

ALSO INCLUDES
Community News!
 STARTING ON PAGE 12

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 12, ISSUE 2

NOVEMBER 2014

celebrating Our Achievements!

Great Turnout on International Walk-to-School Day

By Jaycie Puttlitz, Wellness Coordinator



Winooski students joined 62 other Vermont schools, and over 4700 schools across the nation, for International Walk-to-School Day. Walking with the students and teachers this year were members of the Winooski City Council, as well as fire department personnel and law enforcement wearing bright yellow vests to help bring a safe presence to our walkers. And special thanks goes to students Jarod Fountain and Corbin Lawrence who kept the cadence on percussion with Mr. Argraves on trumpet!

The goal of this event every year is to bring attention to having safe transportation environments for walking

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and bicycling. But it also provides an opportunity for students and their families to connect with their neighborhood and community and helps reinforce the importance of physical activity.

In September, John F Kennedy Elementary School officially partnered with Vermont Safe Routes to School

(VT SRTS) to help enhance and encourage safe walk or bike to school practices. Besides the walk-to-school event in October, other activities WSD has conducted with support of VT SRTS in the last month include identifying neighborhoods where the highest number of students travel to and from, and conducting tallies on how elementary students arrive to and depart from school. With this information, we can develop walking maps and programs to encourage more students to walk to and from school.

Winooski is unique among Vermont towns as almost all of its students live within a mile and a half of the schools, and, over 75% live within one mile. Despite such a large percentage of students living within walking distance to school, only 28% of the elementary students walk or bike to school. Almost 60% are driven to and from school in a family vehicle.

The benefits to having more students and families walking and biking to school include a reduction in traffic and vehicle pollution around the school at pick up and drop off times. It also provides opportunities for exercise, being outdoors and being in the community.

The school district's partnership with VT SRTS programs will enable us to combine education, engineering, enforcement, evaluation and encouragement to get more students walking and biking to school and make conditions safer and more convenient.

PTO Craft Fair is November 22nd!

The Winooski PTO is proud to announce that our 32nd Annual Craft Fair will be held Saturday Nov. 22nd from 9-4.

Free parking, great crafts and homemade food at our concession stand, plus no entry fee. We hope to see you there!

To Bus or Not To Bus?

By Sean McMannon, Superintendent of Schools

I have noticed that the idea of offering daily transportation for Winooski students to and from school has come up in several different conversations in the past year. It really became a hot topic during last year's cold and icy winter. There are several factors to consider when exploring student transportation.

First, why have local residents expressed interest in expanding student transportation? The primary reasons I have heard are health and safety related. Particularly during the winter, people are concerned about the cold and slippery conditions for students walking to school. Also, they are concerned about younger children navigating streets and traffic.

Second, let's look at our current transportation situation:

- Winooski School District (WSD) runs morning, midday and afternoon busing for preschool-aged children and any student with a disability that requires transportation. WSD buses middle and high school students for athletics. WSD buses K-12 students during the course of the school day for various field trips.

Currently, the WSD operating budget includes approximately \$160K for student transportation.

According to our latest data from September 2014:

Approximately 27% of our elementary students walk to school

- Approximately 58% of our elementary students get to and from school via family vehicle
- The other 15% of our elementary students report carpooling (7%), using public transit (3%) or biking (2%)
- We have not collected middle/high school data yet

Third, how far from school do our students live? We have been working with Vermont Safe Routes to School to map the

locations of our students. Practically all of our students live within 1 ½ miles and about 50% of our students live within 1 mile of WSD. Currently, we are drilling down further into this data so the ages and grades of students can be attached to their location.

Lastly, what are the different ways of providing additional student transportation and the associated costs? The traditional contracted school bus service runs approximately \$45 per hour with a regular-sized bus having a seating capacity of 72.

Public transportation such as Chittenden County Transportation Authority (CCTA) offers discount fares, however routes and time schedules do not currently fit school schedule needs:

- \$.60/One-way
- \$6.00/Ten-Ride Ticket
- \$25.00/Monthly Pass
- CCTA discount fares are available to those between the ages of six and 17, seniors age 60 and over, persons with disabilities and those with Medicare cards. (<http://cctaride.org/bus-routes-schedules/fares-and-passes/>).

Clearly, a team approach that harnesses the creativity of our community to explore this complex issue is needed. I would like to invite any resident to contact me via email (smcmannon@wdschools.org) or phone (383-6120) if you are interested in joining a study group made up of school personnel, students, parents, community members and local businesses to dig into the important issue of student transportation. Thank you for working with WSD to benefit our students!

You can reach me at (802) 383-6000 or via email at smcmannon@wdschools.org.

A Fond Farewell

By Jay Lambert, Board of School Trustees

It is with great emotion, and a truly heavy heart that I announce that I will not be seeking re-election to your local school board in March of 2015. It is difficult to express in words the great honor that I feel toward the citizens of Winooski for allowing me to serve as a member of their local school board over the last ten years. While I could make this message about the past and talk about legacies etc. instead I'd like to take some time to discuss the future of the Winooski school district. First of all, the public needs to understand that this is a time of great challenge and of great change for education as a whole in the state of Vermont. Over the last 15 years across the state, student enrollment has been on a steady decline, while the cost of education has been on a steady increase. While this has not been the trend in Winooski, it has led to state-wide fiscal and political pressures to try to control the cost of education. How does this affect our fair little city you may ask? Well one of the methods considered to control those costs is school district consolidation. This approach if not done correctly, could lead to both a loss of local control, (this would be done by doing away with your local

school board and forming a new one with another district) and an increase in the local tax rate. This will be one of the many challenges faced by your school board in the coming months and years. With that being said, and while I am on the subject of our local board, I would like to inform the reading public of a somewhat well-kept secret about their local school board. The secret is this: Your school board member's all truly have a heart of gold when it comes to the children of this community. While we as a five member board may have our differences from time to time about the who, what, how, where, why etc. To a member, we all strive to do the best for the children of this city, and ensure they are safe, secure and receive the best education possible. This board also needs your support as it moves into the future. The board's challenges will be many and great, and they will need your input to successfully perform their duties. I'd like to close by once again thanking the public for allowing me to have one of the greatest experiences of my life, and that is to serve on the Winooski school board.

New Translation Equipment a Big Hit

By Kirsten Kollgaard, Director of ELL & Curriculum



On Thursday, September 25th, Winooski School District hosted an orientation night for ELL families that are new to the district. Around 60 parents speaking five different languages attended the presentation which included introductions from the administrators, ELL teachers, guidance counselors, nurse Liz Parris and our Safety Resource Officer, Officer Dean.

The night was possible because of the use of new translation equipment that allows up to eight interpreters

to speak at a time directly to parents. This technology is a system of headsets that include microphones for the interpreters to speak into and earphones for the listeners to wear. By using this technology, large assemblies like the orientation night can be translated by multiple interpreters at the same time and allow the listeners to sit at a distance from the speakers and still hear clearly.

The parents in attendance were very responsive to the new technology and enjoyed using it. This was the largest event the district has used the technology at to date, but it has also been used at smaller meetings on the roll out of the high school computers and the middle school iPads. Both the parents and the staff look forward to continuing their use at school events to enhance communication with our multilingual families.

Meet Winooski's School Resource Officer

By Dean Fullerton



It's been a pleasure being the Winooski School Districts Resource Officer for the past school year and now I'm enjoying my second school year.

I've lived in Vermont my whole life, growing up in the southern part of the state. I have an associates degree from the Community College of Vermont in General Studies. I've been a police officer in Vermont for 14 years mostly with the Springfield, VT. police department. My wife, Cheryl and I moved to the Burlington area three years ago where I have been working for the City of Winooski.

In my free time I enjoy fishing and traveling, neither of which I seem to get enough of.

I consider myself very fortunate that I get to work in a profession that is very rewarding and I love doing. I never wanted to be a police officer, my father was and still is a police officer, even at the age of 70. He helped me get into policing and I haven't looked back.

My Vermont Police Academy Class is the 79th Basic, our class motto is, "All It Takes Is All You've Got". I try to live every aspect of my in that mind set. I make PLENTY of mistakes and its what I learn and take from them that makes me better. I hope as a police officer in this school and city I can lead by example of giving my all in all that I do for the betterment of everyone.

Please feel free to introduce yourself to me and ask any questions you may have. My work cell is 802-316-0028. If you need the police department for NON emergencies, 802-655-0221 and my email is dfullerton@winooski.k12.vt.us.

ANNOUNCEMENTS

SAVE THE DATE

Parent Teacher Conferences!

November 24 (8am-8pm)

Teachers in all three schools look forward to meeting with parents on **Monday November 24** to talk about your child's progress at school to date.



School Pantry & Wellness Resources

By Jaycie Puttlitz, Wellness Coordinator

Mark your calendars: upcoming dates for School Pantry are as follows: November 7th, November 21st, December 5th, and December 19th. Also, keep in mind that Wellness has its own web page on the WSD web site: www.wsdschools.org/blog/wellness. Here, you will find up-to-date information and resources about Wellness activities in our school community.

Election Day is November 4: Do Your Part And Vote!

Statewide elections will be held November 4th. Voting takes place at the Senior Center from 7am to 7pm at 123 Barlow Street. You can vote at City Hall until November 3rd. Mailed ballots must be received on or before November 4th.

Candidates for the Vermont Legislature (representing Winooski) had a debate October 8th. You can watch online at <http://www.cctv.org/watch-tv/programs/candidates-chittenden-6-7-winooski-and-part-burlington>.

Food Shelf Reminder

The Little Green Pantry (aka Winooski food shelf) distributes food on the second and the fourth Saturdays of the month. It is in the Methodist Church across from the police station. Hours are from 10-11. If people would like to donate items, they may be left at the flower shop (upper Main St.) and volunteers are always needed, interested folks can call Sally Tipson (655-3894) or Linda Howe (655-2411).

SAVE THE DATE!

iLab Share It Night

WHEN: Tuesday, November 11th
TIME: 5:30 - 7:00 pm
WHERE: Winooski School cafeteria

Come see Winooski High School students' innovative independent learning projects. They appreciate encouragement and feedback from the community!

Free ACT/SAT Practice Test

By Emmy Charron

On **November 15**, there will be a free SAT/ACT Combo Practice Test held by Kaplan Test Prep to help students decide between the SAT or ACT. The practice test will be held at University of Vermont, University Place Burlington, VT 05401, 9:00 AM. Please visit kaptest.com/whichtest or call 1-800-KAP-TEST to sign up today.

Practice testing will allow students to:

- Experience both the SAT and ACT in one unique practice test
- Receive a detailed analysis of their performance on both tests
- Make an informed decision about which exam best suits them

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 "Board Meetings" under the "School Connections" heading. You can find Winooski alphabetically at the bottom of the list of area schools.

Stay in Touch with School and Community News: Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood. The service provides online forums for neighborhoods, based on a successful model six years in the making, and capitalizes on the founders' many years of community development work.

District administrators post information about events happening at school, members share stories, the media reports, and we investigate several ourselves. All of this great community-building is attracting local awards and national recognition. How does it work? Members and others contribute to this effort financially, and local businesses and other entities sponsor many of our neighborhood forums.

Go to www.frontporchforum.com to sign up for this free community resource.

Library Invites Students to Explore Titles Through Website and Interactive Flyer

By Laura Abbene,
Library Media
Specialist

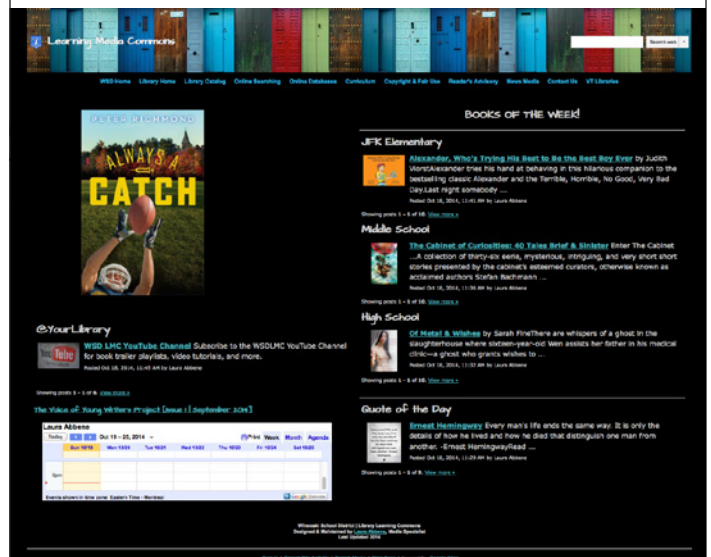
The Library just got an order of new Young Adults titles. A book teaser flyer has been shared with students in their TAs. It highlights 5 of the 30+ titles received. More titles are coming in the next week including more YA

Fiction, MS level fiction, Beginner Chapter Books, Emergent Readers, and Picture books!

Students can visit the Learning Commons website to view a slideshow of Coming Soon! titles at <https://sites.google.com/a/winooski.k12.vt.us/lmc/> or find the interactive flyer at <http://goo.gl/Ec380Q>.

I've created QR Codes for the Learning Commons (library) website and Interactive Book Teaser Flyer (see attached).

Scan the QR codes below with your smart phone or iPad to find out more!



K-5 News

By Mary O'Rourke, JFK Elementary Principal

As many of you know, we have a partnership with the UVM Women's Soccer team and last month we invited them to our first school-wide assembly. JFK students were introduced to the soccer players who spoke about persistence and how challenges are met by pushing through the difficult task. These are two traits we are working on as a school, as well as realizing how important it is to work hard in school. The team showed a highlight video of their games, modeled soccer skills then invited students to try them out!

AT JFK, we are STARS: Striving, Thoughtful, Accepting, Responsible and Safe. We work on these expectations weekly and students

earn stars by: working hard at their school work (striving), random acts of kindness (thoughtful), working through a disagreement with a classmate (accepting), helping others in the school (responsible), and following safety rules for the community (safe). At the end of the week, we count the number of stars earned. When we reach the goal we have set, a school-wide celebration is planned. When we hit larger numbers like 100,000 and 200,000 we have huge celebrations. We have earned our first celebration by earning 30,000 stars. How did we celebrate? Each grade level selected a color and then wore clothing in that color. The goal was to be very creative in the wardrobe selection. The staff selected to wear stripes any way they wanted! It was an exciting, creative and very colorful day!



5th Graders Take on Technology

By Jacie Knapp

The technology initiative has been in full swing in the 5th grade. Students were all issued iPads at the beginning of the year for classroom use. Drew Blanchard, the technology education teacher for grades K-12 comes to each 5th grade classroom once a week to teach students various uses of technology. Mr. Blanchard works with the teachers to integrate technology into their instruction. The first writing project of the year is writing reports about a student selected state answering the question, "what makes your state such a great place to visit?" With this project, students were directed how to find reputable websites for information about their state, gather information, then create a brochure to show off their state using the application Educreations on their iPads. We're excited about this first project and are looking forward to using the iPads with future projects.



Afterschool Celebration

By Mag Thomas

On Wednesday, October 8th, there was a celebration going on! JFK Elementary Afterschool programs celebrated the exciting programs that are happening afterschool. This was part of a nationwide celebration for Lights on Afterschool and 4-H National Youth Science Day. Visitors were able to see some of the programs in action. There were six programs running that day - Zentangle, Snack Attack, Card Games, Making Music with Violins, Rocketry, and Thrive. The visitors were also able to watch the Rocketry group launched their rockets with great success!! Miss Vermont, Lucy Edwards, attended and talked to students about STEM (Science, Technology, Engineering, and Math) and her work in neuroscience at UVM. We would like to thank all our visitors for coming and sharing in the celebration of Afterschool!



MIDDLE/HIGH SCHOOL HIGHLIGHTS

Giving Thanks

By Leon Wheeler, Middle/High School Principal

One of our national traditions is to designate a day to express our thanks, especially for food, and family, and friendships. Here are some of the things I'm thankful for:

For the past two and a half years, the Winooski and Burlington school districts have formed a Partnership for Change, with funds from the Nellie Mae Educational Foundation (NMEF), to transform our educational systems. With these funds we have provided computers for each student, created our iLab, held community meetings to identify the important things for students to know and be able to do when they graduate, built partnerships with community, county and state organizations, and much more. The Winooski School District is improving! We're in the process of writing a grant to request a second round of funding through NMEF to support our continued improvement for three additional years.

In late September a delegation of NGO leaders from Burma toured our middle/high school. The visit, arranged by the VT Council on World Affairs in collaboration with US State Department, was hosted by high school students Brandon Bigelow, Zahara Mohamed, and Dhan Maya Dhamala, and was very well received. Gail Stevenson, Executive Director of the VT Council, wrote the following after the visit: "I want to thank you for hosting such an amazing visit to your school last week. The visitors from Burma really loved seeing the school and speaking with the students. I was interested to hear that the State Department escort, Daniel, was very impressed with the school. He travels all across the country with these groups and says he visits a lot of schools, so he knows whereof he speaks when he says he thought this was a most impressive school."

In October we hosted the year's first Parent Learning Walk with over 20

joining the tour and conversation. The Learning Walks will be held once each month from October through May as a way for school leaders to get to know parents and begin building a partnership to support our students, and for parents to learn about our schools, tour our facilities, visit classrooms, and talk with administration and other parents. The walks will be held the 1st Tuesday of each month that school is in session, 8:00-10:00am, meeting in the Library. We encourage and welcome you to join us. Call either of the school offices if you have questions.

Finally, Assistant Principal Kate Grodin and her husband Tim are the proud parents of their third child (all boys), Malachi, born September 18. Kate and Malachi are both healthy, and Kate is taking an eight week family leave.

There is so much to be thankful for! I wish you all a beautiful Thanksgiving!

Academic All-stars: Winooski High School

Name: Amanda Nattress

Age: 16

Parents: Melanie and Tom Nattress

Top 5

accomplishments:

Won the D-III girl's basketball championship (2012), Dream

Dozen in basketball

(2013) (2014), S.P.A.R.T.A.N athletic award (2014), High Honors all through high school, Captain in basketball and soccer (2013) (2014)

In the community: Setting

up Winooski PTO craft fair, volunteering for the VNA, teaching basketball at Spartan Hoop Camp, helping coach the middle school softball team

Favorite spare time activity: Reading

After graduation: I plan to major in



biology or biochemistry and I am looking at larger colleges in New England.

Career plans: To become a pediatric physician

Your bedroom in one word: Organized

Dead person to meet: I would want to meet Andy Warhol.

Your biography title: The discombobulated life of the busy Amanda Nattress

Three 'luxuries' on a desert island:

Books, my dog curly, and a beading kit

Personal motto: "Never stop trying. Never stop believing. Never give up. Your day will come." — Mandy Hale

Name: Uyen Bui

Age: 17

Parents: Thuan Bui and Hien T. Nguyen

Top 5

accomplishments:

First place in VT REAL's Business

Plan Competition in

2013, National Honor Society Member, Honor roll, 3.89 GPA, earned 11 college



credits by junior year

In the community: A member of Diversity Rocks

Favorite spare time activity: DIY Projects and spending time with family and friends

After graduation: I hope to attend college somewhere in New England.

Career plans: Unsure

Your bedroom in one word: Messy

Dead person to meet: Grandfather (1911-1999). He died when I was little, so I didn't get to spend any time with him.

Your biography title: The Lazy One

Three 'luxuries' on a desert island: My phone, a fan, and a blanket.

Personal motto: "Don't break their hearts in their old age after they broke their backs carrying you in their young and tender age. Make them proud." — Unknown

This article appeared in the Burlington Free Press, printed October 13, 2014.

Team Journey - Ready, Set, Hike

By Chris Magistrale

On October 2nd, the Winooski Middle School student body took to Vermont's green mountains in search of exercise, nature and team camaraderie. In previous years, students on Team Journey have experienced the joys of hiking at Snake Mountain and Mt. Philo. This year, we were seeking a bit more of a challenge and decided to take on Vermont's highest peak in Underhill State Park: Mt. Mansfield. Most of our students in Winooski have not been granted significant exposure to the green mountains of Vermont; nor have they enjoyed the privileges of experiential learning found in nature. In order to secure funds for the excursion, Team Journey applied for Innovative Program Funds to support our quest for adventure. Through the Partnership for Change, Team Journey was granted the financing of the trip and sought to spread the message of health and fitness, while also sharing in the beauty of Vermont's autumn foliage.

After a forty minute bus ride to Underhill State Park, Team Journey (77 students) and teachers (8 chaperones) embarked on the a climb of Mt. Mansfield's Sunset Ridge. The students were grouped in categories of 1-5, depending on what level of challenge they wanted to face -- 5 being the most difficult and 1 the most relaxed. All students were expected to challenge themselves and seek physical and mental challenges.

On this beautiful Vermont morning, over 25 of Winooski students reached the pinnacle of Vermont's highest chin; here, they ate lunch and reveled in the view over the green mountain state. While all students seized the day in exercising to their maximum potential, the greatest feeling came from persistence it took for those to reach the peak. In the words of one of our 8th grade students, "I wanted to stop when I almost got to the top but I kept going I was in so much pain and I got really bad cramps in my legs, then I started to cry but I wanted to make it to the top to give Mr. M that hug and just to show him I could do it!" Personally, I've never been so proud of a student (maybe anyone ever), then the moment I heard



this student call my name in triumph as she traversed the chin of Mt. Mansfield. What a symbol of persistence.

In addition to sharing the pleasures of hiking with Winooski school children, teachers felt compelled to connect this experience to our curriculum and the ongoing work taking place in our school building everyday. Based on middle-level research, our faculty continues to encourage a highly active and physically engaged student population. The middle school schedule now includes a half-an-hour time slot dedicated to physical activity, appropriately entitled, "SIM" (Spartans In Motion). By increasing the daily amount of exercise and physical stimulation in each student's



day, teachers hope to thereby increase working memory and overall academic performance. This regular exercise is aimed to promote active children and an overall fit community. So far, it appears middle school students (and teachers) are enjoying the daily additions of SIM and exercise in our schedule.

Following this year's fall climb of Mt. Mansfield, Team Journey will be taking two subsequent hikes in the green mountains during the current year. A winter snowshoe and a spring climb will be more firsthand experience for students to improve their physical ability and broaden their Vermont cultural awareness.

K-12, the Winooski School District recognizes the importance of an active and physically fit student body. By broadening the experiences and scope of our small, urban middle school population, students will be granted the opportunity to engage in physical activity outside of their everyday community



experience. Upon completion of this year's hikes, Team Journey teachers and students will share the results and reflections of these trips with both the Partnership for Change and our Winooski School Board with the intention of making this an

sustainable school experience for all kids. All successful middle school teams have their own traditions and experiences that allow them to stand out and feel unique. Hiking in the green mountains and maintaining a physically fit lifestyle are goals that reflect our norms and values on Team Journey. Ultimately, we hope these activities become a rite of passage for all future students who join our team.



October's Artist of the Month:

Sa Me Lar

Please join me in congratulating Sa Me Lar for earning the October Artist of the Month. She is a very hard working student, with a kind heart to help others, is very creative and always eager to try new things. Good job, Sammy! :)

Middle School Girls Soccer Wrap-Up

By Coach Emmy Charron

The Winooski Middle School Girls soccer team ended their season on Tuesday, October 14th. Although their record wasn't as strong as they would have liked it to be, they maintained positive attitudes and learned a lot throughout the course of the season. There were 23 student athletes on the team and there will be lots of skill and expertise returning for next years program. Congratulations and good luck to our wonderful 8th graders who are already look ahead to their high school soccer career. As always, thanks for the wonderful parent and spectator support. It's greatly appreciated.

If there are any middle school girls interested in continuing to play indoor soccer this winter they should see Coach Emmy. There may be an opportunity starting in November or early December for interested athletes at the Essex Fair Grounds.

Another Strong Season of JiuJitsu

by Nancy Keller

Since September seventeen, students at Winooski Middle/High School have been attending weekly afterschool Brazilian JiuJitsu classes with black-belt instructor, Sensei Quinlan and Mrs. Keller to learn takedowns, holds, sweeps and passes--moves that they will use in the Vermont Open Grappling Championships. The Vermont Open is a major BJJ tournament held each Spring and Fall at our school and this year will held at our school on Saturday, November 8 from 9:30 a.m. until 6:00 p.m. Sensei Quinlan has been teaching martial arts and specifically, Brazilian JiuJitsu, for Winooski Middle/High School for the past 12 years and has seen interest in the sport grow. Sean Angell, a sophomore, is in his third year of training with Sensei Quinlan, and now serves as one of the student leaders.



"I like being able to grapple and it's a workout," Sean responds when asked why he keeps returning to the afterschool JiuJitsu program. He also likes his new role as a teacher, and quickly recommends the program to others. "JiuJitsu is a lot of good exercise. You also learn self-defense and self-discipline."

Matthew Hayden, a new JiuJitsu student, adds with a broad smile, "I like it because you get to learn new moves!"

Come see our students show their own "moves" at the tournament in November. If not, mark your calendars now for the Spring competition in April 2015. The afterschool BJJ program is strong and growing...just like our students!



"JiuJitsu is a lot of good exercise. You also learn self-defense and self-discipline."

— Sean Angell, Grade 10





Fall Cheerleading Team is Spartan Strong

By Coach Courtney Troescher

The fall 2014 cheerleading team consisted of four seniors (Chanefer Nheb, Victoria White, Niha Jackson and Amanda Nattress) and one sophomore, (Justice Palmer). We have spent many hours practicing to prepare for the Friday night football games. The team has proudly worn their new uniforms as they have performed many new cheers, stunts, and dance routines. The team is small in numbers but have an abundance of enthusiasm and spirit. The team is proud to represent Winooski and their team on the football field, and is looking forward to the upcoming basketball cheering season.

OVX and VKAT's involved in Counter Tobacco Program

By Cheryl Bean Brosnan, Guidance Counselor, Winooski Middle School

Support the movement against youth tobacco use in Vermont! Tobacco advertising is more influential on teenage smoking behavior than peer pressure, and the more often kids are exposed to tobacco advertising, the more likely they are to start smoking.

In Vermont, kids are exposed to tobacco advertising in retail stores where tobacco is sold.

Learn about this issue and what parents can do to help at www.counterbalancevt.com and on Facebook at CounterBalanceVT.

Band and Orchestra Notes

By Randy Argraves

The dust is starting to settle here in the music department and all of the Band and Orchestra classes are coming together nicely. Here are three things that are of importance. First, I'd like to congratulate **Adison Granger, Ines Horozovic** and **Sofia Do** for being accepted into the District III Music Festival, which will be held on Friday January 30th and Saturday the 31st. The concert will be at 2:00 pm on the 31st. The location has not yet been determined.

Once again, I am very pleased to have several talented 5th grade string students starting their musical studies with me this year. What a fun group. Come and hear these young musicians play along with Ms. River's Chorus and Beginning Band on **Thursday January 29th** at 6:30pm in the Performing Arts Center. Last but not least, please mark down the following concerts on your calendar. These are important dates for our music students and, as always, we would greatly appreciate your support and cheering at our shows. We hope to see you soon!



Important Yearbook Deadline for Seniors!

Senior pictures are due to Jessica Bruce by **Monday, November 3rd**. Professional photo studios can either send files digitally (jbruce@wsdschools.org), or you can drop off a paper print to her at school.

After November 3rd, students will NOT be able to submit photos, leaving their spot in their final yearbook blank. The deadline is VERY IMPORTANT.

Here are some suggestions for local studios: Beltrami Studios, Olan Mills, Portrait Gallery, Winooski High School Visual Communication class

Please contact Ms. Bruce for more information: jbruce@wsdschools.org or 655-3530.

| EVENT | DATE |
|-------------------------------------------------|----------------------------------------|
| MS/HS Band, Chorus and Orchestra Winter Concert | Thursday, Dec. 11 at 7 PM in PAC |
| JFK Chorus, Band and Orchestra Concert | Thursday, Jan. 29 at 6:30 PM in PAC |
| District III MS Music Festival | Fri. & Sat, Jan. 30-31 at location TBD |
| MS/HS March Concert | Thursday, March 19 at 7 PM in PAC |
| All State Parade in Middlebury | Wednesday, May 6 at 6 PM |
| MS/HS Pops Concert | Thursday, May 19 at 7 PM in PAC |
| JFK Chorus, Band and Orchestra Spring Concert | Wednesday, May 20 at 6:30 PM in PAC |
| Memorial Day Parade | Saturday, May 23 at noon |
| Jazz On the Marketplace on Church Street | TBD (first week in June) |

Can You Help?

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





High School Afterschool Core Support Programs

By Barbara Russ

Every Monday and Tuesday from 3-4pm, Afterschool Core Support is available to all high school students. If you'd like a quiet place to work on your assignments or have a chance to ask questions of your teachers, then these are the afterschool programs for you! And, healthy snacks are provided each day.

MONDAYS:

- **Language Arts & Math Core Support** with Mr. Steele in Room 116
- **Technology Core Support** with Ms. Poquette in Room 211

TUESDAYS

- **Math Core Support** with Mrs. Mellen in Room 209
- **Math Core Support** with Ms. Clark in Room 212
- **Science Core Support** with Ms. Bundy in Room 201

We look forward to seeing many high school students on Mondays and Tuesdays afterschool!

Guidance News

By Emmy Charron, High School Guidance Counselor

Happy Fall, everyone. Here are items for your calendars. Parents and students can stay up to date by following the new guidance Twitter feed: @WHSGuidanceNews

SENIORS:

Please join us on **November 13th @ 5:00 pm** for **VSAC Paying for College Night** in the Winooski High School Library.

Topics include:

- How to pay for college • What sort of aid is available to you • What forms you need to complete and when
- How to compare college costs

Note: If you are planning on applying to colleges other than the Community College of Vermont, it is important that you make a meeting with Emmy ASAP, if you have not done so already. It is important that you don't miss out on deadlines.

College Visits:

- Nov. 3rd: Keene State College (NH) @ 10:00
- Nov. 4th: Merrimack College (MA) @ 1:00
- Nov. 6th: Sacred Heart University (CT) @ 10:00
- Nov. 6th: Castleton State College (VT) @ 10:30
- Nov. 6th: Champlain College @ 1:30
- Nov. 13th: Vermont Technical College (VT) @ 9:30



Visiting a college gives you a great opportunity to imagine what it might be like to study there. Join us!

SAT/ACT's:

- Nov. 6th: Last day to register for the December 6th SAT's
- Nov. 7th: Last day to register for the December 13th ACT's
- Nov. 8th: SAT test date

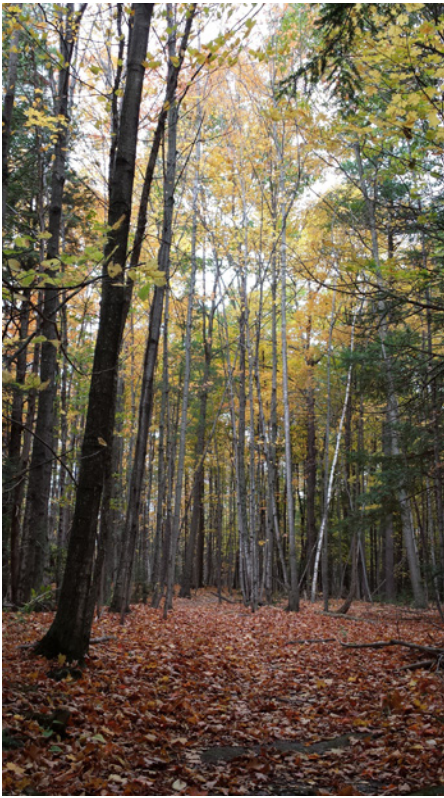
NOTE: On **November 15**, there will be a free SAT/ACT Combo Practice Test held by Kaplan Test Prep to help students decide between the SAT or ACT. The practice test will be held at University of Vermont, University Place Burlington, VT 05401, 9:00 AM. Please visit kaptest.com/whichtest or call 1-800-KAP-TEST to sign up today.

Dual Enrollment (high school AND college):

This is a reminder that any student who is ready to take college level course work can take two college classes for free! If you are interested in signing up for a Spring or Summer class go see Emmy or Heidi.

Job Seekers:

Dev Nagl from Navicate is at Winooski on Tuesdays and Wednesdays and helps students who are interested in getting a job learn how to write a resume, work on interviewing skills, learn how to search for available jobs and fill out applications. See Emmy for more information.



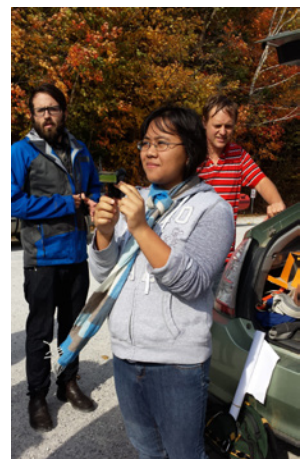
Global Science Students Take a Field Trip to Shelburne Pond

By Dave McNally

Juniors and Seniors from Winooski High School's Global Science class went on a field trip October 14th to Shelburne Pond to learn more about ecology research being conducted by UVM scientists. Seven Global Science students, Mr. McNally, Ms. Keller, and Ms. Charron participated on the trip. They met up at the boat launch and were introduced to two graduate students conducting research on algae blooms in Shelburne Pond. There are regular occurrences of these harmful "blue-green" algae blooms (which are actually a type of bacteria known as cyanobacteria) each year on this freshwater body. The scientists are collecting a variety of data to try to understand the factors affecting the growth and persistence of these algae blooms. One hypothesis is the persistence of phosphorus pollution in the pond.

Students learned about the scientific equipment used and collected some data themselves. Everyone got out onto the pond and were able to pose questions and learn how scientific research is done in the real world. The weather was a bit windy that day, so part of the "real-world" experience included getting SOAKED by the choppy waves on the return trip to shore.

Winooski HS is hoping to build upon this relationship with UVM. Global Science students are currently growing algae in the lab to study how phosphorus pollution - from human activities - can impact these blooms and ultimately our water quality. We hope to visit the UVM Rubenstein Lab in early November to complete our experiment and learn more.



COMMUNITY NEWS

Update from your City Council

By Sally Tipson, City Councillor

It seems like I was just writing an article and welcoming the onset of summer and talking about all the great opportunities for fun times in the city and now we are well into fall and thinking about the next season.

Things continue in many directions at city hall, the commissions are now all up and running and members are eager to meet their challenges head on. Thank you to all who have volunteered and are willing to make a time commitment to the commissions. An agreement was signed to move forward with improvements to the circulator. The planning commission presented a great map of the city making it much more user friendly.

As we say goodbye to Peking Duck House we say hello to the Waterworks Restaurant which may be opened by the time of this printing and we wish them well.

Lastly, please remember to vote on November 4th at the Senior Center.

As always, you are most welcome at the council meetings.



| Your City Officials | Email addresses | Telephone |
|-----------------------------|--------------------------|--------------|
| Mayor Michael O'Brien | mayor@winooskivt.org | 802-655-4879 |
| Deputy Mayor Sally Tipson | stipson@winooskivt.org | 802-655-3894 |
| Councilor Brian Corrigan | bcorrigan@winooskivt.org | 802-999-9270 |
| Councilor Seth Leonard | sleonard@winooskivt.org | 802-777-3381 |
| 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 about City activities:



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

WCSPC Update

Hello, neighbors! The Winooski Coalition for a Safe & Peaceful Community would like to thank our local pharmacies, pharmacy students, and police for participating in Drug Take Back Day. With their help we were able to ensure that unused prescription drugs were disposed of safely and conveniently. We look forward to continuing to educate the public on prescription drug abuse, and doing our part to help find solutions to this issue.

We also had a great time at Public Safety Day celebrating Winooski's public safety professionals, and updating the public on the impact of alcohol on our community. Thanks to the Public Safety Commission for hosting the event and to everyone who attended.

The Coalition would also like to invite the public to the Holiday Community Dinner hosted by the Winooski Police Department on **Wednesday, November 19th** from 6:00 to 7:30 PM. Enjoy free food and conversation with your neighbors! The location will be determined shortly.

You can reach us at 802.655.4565. We are located at 32 Malletts Bay Ave., Winooski, VT 05404. Find us online at wcspc.org.

Islamic School Offers Programs to All

Weekend Islamic School of Vermont (WIS) is a non-profit organization started 8 years ago by a handful of inspired parents having a desire to impart education and Islamic knowledge to children. Over the years, the school has grown to a full-fledged school with classes from Pre-k to 9th Grade.

The WIS commenced their current academic year on August 30th 2014 at Winooski Middle School located at 80 Normand St Winooski, VT 05404

We thank Superintendent Sean McMannon for the opportunity to run our school at Winooski Middle School which provides our students with a healthy learning environment.

Islam is made up of 5 pillars: Shahadah (testimony), Salat (prayer), Zakat (charity), Sawm (fasting) and Haj (pilgrimage to the sacred city of Mecca). Muslims celebrate 2 important holidays Eid ul Fitr and Eid ul Adha which are in line with the 5 pillars of Islam.

WIS celebrated Eid ul Adha as a school event where children through various performances experienced and shared the wisdom of the religion on September 28th 2014 by doing a mock pilgrimage. The performance was a great success. The students and teachers were appreciated by the community and parents. WIS would like to invite the larger community in Vermont by participating in the school and helping spread the true message of Islam. If there are any further questions, please contact Principal Fathima at (802) 310-5339 or drop by the Islamic School Office (located in room 110) on Sunday between 10:00am and 2:00pm.

Community Center Coffee Hour

Please join us from 9:00-11:00 am on Fridays! Come have coffee, tea, sometimes juice, and a bite-size pastry, courtesy of Starbucks on Williston Road. Contact 655-1392, ext. 10 for more information.

November Programs at the Winooski Library

By Jessica Summer

Check out all our fall programs! Everything is free and open to anyone, even if you don't have a library card. All programming runs on the school calendar, and will not take place during the week of Thanksgiving. If you have any questions about any programs, call the library at 802-655-6424 or email the children's librarian at jlsummer@winooski.vt.gov. Please join us!

Greater Burlington YMCA's Early Learning Readiness Program: If you are a caregiver of a child between the ages of 0 and 5, come join us with your child for an array of engaging learning activities designed to help your child build skills for a successful transition into kindergarten! Free snack is included in this free program run by the Greater Burlington YMCA. To learn more and/or to pre-register, contact Tina Boljevac at tboljevac@gbymca.org or by phone at 802-862-9622. The program is offered at the Winooski Memorial Library on Tuesdays and Fridays, from 9-11am.

Family Story Hour: Drop by on Saturdays at 10:30 for this informal story hour geared for families with children of any age. We will have plenty of stories and songs to share, and children can pick out their own stories to read if they want. Books and crafts are tailored to the age

and interests of whoever comes, so topics will change each week.

Preschool Story Hour: Join us Thursdays at 10:30 for stories, songs, fingerplays, and fun as we share books and crafts together. Story hour is geared toward children ages 2-5 and their caregivers, but all are welcome. There are plenty of toys and books for babies and toddlers, too!

Preschool Outreach: Do you run a home daycare or work in a daycare center in Winooski and want to offer library story hours for your children, but don't have a way to get them to the library? Give us a call and Jessica will bring story hour to you! We have literacy kits that include 8-12 books and developmentally appropriate toys on a theme that can be checked out for use in a home or center, and can also bring books for students to choose and check out at home if desired. Check out our website, www.winooskilibrary.wordpress.com on the youth page under events for a list of topics! Centers or homes don't need to be registered to receive services, and we don't report that information to anyone, so don't hesitate to let us help! We just want to make sure you have access to books. Site visits are free and can be scheduled to work with your needs. We are also happy

to arrange home visits for those who stay home and care for children and can't make it in to the library.

After School Club and Drop-In Programming: Every Friday afternoon, we will have a variety of drop-in crafts and other activities for school-age kids after school hours, starting at 3pm. From 5-7pm, children in grades 4 and up are welcome to join us for more structured activities. This month, our activities include card making, recycled book crafts, and rainbow loop crafting. We'd love youth input! These programs give tweens a place to be after the Teen Center is restricted to just high schoolers at 5pm.

Let's Take Things Apart: Join us **Saturday November 15th** for a deconstruction day! Bring broken small electronics if you have them, or just yourselves, and have fun taking apart old electronics. Please, don't bring old computer monitors, or anything that you wouldn't want to be more broken by the end of the day. Some tools will be provided, though you are welcome to bring your own. Participants should be at least 10 years old or bring a caregiver/older friend/sibling for assistance. The fun starts at 1pm. Children 18 and under can come at 12:30 for free lunch at the O'Brien Community Center.



Community College of Vermont (CCV) Winooski News

By Amy E. Stuart, LICSW, Coordinator of Academic Services

Register NOW through
November 3rd 2014!

www.ccv.edu
(802) 654-0505

The CCV Winooski student body represents the best of our town and county! Winooski High School students challenge themselves with CCV classes. Winooski residents who've decided to go back to school after many years have shared how they're reaching new career goals with their academic advisors. People working in Winooski have enjoyed training CCV students who are completing their internships in Winooski agencies and businesses. How may CCV serve you? Please let us know!

This month, we welcome you to attend the 5th annual Empty Bowls dinner scheduled for Thursday, November 20th from 11:00 am – 1:00 pm at CCV Winooski in the Janice Couture Community Room. Your donation of \$5 or more for a ceramic bowl, soup and bread will support The Little Green Pantry, Winooski's only food shelf.

And, we've completed our spring and summer course planning, so please check out our Course Schedule available at CCV Winooski or our website for scheduled classes!

Winooski Senior Center November Update

By *Jahnine Spaulding*

November is the month of thankfulness! Please join in a heartfelt thank you to the many, many volunteers who support Senior Center programs.

If you enjoy your exercise class, Tai Chi, Card Making, Line Dancing, Scrapbooking, Walking, or Bocce Group take a moment to let the volunteer instructor know how much the opportunity means to you.

As you come in for the Foot Clinic, Community Meal, or any of our one-time events like the Balance Clinic, Blood Pressure Clinic, etc... appreciate the volunteer who is helping you, and express how their service is meaningful to you.

If you want to demonstrate your thankfulness in a tangible way VOLUNTEER! Here are our suggestions for other ways to recognize your blessings in November:

- Celebrate the good fortune of living in Vermont, being physically active, and the taste of a cold sip of water while taking a walk in the woods with **Walks On The Wild Side on November 1st**.
- Reflect on your freedom of assembly, free speech, and your right to pursue happiness at our monthly meeting on **MONDAY November 3rd at 11:30**.
- Showing your gratitude for good health- take care of your body by joining our new **EVENING Beginner Tai Chi Group on Wednesday evenings at 5:30 PM**.
- Appreciate small pleasures -chat with friends, celebrate your own creativity, and send a message of love to someone special, by attending Janet Ferguson's **Card Making class on November 7th at 9:30 AM**.
- Savor a hearty meal with your friends and neighbors at our annual **Thanksgiving Feast on Wednesday, November 19th**, at 11:30 AM! Please call to make your reservations by November 14th. Our number is 655-6425.

The Winooski Senior Center welcomes all community members 55 and older! If you have questions about any of the activities listed above, please give us a call at 655-6425. We are located at 123 Barlow Street.

Winooski Teen Center 2014 - 2015 Schedule

The Youth Programs Space at the O'Brien Community Center continues to be open after school every weekday to serve students in 4th grade and up. Winooski kids are encouraged to stop in to check out what's going on or come hang out with friends. **Free dinners on Tuesdays and Thursdays are open to any youth age 18 or under.**

| | |
|-----------|---------------------------------------------------------------------------------------------------------------------------|
| MONDAY | Open Hours: 3:00-5:30PM Afternoon Snack: 3:45-4:00PM Homework Help: 6:00-9:00PM |
| TUESDAY | Open Hours: 3:00-5:30PM Afternoon Snack: 3:45-4:00PM Free Dinner: 5:30-6:00PM Homework Help: 6:00-9:00PM |
| WEDNESDAY | Open Hours: 3:00-5:30PM* Afternoon Snack: 3:45-4:00PM Homework Help: 6:00-9:00PM |
| THURSDAY | Open Hours: 3:00-5:30PM* Afternoon Snack: 3:45-4:00PM Free Dinner: 5:30-6:00PM Homework Help: 6:00-9:00PM |
| FRIDAY | Open Hours: 3:00-4:00PM* Afternoon Snack: 3:45-4:00PM High School Only: 4:00-9:00PM |
| SATURDAY | Open Hours: 11:00AM-3:00PM Lunch: 12:30-1:00PM |

On Early Dismissal days, like the upcoming one on November 12, the Teen Center opens at 12:30 so kids have a place to come immediately after being released from school.

Please note that the **Winooski Teen Center will be open on the Monday and Tuesday preceding Thanksgiving**, even though Winooski kids have those days off from school.

The Youth Programs Space will be open from 12-5:30PM on November 24 & 25, and a special holiday meal is planned for one of those days. The Teen Center will be closed for the remainder of that week due to Thanksgiving, and Homework Help sessions (normally Mon-Thursday, 6-9PM) are cancelled for that week because of the school vacation.



Thank You Volunteers!

By *Dylan Kelley, AmeriCorps VISTA*

Enthusiastic volunteers since their retirement in the 90's, Richard and Carol Jean Suitor continue to play active roles in their community. Originally volunteering in Northfield, the Suitors transplanted to Winooski about 6 years ago to become active and indispensable supporters of the Winooski Memorial Library, Homework Help at the O'Brien Community Center, and the Winooski Restorative Justice Center. "Why are we volunteering in Winooski? Well, it's because we live in Winooski," said Richard. "It's being part of the community. That's why we do it." To learn more go to winooski.org.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

As the colder months and holidays start approaching the health office would like to offer you the names of some resources that might be of assistance to you should you need them.

Heating Assistance:

1. Champlain Valley Office of Economic Opportunity (CVOEO) - (802) 862-2771
2. Crisis Fuel Assistance - (802) 863-6248
3. Vermont Catholic Charities - (802) 658-6110
4. Burlington Salvation Army - (802) 864-6991
5. Joint Urban Ministry Department (JUMP) - 38 South Winooski Ave Burlington VT. You must go there in person to apply for assistance between 9am-12pm Monday through Friday.
6. Joseph House - (802) 951-4290

Food Assistance

1. Joint Urban Ministry Department (JUMP) - 38 South Winooski Ave Burlington VT. You must go there in person to apply for assistance between 9am-12pm Monday through Friday.
2. Chittenden Food Shelf - (802) 658-7939
3. Burlington Salvation Army - (802) 864-6991
4. Hilltop Light Ministries - (802) 863-0524

Holiday Gift Assistance

1. Burlington Salvation Army - (802) 864-6991
 2. Winooski Family Center - (802) 655-1422
 3. Joint Urban Ministry Department (JUMP) - 38 South Winooski Ave Burlington VT. You must go there in person to apply for assistance between 9am-12pm Monday through Friday.
- For Additional Assistance call 2-1-1**

Tooth Tutor Update

By Diane Polson, RDH

If you are in need of dental assistance or have any questions, please contact me at 383-6094.

ELEMENTARY SCHOOL LUNCH MENU — NOVEMBER

DAILY BREAKFAST OPTIONS: NEW: Abbey Breakfast Sandwich: Sausage & Cheese on English Muffin – offered daily!!

MONDAY: Whole Grain French Toast Sticks • TUESDAY: Whole Grain Cinnamon Bun w/Cheese Stick • WEDNESDAY: Scrambled Egg & Cheese Wrap • THURSDAY: Healthy Breakfast Round • FRIDAY: Egg & Ham in a Basket OR Cereals w/English Muffin OR Bagels
** Fresh Fruit & Milk With all Meals**

Choice of milk served with all complete meals:

Low-fat White & Low-fat Chocolate

AVAILABLE DAILY

1. The Abbey Groups Main Menu Entree
2. Hoagieville Made to Order Deli Bar
3. Garden Fresh Salad Bar
4. Yogurt Parfait & Cheese Bun [substitute your main entrée]
6. Little Italy Pizzeria and Abbey Express Daily Specials

PRICES:

Breakfast

Regular \$1.25
Reduced \$FREE
Adult \$1.75

Lunch

Regular JFK \$2.00
Regular WMHS \$2.25
Reduced \$FREE
Adult \$3.25

Beverages

Milk \$0.50
Juice \$0.50

Pay for your student's meals with our easy on-line bill pay system. Go to: www.abbeygroup.net/lunch/prepay

PLEASE NOTE:

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

| Mon., Nov. 3 | Tues., Nov. 4 | Wed., Nov. 5 | Thurs., Nov. 6 | Fri., Nov. 7 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meatball Sub or Buffalo Chicken Wrap Roasted Sweet Potato Wedges Steamed Broccoli <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Goulash Tomato, Macaroni & Beef Bake Garden Slaw Carrot Sticks Garlic Breadstick <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Homemade Pepperoni, Cheese Veggie Pizza, Or Chef's Choice Fresh Celery Sticks Hummus Dip <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Taco Bar w/ The Works Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Southwestern Rice Pilaf Warm Black Beans <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Chicken & Biscuit Steamed Peas Mashed Potato <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> Taste Test: Kale Chips |
| Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk |
| Mon., Nov. 10 | Tues., Nov. 11 | Wed., Nov. 12 | Thurs., Nov. 13 | Fri., Nov. 14 |
| Chicken Patty Sandwich Lettuce & Tomato Rice Pilaf Carrot Sticks <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Spaghetti w/ Meat or Marinara Sauce Chopped Green Salad Twin Bread Slices <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Early Release Grds 6-12 Cheesy Breadsticks Hearty Country Soup Marinara Dipping Sauce Side Caesar Salad <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Warm Black Beans Creamy Coleslaw <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Pancakes Warm Syrup Sausage Links Sweet & White Home Fries Celery Sticks <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> |
| Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk |
| Mon., Nov. 17 | Tues., Nov. 18 | Wed., Nov. 19 | Thurs., Nov. 20 | Fri., Nov. 21 |
| Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Potato Wedges Green Pepper Sticks Banana Bread Square <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Macaroni & Cheese Kale Chips Side Caesar Salad Homemade Cornbread <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Homemade Pepperoni, Cheese Veggie Pizza or Chef's Choice Fresh Carrot Sticks Hummus Dip <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> | Thanksgiving Feast Carved Turkey Chef's Mashed Potato w/Gravy Seasoned Squash Hearty Stuffing Homemade Dinner Roll Chilled Cranberry Holiday Dessert Fresh Milk | Grilled Cheese Sandwich Chicken Noodle Soup Carrot Sticks <small>Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad</small> |
| Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Fruit Fresh Milk | Fresh Milk | Fresh Fruit Fresh Milk |
| Mon., Nov. 24 | Tues., Nov. 25 | Wed., Nov. 26 | Thurs., Nov. 27 | Fri., Nov. 28 |
| No School | No School | No School | No School | No School |

PLEASE NOTE: 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
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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Principal: **Leon Wheeler**
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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 405 students attending JFK Elementary (grades PreK-5), 155 attending Winooski Middle School (grades 6-8), and 227 attending Winooski High School (grades 9-12).

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

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