

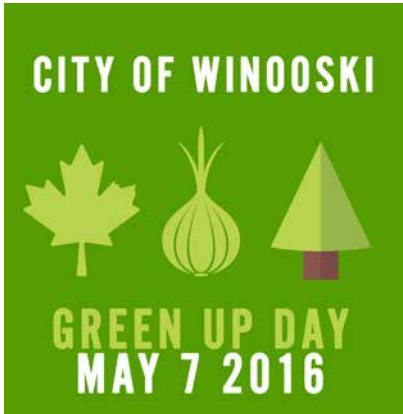
WINOOSKI SCHOOL DISTRICT NEWS!

MAY 2016

ALSO INCLUDES
Community News!
STARTING ON PAGE 8

VOLUME 13, ISSUE 8

celebrating Our Achievements!



SAVE THE DATE

Green Up Day May 7th

By Paul Sarne, Community Engagement Coordinator // AmeriCorps VISTA

The City of Winooski will be providing volunteer opportunities on Green Up Day - May 7th 2016. We will have Green Up Day bags and supplies for the event and will be leading volunteers in areas of the City that need "Greening Up". We will have more info on our website (winooski.vt.org) soon. Please join us!

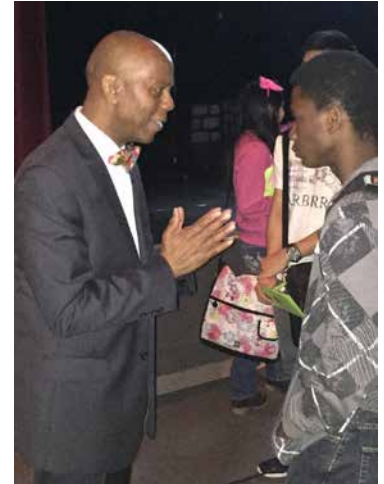
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Aspirations Day 2016

Winooski High School students participated in the third annual Aspirations Day on April 12th.

Students began the day with keynote speaker Richard Haynes. Richard is a renowned artist, nationally recognized for his paintings and photography. He is currently the Associate Director of Admissions for Diversity at the University of New Hampshire. Through sharing his story of having to work in the fields alongside his mother and father at age 5, moving to a drug and poverty stricken neighborhood in Harlem, struggling in high school, joining the military for 4 years and finally returning to college and graduating, Richard inspired Winooski students to believe in themselves.



The Vermont Business Roundtable offered a panel of local business leaders. Joining the Winooski students was Michael Lash, President and CEO of Carriage House Furniture Shop, Pierre Leblanc, President of Engelberth



Construction, Michael Seaver, President of People's United Bank of Vermont and Lisa Ventriss, President of Vermont Business Roundtable. A main theme throughout this presentation was two-fold. They did not know what they wanted to do in high school and taking baby steps and working hard led to great achievements in their lives.

After lunch, students participated in a variety of workshops on Money, Military, College Athletics, Apprenticeships, Employment, College Admissions, Dual Enrollment and Medical Careers. Some students visited St. Michael's College and UVM. Winooski administrators and staff participated in the Major Match game where students had to match the person with their college major.

Our day ended with Jared Campbell from the Blue Project. Jared is an award-winning singer/songwriter who has toured with national acts such as Jason Mraz, The Zac Brown Band and even Journey. Jared mixed humor, personal experience and stories of life on the road. His songs and words were uplifting, thought provoking and emotionally heartfelt. The students gave him a great response with many staying after the show to talk with him. Overall, it was a great day with many heartfelt moments of connection.



School Board Update

By Mike Decarreau, School Board President

Welcome to spring. On April 14th we closed negotiations with the teachers union and we await ratification by the teachers' union*.

The budget that passed in March was frugal and was based on the student needs we have and we were able to maintain the budget with our final settlement. It has been said before but I will say it again, THANK YOU to the Winooski community for your support of the budget this spring.

As part of our ongoing effort to best serve our students and the Winooski community that supports us, we are taking another look at opportunities to consolidate. Several years ago we did a study on the effectiveness and efficiencies we could gain by merging with the Burlington School District. The results at that time suggested that we would not be best served by doing this as the tax benefits would not have been in our best interest. The main savings would have been through the consolidation of the Central Office and given that the Burlington tax rate was significantly different than ours, we would have negatively impacted our tax rate.

Some of you may have heard that we have recently reached out to several schools in Chittenden county as part of Act 46 consolidation for districts with less than 900 students (we have approximately 850 students). Our Superintendent, Sean McMannon, reached out to South Burlington, Colchester, and Burlington Superintendents to discuss what would make the most sense for Winooski.

Based on the previous study, it was decided that we should go forward with a consolidation study with the Colchester School District (CSD). As of this writing, we have had a discussion with the CSD Superintendent and Board chair to discuss the best path forward. We are looking to have a joint discussion with the Colchester Board in our May meeting to discuss our goals for this study as well as how each district might benefit from such an arrangement. The state has put

forward funds to do this study so we will have no out of pocket expenses for this.

We, as a Board, believe that we can petition the State Agency of Education for a waiver to remain as an independent district and get approval, but we feel it is imperative that we look at as many possibilities as we can to improve the future for our students and community. How this will unfold we will soon see, but we look forward to investigating the possibilities. As we move forward we will need input from you, our stakeholders, to ensure that we are following the will of our community. We as a Board represent you and in this important decision process we will need input from as many of you as possible.

If you would like to listen in on the discussion with the CSD Board please join us at our meeting on **May 11**. If you would like more information on the Act 46 path we are following, please give me a call. My contact information is on the school website and at the last page of this newsletter.

Have a great day!

**NOTE: This article was written on 4/14/16, two weeks before the newsletter is scheduled to appear in mailboxes.*



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.

Afterschool and Summer Programs Available

By Suzanne Skaflestad, 21C Director

JUNE SOCCER PROGRAM!

Winooski School District is partnering with Nordic Soccer, Vermont's premier youth soccer club for our June summer soccer camp program. Established in 1988, Nordic soccer provides all levels of play for youth soccer enthusiasts. The students are separated by gender.

For students entering 6th grade in Fall 2016 (current 5th – 7th graders),

the summer soccer program dates are Monday, June 13th-Friday, June 17rd (8:30-11:30) at Winooski School District outside front side and back school fields. If inclement weather occurs, we may need to cancel for a particular day.

Please note: If you prefer that your child participate in the younger group the week of June 20th, please sign up for that week instead.

For students entering 3rd-5th grade in Fall 2016 (current 2nd-4th graders),

the summer soccer program dates are Monday, June 20th-Thursday, June 23rd (8:30-11:30) at Winooski School District outside front side and back school fields. No program on Friday for this week. If inclement weather occurs, we may need to cancel for a particular day.

Please contact Suzanne Skaflestad at Winooski School District or e-mail Suzanne at sskaflestad@winooski.k12.vt.us to sign your child up for either soccer program.

OTHER SUMMER PROGRAMS

There are many other middle school summer programs (at no charge) available through our partnership with the Burlington School District. Flyers were mailed home to current middle school students. The summer flyer is also posted on our school website under the Family Communications tab.

Vermont FoodBank Programs are Critical to Student Learning in Winooski

By Jaycie Puttlitz, Wellness Coordinator, Winooski School District

The Winooski School District (WSD) is one of the most economically and culturally diverse school districts in the state of Vermont. With the nearest supermarket located in the next town, and with no safe paths to get to it, the district is also situated in a “food desert” - an urban area where access to affordable or good-quality fresh food is difficult.

Because a high number of our students qualify for free or reduced breakfast and lunch, WSD qualifies for universally free meals through the community eligibility provision (CEP). The CEP helps ensure that while students are in school, they have access to nutritious food and will not go hungry. In fact, when the elementary breakfast began to be served in the classroom after school begins a few months ago, every student was provided with a meal as they arrived at school. The health office immediately noticed a reduction in visits each morning because fewer students felt hungry.

But what happens when our students go home? Food insecurity and hunger is a real concern for many of our students. The local food shelf is available four times a month--twice for dry goods and twice for produce. That is why the Winooski school community is fortunate to partner with the Vermont Foodbank to provide its students with supplemental nutrition



through programs such as Veggie VanGo and the Backpack Program.

Through the Veggie VanGo program (was School Pantry To-Go) the Foodbank distributes fresh produce twice a month to hungry students and their families on school grounds. Examples of produce that may be provided are potatoes, onions, carrots, cabbage and apples. Between September and April, the Foodbank distributed 65,000 pounds of produce to Winooski families through the Veggie VanGo program. We often record over 300 people coming through line for food with numbers ranging between 275-350.

The Backpack Program provides bags of nonperishable food to students at the end of each week to be eaten over the weekend. Examples of food that may be in a bag are cans of fruit and vegetables, cereal, shelf-stable milk, a can of beans or tuna, and a whole grain snack item. Between October and mid-April, over 1,550 bags have been provided to an average of 70 students each week through the Backpack Program.

When we distribute the produce in

the Veggie VanGo program, students and families come together, smiling and thanking us. We have also been fortunate to have a taste testing station recently where the students line up to try anything from squash to turnips, often coming back for more! Trying the food also provides an opportunity for families to learn how to cook vegetables that they may not normally cook at home.

Distribution of both of these programs occurs on a Friday, and these are days that are a highlight for many of our students. They will often stop me in the hall and ask, excitedly, “Is the food truck here today?” or, “Did you put the food in my locker yet?” There has not been a Friday yet where at least one student hasn’t eagerly asked me about the food they will receive.

Among the problems that occur with childhood hunger are headaches and lack of energy, causing students to be unable to focus or think about anything except their empty stomach. These Vermont FoodBank programs are critical in helping us fight childhood hunger and enable our students to be ready and engaged in learning.

For more information about Vermont Foodbank, go to <http://www.vtfoodbank.org>.

CITY AND SCHOOL ANNOUNCEMENTS

20TH ANNUAL

Winooski Spartan Hoop Camp

DATES: June 13-17 for students entering grades 2-5
June 20-24 for Students entering grades 6-8
June 27-July1 for students entering grades 8-10

COST: \$90 per student

For more information and the registration form go to: <http://www.wdschools.org/athletics/annual-winooski-spartan-hoop-camp/>. For questions contact camp Director Dennis Barcomb at 383-6096 or email dbarcomb@wdschools.org.

JFK Yearbooks Available

JFK yearbooks are now on sale for \$10.00. They can be purchased in the JFK office or from Mrs. Goetz in room 27.

2016-2017 SCHOOL YEAR

Kindergarten Registration and Screening

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

Children who will be five years of age prior to **September 1, 2016**, should attend this screening. Please call the J.F.K. school office at **655-0411** to make an appointment for one of the two days. You must bring your child’s **birth certificate, (or I-94 if your child was born in a country that doesn’t issue birth certificates), updated immunization record and his/her Social Security number** to the appointment and **register your child while he/she is being screened**.

Thank you.

Please join us for the 2016 Spring Into the Arts Festival! May 23-27

Save the date for the Spring Into The Arts week! SITA the annual arts festival will be celebrated during the week of May 23 through 27th.



Monday May 23rd: We are excited to announce that the festival opening will kick off at the O'Brien Community Center at 4:00 pm. Come and join us to view art, listen to musical performances and participate in a hands-on mask making activity.

Tuesday, May 24th: Please join us in the school Performing Arts Center for the Middle School/High School Band, Orchestra and Chorus Pops Concert at 7:00 pm.

Thursday, May 26th: The annual Empty Bowls dinner showcasing handmade ceramic bowls and a delightfully delicious soup and salad entree will be held from 4:30-6:15 at the school. We will be fundraising to collect money for our local food shelf.

Also that day -- art students in the district will be exhibiting their art and JFK student musicians will complete the evening with their Annual Spring Concert at 6:30 pm.

Please be on the lookout for student artwork in Winooski Businesses. We look forward to sharing the work of our talented students with all of you.

Winooski Senior Receives Honorable Mention in Senator Sanders' Essay Contest

By Bill Clark

Congratulations to **Olivier Enwa**, a senior at Winooski High School, who received Honorable Mention in Senator Sanders' annual State of the Union essay competition. A delegation from Senator Sanders' office, including State Director Phil Fiermonte, met with students from Mr. McQuinn's Government class to answer questions and present the award. Students from Ms. Savage's and Ms. Malley's class, administrators, and aides also attended.

Winooski's Got (a LOT of) Talent!

By Lisa Goetz

The Winooski School District held its second annual "Celebrating Winooski's Talent" show on Friday, April 8th. This event was presented by the PACTS committee and supported by the Winooski PTO. Our show featured an incredibly diverse range of talent that we have here in Winooski. We were so grateful to all the performers who came together to share their unique skills and we were able to celebrate all the ways that music, song, and dance connect us together as one community.

Special thanks to Lucy D'Aponte for helping to produce our show and to Joe Smith for being our DJ. Also, we would like to thank parents Arica Bronz, Kate Simone, Josh Neilson, Lori Lambert, and students Cassie Brosseau, Brianna Holton, Olivia Treadwell, and Hau Duong for their help the night of the show. We hope you enjoy the photos below, taken by Hau Duong.

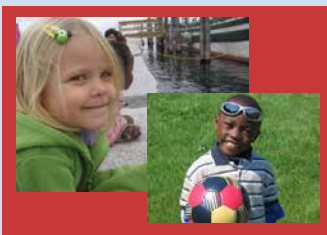


CHAMPLAIN VALLEY Head Start

A Program of Champlain Valley Office of Economic Opportunity
431 Pine Street, Burlington, VT 05401

Did you know?

Champlain Valley Head Start is a free, national preschool program that provides educational and social opportunities to nurture the healthy development of children and is currently accepting applications for the 2016-2017 school year.



Champlain Valley Head Start-Winooski has a number of flexible programs to meet the needs of your family!

Apply Today!



Choose from either morning or afternoon classes for you preschooler located at the JFK elementary school.

Want to know more?

Contact us at 651-4180

www.champlainvalleyheadstart.org



May Update

By Sara Raabe - JFK Elementary School Principal

The mornings at JFK are always busy! This past January, we started Breakfast in The Classroom. All students are able to eat breakfast at school everyday starting at 8am. In years past, we started with supervision at 7:30am so that students could have breakfast in the cafeteria. With the change in breakfast, students no longer have to be at school at 7:30 to eat. However, we have continued to have 7:30am supervision for students despite the early drop off being optional. If students arrive before 7:30am, there is minimal supervision in the lobby, but no supervision on the playground.

As a leadership team, we have been working hard to create next year's calendar. One of the changes for next year is that supervision for all students will not begin until 7:45am each day. Students that are dropped off before 7:45 will not have access to adult supervision. We will continue to have breakfast in the classroom each day.

This year, JFK has late start days once a month, and the Middle/High schools have early release days. Next year, all three schools will have early release days on the same day. I am working with a team to develop exciting options for students after school if there are no adults able to pick them up on early release days. More information to come this spring as we finalize plans.

I wanted to let the adults in community know about these changes now, so that you can begin to plan for next school year. While it feels far away now, it will be here before you know it!

Making Music with Violins

By Mag Thomas

It is hard to believe that another session of afterschool is coming to an end. Only one more session to go! This year we have been fortunate to have a partnership this year with the Vermont Youth Orchestra. We had two groups of "Making Music with Violins" running this past session - a beginner's group of eight students and a group of five who have been meeting all year, two days a week. Both groups performed a concert for parents and friends during their last class. The students have come a long way since that first class! We thank the Vermont Youth Orchestra for their partnership and hope to continue it next year.



Better Hearing & Speech Month

By Catherine Lavigne, Speech Language Pathologist, Preschool, Kindergarten and First Grade

Winooski School District recently celebrated Better Hearing & Speech Month. This annual event provides opportunities to raise awareness about communication disorders and to promote treatment that can improve the quality of life for those who experience problems with speaking, understanding, or hearing.

The Eleanor Luse Center for Communication at the University of Vermont loaned their Jolene mannequin, designed to help teach students about the dangers of listening to loud music through ear buds or headphones. The Vermont Speech-Language Hearing Association loaned some educational posters and other visuals to support the theme "Noise Induced Hearing Loss - You Can Prevent It." Sarah Wason (Speech Language Pathology Assistant) and I collaborated on several awareness raising activities.

An educational exhibit was created

in one of the JFK Elementary hallway display cases and featured eye-catching yellow neon ear plugs and several colorful posters with the public service message: "To Protect Your Hearing..."

- **Lower the Volume** (for personal listening devices connected to ear buds)
- **Move Away From the Noise** (particularly loud, sustained noise such as rock concerts or lawn mowers)
- **Wear Hearing Protectors/Put a Plug in the Noise** (ear plugs) to help avoid noise-induced hearing loss

Hearing protection information was shared with 5th grade students as part of short classroom learning sessions. Students enjoyed seeing how the Jolene mannequin system measured the sound levels of personal stereo systems (example: iPhones, iPads). Students learned that they may be listening to their



Ms. Wason shows students how the Jolene mannequin measures the sound levels of the personal stereo system in an iPhone.

music too loud and should turn down the volume to prevent hearing damage.

A special thank you to Mrs. Wright, Mrs. Knapp and Ms. Bell and their 5th grade students!

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Students at the Center, GX Skills, and Proficiency

By Leon Wheeler, Principal, WMHS

“It’s OK to be scared. Being scared means you’re about to do something really brave.”

Just prior to our April break our 9th grade Humanities students, following weeks and weeks of preparation and practice, stepped onto the stage in our Performing Arts Center and performed the Shakespeare play, Hamlet! An entire grade level of young high school students were led to overcome their fear, stick out their neck, and as a result delivered a powerful performance! It was inspiring! And it provided each student a way to demonstrate growth in important life skills that must have felt good! It sure felt good for me.

Students providing authentic demonstrations of their learning and growth is now at the heart of what it means to be a Winooski student.

- On **Friday, May 27th**, seniors will wrap up a year’s worth of research, writing, and practice by presenting their **Senior Projects**. In order to graduate, each student’s writing and speech must be presented at a proficient level, which meets the requirements of our Communication GX.
- **June 8 and 9 are June Expositions** (JunePo), when every middle and high school student will present learning from projects related to our Communication, Critical Thinking, and/or Well-Being GXs.

The WMHS staff has learned a lot over the past year, and we’re taking what we’ve learned to improve our work. Some of the important improvements for 2016-17:

1. Next year’s 9th graders will be the first class to graduate (2020) based fully on proficiency. Other high

school students will continue toward graduation by earning credits.

2. 2017 graduates must demonstrate proficiency in both the Communication and Critical Thinking GX (same as 2016), and meet the required reading and math proficiency score.
3. As a gateway requirement to high school, 2017 8th graders must demonstrate proficiency in both the Communication and Critical Thinking GXs, and show at least one year’s growth in reading and math proficiency.
4. The advisory system in both middle and high school will strengthen relationship-building, advocacy, communication, and personalization. Personalized Learning Plans (PLPs) and home communication will be a vital component of the advisories.
5. Youth leadership development, student voice, and ownership of learning will be a central focus for our school.
6. Every class and learning experience with students will be directly related to one of our GXs, and one or more proficiency.
7. Report cards and progress reports will be revised.

Over the past four years there’s been a lot of research, planning, and system building. Now we’re beginning to refine our efforts in order to better prepare and empower our students. It is an honor and blessing to be here! Have a great May!

“Behold the turtle. He makes progress only when he sticks his neck out.”

Scholarships Make a Difference

By Linda Gregoire, Dollars for Scholars

We recently received a letter from Michaela Metivier who received a scholarship last year and we wanted to share it with you so you could see how our funds make a difference in students’ lives:

“The scholarships I received from Dollars for Scholars have helped me out in so many ways. With the money that I received, I was able to buy all of the textbooks that I needed for this semester. I was able to afford ones that did not have a lot of writing in them and that were not beat up. I was also able to purchase all of the items that I needed to furnish my dorm room. I now have a comfy place to study and the proper materials to study with. They have helped me become successful this semester.”

Winooski
Dollars for
SCHOLARS®
A Program of Scholarship America®



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

Congrats to Tulasha Pradhan for receiving the Artist of the Month recognition for April! She is an amazingly creative student, with lots of apparent passion. I especially love her side doodles I often find on her papers.

Good Job, Tulasha!

Afterschool JiuJitsu Club Wins at Vermont Open Grappling Championship

By Nancy Keller

For the past 10 weeks, over 20 middle and high school students have been practicing the takedowns, sweeps, pins and passes of Brazilian JiuJitsu with our CCLC Afterschool instructor, Sensei Quinlan. On Saturday, April 9, 12 of these students entered the Vermont Open Grappling Championship, a major Brazilian JiuJitsu tournament held at Winooski Middle and High School. It takes a lot to make the decision to compete, train for the event, face an unknown opponent on the mat, and win or lose, finish like a champion. Congratulations to all of our Afterschool BJJ competitors, and a special recognition to those, when combined, won 13 medals in their respective divisions:

- Kai-Leigh Latulippe - 1st Place Gi, 1st Place No-Gi
- Camden Benoit - 2nd Place Gi, 2nd Place No-Gi
- Abdalazez AlAnzee - 2nd Place Gi, 3rd Place No-Gi
- Ayshton-Landon Green - 3rd Place Gi, 2nd Place No-Gi
- Dominic Kirby - 2nd Place No-Gi
- Kiara Mack - 2nd Place Gi
- Rainbow Chen - 2nd Place Gi
- Matthew Hayden - 3rd Place Gi, 2nd Place No-Gi
- Ayooob Musanovic - 3rd Place, No-Gi

Winooski Middle and High School's Afterschool BJJ Club is looking forward to our September 2016, when we will be back on the mat and practicing, again. Thank you to everyone who has supported our program and made this our most successful session!



Above: Front Row: Dominic Kirby, Camden Benoit, Matthew Hayden, Abdalazez Al Anzee, Ayshton-Landon Green, Austin Moquin, Ayooob Musanovic, Savion Thibou, Lukas Zweeres; Back Row: Rainbow Chen, Kiara Mack, Kai-Leigh Latulippe.

Left: Rainbow Chen, Dominic Kirby and Austin Moquin celebrate a job well-done.

Right: Kiara Mack and Kai-Leigh Latulippe finish 2nd and 1st in Girls Gi Competition.

The Formation of Our Solar System

By Hassan Sadik, WHS Student

Approximately 4.6 billion years ago

Something most people don't know

There was a supernova energy flow

That hit a nebula that was in our solar system's location

The energy started a counter clockwise rotation

The nebula collapsed into a disk because of the rotation increase

This caused to develop a protostar masterpiece

When the temperature hits 15 million

Not higher than a billion

It will start nuclear fusion

And turn into a star without confusion

At the same time planets were forming too

The clumps were called planetesimals and just grew and grew

The clumps came together like magnets

Then stopped growing and became protoplanets

Now today they are the eight planets

Mercury, Venus, Earth, Mars were made

The gas planets Jupiter, Saturn, Uranus, neptune were being played

That is what made the solar system

COMMUNITY NEWS

Update from Your City Council

By Brian Corrigan



Hello Winooski readers, I hope this issue finds you enjoying our great city. Our Community Service Department has worked hard to put together many activities for you and your family to enjoy.

Community garden plots - though many plots were added this year, they continue to go fast. If you're limited on space for a garden at your current residence, this is a great opportunity for you and the family to enjoy the outdoors and create your own farm to table experience.

Summer programs - for the youth in the community, we have our THRIVE Program, offering both after school and during school vacation options. This provides a great (and fun) experience for the kids and a productive option for their parents. The entire community benefits when children take part in afterschool and school vacation opportunities.

Adult offerings - Don't worry, mom and dad, there are offerings for *you* as well! Our Parks and Recreation Department have an adult soccer league starting up, providing a great exercise

opportunity to share with your friends or significant other. You could also try the Warm Hatha Yoga Program. In addition, all levels are welcome at the new Winooski Recreational Running Group. Visit the city website at www.winooskivt.org for more details about all of these programs.

So, there's lots to do during the spring and summer around here. Keep your eyes open for outdoor dining opportunities as well, from the farmers' market, to the food truck vendors, not to mention your favorite downtown restaurants expanding their offerings to the sidewalks outside.

Have a great summer, watch out for each other, enjoy our community.



YOUTHBUILD Member Spotlight:

By Julie Hankins, AmeriCorps YouthBuild Community Partnership Coordinator

Jeffrey joined YouthBuild in February of this year, and has been a welcome addition to the program. He is here on time, every day, ready to work. Recently Jeffrey has been working with his crew to build goat sheds. His crew has completed service projects with The Intervale Center, Fellowship of the Wheel, ReSource, and The Vermont Foodbank. His crew also completed their first aid and CPR certifications in April.

Name: Jeffrey

Age: 16

From: Winooski

Free time: chill with friends, freestyle, and longboard

Favorite Food: popcorn

Goals: to get my diploma and chase my dreams to become a rapper

Advice for future YouthBuild Students: be on time and stay positive

YouthBuild is recruiting for our fall crew, if you are interested in learning more about YouthBuild, contact us today at 802-658-4143 x 27 or stop in at 266 Pine Street in Burlington.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooskivt.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooskivt.org	802-999-9270
Councilor Nicole Mace	nmace@winooskivt.org	802-363-7777
Councilor Robert Millar	rmillar@winooskivt.org	802-238-0089
Councilor Brian Sweeney	bsweeney@winooskivt.org	802-734-6902
City Manager Deac Decarreau	deac@winooskivt.org	802-655-6410

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

Keep up to date with announcements and news:

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

Stay in Touch: Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood. Go to www.frontporchforum.com to sign up for this free community resource.

Summer Youth Employment Opportunities to be Announced in Early May

By Ethan Hausman, Recreation & Parks Manager

The City of Winooski will once again be sponsoring the Summer Teen Employment Program (STEP) in 2016. There will be a variety of positions available; most jobs will run from June 13 until August 5. These work positions will be geared toward youth and young adults ages 16 – 21 and will include weekly paid job-skills training.

More information, including all STEP position descriptions and the application form, will be released soon. These materials will be available in the WHMS Admin and Guidance Offices, Winooski City Hall, and the Winooski Recreation Office at the O'Brien Community Center by May 6.

Please contact Ethan Hausman, Recreation & Parks Manager, at (802) 777-1621 or ehausman@winooski.vt.org with any questions about STEP jobs, youth eligibility, or the application process.

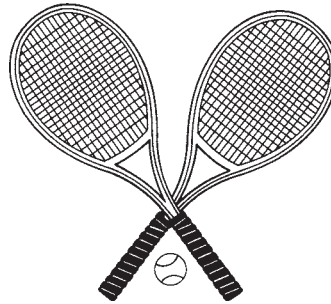
Youth Tennis Program Starts May 14

By Ethan Hausman, Recreation & Parks Manager

Winooski Recreation is offering a 4-week Youth Tennis Program for students in grades 2-8. The sessions, with kids grouped by grade levels, will be held on Saturday mornings in May and June at Landry Park. The Program will start on Saturday, May 14, and finish on Saturday, June 11, with no session on May 28 due to the Memorial Day holiday weekend.

This Tennis Program is intended to introduce elementary-age kids to the sport and get them practicing fundamental skills while having fun. The sessions for middle school-aged kids (grades 6-8) will be slightly more advanced, geared toward kids who have had limited prior tennis experience. Middle schoolers who have not played tennis before have the option to join their peers or can sign up to play with the Grade 4-5 Group in order to start by learning the basics.

Youth Tennis will be extended if this 4-week program is successful and the kids participating are interested in playing more tennis throughout the summer.



Schedule for the Saturday morning sessions (May 14, May 21, June 4, June 11):

Age Group	Program Session Time
Grades 2 & 3	9 – 9:45 am
Grades 4 & 5	10 – 10:45 am
Grades 6, 7 & 8	11 AM – 12 noon

The registration fee for this 4-week program is \$10/child for Winooski residents. Parents can register their children online (www.winooskirec.com) or contact Ethan Hausman, Recreation & Parks Manager, (802) 777-1621 or ehausman@winooski.vt.org, for more details about the Program or signup process. The deadline for all registrations is May 8.

Join Us For Coffee and Socializing!

By Sister Pat McKittrick

Please join us Friday mornings from 9am-11am for a **free coffee hour** at the O'Brien Community Center. Friendly atmosphere, great way to meet your neighbors. Everyone is welcome. We also provide blood pressure screenings on the first Friday of the month. (Coffee and pastries are provided by our friends at Starbucks on Williston Road).

Police Department Outreach

By Scott D. McGivern, Lieutenant, Winooski Police Department

This month I would like to inform you of upcoming events the police department will be hosting or participating in. The police department is attempting to be more accessible to community.

On **Thursday, May 5** the Burlington Police Department is hosting a Meet Your Police event. It will occur on North St between 4pm and 7pm. Officers from the Winooski Police Department will be participating. We anticipate having our motorcycle and a cruiser at the event. There will be food and music. It is a great opportunity to meet with officers and see some of the equipment used by police officers.

On **Saturday, May 14** the Winooski Police Department is hosting a Public Service Day. The event will run from 10am through 2pm. It will be held on Winooski Falls Way in front of the Champlain Mill. Representatives from various police agencies, the Winooski Fire Department, St Michael's Rescue, Colchester Technical Rescue, Vermont National Guard, State Police, and the State Hazmat Response Unit will be participating in the event.

In **June** the department will be participating in the annual Special Olympics Torch Run. Officer Solomon is putting together a CSI camp in **July**. The concept is to expose school aged children to various aspects of the investigations performed on a regular basis. **August** will feature a National Night Out event. In **September** members of the department will participate in the Vermont Remembrance Run.

There also may be events such as Coffee with a Cop and a pop up block party or two. To keep up with events please check out our website at www.winooskipolice.com and like our Facebook page.

Coed Adult Rec Soccer Continues Through May

By Ethan Hausman, Recreation & Parks Manager



Winooski Recreation will be continuing to host Adult Coed Soccer Games for adults at Winooski High School through the month of May. The pickup-style games will be held regularly on Tuesday and Thursday evenings, 5:30-7pm, on the WHS Front Soccer Field. These games will continue until Thursday, May 26.

Teams will be picked on the spot each evening based on the players who show up, and pinnies will be provided. Everyone (age 18+) who has pre-registered is welcome, and skill levels will vary, but these are casual pickup games that offer an opportunity for friendly competition between friends and neighbors.

Please note: players must register in advance at www.winooskirec.com in order to play.

The one-time registration fee (\$10 for Winooski residents) allows for participation in any or all of the weekly games on a specific weeknight (either all Tuesday or all Thursday sessions). Those who wish to have the flexibility to play both Tuesday AND Thursday evenings will need to register separately for both.

Please contact AmeriCorps*VISTA Community Recreation Coordinator Jonathan Borden (655-1392 x10 or parksvista@winooskivt.org) for more details or help signing up.

Mindfulness Continues, Available Online, Too!

By Jaycie Puttlitz, Wellness Coordinator

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, these sessions are being recorded and uploaded to the school website. You can listen to them by visiting this link: www.wdschools.org/mindfulness-in-winooski/

Have you been taking the "10-minute mindfulness challenge"? Guided mindfulness audio is provided on the website www.mindfulcities.org. Translations are now available in Somali, Nepalese, Arabic and Vietnamese.

Girl Scouts in Winooski

By Amy Lothrop

Girl Scout Troop 30187 had a busy March. We went door to door and held six total cookie booths to complete our cookie selling season. We sold 5,375 total boxes of cookies to our friends, family and neighbors! We had the second highest sales total in all of Chittenden county. Wow! Thank you so much to everyone for supporting us. Your support invests in girls so they can go to camp, learn new skills, develop leadership abilities and serve their communities.

On March 12, we hosted a birthday party to celebrate 104 years of scouting. Troops from Williston, Winooski and Shelburne exchanged SWAPS, made a banner, ate cake then danced and limbo-ed to a live DJ.

Sound fun? It was! Remember that it is never too late to be a Girl Scout or volunteer. Contact Amy Lothrop at 802-373-7288 or at amylothrop@comcast.net for more information.



Winooski Food Shelf Schedule for May

By Linda Howe

Here is our pickup schedule for April:

Wednesday, May 11th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, May 14th	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, May 25th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, May 28th	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items

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

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

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

Legislative Report

By Representative Clem Bissonnette

As of April 12, 2016, the House of Representatives were told that the target date to adjourn will be the week of May second (2). There is a lot of work to be done in the next three weeks.

Drugged Driving Saliva Testing is being discussed by the House Transportation committee. The committee is proposing to add a saliva testing process to the present DUI Statutes. The problem Vermont is facing is that more and more fatal driving collisions involve illicit drug use by impaired drivers. There is added language that prevents a person from operating a motor vehicle when the person has any detectable amount of a regulated drug, or its psychoactive metabolites, in his or her body. These regulated drug classes include narcotics, depressants, stimulants, methamphetamines, hallucinogens, Ecstasy and marijuana (MJ). It is an affirmative defense if medication is being taken in accordance with a valid prescription, or one is a registered MJ patient. Remember, however, a valid prescription is not an excuse to drive impaired, even to the slightest degree.

Two new types of saliva tests (one screening, one evidentiary) are being proposed as options for law enforcement

and defendants. These test only for the presence of drugs, not DNA.

The first, a new saliva drug screening device, is analogous to the present Alco sensor. It detects 6 or 7 classes of drugs, cost roughly \$3000 each (hopefully to be paid with federal highway safety money), and is designed for roadside use. Only the "active delta 9" form of MJ that lasts 3-4 hours is analyzed. Like the Alco sensor, the defendant may opt in or out of taking this screening test, and results may NOT be used as evidence in court.

If the road stop law enforcement officer decides based on accumulated evidence to proceed with a drugged driving case, a DRE (specially trained Drug Recognition Expert) is called to evaluate the defendant using extensive cognitive and psychomotor measures. If the DRE finds evidence of regulated drugs and or impairment associated with the defendant, the DRE orders the person to take either an existing evidentiary blood test or an optional new evidentiary saliva test. The results will confirm or deny the DRE observations and findings.

The chemical processing of these evidentiary tests is much more detailed,



complex, and used in court along with testimony from the DRE and roadside detaining officer to attempt a conviction. The new saliva option has the advantage over blood testing or being less time consuming and less invasive. Today's evidentiary blood tests and proposed saliva tests, of necessity, are sent out of state for processing. Proposed new capital budget funds will update technology in the state forensic lab to allow chemical processing right here in Vermont.

It is important to remember the defendant has an option, to simply follow the existing drugged driving protocol. They can skip both the new saliva testing options, and just resort to the present day evidentiary blood test as a final step in the process. Nothing in the proposed new saliva testing process has been forced on that individual.

You can reach me with any questions at cbissonnette@leg.state.vt.us

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

Spring is here and it's time to get out, clean out and shout-out! A special shout-out of gratitude goes out to our little City that brings us all together ...from the seniors, adults and youth who participate, the volunteers who contribute so much of their time and to the fellow citizens who make us a complex community, I say "Only in Winooski!" Being the most diverse municipality in Northern New England has its challenges, but it also presents acceptance, cooperation and boldness. Inventing ways to reach out to community members has been a learning process, and I believe our city is taking this game seriously and running with it! You can check us out on Facebook, Twitter, our home page, and in many buildings across the city. We are always looking for new ways to invest in our community. We are bold, and we are strong... we are Winooski and proud of it!

COMING UP:

- May 3 - Senior Lunch & Meeting
- May 5 - Cinco de Mayo BINGO!
- May 17 - AARP Smart Driver Class
- May 31 - Last Tuesdays Lunch & Learn
- June 7 - Senior Lunch & Meeting
- June 23 - National Pink Day BINGO
- June 28 - Last Tuesdays Lunch & Learn

EVERY MONTH

- **Do Drop In** - (Mon 9-11am) Join us for coffee, treats and great conversation! FREE!
- **Tai Chi** - Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness FREE!
- **Open Art Studio** - (Wed 9-12pm) Join us and try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- **Community Lunch** - (Thurs 11:30am) Join us for a great lunch and great company! \$4.00 RSVP
- **BINGO!** - (Thurs 12:30pm) Always a blast! Free popcorn! \$10.00
- **NEW! Last Tuesdays** - Join us at 11am for activities, 11:30 lunch, 12:30 programs and speakers on current Senior issues. \$4.00 lunch RSVP
- **Van rides** to Shaws, Hannaford's & the Mall and the Winooski Memorial Library. Call for times. FREE!

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

"If life doesn't offer a game worth playing then invent a new one."

— Anthony J.D'Angelo



News from the Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis



The Winooski Coalition celebrates the city of Winooski for adopting clean-outdoor-air policies for three of Winooski's public parks. Levels of second-hand smoke in outdoor spaces can quickly accumulate as much as they do inside buildings. Studies show that such policies have significant long-term benefits to communities, reducing instances of cardiac events, asthma attacks, and other negative health impacts of second-hand smoke. We look forward to the significant, positive long-term impact this decision will have on the lives of members of the Winooski community.

The Coalition would also like to invite you to attend our next **Community Dinner on Wednesday, May 18** at 6 pm. This dinner will be hosted by Vermont Works for Women, and will be held at the O'Brien Community Center (32 Malletts Bay Avenue, Winooski). For more information please contact Kate Nugent at (802) 655-4565 or katenugent@wcspc.org. • www.wcspc.org



HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

May is one of my favorite months here in the district because I get to participate in **Kindergarten Screening!** I love getting to see these all these little ones excitedly bounce up the hall to our table to check in and begin their adventure! With that in mind, parents, I need your help! If you have a child who will be coming to kindergarten screening please make sure to have a copy of their immunizations in hand. If they have not had their 5 year old shots, please call your doctor in advance to set up that appointment and bring that appointment date along with a copy of their vaccines to the screening. Please note that *no child will be allowed to enter kindergarten in the fall unless they have a completed series of vaccines or are medically/religiously exempted.* For your convenience here is a list of what we will need: 5 Dtap shots, 4 Polio shots, 3 Hepatitis B shots, 2 MMR and 2 Varicella.

Also, if your child has asthma or a life threatening allergy, please let me know when you register. I will give you paperwork that will need to be filled out by your doctor and returned to me in the fall.

If you have any questions before your scheduled kindergarten screening, call me at 802.383.6094 Thanks, and I look forward to meeting you and your child on May 6th or 9th!

Tutor Update

By Diane Polson, RDH, Tooth Tutor

Besides tooth decay, harmful habits or activities can damage your teeth. Don't use your teeth to: cut things, hold onto pens/pencils, bite nails, crack nuts, crunch ice or popcorn kernels, or open bottles or hairpins. Need dental assistance? Contact me in the Health Office: 383-6094. Remember: FLOSS, Brush and see your Favorite Dentist regularly!

ELEMENTARY SCHOOL LUNCH MENU — MAY

Winooski
Elementary School

MENU

May 2016

Local Products Used on when available

Items in bold and italicized are Local Products

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

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

This institution is an equal opportunity provider.

DAILY BREAKFAST OPTIONS

MONDAY
Whole Grain Breakfast Bun

TUESDAY
Whole Grain Bagel w/Cream Cheese

WEDNESDAY
Assorted Cold Cereal

THURSDAY
Healthy Breakfast Round

FRIDAY
Fruit Filled Muffin

Each Meal is served with:
100 % Juice, Fresh Fruit & Hood Milk: Skim, 1% white or Fat-Free Chocolate

Mon., May 2	Tues., May 3	Wed., May 4	Thurs., May 5	Fri., May 6
Oven Baked Chicken Patty Sandwich w/Lettuce & Tomato	Spaghetti w/ Meat or Marinara Sauce	Taste Test Event Asst. Mixed Greens	Hot Turkey Sandwich w/Gravy	Sweet & White Home Fries
Garden Pasta Salad	Strawberry Spinach Salad	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Hand Cut French Fries Local Potatoes	Hearty Pancakes w/ Local Syrup
Fresh Cucumber Sticks	Italian Bean Salad	Fresh Carrot Sticks w/Hummus Dip	Fresh Steamed Broccoli	Sausage Links Celery Sticks
Mon., May 9	Tues., May 10	Wed., May 11	Thurs., May 12	Fri., May 13
Dress Your Own Hot Dog on A Bun Ketchup, Mustard, Relish	Local Day Misty Knoll Oven Baked Chicken	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Chicken Fajitas <small>Chicken, Sautéed Onions & Peppers, Soft Flour Tortilla, Salsa, Cabot Sour Cream</small>	May Birthday Celebration Oven Baked Goulash
Oven Baked French Fries	Chappelle's Hand Cut Fries w/Poutine	Broccoli Salad	Rice Pilaf	Mixed Greens w/Maple Vinaigrette
Baked Beans	Local Maple Carrots	Fresh Carrot Sticks	Steamed Corn	
Mon., May 16	Tues., May 17	Wed., May 18	Thurs., May 19	Fri., May 20
Italian Style Meatball Sub	Early Dismissal Grades 6-12 Creamy Macaroni & Cheese	Minestrone Soup	Beef Nachos <small>Seasoned Taco Meat, Cheese Sauce, Salsa, Cabot Sour Cream, Lettuce, & Corn Tortilla Chips</small>	French Toast Sticks w/ Warm Syrup
Baked Potato w/ Cabot Sour Cream & Chives Local Potatoes	Steamed Carrots	Cheesy Breadsticks	Rice Pilaf	Scrambled Eggs
Steamed Broccoli	Mixed Greens w/Maple Vinaigrette	Marinara Sauce Dipping Sauce	Warm Black Beans	Sweet & White Home Fries
	Homemade Cornbread	Fresh Celery Sticks		Green Pepper Strips
Mon., May 23	Tues., May 24	Wed., May 25	Thurs., May 26	Fri., May 27
Oven Baked Chicken Nuggets w/Dipping Sauce	Homemade Shepherd's Pie <small>Ground Beef, Mashed Potato & Corn</small>	Delayed Start Grades K-5 Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Taco Bar w/ Soft Shell <small>Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa, Cabot Sour Cream, & Soft Flour Tortilla</small>	Grilled Cheese Sandwich
Rice Pilaf	Fresh Celery Sticks	Mixed Greens w/Maple Vinaigrette	Cherry Tomato & Corn Salad	Homemade Chicken Noodle Soup
Creamy Coleslaw	Homemade Dinner Roll			Carrot Sticks w/ Hummus Dip
Baked Beans				
Mon., May 30	Tues., May 31	 		Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php
No School	Dress Your Own Burger on A Bun Lettuce, Tomato, Ketchup & Mustard			
	Oven Baked French Fries			
	Baked Beans			

We Support Local New England Companies

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

Vegetable of the Month: Mixed Greens

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

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

**In China, lettuce represents good luck.*

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

**Spinach contains more iron by weight than a hamburger*

Mixed Greens w/Maple Balsamic Vinaigrette

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

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.

MAY, 2016

www.wdschools.org

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Newsletter of the Winooski School District

Winooski School District
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Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

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