

8 PAGES OF
Community News!
STARTING ON PAGE 15

WINOOSKI SCHOOL

DISTRICT NEWS!

VOLUME 14, ISSUE 6

MARCH 2017

celebrating Our Achievements!

* DO YOUR PART *

VOTE!

MARCH 7, 2017

Voting Day Information

To help you get to know them a little better, candidates for School Board and School Treasurer, plus City Council have provided details which we share on pages 4 and 17 for your information.

You are also invited to attend an information meeting **Monday March 6th, 2017** 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 p.m.

Please do your part and become informed, and vote on March 7, 2017 at the Senior Center, 123 Barlow Street, between 7 a.m. and 7 p.m.

Magical Community Reads

By Lisa Goetz

On January 27th, JFK had it's "Magical Community Reads." Many thanks to our Winooski School Board President Mike Decarreau for being our guest reader. He did a great job of reading two fun books to the children and parents. After reading, the children visited different magic stations which were run by the JFK Student Council. Everyone learned many exciting magic tricks, ate delicious pizza and were able to make fun magical art projects. We also want to thank UVM's Pi Beta Phi Sorority for helping us out at this event. Stay tuned for our next exciting Community Reads which will be held this spring.



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SAVE THE DATE:

**Monday, March 6th
Annual Meeting**

BUDGET PRESENTATIONS

6:00pm: City Budget

7:30pm: School Budget

LOCATION

Performing Arts Center,
Winooski Educational Center

Uncertainty...

By Sean McMannon, Superintendent of Schools

As a rule, humans prefer certainty to uncertainty. Not knowing what to do, not knowing what's going to happen, not knowing what other people are thinking and feeling—these situations are ripe to breed anxiety in anyone, depending on how well they're able to tolerate uncertainty. Where people differ is in the degree to which uncertainty bothers them (<https://www.theatlantic.com/health/archive/2015/03/how-uncertainty-fuels-anxiety/388066/>).

One thing I know about myself is that I struggle with uncertainty and I want to bring order to things that feel chaotic. Recently, my oldest daughter Brenna has been navigating the college search process and the uncertainty of where she would go to college and how much it would cost brought tremendous anxiety to our family system. I vividly remember when she was accepted to one of her top choices and feeling excited and relieved but also still worried about the impending tuition notice. Now that we have mailed the initial payment a large weight has been lifted.

My example of uncertainty is what I would call a “good problem to have.” My wife and I are not concerned about feeding our family, paying the heating bill during the winter months or having a reliable vehicle to get to work each day. Many of our Winooski families struggle to meet these and other basic needs which create great uncertainty and anxiety for everyone involved, including the children. One way for our community to create stability is to support WSD in continuing our effort for students to be “college and career ready, healthy, productive and successful, and engage with their local and global community.”

In addition, due to President Trump's executive order on immigration, the refugee community of Winooski and across our country are confused and anxious about their future in America. While the court system sorts out the legality of the executive order I have heard refugees wondering if they will be deported if they call the local police, if their family members slated for resettlement will ever make it to America, and if they will be targeted because of the color of their skin or for wearing a headscarf.

In the midst of all of this uncertainty and anxiety is opportunity. Opportunity to deepen community. For example, the Burlington High School (BHS) International Club with support from Dr. Andrea Green were also worried due to recent political events and wanted to do something. The students met with Dr. Green and their club sponsor, Susan Blethen to talk about these fears and ways to communicate that Vermont is a place where all are welcome. During these meetings and the design process the students strengthened their voice and power to stand up against hurtful rhetoric. This creativity and social resolve resulted in a wonderful symbol that has been shared across Winooski, Burlington and social media. If you would like a laminated copy of the symbol for your home or business please call 383-6000.



As I wrote this past December: Paul Born, a community innovator suggests in his book “Deepening Community: Finding Joy Together in Chaotic Times” that four acts deepen community:

1. Sharing Our Story

Sharing our life story as a way of opening up to each other so we can be a part of each other's lives during joy and suffering.

2. Enjoying One Another by Spending Time Together

Laughing, eating and playing together to create a sense of belonging to something bigger than ourselves and our immediate family.

3. Caring for One Another

Knowing each other well enough that we can care in times of need and celebrate the joys in our lives.

4. Working Together to Build a Better World

Through the first three acts we build trust and can now collectively work to improve our community.

I challenge our community to come together during these uncertain times and embrace the opportunity to deepen community. It could be by stopping to chat with your neighbor who you normally just say “Hi” to and move on, helping a neighbor shovel snow, attending a community-based activity like Intergenerational Tai Chi (call 655-6425 for details) or Vinyasa Yoga (call 777-1261 for details), or asking someone to tell you their story. Thank you for working with WSD to benefit our students and don't forget to vote at the Senior Center on Tuesday, March 7th between 7am and 7pm!

School Board Update

By *Tori Cleiland, Board of School Trustees*

“Culture is the underground stream of norms, values, beliefs, traditions, and rituals that builds up over time as people work together, solve problems, and confront challenges.”

Deal and Patterson

In January, I had the pleasure of going to Denver, Colorado to present a workshop on how Winooski transformed into a Student-Centered School District.

The workshop gave me a chance to look at our pathway toward transformation and what it means to be student-centered. One start toward transformation was with a simple question posed to families, students, and community in 2012-2013: What do students need to be successful? From the beginning, students were at the center of an essential question. Student voices, voices from families, and voices from the community answered the call of the question. The answers metamorphosed into Winooski’s Graduation Expectations. The GX’s are now an integral part of our school culture and a central measure for how our students show what they know.

The school board joined in by transforming our governing structure and thereby centering our governance on an ENDS statement, also created by community input. Students are at the center of our ENDS statement: “All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.”

What emerged along the way in developing the GX’s and the ENDS was a well developed belief throughout the organization that all students are capable of learning, growing, and becoming. True transformation happens at all layers of an organization from the root of a common belief. Expanded opportunities (norms, values, traditions and rituals) are created to develop and grow the seeds of the belief for all students.

Students also need to believe they’re capable of learning, growing, and becoming. The thing about learning is it’s hard. The pre-learning state is not knowing; you don’t know then you know. The space between not knowing and knowing is painful. Right, adults!?! For our students to learn, grow and become the center of their own learning, our district needs to provide a safe and nurturing space, and needs to meet each individual student where they are in their development.

Here are continued and increased opportunities our district provides to strengthen students ability to practice being at the center of their own learning:

- **Be consistently present and on-time to school:** launching a transportation pilot
- **Food Security:** Free breakfast and lunch program, Fresh fruit and vegetables for snacks, VT Food Bank backpack program.
- **Building Positive Relationships with self, others, and community:** HEART common expectations, Responsive Classroom for elementary, Advisory and Community Meetings for middle and high school, Social Thinking, Mindfulness, and Movement

- **iLab and Project-Based Learning:** students choose and explore topics of interest
- **Measuring a year’s worth of progress for each student:** Data management

Harvard did a study based on a question: what makes someone successful? Researchers interviewed thousands of people from age 0-32 over multiple years to find common characteristics and traits that would determine individual success (defined as financial stability, loving relationships, health, a sense of purpose). Overarching Result: *Self-control is more important than intelligence and social class and predicts success.* Researchers defined self-control as being able to focus, pay attention and regulate emotions. The above list and many other unmentioned elements are working toward supporting all students to reach their potential.

There’s been a lot of working together, solving problems, and confronting challenges to get students at the center of our organization and the center of their own education. Transformation is a process. And it’s not finished. Reflecting on the journey illuminates how far we’ve come and the progress we’ve made. Our school district is celebrated for many innovative practices we’ve implemented for the better of our students and to realize Act 77 (legislation to graduate students by 2020 in a proficiency based system). We have a lot to be proud of.

“Belief creates Behavior. Behavior creates Results.”

—Steve Siebold

SBAC Testing in April and May

by *Kirsten Kollgaard, Director of ELL and Curriculum*

This year we will be giving the SBAC (Smarter Balanced Assessment Consortium) standardized test for the third time. This test is the official test that monitors students’ proficiency in Mathematics and English Language Arts in grades 3-8 and 11. All students in Vermont public schools in these grades are required to take the SBAC test each spring.

This test is online and we feel confident that students will be more comfortable with the technology this year than in past years. Teachers at all grade levels will be giving students opportunities to take the training and practice tests in the weeks before the formal assessment is given. Additionally, students are using more online learning platforms that familiarize them with using technology to show their learning in both Mathematics and English Language Arts.

Here are the dates students are scheduled to take the SBAC this spring:

Grades 6-8 & 11, Tuesday, April 11th – Friday, April 14th

Grade 5, Tuesday, May 2nd - Friday, May 5th

Grade 4, Tuesday, April 18th – Friday, April 21st

Grade 3, Tuesday, May 9th – Friday, May 12th

For more information on SBAC visit the Vermont Agency of Education’s website at <http://education.vermont.gov/data-and-reporting/educational-performance/english-language-arts-and-math> or contact Kirsten Kollgaard, Director of Curriculum and ELL at kkollgaard@wsdschools.org or (802) 383-6098.

Hidden Figures, Hidden Lives

By Hal Colston, Partnership for Change

I recently saw the acclaimed film, “Hidden Figures,” a powerful, inspirational movie about three brilliant, heroic African-American women who were trailblazers at NASA during the dawn of the space age, when NASA bathrooms were separate and not equal, “colored only.” Each of these women were firsts at NASA making it possible for John Glenn to be the first U.S. astronaut to orbit the earth, and they contributed to the success of the Apollo program landing men on the moon. I believe this is a must see movie for all of our students!

“Hidden Figures” exposes the hidden lives of African Americans who made our country great. I wonder how many more hidden lives are buried in America’s history. I also wonder how many hidden lives are in our classrooms today.

My father drilled into me that I had to be twice as good as a white person to be successful in life. What a burden I had to carry. But, the three Sheroes in “Hidden Figures” were three times as good, geniuses. Hope for me is when my white brothers and sisters take responsibility for systemic racism and push through their implicit bias to do the right thing, the just thing. “Hidden Figures” is hopeful.

The film underscores the absurdity of racism – a system of advantage based on race. It takes courage to endure systemic racism. “Hidden Figures” went beyond courage, showing how important family and community is in shaping the lives of those who experience racial injustice. For many of our students school is family. Seeing people for their humanity and gifts is what gives us meaning. What students will you engage so you can understand their lives, their hidden lives?

Meet The Candidates For School Board

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

You are also invited to attend a meeting Monday March 6th, 2017 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 7, 2017 at the Senior Center, 123 Barlow Street between 7 a.m. and 7 p.m.

MIKE DECARREAU

Running for: School Board

Contact: 18 Florida Ave , 802-310-4032

Work: Global Foundries Supply Chain

Education: B.S. from UVM in Business

Hobbies/activities: Road Biking and Snowshoeing

Community service: Past 6 years on the School Board. Over the years I was very active coaching in youth sports.

Reason for running: When I joined the Board in 2011, my reason was simple: Work to create a calm environment, ensure solid leadership, and develop clear direction. Watching an organization devote countless hours to our children and take on the changing roles of the teacher and the educational system has been very satisfying. I look to help maintain an environment of growth for all and continue the fantastic work we are doing here in Winooski across the city.

MATTHEW MACNEIL

Running for: School Board

Contact: 80 Union Street, 802 343-0099

Work: Director of Evaluation for Howard Center

Education: B.A. Psychology University of Vermont; M.A. Clinical Psychology Saint Michael’s College; M.Ed Human Development Harvard University; Ed.D. Leadership and Policy University of Vermont

Hobbies/activities: Basketball, Softball, Golf, Tennis, Hiking, Reading, Politics

Community service: Board Member, State of Vermont Institutional Review Board; Board Member, Champlain Housing Trust Home Ownership

Reason for running: I wanted to become involved with the

School Board for several reasons. First and foremost, I really love our city. I truly respect and admire all the work being done by the superintendent, school staff, board of trustees, students and families to improve educational opportunities. I’m excited to be part of the team and look forward to the work ahead. I’m also looking forward to getting to know more Winooski residents in the process.

ROBERT MILLAR

Running for: School Treasurer

Contact: 163 Malletts Bay Ave Apt B, 802-238-0089,

Email: Robert@RobertMillar.org,

Facebook: Facebook.com/RobertMillarVT

Work: Business Manager, FrontPorchForum.com

Education: BA in English from UVM. Minors: Political Science and Vermont Studies.

Hobbies/Activities: I’m an avid reader and Vermont history buff. I’m also a big fan of our local restaurant scene.

Community Service: Winooski City Councilor (2015-present); Winooski Representative to GMT (formerly CCTA) Board of Commissioners (2014-present, now as Alternate); Justice of the Peace (2011-present); Board of Civil Authority Member (2011-present); Development Review Board Member (2013-2015); Winooski School Board Trustee (2010-2012).

Reason for running: When I saw the School Treasurer position was open, I realized this would be a great way to get involved again at WSD, where there has been much progress in recent years, but where a great deal of work is left to be done. Often, we forget that though they are separate organizations, the success of the city and school depend on each other. I hope in this position I can help bridge that divide.

WARNING

WINOOSKI INCORPORATED SCHOOL DISTRICT 6 MARCH AND 7 MARCH 2017

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, March 6, 2017 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 7, 2017 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 2017 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 Two million, Eighty-two thousand, Nine hundred twenty-five dollars (\$2,082,925) 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 Fifteen million, Nine hundred nine thousand, Five hundred fifty-three dollars (\$15,909,553), 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, Nine hundred eighty-six dollars (\$13,986) per equalized pupil. This projected spending per equalized pupil is 4.6% higher than spending for the current year.

Winooski School District

Winooski, Vermont
January 26, 2017



James J. Ticehurst, District Clerk

CITY AND SCHOOL ANNOUNCEMENTS

Request from School Board to Get Out to Vote

By Mike Decarreau, Winooski School Board President

Last year at this time I would not have written this piece. One year ago we had items on the ballot that brought folks out to the polls in droves. Primaries for National as well as local races drew a very high level of interest and a high turnout at the polls. We all benefit greatly when a large number of our community get out to vote. It signals to the School and City officials more clearly what the “community thinks” about certain issues. We would like to ask that everyone take the time to vote this year. It is not unusual for folks to think that it is not that important as there are no issues being trumped up by the media at this time of year.

I would argue just the opposite. The issues of the City and School budgets are, in fact, a big deal. It gives a strong sense to the city and school teams how you, the tax payers, feel about supporting, or not, the budgets that are being voted presented. Please help us to help you. VOTE! On the school budget, we will be answering questions on Monday March 6th at the Performing Arts Center in the school. Please join us and get the information that you need to make an informed decision. The city presents at 6pm and the School team will be on at 7:30pm. Let us hear your VOICE through your VOTE. See you at the polls.

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 7 at the Winooski High School Gym. Congratulations to all (fifty-eight!) local youth who participated in the event! The winners were:

- Age 9** Boys: Colton Merchant; Girls: Kaitlyn Zierak
- Age 10** Boys: Dallas St. Peter; Girls: Eliza Stearns
- Age 11** Boys: Asher Schonfeld; Girls: Sophia Strouse
- Age 12** Boys: Michael Stockbridge; Girls: Larissa Zierak
- Age 13** Boys: Carson Corrigan; Girls: Cassidy Gorrigan
- Age 14** Boys: William Burke; Girls: Flynn Barcomb

Each winner attended the Council reception on January 9th to receive a K of C winner’s certificate and prize (Barnes & Noble \$25.00 gift card). Each winner is eligible to participate in the District level free throw competition that took place February 25th at St. John Vianney Parish Hall.

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.

Join Us At The Winooski Family Center

By Martina Kerkering



Upcoming **FREE** events:

March 16: Come and meet Winooski Memorial Librarian Amanda Webster. You will have an opportunity to learn about the library, do an art project and discover a variety of books.

March 30: Meet Lauren from the Burlington Lead Program. Get information about the lead program and how it can help to keep your family safe. The events will take place at 32 Malletts Bay Avenue at the O’Brien Community Center. Please call Martina if you have questions at 655 1422.



AUDITIONS!

★ COMING SOON ★

The 3rd Annual
“CELEBRATING
WINOOSKI’S TALENT”
Show!

Auditions will happen on **March 13, 14 and 18***
The Talent Show will be presented on **April 14th.**
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

*3/13-14 auditions: 3-4pm; 3/18 audition: 10am-12pm in the PAC.

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/.

Mindfulness Continues, Available Online, Too!

- **What:** Guided Mindfulness Practice and Discussion
- **Where:** Winooski Senior Center
- **When:** Thursdays, 6:30-7:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. Since January of 2016, these sessions have also been recorded and uploaded to the school website. You can listen to them by visiting this link: www.wdschools.org/mindfulness-in-winooski/. For questions, please contact Andrea at workingwellvt@comcast.net.

Winooski Peace Initiative Update

By Sr. Pat McKittrick

It is wonderful to see so much enthusiasm for the Peace Initiative project we are starting to put together. We have had three planning meetings and there are over 40 people involved so far.

About The Winooski Peace Initiative

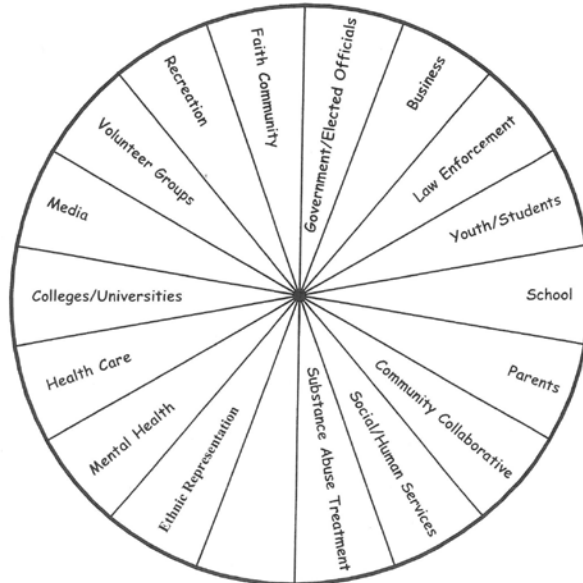
Winooski is a unique and blessed community and we want to work together to make it an even stronger, more peaceful place to live. Winooski is one of the most diverse areas in the State of Vermont. We see our diversity as "value added". We are also realistic about our challenges: many struggle with poverty,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

Our goal is to use a differentiated approach to reach as many community members as possible. We know that the more opportunities we provide to reach out to people the more successful our endeavors will be. We are aware that this is an ambitious endeavor. Working on the grant has helped us bring together many people who are enthusiastic about the opportunity to achieve our goals. We have representation from all the sectors of the Coalition Wheel. The white space is there to remind us to continue to invite others to the table.

Our next steps at this point are to reach out to the Winooski community for input and participation, according to your interests, talents and availability. We are beginning to firm up specific events and activities and will post information so people can sign up and attend. This is a yearlong initiative and we are looking forward to bringing the community together in as many new and different ways as possible!

We are developing a website and Facebook page so you can connect and contribute to our efforts. If you aren't online or prefer to be in touch by phone, you can reach me at (802) 847-6534. This is my office number and if I'm not there, please leave a message and I will call you back. You can reach me by email at pat.mckittrick@uvmhealth.org.

Coalition Sector Wheel



Youth Baseball Softball Signups

Winooski Little League Baseball/Softball & Babe Ruth will hold registrations **Wednesday, March 8th** 6:30 pm - 8:00 pm High School Cafeteria, and **Friday, March 24th** 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: August 31st 4-11 year olds & April 30th 12 year olds 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 \$45 for one player, and \$80 for a family. Late fee is \$10 after 3/31. Babe Ruth fee is \$55.00 per player. Info or register earlier: Jeff Brosseau at 233-5530.



LuLaRoe

Multi Consultant Sale

Raffles & Bake Sale

Saturday March 11th

10am – 2pm

Winooski School Cafeteria

Help Support

Winooski PTO

This is a don't miss event!!



JFK Elementary Update

By Sara Raabe, Principal

February was a busy time at JFK. The staff participated in the Big Change Roundup to raise money for the Vermont Children's Hospital. The big Hair Reveal was Friday February 24th during an All School Morning Meeting. Check out the JFK Facebook page to see pictures of the winner and the hair reveal assembly!

Seven students graduated from our New American class on February 3rd. This one classroom, full day program is for our newest 3rd-5th grade students who have limited English. Seven students have made tremendous growth and met

the criteria to graduate from the class. Congratulations!

Each year, our 5th grade students go to Starbase. During their trips to the base, the students work on physics, chemistry, technology, engineering, math operations and applications, and STEM careers. The hands on, experiential learning is designed to excite students about STEM learning, and helps them draw connections between their learning and possible future careers. Part of their learning involves building and launching rockets. The JFK 5th grade launched their

Starbase rockets in the back of the school January 27th and Starbase filmed it with a drone. The video is on the JFK Facebook page.

Each month, JFK has an all school morning meeting. Each month, a different grade level runs the whole school morning meeting. In February, our 4th grade ran the meeting. The students did a fantastic job running the entire thing! It is always wonderful to see the students take in a leadership role in the running of their school.

Fifth Graders Return to Starbase

By Sally Bissonette



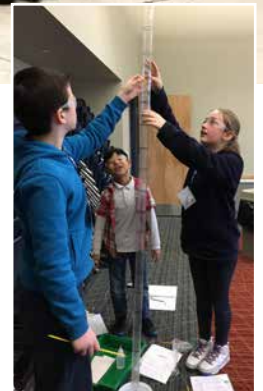
Fifth graders completed the Starbase program housed at the Vermont National Guard in South Burlington, Vermont. This is Winooski's twenty-first year attending this program, the first year attended was in 1996.

Starbase is a program offered to Title 1 schools and is funded by the Department of Defense. The goal is to inspire students in science, technology, engineering, and math (STEM). The class consists of activity-based lessons that support students in personal development skills including team building, goal setting, and healthy choices. For five full days students participate in science experiments that require cooperation, teamwork, and problem solving.

Some of the program's highlights include building model rockets and firing them off back at school, programming robots to complete a sequence of instructions, practicing

programming a 3-D printer (students were all given a small plastic M17s), practicing flying various types of planes using a flight simulator program, designing safety situations through the engineering design process, using maps and coordinates to search and rescue simulated lost vehicles, working with circuit boards, trying to solve a crime through the use of chromatography, matter experiments, and many other STEM related activities.

During the rocket launch day, parents and other classes were invited to watch and cheer students on. Parents were excited to see often their second or third child participating in Starbase. A video of the day was taken by drone and can be seen at Starbase.VT and on our Winooski Twitter page.





Crazy 8s

By Mag Thomas

Crazy 8s is an after-school math club that helps kids enjoy math! The goal of Crazy 8s is to show that math can be fun and recreational.

Each week, the students build stuff, run and jump, make music, make a mess...it is a totally new kind of math club! They get to engage in a variety of cool activities like Flying Marshmallows, Spy Training, Bouncy Dice, Toilet Paper Olympics and more! They also get to take home some cool gadgets too!

Here is what some of the students have to say about Crazy 8s...

"We get to do crazy stuff and it is fun!"

"I like that we got to do Toilet Paper Olympics and we are going to do Spying."

"It is fun and we got to make a mess with toilet paper!"

"We have fun!"



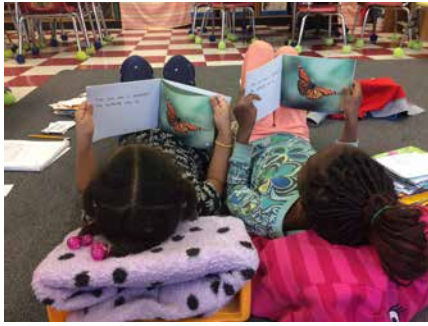
Kindergarten Registration & Screening for 2017-18 School Year

Children who will be five years of age prior to September 1, 2017, should attend this screening. Kindergarten registration and screening will be at John F. Kennedy Elementary School on Friday May 5th. Please call the J.F.K. office at 655-0411 to make an appointment. All appointments are 90 minutes. 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 and proof of residency to the appointment and register your child while he/she is being screened. Thank you.

The Winooski PTO Presents
The 25th Annual
FUN FAIR
Friday, March 24th, 2017
4:30 - 6:30
(all games will be held in the gym and cafeteria)
Fun Activities for Everyone!
Tickets are .50 each
Games with prizes, face painting, button making, musical cakes, bounce castles, teacher raffle, bingo, popcorn, sno-cones, and more...
All children must be accompanied by a parent/guardian.
Free dinner for school children
Adults \$5.00
hot dog/salad/chips/milk
pizza/salad/chips/milk
fruit offered to all

Stay in Touch: Join Front Porch Forum!

District and city administrators post information about events happening in our city, neighbors share stories, people offer their services. Go to www.frontporchforum.com to sign up for this **free community resource**.



We are getting SUPER SMART about Non-Fiction Topics!

By Jaime Willoughby

First graders at JFK

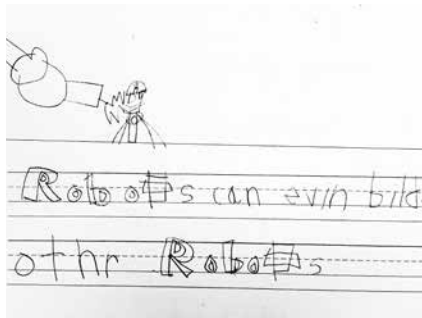
Elementary have been working hard on our non-fiction unit in Readers and Writers Workshops. We spent time noticing that we can read non-fiction differently than fiction. Then we began our work on habits that will help us get SUPER smart about non-fiction topics! Readers take sneak peeks, stop and study each page, make predictions about what might come next, notice text features like labels, maps, diagrams, and headings, AND chat about books with partners. Informational books are jam packed with learning and fun!



Another way readers can better understand and remember the information in their books is to make their voices sound smooth and livelier as they read. We practiced reading our books with smooth voices and emphasizing words to make them sound important - like TV reporters!



First graders are also learning how to write nonfiction books. This class is full of experts on so many different topics! Since non-fiction books are teaching books, we have been working on ways to be better teachers to our readers. Authors think about questions their readers might have about their topics and teach them new words that are topic specific. Great work first grade!



Kindergarten Celebrates 100 Days of School

By Lisa Bushey

One hundred days ago, JFK Kindergarten teachers welcomed their students into their classrooms and the excitement and curiosity began along with a few first day jitters. As



the new school year took off, routines were learned, classroom relationships built and readers, writers and mathematicians were developing right before our eyes.

On Thursday, February 9th, 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. Some children dressed as if they were 100 years old. 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 wrote a list of 100 words they knew. In my classroom, my students read a poem, titled 100 Days, which lead students to predicting and counting how many letters were in the poem (no surprise, there were 100).

During Math, some students spent time arranging 100 small items on a mat that had 10 Tens' Frames on it, and put their collections in bags to show what 100 looks like. Legos, pennies, colored pom poms, unifix cubes, counting bears and marbles were among just a few of the items counted. In another class students placed cereal on their mats and once they had 100 pieces, they made necklaces. Then another class went on a scavenger hunt for 100 counting bears hidden throughout their classroom. During Explore Time, children in one classroom worked together to build something using specific materials, such as 100 solo cups, 100 legos, woodblocks, pattern blocks and dominoes. Afterwards, the children did a museum walk around the room to listen to and view each group's creations.

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

MIDDLE/HIGH SCHOOL HIGHLIGHTS

By Leon Wheeler, Principal, WMHS

In celebration of our middle/high school's learning and achievements, here is a photo collage of some of the month's highlights: Team Winooski at Penguin Plunge, GX Champs, and State of the Union Essay 2nd place winner!

This and so much more is happening in and around the Winooski Middle High School during these winter months.

Have a great March!

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."

— PAULO COELHO,
THE ALCHEMIST



Honor Roll – Second Quarter: 2016-2017

HIGH SCHOOL

Seniors

High Honors

Mariah Metivier

Honors

Jocelyn Booher
Rainbow Chen
Riley Corrigan
Jasmine Gendron
Marie Ly
Tatum MacBride
Nathaniel Whitney

Juniors

High Honors

Dhan Dhamala
Jarod Fountain

Honors

Mustafe Abdi
Usamah Abdulkhaleq
Abbas Abdulaziz
ThaZin Aye
Zachary Chagnon
Devon Fisher
Brianna Holton
Krishna Kadariya
Som Khatiwada
Elisha Limbu
Bailey Miller
Elli Nahimana
Lydia Nattress
Zeneth Nheb
Julia Poipo
Abdullahi Sadik
Rebecca White

Sophomores

High Honors

Nicole Laplante
Tiffany Phuong

Honors

Mukhtar Abdulkhaleiq
Najlaa Aref
Fadumo Aweys
Amna Cicak

Vijayata Dahal
Jean-Marie
Hatungimana
Abigail Hayford
Mowtes Ibrahim
Rebekkah Lambert
Neesha Monger
Nishan Pokwal
Andy Siki
Shaun Sylvestre
Tsimba Tsasa

Freshmen

High Honors

Adison Granger
Premika Pradhan
Johnny Ross

Honors

Tabarik Abdulsalam
Keshab Bista
Xavier Clark
Shrishty Darji
Kusa Daud
Sophia Do
Dhiraj Dhakal
Chanel GreenMeera
Gurung
Ines Horozovic
Ali Hussein
Ubah Hussein
Sa Me Lar
Lek Nath Luitel
Milan Magar
Wendo Mbilizi
Prajwal Pradhan
Sara Schmoll
Brenden Westcott
Azee Zar

MIDDLE SCHOOL

High Honors

Jason Bundy
Penny Ly

Honors

Rowan Abbott-Smith
Usted Abdullahi
Zainab Abdulaziz
Saruro Ali

Hussein Amuri
Asmita Basnet
Ka Tee Za Be
Alaska Bell
Sunita Bhujel
Kaw Ra Ban Bi
Sofia Bitukendja
J'ania Brazoban
Linden Bronz-Russo
Eric Buker
Jacob Chapple
William Chen
As his Dahal
Siddarth Dahal
Yatrika Dhamala
Jackson Elovirta
Indra Ghaley
Kayleigh Green
Anusha Gurung
Brianna Hackett
Assia Hamana
Matthew Hill
Fan Kai
David Klinker
Hiba Laaroussi
Eric Layton
Heirloom Luong
Ehka Luu
Ruby Ly
Cody McDonald
Dah Lar Moo
Arbai Muhina
Patient Mwibeleca
Amina Osman
Ghamaril Osman
Michaela Parris
Ayooob Musanovic
Andy Phuong
Ethan Piette
Prasan Pokwal
Tulasha Pradhan
Alisha Rai (7th)
Alisha Rai (6th)
Alia Ross
Kaleb Roucoulet
Khadija Sadik
Stephie Siki
Daniel Surma
Lucy Surma
Anna Willis
Chelsea Yamungu

How to Talk to Kids About Drugs & Alcohol

By Sean McMannon

Finding natural ways to talk with kids about drugs and alcohol can be challenging. Especially with teens who may seem like they're not listening—or don't care what you have to say. But the truth is, children care deeply about their parents' opinions, even if they don't show it directly. In fact, the #1 reason kids give for not drinking is that they don't want to disappoint their parents.

In Vermont, 30% of high school students reported drinking alcohol in the past 30 days (2015 Vermont Youth Risk Behavior Survey). So the good news to tell kids is that most kids their age are NOT drinking!

There is no single reason why teenagers do choose to use drugs or alcohol. However, the Partnership for Drug-Free Kids offers a list of the most common issues and influences behind the behavior of teenage drug and alcohol use: <http://www.drugfree.org/top-8-reasons-teens-try-alcohol-drugs/>

ParentUP, a Vermont resource from the Vermont Department of Health, gives kids tips and tools to help parents and guardians talk to their kids about drug and alcohol use.

Parents can help prevent alcohol and other drug use with the following strategies:

- Help your child develop key skills, experiences, relationships, and behaviors that support healthy decision making
- Talk about alcohol, drugs, and mental health issues
- Monitor where your teen is and get to know the other kids they spend time with
- Make connections with the parents of your child's friends to help you feel comfortable asking about the rules of their home (Do they lock up/monitor the alcohol and prescription medications in their home? Do they allow teens to drink in their home?)
- Learn the early warning signs of substance use/abuse

Learn more about these strategies, watch helpful videos, and read how to take action by visiting <http://parentupvt.org>.

Winooski Seniors Discuss State of the Union with U.S. Senator Bernie Sanders

By Bill Clark

Two Winooski High School seniors joined Senator Bernie Sanders and 17 finalists at the State House in Montpelier to discuss the State of the Union in February. This annual event showcases Senator Sanders' interest in student opinions and his willingness to encourage civics education.

Musa Mayange's second place essay—"Perspective on Racism"—described his family's journey from Somalia and their experience in the U.S.

Rainbow Chen received honorable mention for her essay entitled "Our America," which discussed the need to "create a meaningful life for our citizens" through education.

Senator Sanders' staff, parents, family members, teachers, and friends joined the finalists at the State House for a wide-ranging discussion of each student's essay.

"We asked the students to assume they were elected president and had to address Congress and say 'This is what I see as our problems.'" He described the students as "bright" and "committed."

For 2017, students' issues featured fake news, racism, Citizens United and campaign spending, healthcare, climate change, the death penalty, poverty, best practices in education, veterans' rights, Planned Parenthood funding, food insecurity, and homelessness. The Senator asked finalists to explain their essays and then discuss them with the group. Sanders referred to the moral obligation of citizens and expressed his pleasure at the in-depth discussion around issues "that I will have to deal with when I return to Congress Monday morning."

Students received a framed copy of



Senator Bernie Sanders with Musa Mayange and Rainbow Chen

their essays, which were printed in the Congressional Record. Students remained after the discussion to chat with the Senator and have him autograph their essays.



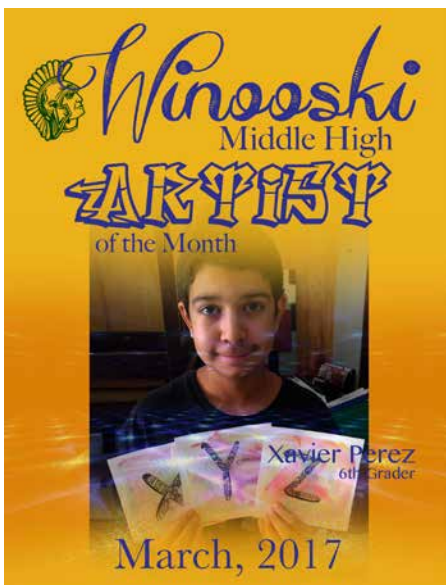
WCAX Announcement with Musa



On the WCAX News set February 3rd



Musa and Senator Sanders at the State House in Montpelier



Artist of the Month

By Jessica Bruce, Visual Arts Teacher

Please join me in congratulating the March Artist of the Month, Xavier Perez.

Xavier did a fantastic job on his recent project, Zentangle® letter design on watercolor background. He is always eager to get started in class, has creative ideas, and is a hard-working student overall. Congrats, Xavier!

Free Meals for Anyone 18 and Under

By Colleen Sullivan

The City of Winooski is providing free meals at the Winooski Memorial Library from 6 pm to 9 pm, Monday through Thursday. The meals will be provided in conjunction with the Homework Help program, which provides academic support to Winooski students. The meals are free for anyone 18 and under and are both nutritious and delicious! Anyone is welcome to come enjoy dinner - attendance at Homework Help is not required.

Winooski Senior Spotlight Class of 2016

By Linda Gregoire,
Dollars for Scholars Committee

This note
was recently
submitted
by WHS
Senior Taylor
Langlais:

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

Since I was a freshman I was taking business classes with Ms Poquette. Overall in my four years at WHS I earned the most business credits in the school's history. I was manager of the school store and won second place in the Vermont state business competition my junior year. Ms Poquette always encouraged me to pursue business as a career. The scholarships that I received from Dollars for Scholars are going to be very helpful for paying off college. I'm going to be using my scholarship money to purchase books for next semester and to also cover my tuition.

Thanks again for the scholarships!



Winooski Students in a National Investment Competition

By Courtney Poquette,
Business Educator

Winooski High
School has been
selected by Senator

Patrick Leahy to participate in the Capitol Hill Challenge. This ten week challenge provides an opportunity for students to invest 100,000 virtual dollars in stocks and bonds. At the conclusion of the ten weeks, the top ten teams in the country will earn a trip to Washington, DC to learn about fiscal policy making, the role of the capital markets, and global economic trends.

Senior: Sujan Acharya, Juniors: Vijayata Dahal & Abdullahi Sadik and Sophomores: Shennelle Bailey and Jamil McMillan represent our five person team. These students have been meeting several days a week after school to discuss investment opportunities and meet with professionals in the field. They have had the opportunity to sit down and discuss current events as well as history with University of Vermont Economics Professor, Art Woolf. Students have also visited Champlain Investment Partners in Burlington, Vermont where they learned more about the business and how to analyze an investment. It has been great to work with these students and it has been a great opportunity for all of us to learn together. We look forward to the next nine weeks as we continue to speak with people in our local community and make investment decisions.



Young Playwrights



By Heather Win

Middle and high school students with a passion for theatre have been busy writing plays for the past few months through the Vermont Young Playwrights residency program. With a generous Artists in Schools grant from Vermont Arts Council, 35 students have had the opportunity to learn from professional playwrights in a two-day workshop program where students learn how to write their own 10-minute play. Students' creativity has soared with topics ranging from a talking dog in a castle, to a Wal-Mart sale gone wrong, to the exploration of the complexities of teen relationships, to how teens with disabilities view their daily high school



Playwright Joan Robinson and
WMS students



Playwright Jordan Gullikson
with HS VYP group

experience. Two middle school and two high school playwrights will be selected by a committee and will be honored with a performance of their play by professional actors at the Vermont Young Playwrights Festival in May. We are so proud of the persistence and creativity shown by these young theatre artists!



City Council Update

By Mayor Seth Leonard

We are extremely excited to welcome **Jessie Baker** as Winooski's new City Manager, effective March 13th. Jessie's hiring comes after a 6 month search and hiring process that included board input across the community. Jessie brings and impressive professional background with strong technical expertise in municipal management. She also demonstrated tremendous community leadership intangibles and an understanding of how to foster a vibrant community. Jessie grew up in Waterbury Center before attending Columbia University and Tufts University. She most recently served as Assistant City Manager in Montpelier, and has also worked for the State of Vermont and the City of Somerville, Massachusetts. Join us in welcoming Jessie when you see her around town or at community meetings! Thanks to Interim City Manager Ray Coffey, and all of the wonder staff in the City for stepping up during this interim period!

On January 30th, City Council unanimously approved the **City Municipal Budget** you will consider 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. We have appreciated past support of budgets and hope you will support this year's proposal as well!

The final proposed budget represents

less than 1% increase in the tax rate (.96¢ increase – less than a penny).

If you own a home worth \$225,000, the increase means you would pay an additional \$21.60 this year over last year (or \$5.40 per tax installment). The total general fund budget proposal is \$6,269,885.70, with \$5,256,091.49 in taxes being collected and the rest of the budget being funded from fees and other streams of revenue. That means the overall increase in spending is \$108,529.81. We are requesting \$47,300.43 in new tax revenue, versus \$61,229.38 of the increase being supported by grand list growth. The general fund budget would increase by only .94% from the previous fiscal year. The City Council unanimously voted to support this budget proposal, and we hope that residents will find the request to be reasonable. We have a new City Manager coming on board, strategic plan initiatives, and several large capital projects on the horizon that may require a heavier community lift in the future. That reality helped encourage a moderation in this year's budget conversations.

Staff worked very hard, under Interim City Manager Ray Coffey's leadership, to cut over \$390,000 in expenses from past budgets to create 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:

- Recreation Staffing and Programming Budget Increase to build programming and ensure opportunity for recreation while pool is non-operational (\$16,000)
- Increase in Insurance Costs for Library Workers covered by City (\$2,800.43)
- Health Insurance Opt-Out Change that will save city money in long-term (\$8,000)
- Coverage of Police Union Insurance that lessens exposure of city of legal issues (\$12,000)
- Updating of Police body/car camera/video systems (\$4,500)
- Training and Travel for staff professional development (restoring, previously cut - \$2,500)
- Additional Library Programming Budget for Children's Programming (\$1,500)

After applying additional staff-selected budget savings and grand list growth the new additions total \$47,300.43 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, March 6th** 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 7th** for Town Meeting Day!

*** DO YOUR PART ***

VOTE!

MARCH 7, 2017

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 Jessie Baker	jbaker@winooskivt.org	802-655-6410

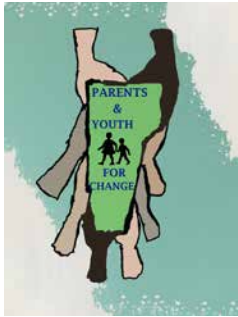
Visit the city website at winooskivt.org or call 802-655-6410.

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

Working Towards a Clearer Path to School

By Infinite Culcleasure, Parents and Youth for Change



Winooski Parents have identified chronic absenteeism and tardiness as a barrier to learning opportunities for students. This winter Parents and Youth for Change (PYC) joined Winooski residents for every public budget conversation regarding the FY18 budget offered by the WSD.

It was time well spent, as we gained a better understanding of how some of the district's priorities are set, and are now exploring the best ways to overcome absenteeism and tardiness.

If Winooski voters approve the FY18 school budget on March 7, it will just be the beginning of the planning process for a transportation pilot next winter. PYC will seek family input to

make sure that the transportation pilot is successful.

In the next coming weeks and months after Town Meeting Day, PYC will be working with Winooski families and the district to address the following questions:

- What times will the morning routes operate?
- Where are the best designated pickup areas to focus on?
- Would it be helpful to have parent volunteers and/or student monitors to accompany drivers during the route to help build community during trips to school? And
- What data should we be looking at, and how will we know that the pilot is making a difference?

So if the budget passes, there will still be plenty of work ahead. If you are interested in helping with this work please contact Winooski Superintendent Sean McMannon, someone from the Winooski Board of School Trustee, or Parents & Youth for Change.

PYC organizers can be reached at: infinite@parentsforchangevt.org or: meg@parentsforchangevt.org or: Meg at 802-310-1059.

THE WINOOSKI HISTORICAL SOCIETY PRESENTS:

SPEAKER:

Dr. Paul Reiss

Having earned his doctorate in anthropology and sociology at Harvard University, Dr. Paul Reiss served as President of Saint Michael's from 1985 until 1996.

He will focus his discussion on the historical development of the College in its relationship to its community. Although the majority of its students have come from other states, the character of the college has been shaped by its relationship to the people and culture of Winooski and of Vermont.

WHERE: Winooski Senior Center
123 Barlow Street

WHEN: March 19, 2017

TIME: 1:00 p.m.

Free and open to the public
Handicap accessible
FREE PARKING

WCSPC Update

By Jackie Hoy



Thank you to everyone who has attended our community dinners this year, we look forward to seeing members of the community at our future events. All of our dinners are free and open to the public, everyone welcome!

Above the Influence in the Winooski School

The Winooski Above the Influence Group promotes health and wellbeing among Winooski students.

This past month, students learned about secondhand smoke and made their own posters that inform the public about the effects of secondhand smoke on others.

Below left is ATI student Lukas with his



poster that says: "Smoking is the leading cause of lung cancer."

Join the Winooski ATI group to do fun projects like this, every Tuesday from 3-4pm in the Winooski School for 5-8th graders! Contact Rachel at rswanson@wcspc.org.



Surgeon General's Report on E-Cigarettes

According to the Youth Risk Behavior Survey (YRBS), 30% of Vermont students have tried electronic vapor products, and 15% of students use them currently. From the Surgeon General's Report from December 2016 titled "E-Cigarette Use Among Youth and Young Adults":

- "The nicotine in e-cigarettes and regular cigarettes is addictive;

- Nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain".

The Winooski Coalition aims to increase the perception of harm of e-cigarette use in our community.

More from ParentUP Vermont

Finding natural ways to talk with kids about drugs and alcohol can be challenging. Especially with teens who may seem like they're not listening—or don't care what you have to say. But the truth is, children care deeply about their parents' opinions, even if they don't show it directly. In fact, the #1 reason kids give for not drinking is that they don't want to disappoint their parents.

ParentUP, a Vermont resource from the Vermont Department of Health, gives kids tips and tools to help parents and guardians talk to their kids about drug and alcohol use. To learn more about these strategies, watch helpful videos, and read how to take action by visiting <http://parentupvt.org>.

Meet the Candidates for City Council

Here is information submitted by the candidates to help you get to know them better. **You are also invited to attend a meeting Monday March 6th, 2017** 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 7, 2017 at the Senior Center, 123 Barlow Street between 7 a.m. and 7 p.m.

ERIC COVEY

Running for: City Council

Contact: 11 Champlain Place, (802) 825-8789, www.coveyforcouncil.com

Work: Chief of Staff for Secretary of State Jim Condos

Education: B.A. in Political Science from Hawai'i Pacific University

Hobbies/activities: I enjoy spending time on outdoor adventures with my 5 year old lab Luka, hiking and backpacking through our gorgeous Vermont landscape. I'm very passionate about fitness and nutrition, and am currently taking a nutrition counseling certification course to help others achieve their health goals. I love hosting dinner parties, potlucks and get togethers, so come on over sometime!

Community service: I currently serve as Founding Director of the New Leaders Council Vermont Chapter, a new free training

program for emerging civic leaders. If you'd like to know more information or get involved please contact me! I also provide volunteer nutrition and lifestyle coaching for those looking to make a change.

Reason for running: I love our community, and want to build upon what makes it great. Our city is rapidly changing. New development brings exciting new vibrancy, but it's important that we develop in a sustainable, common sense and measured way if we want Winooski to remain affordable and unique. My experience in local government will be an asset as City Councilor. Let's work together to move our city forward. I hope I can count on your vote!

NICOLE MACE

Running for: City Council

Contact: 10A Dion St. 802-363-7777

Work: Executive Director of the Vermont School Boards Association

Education: Law degree, Masters degree in public policy and management

Hobbies/activities: Reading, skiing, singing and dancing with my daughter Olive, and cooking for friends.

Community service: Former co-chair of the Winooski School District PACTS (Parents and Community Together with Schools) Committee; former vice-chair of the Winooski Community Services Commission; City Councilor from 2015 to present; Council liaison to the Public Safety Commission.

Reason for running: I am excited about Winooski's future. We are seeing an influx of businesses and residents, and our schools are recognized as models of innovation. We have much to be proud of. If elected to a second term on City Council, I will continue to provide positive, inclusive leadership and work to ensure the City delivers excellent services at an affordable cost, grows our vibrant downtown and ensures its accessibility, and builds a safe, connected community.

ROBERT MILLAR

Running for: City Council

Contact: 163 Malletts Bay Ave Apt B, 802-238-0089,

Email: Robert@RobertMillar.org,

Facebook: [Facebook.com/RobertMillarVT](https://www.facebook.com/RobertMillarVT)

Work: Business Manager, FrontPorchForum.com

Education: BA in English from UVM. Minors: Political Science and Vermont Studies.

Hobbies/Activities: I'm an avid reader and Vermont history buff. I'm also a big fan of our local restaurant scene.

Community Service: Winooski City Councilor (2015-present); Winooski Representative to GMT (formerly CCTA) Board of Commissioners (2014-present, now as Alternate); Justice of the Peace (2011-present); Board of Civil Authority Member (2011-present); Development Review Board Member (2013-2015); Winooski School Board Trustee (2010-2012).

Reason for running: Winooski is a city on the move. But it's very important to me that, as we continue to grow and thrive, no one gets left behind. Our strength is in our diversity. That's why I hope I have your support to continue the work we've begun in recent years to ensure Winooski succeeds in a fair and responsible way. From recent studies to the hiring of a new City Manager, we are just getting started.

OFFICIAL BALLOT ANNUAL CITY AND SCHOOL BALLOT CITY OF WINOOSKI, VERMONT MARCH 7, 2017	
INSTRUCTIONS TO VOTERS A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this: <input type="radio"/> B. Follow directions as to the number of candidates to be marked for each office. C. To vote for a person whose name is not printed on the ballot, write the candidate's name on the line provided and completely fill in the OVAL.	
FOR COUNCILORS <small>(Vote for not more than TWO)</small> Two Year Term ERIC COVEY <input type="radio"/> NICOLE MACE <input type="radio"/> ROBERT MILLAR <input type="radio"/> _____ <input type="radio"/> <small>(Write-in)</small> _____ <input type="radio"/> <small>(Write-in)</small>	
ARTICLES ARTICLE II: CITY BUDGET Shall the voters of the City of Winooski approve the budget for the Fiscal Year 2018 in the amount of Six Million, Two Hundred Sixty Nine Thousand, Eight Hundred Eighty Five Dollars and Seventy Cents (\$6,269,885.70) and the amount to be raised by taxes of Five Million, Two Hundred Fifty Six Thousand, Ninety One Dollars and Forty Nine Cents (\$5,256,091.49)? YES <input type="radio"/> NO <input type="radio"/>	
ARTICLE III: Shall the City Council be authorized to apply for and accept funds from sources other than property taxation, and to expend the same for the benefit of the City in addition to sums for which budget appropriation has been made (Approval of this article will not impact property taxes)? YES <input type="radio"/> NO <input type="radio"/>	
VOTE BOTH SIDES OF BALLOT	

Police Department Outreach

By Scott D. McGivern, Lieutenant, Winooski Police Department

Recently the Winooski Police Department went through some changes. The incumbent chief, Steven McQueen, retired. Acting Chief, Rick Hebert, was hired as the Chief of Police. Chief Hebert has brought a philosophy of community involvement. The department is performing more foot patrols throughout the city. We have begun hosting Coffee With a Cop events. These events make officers available to meet with and talk to the citizens we serve. The department has and will continue to host block parties. The department also has members participating in the Mindful Mentor Athletic League after school once a week. If anyone has a thought on an event which would bring the police department and the community together, please contact me at smcgivern@winooskipolice.com. Watch the department Internet web page and Facebook page for other scheduled events.

In addition to the change in how the department interacts with the community, there are personnel changes within the department. We just promoted Sergeant Michael Cram to the rank of Lieutenant. In February 2017, Officer Brenda Davis retired after serving for more than 33 years. The department has recently hired new officers, Jason Ziter and Douglas Babcock. Officer Ziter has already spent time at the school working with Officer Dave. There will be other new officers hired in the near future.

Visit <https://winooskipolice.com> for the latest news on Winooski Police activity and events, including resources, useful links and forms, and more.

News from the Library

By Elsie Goodrich, Youth Services Coordinator

If you are concerned about finding accurate and truthful sources of information, or are looking to fact-check or access vetted resources, the Library gives you access (always has - free to you!) to **Vermont Online Library (VOL)**. VOL has extensive collections of full-text books, periodicals and newspapers from all over, articles, multi-media presentations, and much more. This is a great resource for students, too. You can search by topic, keyword or publication. This service is paid for by the Vermont Department of Libraries so that all Vermont residents can access high-quality resources. Visit www.vtonlinelib.org/ to get started.

The Winooski Memorial Library is starting a new **GED tutoring program**. We provide one-on-one tutors and all the study materials and practice exams needed. Tutoring is available with a very flexible schedule. If anyone is interested they can set up a tutoring session by calling the Library at (802) 655-6424, e-mailing me at egoodrich@winooski.vt.gov or stopping by. If any teachers, tutors, or eager learners want to donate their time and knowledge, we also are seeking volunteers to work with GED students.

Story Time for babies, toddlers and preschoolers every Friday at 10:30. Join Elsie for stories, songs, rhymes, and activities. Free, fun and open to everyone!

Islamic School News

By Janice Battaline

Community Service Months!

The Weekend Islamic School (WIS) students have been working diligently on learning the importance of good moral conduct and the 5 pillars of Islam, one of which is "Zakat".

"Zakat" means "charity"-- to help those in need.

It could be to help those who are poor, who need food, clothing, homes, etc. It could mean to help animals and the environment too. It could be something as simple as kind words, smiling, and helping people who are sad to feel better. Whenever you give charity, Allah (God) returns it back to you, and you are rewarded.

Last month, the 5th grade students visited the Ronald McDonald house (Vermont's "The House That Love Built.") to bake cookies and brownies for the families of the children who are ill, and seeking treatment at the UVM Children's hospital.

Thus inspired by their peers, this month, the 6th grade students visited the Ronald McDonald house to do the same for the families who are presently guests at the House. Most of the guest families come from Vermont and northern New York State; however, there have been families and individuals from 39 other states and several foreign countries. The House has 11 rooms and the residents share a kitchen, living room space and kids' play area. The residents are provided with meals and desserts.

The whole House has only 4 monthly paid employees and most of the daily running of the House is done by volunteers. It was a privilege and a great experience for the students to visit the Ronald McDonald House.

Our Pre-K and Kindergarten classes have decorated "sadaqah" (voluntary donation) jars to donate to the environmental organization, Lake Champlain International. They will be collecting money for 2 weeks to donate to this important organization, and learn to give back to the community and environment we live in.

The mission of Lake Champlain International is to ensure clean water in Lake Champlain by helping prevent human waste, chemicals, pesticides, etc. from entering the water. Healthy water leads to healthy fish and healthy bodies swimming in that water. Islamic studies teach us to take care of the environment.

"If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (sadaqah) for him." [Bukhari].

Next month will continue more community service activities for our students...stay tuned!



Celebrating World Thinking Day

By Amy Lothrop

Troop 30187 celebrated World Thinking Day. It has been celebrated annually since 1926. It is an opportunity to for all girls to think about their world, their role in it as well as show solidarity with their "sisters" around the world. The Daisies and Brownies learned about Ruby Bridges and how they too have the power affect change in their world.



The Cadettes and Juniors hosted a World Thinking Day event for the Brownies and Daisies. They worked diligently on planning for weeks. Brownies and Daisies were able to try dance choreography, decorate flower pots, plant seeds, tie knots, make World Thinking Day pins, friendship bracelets and play a trivia game.

It is with a mixture of sadness and joy that we say good-bye to our leader, Michelle Richer. She and her fiancé are beginning an awesome adventure by moving to South Carolina. Your love of Girl Scouting, kind heart, next level smarts and humor has been a blessing to our whole troop. You have touched the lives of 75+ girls who now know lots of Girl Scout songs and learned how to strive for their goals. There are not enough words to really say thank you for all you have given to us. It has been our pleasure to work with you. Bon voyage!



We welcomed more girls into our troop in February -- Elizabeth, Saige and Aili. Our troop serves all girls of all ages in Winooski. Everyone is welcome and encouraged to join us. If you'd like more information about joining or volunteering, please contact Amy Snow Lothrop at AmyLothrop@Comast.Net or (802) 373-7288.



March News from Girl Scout Troop 30167

By Sarah McGowan-Freije

Have you ever tried painting using vegetables instead of a paintbrush? Our troop did just that as part of the Painting badge. The girls learned that there are many different things



you can paint with, including vegetables, sponges, sticks and cotton balls. They also learned about various styles of painting such as Impressionism, Cubism, Realism, Pointillism and Pop Art.

The girls got to try their hand out at painting a landscape and painting a mood. You may be asking yourself how someone can paint a mood. Well, artists can paint a mood simply by using colors. For example, blue evokes feelings of sadness, red evokes anger and green evokes happiness. The girls created paintings that reflected their current moods. We were glad to see a lot of green paintings!

The final step in earning the Painting badge was creating a mural. We split the girls into two groups. Each group sat down to decide what they wanted their mural to look like, then they got busy making them. They took turns drawing different parts of the mural, and finished off by adding touches of watercolor throughout.

This month we also got the chance to meet with a Girl Scout troop that has six Ambassadors. Ambassadors are girls who are in grades 11 and 12. The Ambassadors hosted a number of younger troops, and talked to the girls about the exciting things they have learned and accomplished as older Girl Scouts. They talked about earning their Bronze, Silver and Gold awards, and about the trip they took to Paris. It was great to see first hand how being a Girl Scout can really enrich your life throughout your school years. And I bet most of our girls dreamt that night of the Eiffel Tower and the Louvre.

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





YouthBuild: Building Futures

By Alex Weinstein

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 skills training in construction and weatherization, engage in leadership development, and complete 675 hours of community service. While fulfilling their high school completion requirements, YouthBuild graduates earn industry recognized certificates, like PACT, OSHA-10, First Aid and CPR, and Work Keys. 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?

Construction: Students completed construction on the storage shed at the Miller Center, and have begun a new project, remodeling a home at Fort Ethan Allen. A new crew began their Mental Toughness month here at YouthBuild, and will enroll as full time students this month.

AmeriCorps Service Learning: This winter we have been engaged in some really exciting service learning. Students participated in a diversity summit at the ECHO Center, knocked down a wall at Old Spokes Home in order to expand their office space, and built a beautiful prep table for the Rock Point School's outdoor kitchen.

If you or anyone you know is interested in applying for YouthBuild feel free to contact us at (802) 658-4143 ext 27 or e-mail aweinstein@resourcevt.org



Mindful Vinyasa Yoga

By Alicia Finley

Winooski Parks & Recreation Department and Laughing River Yoga are excited to offer Mindful Vinyasa Yoga classes on Mondays at 5:30-6:45 pm and Saturdays 9:30-10:45 am starting March 6 and ending May 27. Please join us as we integrate the breath & body in a creative, joyful vinyasa flow yoga practice. We

will practice pranayama (breathing) techniques and mindful movements that will bring a sense of peace and energy to your body. In this moving meditation, all levels are welcome, encouraging everyone to find their unique feel good zone. Ages 18 & up.

You may register for a single class (\$8 Winooski resident/\$12 non-resident) and/or purchase a 12 Class Discount Card or a 24 Class Discount Card. For more information and to register please visit www.winooskirec.com/info/activities/

Questions? Email or call our Parks & Rec Manager at afinley@winooskivt.org or (802) 777-1621.

Try Inter-generational Tai Chi

By Alicia Finley

Our Parks & Rec Department and Winooski Senior Center are excited to offer Inter-generational Tai Chi, a program for the WHOLE family and friends of all ages!

Classes are Sundays twice a month from 2-3 pm for FREE on the following dates: **March 5, March 26, April 2, April 23** stay tuned for more classes!

You will learn a Tai Chi form using fans known as "Moving Stillness." Developed in the monasteries of China, this form displays a grace and elegance that effectively conceals the depth of strength and power within. It is very beautiful to watch and a lot of fun to learn. Practicing this form will take your Tai Chi skills to a new level, developing balance, flexibility, and coordination.

All ages and abilities are welcome. Come drop on in at Winooski Senior Center (123 Barlow St, Winooski, VT). Visit www.winooskirec.com/info/activities/ to save a spot. Questions? Call the Winooski Senior Center at (802) 655-6425.

Winooski Food Shelf Schedule for March

By Linda Howe

Wednesday March 8th	2:00 p.m. to 4:30 p.m.	Pantry staples, meat and eggs
Saturday, March 11th	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, March 22nd	2:00 p.m. to 4:30 p.m.	Pantry staples, meat, and eggs
Saturday, March 25th	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items

The Food Shelf has seen a huge increase in demand. In November we provided food for 178 families for a total of 507 people receiving assistance. In December we provided food for 179 families for a total of 549 people receiving assistance. We are grateful for the support of many, many local businesses, service organizations and churches. We welcome Commodities Market to Winooski and appreciate their ongoing commitment to provide fresh food, bread and dairy to our Wednesday and Saturday offerings.

Food Shelf policy: Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill. Any Winooski resident in need is welcome. You might have just lost a job, become ill or injured and can't work, had a new baby or have large medical bills. We all have experienced sudden life changes. The Food Shelf is here to help support you. **For questions call 318-0460.**

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

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

Donation drop off location: Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Especially needed items include: garbanzo beans also called chick peas, canned chowders especially New England style clam chowder, hearty soups with meat, beef stew, hash, baked beans, bagged or boxed white rice, ketchup, canned fruit, evaporated or shelf stable milk, canned meats, Ramen noodles, toilet paper, tooth paste, deodorant, shampoo, disposable razors and shaving cream and laundry detergent. Pets are also family members and we are always grateful for pet food donations. We especially need cat food.

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

Legislative Report

From Representative Clem Bissonnette

The Governor's proposed transportation budget for fiscal year 2018 which starts on July 1, 2017 is \$615,021,019 and this is an increase of \$2,446,601 or a 0.4 percent increase.

T fund	\$249,382,048
Federal fund	\$327,568,972
Local/other funds	\$ 5,819,776
TIB fund	\$ 12,195,312
Central Garage fund	\$ 20,054,911
Total	\$615,021,019

The Transportation budget comes from two statutory funds:

- The Transportation, or Tfund, comes from gasoline tax and the gasoline assessment
- The Transportation Infrastructure Bond Fund, or TIB Fund, is a bond fund, and the dollars are used for projects which have a life of twenty years or longer, such as bridge and rail projects (not paving projects).

Federal funds come from the Federal Aviation Administration, Federal Highway Administration, Federal Rail Administration, and Federal Transit Administration.



The TIB Fund is a source of revenue that would allow the state to raise money for infrastructure projects by issuing bonds in the state and municipal bond market.

The Central Garage Fund is where the state budgets for all equipment purchases of new equipment and maintenance of equipment.

The House transportation Committee is reviewing this budget and talking with all managers about their budgets, and will accept or amend the budget, which will then go to the Appropriations Committee and then to the full House for approval.

Senior Center News

By Barb Pitfido, Winooski Senior Center Programs Manager



Let's Do Lunch!

Meals on Wheels volunteer delivery drivers are urgently needed in Winooski!

Five days a week, the WSC team delivers

to folks in Winooski who are in need of a hot meal, some compassion and a smile. Meals on Wheels only works when volunteers go door-to-door to support seniors and neighbors with limitations. The Winooski Senior Center coordinates the delivery of Meals on Wheels. We are committed to our communities' health, safety and well-being.

When you bring someone a meal, you show that you care. And, for the more than 40 folks in our little City who depend on Meals on Wheels each day, a quick chat and a warm hello can make all the difference in the world.

Are you able to join our WSC Meals on Wheels delivery team? Your 1 hour a month donation of time can be a lifesaver for our community.

What is Meals on Wheels?

Meals on Wheels is a nationwide network of community-based, non-profit programs dedicated to providing seniors in their communities with the support that enables them to remain living in their own homes, where they want to be.

What will I be doing when I volunteer?

The most common volunteer job is delivering meals and friendly greetings to homebound seniors. This involves picking up meals at The Senior Center and delivering them along a pre-determined route directly to the homes of neighbors in your area. Once you are done, you return the delivery packaging items and get back on your way.

How do I become a volunteer?

You can call the Winooski Senior Center or go to: <http://www.winooski.vt.gov/volunteer/> and apply today!

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

Reservations for all meals are now required. Call the Center by NOON the day before the meal to make your reservation. Call 655-6425 for the details. Check out the Senior Center calendar at: www.winooski.vt.gov/senior-programs/

COMING UP:

- March 5 & 26 - Intergenerational Tai Chi
- March 7 - Center Closed for Voting
- March 8 - Open House for WHA/ SASH residents
- March 14 - Senior Advisory Committee Lunch & Meeting
- March 16 - St. Patrick's Day Theme BINGO!
- March 21 - Do Drop In & Book Swap
- April 6 - Springtime in Paris Theme BINGO!

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



Family Night

By Alicia Finley

Winooski Parks & Recreation and the Burlington YMCA are partnering to offer Family Night. Winooski families can have fun swimming together and getting into a healthy routine for FREE. Family Night will be first come, first serve so register today at www.winooski.vt.gov/info/activities.

Family Night is offered every other Saturday at the Burlington YMCA starting March 4, 2017 from 5-7P.M. and ending on Saturday, June 24th (except April 29th). Rides will be available by request only.

Questions? E-mail or call Winooski Parks & Rec Manager at afinley@winooski.vt.gov or (802) 777-1621.



HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

The Health Office has seen an increase in strep throat, stomach bugs and upper respiratory infections throughout the district. With that said, I would like to take this opportunity to remind parents of what are 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 and to cover their cough and sneezes!

Any questions please feel free to contact one of the nurses!

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

By investing only six minutes each day, both tooth decay and gum disease can be prevented by YOU. That's two minutes twice each day on brushing and two minutes once a day for flossing.

FLOSS, Brush and see your Favorite Dentist regularly!

Have a Great Day!

ELEMENTARY SCHOOL LUNCH MENU — MARCH

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

The Abbey Group

National School Breakfast Week March 6-10, 2017			Wed, March 1	Thurs, March 2	Fri, March 3
Mon, March 6	Tues, March 7	Wed, March 8	Thurs, March 9	Fri, March 10	
No School	No School	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	
Mon, March 13	Tues, March 14	Wed, March 15	Thurs, March 16	Fri, March 17	
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release K-12 Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	
Mon, March 20	Tues, March 21	Wed, March 22	Thurs, March 23	Fri, March 24	
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	
Mon, March 27	Tues, March 28	Wed, March 29	Thurs, March 30	Fri, March 31	
Whole Grain Breakfast Bun Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Healthy Breakfast Round Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	

Winooski Elementary School Breakfast March 2017

Breakfast in the Classroom:

100% Juice or Fresh Fruit

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

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

Prices

Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included
Adult Breakfast \$1.75
Lunch \$3.50

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



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

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



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

The Abbey Group

MARCH			Wed, March 1	Thurs, March 2	Fri, March 3
Mon, March 6	Tues, March 7	Wed, March 8	Thurs, March 9	Fri, March 10	
No School	No School	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Steamed Green Beans Creamy Coleslaw	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Chopped Green Salad	Taste Test Grilled Cheese Sandwich or Chef Salad Chicken Noodle Soup Carrot Sticks w/Hummus Dip	
Mon, March 13	Tues, March 14	Wed, March 15	Thurs, March 16	Fri, March 17	
Dress Your Own Burger Seasoned Potato Wedges Baked Beans	Nachos w/ The Works Rice Pilaf Steamed Corn	Early Release Chef's Choice Pizzas Pepperoni, Cheese or Veggie Maple Glazed Carrots Celery Sticks w/ Hummus Dip	Birthday Celebration Chicken & Biscuits Steamed Peas & Carrots Cucumber Coins	St. Patrick's Day Lunch Luck of the Irish Shepherd's Pie Shamrock Maple Muffin Chopped Green Salad	
Mon, March 20	Tues, March 21	Wed, March 22	Thurs, March 23	Fri, March 24	
Meatless Mondays Creamy Macaroni & Cheese Homemade Cornbread Caesar Salad Steamed Broccoli	Chicken Fried Rice Roasted Broccoli w/Maple Syrup Glaze Dinner Roll Fortune Cookie	Corn, Potato & Cauliflower Soup Cheesy Breadsticks w/Marinara Garden Salad w/ Maple Vinaigrette Carrot Sticks w/Hummus Dip	Oven Baked Goulash Steamed Green Beans Garlic Breadstick	Local Highlight VT. Chevron Rice Pilaf Fresh Fruit & Veggie Bar	
Mon, March 27	Tues, March 28	Wed, March 29	Thurs, March 30	Fri, March 31	
Chicken Patty Sandwich Oven Baked French Fries Baked Beans	Taco Bar w/ Soft Shell Tortilla Rice Pilaf Steamed Corn Warm Black Beans	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Maple Vinaigrette Carrot Sticks w/Dip	French Toast Sticks w/Local Syrup Scrambled Eggs Sausage Links Sweet & White Home Fries Fresh Fruit & Veggie Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Chopped Green Salad	

Winooski Elementary School Lunch March 2017

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad

Offered with all Meals:

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

Prices

Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included
Adult Breakfast \$1.75
Lunch \$3.50

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

We Support Local New England Companies

Koffee Kup Bakery/VT Bread Co. - Breads & Rolls
Cabot Cooperative - Yogurt, Sour Cream
King Arthur Flour- Dinner Rolls, Pizza Dough
Chappel's Potatoes
Georgia Mtn. Maples Syrup- VT. Maple Syrup
Green Mtn. Farms- Apples
Mazza Farm Stands- Local Produce
Green Mtn. Farms- Cream Cheese
Hood-Milk
Green Mtn. Farm Direct-Local Produce

Taste Test Event Friday March 10, 2017 Maple Muffin

Harvest of the Month March Maple Syrup

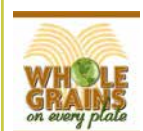


Local Products Used when available

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



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

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

Newsletter of the Winooski School District

Winooski School District
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Winooski, VT 05404

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www.wdschools.org

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WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

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

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

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