedou Diop** who oversees the high school study hall. Mohamed comes to us from the Burlington School District with years of training and experience working with youth and adults.

Enjoy these final weeks of winter. Spring is right around the corner!

Honor Roll – Second Quarter: 2015-2016

HIGH SCHOOL

Seniors

Honors

Oo Mai Be
Brandon Bigelow
Taylor Langlais
Ball Wit

Juniors

High Honors

Jocelyn Booher
Mariah Metivier
Thong Nguyen
Julia Poipo

Honors

Renuka Bhattarai
Rainbow Chen
Srijana Dahal
Ranjit Darjee
Maria Ly
Eh Man
Pascal Siki

Sophomores

Honors

Abbas Abdulaziz
Devon Fisher
Jarod Fountain
Rebecca White

Freshmen

High Honors

Tiffany Phuong
Destiny Syharaj

Honors

Farhio Abdirhman
Shennelle Bailey
Vijayata Dahal
Alexander Do
Evan Eaton
Leela Gurung
Hasan Hashim
Abigal Hayford
Mowtes Ibrahim
Rebekkah Lambert
Nicole Laplante
Susmita Limbu
Andy Siki

MIDDLE SCHOOL

High Honors

Jackson Elovirta
Penny Ly

Honors

Najd Al Anzee
Taylen Bennett
Kaw Ra Ban Bi
Linden Bronz-Russo
William Chen
Xavier Clark
Dhiraj Dhakal
Yatrika Dhamala
Adison Granger
Meera Gurung
Matt Hill

Honors

Ines Horozovic
Hiba Laaroussi
Sa Me Lar
Heirloom Luong
Ruby Ly
Milan Magar
Ashbin Mangar
Saladi Mayange
Dah Ler Moo
Amina Osman
Ethan Piette
Padam Tiwari
Benelor Tsasa
Jonathon Willard II
Anna Willis
Azee Zar

To the Moon and Back

By Nancy Keller

“Nick is a nice guy. He’s chill,” replied Isaac, a WMHS 8th Grader, when asked about his after school percussion class with local musician, Nick Cannizzaro. Nick has been teaching percussion classes at John F. Kennedy Elementary School through a partnership with the Vermont



Ethan, Isaac, David, Jarod, Ladania and WMHS Instrumental Music Teacher, Randy Argraves, take percussion lessons from local musician, Nick Cannizzaro.

Youth Orchestra Association for the past three years. Since January he has also offered classes to five Winooski Middle and High School students. Nick is a Burlington, Vermont native who is a guitarist and singer with The Nth Power, a band with a national presence, a full tour schedule and a new album, Abundance (thenthpowermusic.com).

“I get to learn a lot more than in my usual percussion class,” explained Isaac, who has been playing drums for the past three years.

“It’s more mellow,” agrees David, a 6th grader. “I am drummer in the [WMHS] band and for some songs, I play the trumpet. At the lessons, Nick gives us drumsticks to use that are really amazing. They jump to the moon and back.”

Interested in learning more about these Thursday afternoon percussion lessons? Contact our Instrumental Music Teacher, Randy Argraves, or our CCLC Afterschool Director, Suzanne Skaflestad.

Thank you, Nick Cannizzaro, for sharing your time and talent with our students!



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

...goes to Heirloom Luong. Heirloom has really awesome artistic talent, but is also very hard-working in the art room. He was the first to finish his graffiti tag, and can often be found drawing more than is required of him in class. Congrats, Heirloom!

WMS Boys Basketball Team Report

By Dennis Barcomb

The Winooski Middle school boys “A” team had a successful season. The team finished with a record of 7 wins and 6 losses. The boys showed great improvement by the end of the season. Team members were: Charlie Cusson-Ducharme, Austin Benoit, Anderson Vyizigro, Parker Kane, Faisal Shaaban, Jeremiah Parsons, Sebastian Syharaj, JJ Stockbridge, Saladi Mayange, Max Gordon, Deon Mitchell, and Abdi Abdi. I would like to thank all of the parents and other fans who supported or team at home and road games.



Afterschool High School Core Support

Suzanne Skaflestad, 21C Director

If you are in high school wondering why you should attend Core Support afterschool, just ask the students who currently attend:

"I attend Core Support classes because..."

"I like the help I receive. I get me work done" (Abdul)

"This is a nice, quiet place to get work done. I get the help I need." (Niki)

"I can focus more on my schoolwork. I am less distracted here at school than I am at home." (Hau)

"I want to use my time wisely. I get more work done at school than at home." (Key)

"It helps me balance my sports and education at the same time. I like sports but my education will take me somewhere in life." (Bishnu)

"It is a quiet place to do work." (Oliver)

"I can finish my work for my board games class. Today I am working on my journal." (Teba)

"It helps me meet my deadlines." (Shelby)

"I am working on my French today" (Natalie)

Take a look below at the Core Support Classes that are available to high school students during the week:

- **Monday and Thursday** Technology Core Support with Ms. Poquette in Room 211
- **Monday and Wednesday** Academic Support with Ms. Houghton in Room 209
- **Monday** Language Arts Core Support with Mr. Steele in Room 214
- **Tuesday** Math Core Support with Ms. Mason in Room 208
- **Tuesday** Math Core Support with Ms. Mellon in Room 206
- **Tuesday** Science Core Support with Ms. Bundy in Room 201
- **Thursday** Science Core Support with Mr. Crowley in Room 200

All classes meet from 3-4pm. A snack is also available.

For those students who are unable to attend Core Support from 3-4, there are also free tutoring services available at the Winooski Memorial Library (Malletts Bay Ave.) Mon.-Thurs. from 6-9 p.m.



Abdul and Niki attend Academic Support with Ms. Houghton



Bishnu and Oliver attend Technology Core Support with Ms. Poquette

Band Notes

By Randy Argraves

Congratulations to chorus members Kusa Daud, Khadija Hussein, Sarday Holness, Linden Bronz-Russo and orchestra members; Penny Ly, Sophia Do, Ines Horozovic, and Adison Granger for performing at the Middle School District III Music Festival at Essex Middle School on Saturday, February 1st. They all worked so hard and did an amazing job. Kudos to all our festival participants. It is certainly a concert I will remember for a very long time.

Here is an update of concerts for the rest of the year:

- | | |
|---------------------------------|---|
| March into Music Concert | Wednesday, March 16th at 7 PM in the PAC |
| All State Parade | Wednesday, May 4th at 6 PM in Swanton, VT |
| All State Concert | Saturday, May 7th at 2 PM in Swanton, VT |
| Spring into the Arts | Monday, May 23 TBD |
| Pops Concert | Tuesday, May 24 at 7 PM in the PAC |
| JFK Concert | Thursday, May 26th at 6:30 PM in the PAC |
| Memorial Day Parade | Saturday, May 30 at noon down Main Street |
| Jazz Fest performance | TBD (1st week in June) on Church Street |



Math Lab Report

By Tom Payeur

There is a curve that is talked about whenever we make a change over time. It shows that at the beginning of a change, our performance decreases as we learn new habits and skills. As time goes by, our performance increases, to the point where we do better than

what we did before the change. Since we are talking about the Math Lab, let's look at some data. The graph below shows the changes to the high jump technique over time and charts the height that olympic athletes were able to jump with each change:

As you can see, with each change, performance of the jumpers went down or stayed the same at first. But then, there was large growth. This trend is true in sports and also math.

By now you may have heard that when we returned from February vacation we made some exciting new updates to our math lab. After a full semester of working closely with students and gathering multiple types of feedback, we've identified ways in which we can make the math lab an even more mathematically productive and engaging space.

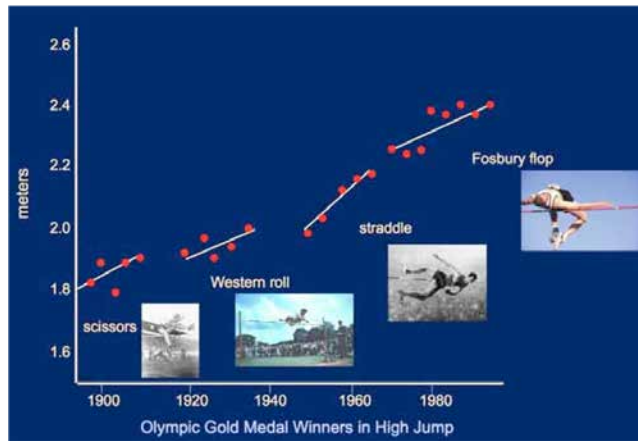
One theme that emerged from student feedback was the desire to be a more connected community of math learners in the math lab. In order to ensure that all students are welcomed, accepted, and a contributing member of this community, we have decided to "shrink the playing field". What this means is that we have grouped two classes of students on one side of the room and two classes of students on the other. We have been working in these smaller groups to build connections across these levels, encouraging discussions and idea-sharing. Over time, we will work to create those connections between students across all levels.

We also heard from many members of the community that they wanted to include more large group discussions. To address this, each of our four teachers has been holding 20-30 minute discussions with students who are grouped by math level. This has given students the opportunity to share their ideas in a more structured setting with peers who are exploring the same level math.

Students are also working on ways to identify short term goals, keep track of their progress, and make adjustments as needed. These are important transferable skills that connect to our graduate expectations. In any proficiency-based system and in life, understanding how to own the work and make adjustments when things don't turn out the way you expect is critical.

Finally, we are aware that our transition to proficiency-based grading has been confusing. We began the year with an assumption that in this new system, students' progress would be similar to that of previous years. We have learned that is not the case. We needed to factor in time for students to adjust to a new system of learning, gain the transferable skills that we have added to our curriculum, and learn the math content. It is understandable that progress would be different. Remember the curve of change we mentioned at the beginning? We are working diligently to award credit for the first semester and noticing the speed at which students are learning and progressing as the second semester started - just as the high jump would predict!

As always, it is a pleasure to be a part of a community that encourages informed changes for the better of all. We hope the math lab reflects the possibilities and flexibilities that make Winooski a wonderful place to learn.



*Chart Source Credit: Bill Rich

What is Project Graduation?

Project Grad provides WHS graduates with an opportunity to celebrate with classmates in a safe substance free environment. The event takes place on June 11, 2016 (the night of graduation), and goes all night long.

Project Graduation began over 30 years ago in response to the tragic loss of 18 lives in alcohol and substance related crashes following graduation.

7 out of 12 lives lost resulted from driving under the influence occurred in one community. In response to this loss of life, a school-community began "Project Grad".

Project Grad has been an annual event for WHS Students. It is an adult supervised event and it is FREE to all graduating seniors. It is the last social event where the seniors can have a great and safe night filled with music, food, games, entertainment, prizes and of course... FUN - TOGETHER!

Here's a really important note - Project Grad is NOT organized by WHS staff. It takes the collective efforts of dedicated parents & volunteers to pull off an event of this size. In other words? WE NEED YOU!! Financial donations are greatly appreciated and checks can be made to WHS Project Grad 2016 or through our secured GoFundMe account (link: <https://www.gofundme.com/WHS2016ProjGrad>).

To ensure that you're up-to-date with the latest information and you're on Facebook, please join our 2016 WHS Project Grad group (link: <https://www.facebook.com/2016WHSProjectGrad/>). Thanks in advance for your help in making this a memorable evening for our graduates!

Meetings are held every month. Dates of all upcoming meetings will be on the school calendar and on the facebook page. Please join us!

Questions? Comments? Ready to Volunteer? Contact Gina Callahan (projectgrad@winooski.k12.vt.us) or by phone at 802.338.6099.

Update from your City Council

By Mayor Seth Leonard



On February 1st, City Council finished the municipal budget proposal and approved a budget that voters will consider on Town Meeting Day – Tuesday, March 1st. Both staff and Council worked hard to prepare a budget that invests in our community in a responsible way, and we hope you will join us in supporting this budget on Town Meeting Day.

During the budgeting process, we heard presentations from each area of the city operations – Administration, Community Services, Public Safety, and Public Works. We also considered a Capital Plan for our long term equipment and infrastructure needs. It was great to see so many interested residents attend meetings – as we tried something new this year by having each departmental presentation at a physical location related to the services that department provides (Senior Center, Fire Station, Public Works Garage).

The final proposed budget represents a 1.77% increase in taxes collected, which would cause a 1.76¢ increase to the tax rate for municipal services. The proposed increase would move the tax rate from \$1.025 to \$1.04265. If you own a home worth \$225,000, the increase means you will pay an additional \$39.70

this year over last year. The total general fund budget proposal is \$6,210,094.79, with \$5,147,561.68 in taxes being collected. The total general fund budget would increase by 3.24% from the previous fiscal year,

however an increase in other sources of revenue outside of taxes mean we would only need to collect 1.77% more in tax revenue. The City Council unanimously voted to support this budget proposal, and we hope that residents will find the request to be reasonable.

In order to reach the final proposal, Council worked from a “net-zero” tax increase budget. To propose that net-zero increase budget, a number of items were cut from the draft budget and a several items that are needed were not included in the original proposal. Council worked through a restore/addition list, pulling forward a number of items we believe will help the city better serve our residents:

- Restore funding for the Myers Memorial Pool for the summer of 2016.
- Restore funding of regional programs: CCTV, Winooski Valley Parks District, and the Winooski Community Partnership.
- Addition of a part-time (20 hours per week) Programming Assistant for the

Senior Center.

- Nixle fees for Parking Ban and Emergency Communication.
- Partial funding for a Community & Economic Development Position (additional funding to come from parking revenue).
- Increase in hours for an existing Clerk Staff position to focus on Code Enforcement, Zoning, and Public Safety needs.
- Combine two existing part-time library positions into one full-time position that focuses on youth library programs and manages our tutoring programs.
- An increase in the stipends for volunteer fire fighters who are on weekend duty.
- Amending our Public Works Pay Scale to bring us closer to market rates.
- Switching emergency dispatchers to a defined benefit plan with VMERS benefits.

After applying additional staff-selected budget savings, grand list growth, and use of a portion of projected fund balance, the new additions total \$89,261.18 net increase to restore items that would have otherwise been cut along with the new proposed services.

Please reach out with any questions or concerns about the specifics of the budget, or details for the items on the addition/restore list.

To learn more, you can also join us at 6:00pm on Monday, February 29th at the High School Auditorium for a joint presentation of the municipal and school budgets.

Please remember to vote between 7am and 7pm at the Senior Center (123 Barlow Street) on Tuesday, March 1st for Town Meeting Day!

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



Winooski Food Shelf Schedule for March

By Linda Howe

Here is our pickup schedule for March:

Wednesday, March 9th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, March 12th	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, March 23rd	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, March 26th	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items

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

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

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

Update: Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis

Join us on **Wednesday, March 16** at 6 pm for our next Community Dinner—featuring a presentation and discussion on Winooski's Promise Community project. Enjoy a free dinner, translation services, and onsite children's programming. The event will be held at the O'Brien Community Center (32 Malletts Bay Avenue, Winooski). Please RSVP for translation or children's programming at (802) 655-4565 or katenugent@wcspc.org.

March 16 also marks the kickoff of 2016's National Kick Butts Day! Kick Butts Day empowers youth to speak out against big tobacco's targeting youth and deceptive marketing. This year it is expected that more than 1,000 events across the country organized by teachers, youth leaders and health advocates will raise awareness about tobacco use in their community. For more information and to get involved, visit <http://www.kickbuttsday.org>.

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



Newspapers, Nominations, and Nasheeds

By Amina Basha, Weekend Islamic School, amina@vtweekendschool.org

The students at the Weekend Islamic School are very busy this time of year! The teachers are working to make it through the students assigned curriculum while beginning to engage their students in other areas of learning.

The 6th and 7th grade class has just completed their first publication of The Vermont Muslim Youth Gazette. They interviewed the high school students in the school on what it means to be a Muslim in today's society. We were so impressed with the depth of our student's answers. Their focus for this issue was identity, something we all sometimes struggle with, no matter our age or religion.

The first of our annual events is approaching! Our Qur'an (memorization) and Qiraa (reading) competition held at the Islamic Society of Vermont. Teachers are working with their student's parents to best select and nominate which students should compete at each level. We divide students based upon grade and levels of reading and memorization.

The second of our annual events, the Talent Show, has reached its 10th anniversary. We are excited to develop a great show with the teachers for the local community this year. Our student's will be performing various plays, skits, and nasheeds (vocal work sung accapella or percussion instruments). While preparation for this event takes a lot of work, the students enjoy the opportunities it opens for them including acting, directing, and props.

SAVE THE DATE:
FEBRUARY 29TH
The Annual Meeting
BUDGET PRESENTATIONS

6:00pm: City Budget | 7:30pm: School Budget

Performing Arts Center, Winooski Educational Center

What is YouthBuild?

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



What's going on now at YouthBuild?

12 new students joined YouthBuild in early February, and formed E-Crew. New students spent the last month completing construction and safety training, taking part in team building activities, and re-engaging in academics while exploring their individual learning styles.

Construction: YouthBuild students completed their OSHA 10 certifications, and participated in a two day weatherization module where they learned the importance of proper insulation and practiced a variety of weatherization techniques.

AmeriCorps: In the past few months, students have built 9 mock walls for Burlington Electric's passive house training, constructed storage shelves for the Refugee Resettlement, assisted Special Olympics in setting up for the Penguin Plunge, built 24 birdhouses for the city of Winooski, and aided in Essex Junctions' STREAM of Lights Lantern Parade.



Legislative Report

From Representative Diana Gonzalez

The deadline for the House to submit new bills was 1/29. This means we have had a lot of new bills to go over in our committees. My committee, (Housing, General and Military

Affairs) has more bills than usual. This is exciting and challenging because we only have so much time and can only give enough attention to a few of them. We also will be receiving bills that pass out of the Senate.

Advocacy groups visiting seem to be increasing, including high school students advocating for laws to protect their health and wellbeing.

Clem and I had a "coffee and chat" the other day. We will be doing a few more of those during the session, so keep a look out on FPF for those dates.

Take care, and we look forward to hearing from you! You can reach me with any questions at dgonzalez@leg.state.vt.us.



From Representative Clem Bissonnette

Info from the Health Care Committee :

The Health Care Committee has started weekly hearing on Vermont Health Connect (The Exchange) as a result of renewed concerns about the website's functionality. Two weeks ago, Blue Cross Blue Shield CEO Don George and Chief of Health Care Reform Lawrence Miller testified that Exchange customers were experiencing increased rejection rates when trying to process change of circumstance (COC) requests and attempting to renew their health insurance plans through the website.

I also met Lawrence Miller on Jan. 5 to discuss the problems and was assured that websites problems were being fixed. I am asking that anyone with unresolved problems to either call me (655-9527) or send me an e-mail @ cbissonnette@leg.state.vt.us. If you send an e-mail please include the details of the problem and if you know the individual you spoke with, include their name.

The Exchange software upgrades were implemented and automated COC request processing has resumed. Eleven hundred requests have been processed in the last week. Miller anticipates reducing the COC backlog to less than three thousand by the end of February.

Appropriations:

The Appropriation Committee spent the last week on Human Services and crawled through billions of dollars being spent in Vermont, this includes both State and Federal dollars.

On Thursday February 11th the Agency of Human Services met to discuss the Human Services portion of the budget. I will report on that for our next issue, or you are welcome to contact me to discuss. You can reach me with any questions at cbissonnette@leg.state.vt.us

Winooski's Roundabout

By Scott D. McGivern, Lieutenant, Winooski Police Department

I have not known Winooski without the roundabout. I am told the traffic congestion was worse when Main Street and Allen Street was a four way intersection. As the roundabout served its purpose by allowing traffic to flow more freely through the city, there are some things I'd like to remind citizens about when they are navigating it.



Photo: Ben Sarle, Burlington Free Press

- **Vehicles that are in the roadway have the right of way.** All entrances to the roundabout have yield signs. When entering the roadway, motorists need to stop at the yield sign and wait for the traffic lanes to be clear before entering the roundabout. Traffic from Burlington entering the roundabout has two lanes of traffic. Vehicles in the right hand or outer traffic lane need to yield for traffic in the roundabout. I have witnessed many motorists in the right hand lane proceed into the roundabout without stopping for existing traffic in the roundabout. There is only one lane of travel on the south and north end of the roundabout, so both traffic lanes need to yield.
- There are six pedestrian crosswalks that cross the roundabout. **Pedestrians have the right of way while in the crosswalks.** The crosswalk at the south end of the roundabout has a very bright flashing yellow signal to try to alert motorists of the presence of pedestrians in the crosswalk. The lights are timed and it is possible they will be flashing when no one is in the crosswalk. If no one is in the crosswalk and the signal is activated, motorists do not need to stop and wait until the signal turns off. But be alert, slow down, and proceed with caution.
- The northbound and southbound lanes are marked for their designated use. Prior to entering the roundabout it is best to know the route you are taking and to anticipate which lane you need to be in while navigating the roundabout.
- **Bicyclists use the roundabout.** Please be alert to their presence and know that they have the right to occupy a traffic lane.
- If leaving a parking spot along the west side of Main St it is not recommended to try to cross both southbound lanes of traffic at the south end of the roundabout at the intersection with W Canal Street. If you need to enter the roundabout it is safer to turn onto W Canal Street, Follett Street and then W Allen Street to enter the roundabout.
- If you find yourself entering the south end of the roundabout from Burlington, and there is a semi tractor trailer or other larger vehicle, do not stay directly next to this vehicle. Due to the length, width, and curvature of the roadway these larger vehicles need to utilize both traffic lanes to successfully navigate their entrance into the roadway. Last week I investigated an accident in which a vehicle was in the right hand lane and a tractor trailer entered the roundabout in the left hand traffic lane. As the operator of the tractor trailer unit was negotiating the curve the trailer naturally came into the right hand traffic lane and the vehicles came together. If you find yourself entering the roadway next to a tractor trailer unit or other large or wide vehicle, please yield to that vehicle so you both can navigate the roundabout safely.

I hope these insights will assist you in safely getting around the Winooski Main Street roundabout.

Girl Scouts Learn About First Aid

By Amy Lothrop

Girl Scout Troop 30187 has been busy learning about first aid. The 15 Juniors went to St. Michael's Rescue in January. They learned about steps to take in an emergency (check, call, care), basic aid, and bicycle safety. The girls learned how to improvise with items on hand in an emergency. The tour capped off a great learning experience. It is never too late to be a Girl Scout -- 3 more young ladies have joined our troop in February. Please contact Amy Lothrop at 802-373-7288 or amylothrop@comcast.net for more information on joining or volunteering.

Shop Local

With discounts like: 15% off

your coffee/pastry/ice cream every day at Scout, 10% off food at Papa Frank's, 10% off your total check at Spice Trader's Kitchen, 25% off your facial at Salon Salon, and free tire rotation at Pecor's Automotive, the 2016 ACCESS Winooski card will pay for itself in no time, and all while supporting locally owned Winooski businesses, scholarships for Winooski High School students and the Winooski Community Partnership. The card buys you discounts at 32 Winooski businesses that are good ALL YEAR LONG! No coupons, or codes. Just the card that fits right in your wallet. See all the discounts and get it here: www.downtownwinooski.org/access



Catch Election Day Results on Channel 17 or online

On Election Day, (March 1st) Channel 17/Town Meeting TV will carry a live program starting at 7 pm with results, poll interviews and local news and information. Tune in on cable channel 17 or online at <http://www.ch17.tv>.

Thrive Program Starts Planning for Summer

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

Happy March! We hope everyone has enjoyed this winter and has been able to take advantage of all of the wonderful snow and snow days! The staff and children at Thrive have loved this winter, taking the opportunity to make up new games inside, get to know our friends better, and craft away the cold, but we are definitely starting to think some warm weather thoughts! In the spirit of dreaming away the winter blues, we have begun planning the 2016 Thrive Summer Camp!

The Thrive After School and Summer Program is a state licensed program for children who have just completed Kindergarten-5th grade. Our summer program is a day-long program full of opportunities for children to explore interests, the community, and build connections with friends through play. We take weekly trips to Landry park for open swim and barbecue lunches, as well as walks to Gilbrook and through the school grounds with lots of chances for outside play. All of our classrooms are staffed by highly qualified teachers, many of whom we all know and love from our After School program!

Throughout March, announcements will be made regarding our dates of operation, weekly schedule, rates, financial assistance, and enrollment information both on our website and at school. Be sure to check your child's backpack or find us online at www.winooski.org/communityservices/thrive. In the meantime, feel free to reach out to Kirstie Paschall, Thrive Program Director, for more information!

We're looking forward to another exciting year! Hope to see you there!



Free Throw Contest Winners

By Jeff Brosseau

Winooski Knights of Columbus Council # 2284 and Saint Francis Xavier CYO jointly sponsored a free throw contest on Saturday, January 23 at the Winooski High School Gym. Congratulations to all (fifty-five!) local youth who participated in the event! The winners were:

Age 9

Boys: Dallas St. Peter;

Girls: Eliza Stearns

Age 10

Boys: Elias Parzyck;

Girls: Sophia Strouse

Age 11

Boys: Michael Stockbridge;

Girls: Sophia Miner

Age 12

Boys: Joe Joe DuBrul;

Girls: Christina McKivergan

Age 13

Boys: Jacob Boliba;

Girls: Flynn Barcomb

Age 14

Boys: Baker Angstman;

Girls: Arianna Kruger

Each winner attended the Council reception on February 8th to receive a Knights of Columbus winner's certificate and prize (Barnes & Noble \$25.00 gift card). Each winner is eligible to participate in the District level free throw competition February 20th at St. John Vianney Parish Hall.

Meet The Candidates for City Council

There are two candidates running unopposed for re-election this year. Here is information submitted by the two candidates to help you get to know them better.

You are also invited to attend a meeting February 29, 2016 in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets, in addition to meeting the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues is scheduled to begin at 7:30.

Please do your part and become informed, and vote on March 1, 2016 at the Senior Center on Barlow St. between 7 a.m. and 7 p.m.

BRIAN CORRIGAN

Running for: City Council

Contact: 75 Hickok St. 802-999-9270

Work: Manager of Customer Service for Hannaford Bros.

Education: Associates in Business Management from Champlain College

Hobbies: Being there for my children and construction/building projects

Community Service: I have volunteered with the Winooski PTO for nearly

20 years, have spent six years serving with Friends of WHS, five years on the Winooski School Board, and one year on the Winooski Development Review Board

Reason for Running: I believe it's the duty of all community members to be involved in the growth and evolution of their community in any way possible. I've raised my family here and have seen great changes and wholeheartedly want to be in those discussions about what's next for us.

BRIAN SWEENEY

Running for: City Council

Contact: 24 Maple St, 802.734.6902

Work: Digital Advisor at Dealer.com

Education: BA from University of VT

Hobbies: Fishing, hiking, woodworking, working on my house.

Reason for Running: I am running for reelection because I believe in Winooski and think we are at a pivotal point in our history. There is so much to learn, and I feel that after two years of service to the city, I have really just scratched the surface. I am excited to see projects through that we started like the circulator safety improvements, transportation plan, studies on the pool and potentially moving city hall, form based code, the gateway districts and so much more. I look forward to playing my part in whatever else may spring up and make sure it fits with the vision of the city and the priorities of its residents.

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

“Everybody’s got a little Curious George in them.”

— Kathy Davis

Studies show curiosity enhances learning, affects memory and makes seniors happier!

An article published last year in SeniorJournal.com tells us that according to research, it’s easier to learn if you are interested and this curiosity stimulates the brain’s hippocampus where memories form. “Curiosity may put the brain in a state that allows it to learn and retain any kind of information, like a vortex that sucks in what you are motivated to learn, and also everything around it,” explains Dr. Gruber. Read more about this article at: http://seniorjournal.com/NEWS/Alzheimers/2014/20141002_Can-Stimulating-Curiosity-Bring-Aging-Memories-Back-to-Life.htm

Are you curious about the Senior Center? Maybe you want to try something different, learn a new skill or meet some interesting people! Join us for some events or programming and see what we are all about! Many of our seniors choose to come to several events before they discover what they want to engage in. We have many opportunities to choose from for volunteering and/or participation. Stop by or give us a call!

We’ve always got connections on our calendar!

COMING UP:

- **AARP Tax Aid** - M/W/F Call for an appointment (ends April 8th)
- **March 8** - Senior Lunch & Meeting
- **March 15** - St. Patrick’s Day Lunch
- **March 17** - St. Patrick’s Day BINGO!
- **March 19** - AARP Smart Driver Course
- **April 5** - Senior Lunch & Meeting
- **April 21** - Earth Day BINGO!
- **May 3** - Senior Lunch & Meeting
- **May 5** - Cinco de Mayo BINGO!

EVERY MONTH

- **Do Drop In** - (Mon 9-11am) Join us for coffee, treats and great conversation! FREE!
- **Tai Chi** - Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness FREE!
- **Exercise Class** - (Tues & Thurs 10-11am) Great for stretching and balance. FREE!
- **Open Art Studio** - (Wed 9-12pm) Join us and try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- **Community Lunch** - (Thurs 11:30am) Join us for a great lunch and great company! \$4.00 RSVP
- **BINGO!** - (Thurs 12:30pm) Come on in and play, try our snack bar and maybe win the Jackpot or the Jar! \$10.00
- **Mindfulness** - (Thurs 6:30pm) Relax and learn a new mindfulness technique.
- **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. March 10, 15, 17, 24, 29, 31 FREE
- **NEW! Van rides to Shaws, Hannaford’s & the Mall and the Winooski Memorial Library.** Call for times. 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



The Faith-Based Community's Response to Human Trafficking in Vermont

By Sister Pat McKittrick

January was Human Trafficking Awareness Month. The Clinical Simulation Laboratory at The University of Vermont Medical Center has programs that train healthcare professionals to identify and work with patients who are victims of human trafficking.

Human trafficking, the process of delivering a person into enslavement, happens everywhere – even in Vermont.

The first time I came face-to-face with human trafficking was when the mother of a young girl came to see me. She asked if her child could do community service with me. She explained that her 16-year-old daughter was found at the airport about to meet a man she had met on the Internet, who was from out of state.

Fortunately, the teenager was found before she met up with her “new friend,” who had promised her everything. The young woman came to do community service with me. At the time, there was news of another teenager in a similar situation in NY who died as a result of human trafficking. I asked this young woman: “Aren’t you afraid something could happen to you?” She responded: “Not everyone dies.”

Then, it happened again.

A few years ago, I met two young Chinese students who were here for a cultural experience. They paid \$3,000 to come to the US, hoping to improve their English in the process. Soon, I realized that their situation was questionable. They described living in an apartment in Burlington with six Russian girls and two men. They were told to each pay \$300 monthly plus utilities. That situation became troublesome, so they moved to a different apartment. This second apartment housed six girls living in a one-bedroom apartment. I asked: “Where do you sleep?” They answered: “We sleep on mattresses on the floor in one bedroom.” I said: “What happens if you need to go to the bathroom

during the night?” They responded: “We just crawl over each other.”

They were given work in motels. Despite the fact they were here to improve their English, they were told not to talk to guests. One was terminated for talking to the guests despite the warning. There were many other unjust and unethical issues that occurred.

Ask yourself: “What happens if you lose your job, have little or no funds, limited language skills, and no connections when you lose your job in a foreign country?”

These experiences and more have forced me to ask: Why should Faith communities care — and what can we do? Many religions believe in the “Golden Rule”: Do unto others as you would have them do to you. Many others also follow The Law of One: “We are all one. When one is harmed, all are harmed. When one is helped, all are healed.”

I found a path for moving forward and taking action in a leadership course with Sister Joan D. Chittister, O.S.B., a Benedictine nun, author and speaker. She explained four important elements that I believe they apply to human trafficking.

We must have:

- A clear vision
- Know our reality
- Relationship building
- Courage to do what we need to do.

We must work collaboratively, to eradicate Human Trafficking. And, we are doing just that: The Burlington Area Ministerial Association (BAMA), a dedicated group of faith leaders from diverse communities, recently sponsored a Human Trafficking educational presentation for clergy and faith leaders. The workshop was co-facilitated by Rev. Kristabeth Atwood and Rev. John Lucy who presented material from the Vermont Center for Crime Victims Services. Participants learned the causes and effects of human trafficking in our world, discovered resources, and learned steps they can take to end human trafficking.

So, now I ask for your help. Here's how we can work together to end this horrible practice.

- Need a New Years' Resolution that will touch the lives of those enslaved? <http://ofamission.org/need-a-new-years-resolution-heres-one-or-ten-for-you/>
- How can you help? Be informed. <http://www.givewaytofreedom.org/Human-Trafficking/human-trafficking-resources.php>
- Keep your eyes open. Call 211 if you suspect Human Trafficking.
- Take part in an International Day of Prayer for Human Trafficking on February 8.

Watch for upcoming events about Human Trafficking in Winooski's Front Porch Forum (signup at www.frontporchforum.com). The UVM Medical Center will offer a series on Human Trafficking in the spring.

Sr. Pat McKittrick, RN, is a Community Health Improvement Coordinator at The University of Vermont Medical Center, where she has worked for 21 years.



Make 2016 meaningful in Winooski:

Apply Today!

winooski.org/volunteer

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

The Health Office has seen an increase in strep throat and stomach bugs throughout the district. With that said, I would like to take this opportunity to remind parents of what our expectations are here in the Health Office.

1. If your child has strep throat they must have had 24 hours worth of antibiotics before they can return to school.
2. If your child has a fever of 100 degrees or higher they will be sent home. No exceptions!
3. If your child has been sent home with a fever please keep them at home until they are fever free for 24 hours without the use of over the counter fever reducing medication.
4. If your child is vomiting please do NOT send them to school. Please keep them home.

Encourage frequent hand washing throughout the day. Any questions please feel free to contact one of the nurses!

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

I have been giving classroom presentations to some of the younger students in February for National Children's Dental Health Month. We have been talking a lot about PLAQUE.

What is plaque?

- Plaque is a sticky, colorless layer of harmful bacteria.
- Plaque sticks to your teeth especially near the gum line and between teeth.
- Plaque continually forms on our teeth and gums.
- If plaque is not removed, it may become hard and is called calculus (tarter).
- Calculus can only be removed by the dental hygienist or dentist.
- Plaque and calculus will harm your teeth and gums if it is not cleaned off regularly.

So remember, FLOSS, Brush and see your Favorite Dentist regularly!

ELEMENTARY SCHOOL LUNCH MENU — MARCH

Winooski
Elementary School

MENU

March 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

MONDAY
Whole Grain Breakfast Bun

TUESDAY
Whole Grain Bogel w/Cream Cheese

WEDNESDAY
Assorted Cold Cereal, String Cheese

THURSDAY
Healthy Breakfast Round

FRIDAY
Fruit Filled Muffin w/String Cheese

Each Meal is served with:
100 % Juice, Fresh Fruit and Milk

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	Adult
Breakfast \$1.75	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

	Tues., March 1	Wed., March 2	Thurs., March 3	Fri., March 4
 Dishting Up Local! National School Breakfast Week wake up! (School) Breakfast March 7 thru March 11	<p>No School</p>	<p>Dr. Seuss Birthday Sam I Am Sweet & White Home Fries</p> <p>The Cat In The Hat Pancakes w/ Warm Syrup</p> <p>Green Eggs & Ham</p> <p>Fox in Socks Carrot Sticks</p>	<p>Beef Nachos Seasoned Taco Meat, Cheese Sauce, Cabot Sour Cream, Salsa, Lettuce, & Corn Tortilla Chips</p> <p>Rice Pilaf</p> <p>Steamed Corn</p>	<p>Taste Test Event Magenta Root Slaw</p> <p>Homemade Tomato Soup</p> <p>Melt in your Mouth Cheesy Breadsticks</p> <p>Celery Sticks w/Hummus Dip</p>
Mon., March 7	Tues., March 8	Wed., March 9	Thurs., March 10	Fri., March 11
<p>National School Breakfast Week</p> <p>Dress Your Own Hot Dog On a Bun</p> <p>Garden Pasta Salad</p> <p>Baked Beans</p>	<p>National School Breakfast Week</p> <p>Spaghetti w/ Meat or Marinara Sauce or</p> <p>Caesar Salad</p> <p>Garlic Breadstick</p>	<p>National School Breakfast Week Early Dismissal Grades 6-12 Chef's Choice Pizzas</p> <p>Pepperoni, Cheese Or Veggie Pizza</p> <p>Carrot Sticks w/Hummus Dip</p>	<p>National School Breakfast Week</p> <p>Hearty Chicken & Biscuits</p> <p>Steamed Peas</p> <p>Creamy Coleslaw</p>	<p>National School Breakfast Week</p> <p>Baked Potato Bar Chili, Shredded Cheddar Cheese, Cabot Sour Cream, Fresh Chives</p> <p>Steamed Broccoli</p> <p>Dinner Roll</p>
Mon., March 14	Tues., March 15	Wed., March 16	Thurs., March 17	Fri., March 18
<p>Meatball Sub</p> <p>Roasted Sweet Potato Wedges</p> <p>Roasted Beets</p>	<p>Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Cabot Sour Cream, Salsa & Soft Flour Tortilla</p> <p>Rice Pilaf</p> <p>Creamy Coleslaw</p>	<p>Delayed Start Grades K-5 Chef's Choice Pizzas</p> <p>Pepperoni, Cheese Or Veggie Pizza</p> <p>Celery Sticks w/Hummus Dip</p>	<p>St. Patrick's Day</p> <p>Luck of the Irish Shepherd's Pie</p> <p>Leprechaun's Caesar Salad</p> <p>Pot of Gold Cornbread</p>	<p>March Birthday Celebration</p> <p>Grilled Cheese Sandwich</p> <p>Chicken Noodle Soup</p> <p>Roasted Chickpeas</p>
Mon., March 21	Tues., March 22	Wed., March 23	Thurs., March 24	Fri., March 25
<p>Oven Baked Chicken Nuggets w/Dipping Sauce</p> <p>Steamed Corn Green Pepper Sticks</p> <p>Banana Bread Square</p>	<p>Homemade Lasagna</p> <p>Magenta Slaw</p> <p>Garlic Breadstick</p>	<p>Corn, Potato, & Cauliflower Soup</p> <p>Melt in your Mouth Cheesy Breadsticks Marinara Sauce</p> <p>Caesar Salad</p>	<p>Chicken & Cheese Quesadilla Seasoned Chicken, Mozz. Cheese, Salsa Cabot Sour Cream & Soft Flour Tortilla</p> <p>Cherry Tomato & Corn Salad</p> <p>Warm Black Beans</p>	<p>Catch of the Day Fish Sandwich w/Tartar Sauce</p> <p>Crispy French Fries</p> <p>Baked Beans</p>
Mon., March 28	Tues., March 29	Wed., March 30	Thurs., March 31	
<p>Chicken Patty Sandwich w/Lettuce & Tomato</p> <p>Rice Pilaf</p> <p>Steamed Corn</p>	<p>Homemade Cornbread</p> <p>Creamy Macaroni & Cheese</p> <p>Caesar Salad Celery Sticks</p>	<p>Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza</p> <p>Fresh Carrot Sticks</p> <p>Hummus Dip</p>	<p>Hot Turkey Sandwich w/Gravy</p> <p>Chef's Mashed Potato</p> <p>Roasted Parsnips</p>	<p>Looking for a job that lets you be at home when your family needs you there? Come Join our Team! Got to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php</p>

Harvest of the Month
Beets & Rutabaga

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

American "Purple Top Yellow" rutabaga is a cool seasonal Swedish variety of American origin, a long-time standard for home and market use. The rutabaga produces purple-topped, globular roots with pale yellow, fine-grained skin and flesh. Generally harvested when it is at least four inches in diameter, the rutabaga's creamy, yellow flesh is crisp and peppery-sweet when raw and soft and sweet when cooked properly.
Like other root vegetables, rutabaga has a natural sweetness the is enhanced by cooking. Diced rutabaga and slowly sauté with apples and onions until caramelized. Toss thinly sliced rutabaga with soy sauce, vinegar, sugar and garlic then serve fresh as a side dish. Boil diced rutabaga and toss with herbéd vinaigrette and Israeli couscous for a side dish. Steam or boil diced rutabaga until soft, then mash with cooked carrots and flavor with minced lemongrass. Rutabaga will keep in cool, dark storage for months.

Magenta Root Slaw

8-1/2 cup servings
1 oz. Fresh Ginger 3/4 cup Shredded carrot
3/4 cup Beets shredded 3/4 cup Parsnips shredded
Honey 1/8 cup Lemon Juice 1 tbslp
Salt pinch
Ground fresh ginger in food processor. Whisk together honey, lemon juice and salt in bowl. Add

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.

MARCH, 2016

www.wdschools.org

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Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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*** DO YOUR PART ***
VOTE!
MARCH 1, 2016



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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wdschools.org

John F. Kennedy Elementary School

Principal: **Sara Raabe**
802-655-0411, 802-655-3530
sraabe@wdschools.org

Winooski Middle and High School

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

Board of School Trustees

Mike Decarreau, President: 310-4032
mdecarreau@wdschools.org

Mohamed Abdi, 343-6281
mabdi@wdschools.org

Tori Cleiland, 655-7678
tcleiland@wdschools.org

Jen Corrigan, 233-7642
jcorrigan@wdschools.org

Julian Portilla, 399-0241
jportilla@wdschools.org

WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 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