

ALSO INCLUDES
Community News!
 STARTING ON PAGE 12

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 13, ISSUE 2

NOVEMBER 2015

celebrating Our Achievements!



WMHS Marching Band performs at the "Big E"

By Randy Argraves

What a glorious day! The Winooski Middle and High School Marching Band had the pleasure of being one of two marching bands from Vermont that were asked to perform for "Vermont Day" at the Eastern States Exposition (the "Big E") in Springfield Massachusetts on September 26th. We had perfect weather, went on amazing rides, and marched in front of thousands of people that cheered to us along the way.



We were all exhausted at the end of the day but I don't think any of us would trade that amazing experience for anything. There is something special and empowering about dressing up in a

marching band uniform and performing music while marching down a street in front of lots of people who are only feet away from you. Congratulations to all 35 marching band students for working



so hard to make it such a special day, and thank you to all the chaperones and parents who helped to ensure that our students were safe and had an memorable time. A special thank you to Liz Parris who took many fabulous pictures along the parade route, and to Jake Lester who not only was a chaperone, but also played his clarinet with us in the parade.

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Here are upcoming performance dates to put in your calendars:

- WMHS Band, Chorus and Orchestra Concert, **Thursday, November 19 at 7 PM in the PAC**
- WMHS Band, Chorus and Orchestra Concert, **Thursday, March 17**
- All State Parade, **Wednesday, May 4 at 6 PM in Swanton, VT**
- Spring into the Arts, **Monday, May 23**
- WMHS Band, Chorus and Orchestra Concert, **Tuesday, May 24**
- Winooski Memorial Day Parade, **Saturday, May 28 at Noon**
- Jazz Fest performance, **TBA (some time during first week in June)**

SAVE THE DATE!

PTO Craft Fair is November 21st

The Winooski PTO is proud to announce that our 33rd Annual Craft Fair will be held Saturday Nov. 21st from 9-4.

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

What is Act 46?

By Sean McMannon, Superintendent of Schools

To fully understand why Act 46 was created it is important to know the context that has been building:

- High expectations for our schools to meet the needs of today's students
- Increasing poverty and addiction rates
- Growing inequity in student opportunity and outcomes
- Significant cost pressures (e.g. property taxes)
- High leadership turnover

Act 46 is designed to encourage and support local decisions and actions that:

- Provide substantial equity in the quality and variety of educational opportunities statewide;
- Lead students to achieve or exceed the State's Education Quality Standards, adopted as rules by the State Board of Education at the direction of the General Assembly;
- Maximize operational efficiencies through increased flexibility to manage, share, and transfer resources, with a goal of increasing the district-level ratio of students to full-time equivalent staff;
- Promote transparency and accountability; and
- Are delivered at a cost that parents, voters, and taxpayers value.

(<http://education.vermont.gov/documents/edu-act46-fact-sheet.pdf>)

Act 46 of 2015 does NOT:

- Encourage or require closure of schools – including small schools.
- Restrict or repeal authority of school districts to continue to pay tuition.
- Change the amount or manner in which a district pays tuition for students.

The two major components of Act 46 are Allowable Growth and Governance:

Allowable Growth

In Act 46 of 2015, Section 37, the Legislature placed constraints on the increase in spending per equalized pupil

for every school district in both FY2017 and FY2018. Each district will have its own threshold, based on its spending per equalized pupil. While a district may choose to spend as much as it wishes per pupil, any amount over the calculated per pupil threshold will be added to the actual spending per pupil for the purposes of calculating the homestead tax rate. This will, in effect, double tax every dollar in excess of the allowable amount. (<http://education.vermont.gov/documents/edu-act46-cost-containment-threshold.pdf>)

Allowable growth is determined on a sliding scale, from 0% to 5.5%, depending on how much the district spent in the prior year. The more the district spent in the prior year, the lower its allowable growth. According to FY2017 Cost Containment Per Pupil Threshold Amounts issued by the VT Agency of Education (AOE), Winooski School District (WSD) has an allowable growth percentage of 2.75% which equates to a possible increase of \$351 per pupil and a total per pupil spending of \$13,248.

According to vtdigger.org "the Vermont chapter of the American Civil Liberties Union is threatening to sue the state over a variable cap on school spending that was enacted in the last legislative session. The nonprofit group is actively seeking plaintiffs for a lawsuit against the state.

Allen Gilbert, executive director of the Vermont ACLU, told a state education panel on Friday that he believes the limit on education spending is unconstitutional.

Gilbert says Act 46, the new school district merger law, which features an adjustable limit on how much a school can spend over the next two years, "violates the equity provision" of the Brigham decision and the Vermont Constitution.

"We will be following how Act 46 is implemented, and what happens with school budgets," Gilbert told the members of the Vermont State Board of Education on Friday. "We put out the word that we

will entertain the requests of any school districts who want to be represented."

Gilbert said if a school district came to the ACLU next March (when towns vote on school spending) with a budget that exceeds the cap, the nonprofit would take the case. "We think in order to serve kids fairly we would look at taking them on as a client," he said.

Gilbert said the ACLU does not want to take the state to court and is "hoping to see a legislative fix sometime early in the next session."

The Vermont Supreme Court ruled in *Brigham v. the State of Vermont* that all students in Vermont must have access to a substantially equal opportunity for education. The ruling led to the enactment of Act 60, the 1997 law that established a statewide property tax for education financing. Vermont is the only state in the nation that sets a statewide property tax rate, collects money from municipalities and redistributes the money to schools."

(<http://vtdigger.org/2015/07/27/vermont-aclu-threatens-to-sue-over-school-spending-cap-lawmakers-maintain-law-is-constitutional/>)

Governance

Per Act 46 the preferred governance structure is a single PreK-12 district servicing at least 900 students that operates one of the these four most common structures:

- All grades PreK-12
- PreK-8 & tuitions 9-12
- PreK-6 & tuitions 7-12 or
- Pays tuition for all PreK-12 students

"Conventional" Mergers

Conventional mergers are designed to create incentives for existing supervisory unions and districts to meet the above goals through merging into single supervisory districts. Proposals will be adjudicated based on:

- Favorable vote of all districts after July 1, 2015
- Has a minimum average daily

- membership (ADM) of 900
- Operates according to one of the following preferred structures:
 - PreK-12
 - PreK-8
 - PreK-6
- Proposal meets the above goals
- Becomes operational after July 1, 2017 and before July 1, 2019

“Remaining Districts”

(Act 46, Sec. 9(a)) Those school districts that do not have one of the preferred governance structures by July 1, 2019, must submit a proposal to the Secretary and the SBE that:

- Explains their planned long-term governance model

- How this model meets the educational goals outlined above
- Actions the district will take going forward to improve its performance toward these goals.

Given our current governance structure and size (865 PreK-12 students), WSD has the following options:

- Commence discussions with neighboring PreK-12 districts to determine whether partnering would help the districts further the goals of Act 46
- Develop a plan to retain our current governance structure and make the case to the Secretary of Education that this will satisfy the goals of

Act 46

- Pursue none of the above options and wait for action by the Secretary of Education and the State Board of Education.

Rest assured that our School Board and Leadership Team will continue to research our governance options, offer the best possible program of educational opportunities for all of our students given the allowable growth constraints and prepare all WSD students to lead healthy, productive and successful lives. Thank you for working with WSD to benefit our students!

School Board Update

By Mike Decarreau, President, Board of School Trustees

When I begin to put the pencil to paper (or fingers to keyboard!) on these newsletter articles I begin by looking at my previous one to try frame a reference point for the newest printing. I began that one with... Welcome to Spring! What happened to summer? Anyway.....

Welcome to Fall! With time flying by, the calendar truly fills up at this time of the year for the Board. We will concurrently have both Negotiations with the Teaching staff as well as Budget season moving along at the same time. Tune in to our meetings for Budget updates or better yet -- COME JOIN US -- and help develop the budget for Fiscal Year (FY) 17. Keep your eye on the School Website and/or Front Porch Forum for dates and times. As with everything we do your collective input is critical to our long term success.

Many challenges will confront us in

both of these endeavors this cycle. Most of the challenges are based out of the same piece of legislation from earlier this year and that is Act 46 and the “Allowable growth” provision. The provision provides each district/union a top limit on the amount we can increase Per Pupil spending. Around the state, limits have been set between 0% and 5.5% depending on current per pupil spending. Our Per Pupil spending increase is capped at 2.75%. We can exceed this limit but that decision comes with penalties in additional taxes to be supported locally. In November, we will begin the budget process and in parallel we will be negotiating to settle the single largest line item in that budget. This will lead to a set of assumptions though the budget cycle that we will have to work with at the negotiations sessions.


Act 46 comes along with another main

piece that we will be looking at soon and that is whether our model and our outcomes will warrant an exception to the consolidation plan which is a task being worked around the state. We do see some advantages with partnering with neighboring districts on some aspects of our work and have touched a few of these in the recent past. The Board was educated on the details in Act 46 at our last meeting in October (can be reviewed on RETN for anyone seeking more info) by Nicole Mace, Director of the Vermont School Boards Association. The timeline is 3 or 4 years out so we will begin looking at this likely later this fiscal year.

In closing, I would like to invite those with an interest to help us define, adopt, and communicate the budget work we are doing. Call if you need any more information and join us if you can.

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.



SAVE THE DATE

Parent / Teacher Conferences!

November 23 (8am-8pm)



Teachers in all three schools look forward to meeting with parents on **Monday November 23** to talk about your child’s progress at school to date. Notices will be coming home with students, or you can call 655-0411 (JFK office) or 655-3530 (WMHS office) for more information.

New Program: Winooski Middle High School GX Champs!

By Kate Grodin, Assistant Principal, WMHS

Winooski Middle High School has a new way of recognizing students. Since last winter, teachers may nominate students in 6th-12th grade who have demonstrated excellent work in one of our Graduate Expectations (GXs). One student each day is chosen to be the WMHS GX Champ of the Day. This student is celebrated with an announcement, tweet, photograph and, most importantly, the opportunity to wear Winooski's own GX Champ belt for the day!

This month we are highlighting **Vona'e Thibou** who was our first GX Champ this school year. Her nomination is included as well as what she thinks about the GX Champ recognition.

On September 6, 2015 Mr. Matt Webb nominated Vona'e Thibou for excellent work in the Communication Graduate Expectation, specifically Writing: Voice-understands point of view, audience, and word choice; shows personality

Matt Webb wrote: "Vona'e was busy this summer! She studied gospel music and narrative storytelling at the Governor's



Vona'e Thibou

Institute on the Arts, and she was the youngest participant in the Green Mountain Writers Conference. She used these experiences to finish her 50-page collection of stories, essays, and poems about growing into adulthood. Her voice in these works was deeply personal, moving, and reflective.

As a writer, Vona'e conveys ideas through her love of language and her powerful individual voice."

By Vona'e Thibou, as told to Kate Grodin: "When I was GX Champ, I actually wasn't in school that day. I got a text from Gabby [Reilly] who linked to the description that Matt [Webb] wrote. I was really excited. I couldn't believe it! I was smiling from ear to ear and laughing all day. I won the belt for my writing I did over the summer. It was a real struggle for me, but I got it done with the love and care from a lot of people around me- and it's really good! I read it now sometimes and I can't believe I wrote something that good. I think the belt is great for our school because it is connected to learning and getting recognized for hard work. It

means a lot to kids when they win it; they walk around showing it off. It makes them want to try harder and win it a second or third time. I know I am going to win it a second time."

GX CHAMPS — through Oct. 16

- AJ Priebe Carter
- Anna Willis
- Arianna LaStrada
- Asmita Pradhan
- Ayoob Musanovic
- Brianna Andersen
- Caleb Moore
- Corbin Lawrence
- Farhio Abdirahman
- Fartun Mohamed
- Ivy Do
- Khadija Sadik
- Mariah Metivier
- Onna Morgan
- Rainbow Chen
- Srijana Dahal
- Steven Shover
- Tatum MacBride
- Taylor Langlais
- Thakur Subedi
- Tiba Al Jarah, Nishan Pokwal & Najlaa Aref
- Vona'e Thibou



Top left: On October 7th, JFK Elementary celebrated

International Walk To School Day. They met at the Rite Aid on Main Street.

Top right: JFK Elementary is a partner with VT Safe Routes to promote the safety of walking to school.

Bottom left: Over 120 students and teachers enjoyed their walk together with assistance from Winooski police officers. **Bottom right:** WMHS students played music for the walk to school celebration to make it festive and fun!



Rice-Cathedral Athletic Hall of Fame Welcomes New Members

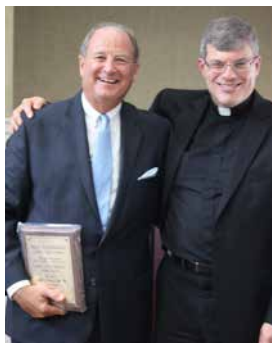
Rev. Msgr. Bernard W. Bourgeois, Principal at Rice Memorial High School in South Burlington proudly announces the following alumni were recently inducted into the Rice-Cathedral Athletic Hall of Fame. Among the inductees are Winooski resident **Joe Gamache** and former Winooski resident **Kevin Brosseau**.

The criteria for consideration requires that each inductee must have graduated from Rice Memorial High School in good standing and be graduated from Rice for at least 10 years. The quality of "greatness" is key. Greatness can be defined as striving to be an outstanding athlete or coach or be of strong personal dedication. The Hall of Fame Committee looks hard at each nominee and believes that this year is one of exceptionally talented athletes who have made their school very proud.

Rice Memorial High School Athletic Hall of Fame Class of 2015

- Ashley Pfaff '05 - Soccer, Ice Hockey, Lacrosse, Track
- Kelly McClintock '04 - Field Hockey, Hockey, Track, Coach
- Kevin Brosseau '03 - Soccer, Basketball, Baseball
- Kyle Cieplicki '03 - Basketball
- Eric Lampman '02 - Soccer, Ice Hockey, Golf
- Jamie Walker Mopa '01 - Soccer, Basketball
- Melody Bongiorno Frank '00 - Basketball, other
- Mike Shea '71 - Basketball
- Joseph Gamache '70 - Basketball

Long time Rice Coach John Varricchione is always quick to point out all the talent that has come across the river from Winooski to Rice. **Joe Gamache '70** was certainly one of those talented kids. He was the #2 point guard in the Bernie Cieplicki era, following George Thabault. Joe's sophomore JV year when undefeated, leading seasoned players into their Varsity years. He finished his senior year as the starting point guard and co-captain winning the DI State Championship over Montpelier. Following his years playing at Rice, Joe went on to become a memorable coach himself, helping to shape many young athletes who also came to Rice. Joe was a true leader on the court, who also built a life-long bond with his Coach.



By **Kevin Brosseau's** junior year, he was considered one of the premier three-sport athletes in Vermont, leading all three teams as a captain. Yet another athletic talent who hailed from the city of Winooski; he was a state champion in Soccer, a state champion in Basketball and was named Player of the Year in Baseball his senior year. He earned many awards during his high school year and beyond his athletic talent, was well known for his leadership and kindness toward others.



DFS Thanks You!

By Linda Gregoire

Dollars for Scholars wants to thank you all for the help and support in making our Calcutta a great success!

We had a wonderful evening with great food, crafters, and outstanding guests. Our next big event is the Train Show in early December taking place at our school. It's an event you don't want to miss! See you soon through the Holidays!

CHUGGA-CHUGGA CHOO-CHOO

22nd Annual Benefit for Winooski Dollars for Scholars

TRAIN SHOW

December 5

10am - 3pm

**All Gauges
Railroadiana
Dealer Tables
LEGO • TOYS
Operating Layouts**

ADMISSION
Adults: \$5.00
Under 12: \$1.00
Under 6: FREE!

*Food
Concession to
benefit WHS
Student
Activities*

Winooski Educational Center

Exciting things are happening at YouthBuild!

By Julie Hankins, AmeriCorps YouthBuild Community Partnership Coordinator



YouthBuild is an alternative high school completion program for men and women ages 16-24. YouthBuild students have the opportunity to gain meaningful job skills training in construction and weatherization, engage in leadership development, and complete 675 hours of community service. While fulfilling their high school completion requirements, YouthBuild graduates earn industry recognized certificates, like OSHA-10,

First Aid and CPR, and Work Keys. Students serve their community as part-time AmeriCorps members, and can qualify for an education award to use towards college or training programs.

What's happening at YouthBuild? Last month several students completed YouthBuild core programming and were placed into classes at Advanced Welding Institute and Vermont Wood Working School. We have a new crew of students completing mental toughness this month! We are gearing up for our first construction module, where students will learn more about the basics of construction.



Community Service: Students recently built a compost system with Burlington Department of Parks and Recreation, worked with Vermont Foodbank, and built sail storage systems for the Community Sailing Center.

Construction: Students have been building storage sheds for Pine Island Farm, an organization that supports New American farmers.

If you or someone you know is interested in applying for YouthBuild, or if you would like more information about the program, feel free to contact us at (802) 658-4143 ext 27 or e-mail jhankins@resourcevt.org.

WHS Online Store is Open and Welcomes Donations

By Courtney Poquette

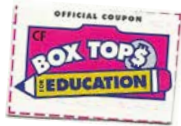
The Winooski Business Department students are starting their own online store to learn about business and to raise money for upcoming field trips.

We welcome donations of new and like new small household items. Books, video games, and DVDs are also great donations. We are also still in search of board games which may be sold or used for our Business of Board Games class.

Donations can be dropped off at the school during business hours. You may also contact Courtney Poquette at 383-6192 or cpoquette@wsdschools.org with questions about what we will accept. Thank you!

Please Help!

The PTO is continuing to collect Box Tops this year. Please have your child bring them to school. Last year we earned \$1,795! Thank you!



Join us for a FREE Film Screening and Discussion

Most Likely to Succeed.

November 12, 2015
6:30-8:30pm

Winooski Performing Arts Center (PAC)
60 Normand St. Winooski, VT
Learn more: partnershipvt.org

OUR SCHOOL SYSTEM WAS DESIGNED IN 1893.



Most Likely To Succeed. mltsfilm.org

For most of the last century, entry-level jobs were plentiful, and college was an affordable path to a fulfilling career. That world no longer exists. The feature-length documentary *Most Likely to Succeed* examines the history of education, revealing the growing shortcomings of our school model in today's innovative world.

Directed by acclaimed documentarian Greg Whiteley, the film has been named "among the best edu-documentaries ever produced" by Education Week, and called a "smart and engaging look at education in the 21st century" by The Hollywood Reporter. Film Threat stated that "this film should be a required course for all parents and educators."

Most Likely To Succeed is an official selection of many of the nation's top film festivals, including the prestigious 2015 Sundance Film Festival and Tribeca Film Festival. For more information, visit www.mltsfilm.org.

SAVE THE DATE

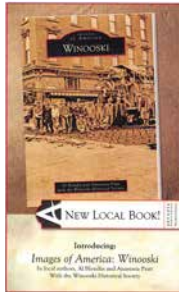
Winooski Historical Society: Upcoming Events

Sunday, November 22, 2015 – 2:00 pm at the Winooski Senior Center, 123 Barlow Street

Speaker Bob Picher will present a history of the Picher family. The public is invited to this free event.

A book with images of Winooski will be available in November.

The book was co-authored by Al Blondin and Anastasia Pratt and produced by Arcadia Publishing..



Sunday, December 6, 2015 – 2:00 pm at the Winooski Senior Center, 123 Barlow Street

Speaker Britta Fenniman Tonn will present a chronological look at the different historic American architectural styles found in Winooski with discussions of the history and architecture of notable Winooski buildings that exemplify these different styles. She will include examples of residential, commercial, industrial and institutional architecture.

Stay in Touch: Join Front Porch Forum!

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

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.

PRESENTING...

Snow White and the 10 Dwarfs

Winooski Middle/High School is pleased to invite you to "Snow White and the 10 Dwarfs." It will be performed on **Thursday, November 5th** at 9:00am and 10:30am and **Friday, November 6th** at 9:00am, 10:30am, and 7:00pm in the Performing Arts Center at the Winooski Educational Center. See you there!

Attention Students!

By Tony Settel, WMHS Guidance Counselor

The last two editions of the SAT and ACT tests for 2015 will be held on December 5th for the SAT and December 12th for the ACT. If you need these tests because the college you want requires one of them, please come see Tony Settel in the Guidance Office as soon as possible. **The registration deadline for both tests is November 5th.** I have waivers for any student unable to afford the fee.

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).

Feeling Good Never Grows Old

If you are looking to be more active and have more energy, than you might consider taking part in the Winooski YMCA's EnhanceFitness class. EnhanceFitness is a fitness and health management program that is proven to help regular attendees grow stronger, improve balance, increase flexibility, boost energy levels, elevate mood and relieve arthritis symptoms.

EnhanceFitness is a low-impact exercise class that is safe, yet challenging, for older adults of all fitness levels. This class is offered free to Y members and non-members are eligible to participate for 16 weeks with a physician's referral. EnhanceFitness meets three days a week at the Y's 32 Malletts Bay Avenue location.

To learn more or to enroll, contact Wiley Reading at wreading@gbymca.org or by calling 652-8195. Pre-registration is required.

Important Yearbook Deadline for Seniors!

Senior pictures are due to Jessica Bruce by **Monday, November 2nd**. Professional photo studios can either send files digitally (jbruce@wdschools.org), or you can drop off a paper print to her at school.

After November 2nd, 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@wdschools.org or 655-3530.

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.



November Update

By Sara Raabe, Principal

October was a busy month at JFK. Bill Feeley, a Mathematics Professional Development Specialist from Teachers Development Group, spent two days with JFK teachers on October 5th and 6th; and with the middle/high school math teachers October 7th and 8th. This is our third year participating in this professional development with the same cohort of teachers. Bill was incredibly impressed with the growth he has seen in the teachers with their mathematical practice. We are working together to continue this professional development entitled "Math Best Practices" with a new cohort starting next year.

Wednesday October 7th was International Walk To School Day. For the JFK staff meeting, professionals walked with students from the Rite Aid to school. The Winooski Police Department provided support, and some WMHS students provided fantastic band music to walk to!

I spent a week New York City, October 13th - 18th, participating in a week of intensive professional development at Teachers College. This professional development is focused on School Wide Implementation of Reading Units of Study for administrators. The week was an amazing learning experience for me as an administrator, and helped me to further my own learning about Reader's Workshop. As a school, we are at the very beginning stages of switching from a basal reading program to Reader's Workshop. I have brought back new learning and techniques to help us during the transition, and for our teachers to use with our students.

Dav Pilkey, author of *Captain Underpants*, donated \$1,000 to JFK through The Flying Pig Bookstore, a locally owned bookstore in Shelburne. This was an incredible donation, and we are so grateful! Laura Abbene will be working with co-owner Josie Leavitt to get books for our library.

October 19th and 20th Charlie Applestein, author of *No Such Thing As A Bad Kid*, was at JFK. He spent time with the students and staff, giving insight and feedback to the adults in the building. On October 10th, he spent an hour working directly with teachers, and half an hour working directly with the Instructional Assistants. He was incredibly knowledgeable and helpful in looking at our new behavior system and the needs of our students.

The second principal coffee at JFK was October 8th. Families are beginning to stop by to check in, ask questions, or bring concerns to our attention. I will continue to have these monthly coffees, with the next one being **November 19th**.



A Trip to the Orchard

By Nancy Devost, ELL Teacher

In September Mrs. Devost and her students visited Allenholm Apple Orchard in South Hero. Her students are new to the United States and had never been to an orchard before. The students took a wagon ride for the first time, picked a whole bunch of apples, and ate maple cremees! We learned the special way to pick an apple off the tree and saw the apples being packed up to be shipped off to stores.

Later that week the students made apple pies for the first time and ate them all. They were delicious! It was fun to explore the orchard, practice our social skills, and learn why Vermont is so special.



Making Music with Violins at JFK Afterschool

By Mag Thomas

It is hard to believe that we are almost through the first session of afterschool! One of the programs that will be continuing next session is **Making Music with Violins**. We are very excited to be able to continue our partnership with the Vermont Youth Orchestra again this year. The program has new look this year. Students are meeting twice a week instead of once a week! They also have the option to continue the program into the next session. During this time, the students are focusing on the elements of violin technique and learning different songs. Now they have twice the time to master the skills of playing violin. -



Lumberjack hockey team visits the 3rd grade for goal setting!

Third Graders Welcome the Lumberjacks Hockey Team!

By Lisa Goetz and the Third Grade Team

The third graders were fortunate to have the Vermont Lumberjacks Hockey Team visit them on September 14th. The Lumberjacks are members of the Eastern Hockey League and play their games at Leddy Park in Burlington. These young men, all of whom are student-athletes, have set the goal of playing hockey at the collegiate level.



During the first meeting with the third graders, Coach Doc Delcastillo spoke about setting goals and following your dreams. He emphasized that working hard and never giving up

were very important in order to reach your goals. Students and teachers heard the personal goals of the hockey players which ranged from going to a good college to becoming a doctor. J.F.K. third graders were given a lot of good information and motivation for setting and reaching their own goals!

After the presentation, the players split into small groups to work with the third graders. The students wrote and discussed their own goals and dream with the Lumberjacks. The hockey players talked about how important it is to work hard in school to achieve their goals.

The Lumberjacks will visit the third graders every Thursday morning and mentor them in math, and as a culminating activity, the children will have a chance to ice skate with the hockey players at Leddy Park in February.

The third graders are very grateful to the Vermont Lumberjacks for spending time with them and wish them much success this season.



MIDDLE/HIGH SCHOOL HIGHLIGHTS

The Changing Roles of Students and Teachers

By Leon Wheeler, Principal, WMHS

Our Winooski Middle High School is once again getting some recognition at the state level. On October 22, teachers Matt Webb and Tom Payeur, accompanied by students Holly Turner, Shennelle Bailey, and Jarod Fountain attended the Vermont School Board Association annual conference. We had been invited to share insights about the changing roles of teachers and students as Vermont moves to personalized and proficiency-based learning. This invitation is both an honor and an affirmation. We're moving in a good direction as a community!

We definitely have some things to say about these changing roles at the VSBA conference. There's been a concerted effort to provide students

more opportunities to make learning personal, targeted to individual needs, and relevant...as experienced in the iLab, reading lab, and math lab. Winooski students are increasingly taking responsibility for their learning in new ways. It's a significant change, and is taking time and lots of talking together to make it work. The role of students is changing in order to prepare them for the rapidly changing world they'll soon be leading.

At the same time, teachers are being compelled to develop new skills and strategies, and rightly so. The school most of us grew up in, and that we as educators were trained to teach in, was designed to prepare students for the industrial revolution that began in the

late 1800s. Our rapidly changing world today requires something more. We need to hone student skills in problem solving, communication, creativity, persistence, cultural understanding, and wellness. All that we do as a school, all that we teach, needs to build those specific skills, which are our graduation expectations. We are making these changes in our teaching, and it is challenging.

I encourage you to come to the school on **Monday, November 23 for the Parent/Student conferences**. As students take a more central role in their education, these conferences will be an opportunity to share their learning plan and progress toward developing their GX skills.

Paper Creations Afterschool

By Nancy Keller

"I like creating stuff. It helps me express myself," replied Winooski Middle School student, Dah Ler Moo, about why she likes "Paper Creations," a CCLC Afterschool program offered this fall during Session 1. Dah Ler Moo already had an interest in paper folding (or origami) and wanted to expand on this interest, so she enrolled in this course.

Program leader and Winooski Middle School teacher, Anja Mosehauer, said that students in this class are "allowed to guide their own learning and explore

different projects." This has given Dah Ler Moo a chance to build upon her interest in origami and try out other types of paper creations. Over the past few weeks, students have been building paper lanterns made with a variety of papers styles that are formed into many different shapes. When visiting a Paper Creations after school work session, a visitor cannot only feel the creative energy pouring out of the students, but one can sense the calm and focused enjoyment each student experiences when folding their projects.

Look for more paper folding opportunities, as this popular afterschool pastime will be offered again during Session 2 of the CCLC Afterschool programs.



The Paper Creations group enjoys conversation as they create their paper products.



Regine prepares paper for folding.

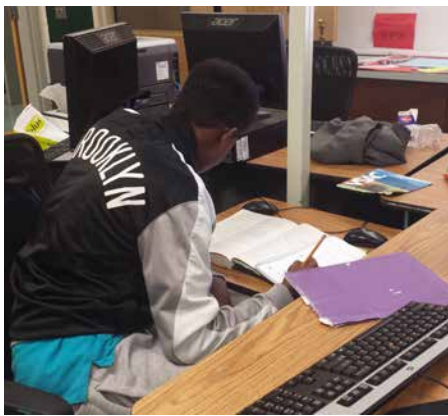
Scenes from High School Core Support After School

By Suzanne Skaflestad, 21C Director

Students decide which Core Support to go to, based on their individual academic needs.

There are a variety of Core Support options from 3:00-4:00 pm during the week including:

- **Tuesday:** Math and Science supports
- **Thursday:** Technology support
- **Monday and Wednesday:** Students are able to work with a tutor coordinator.



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

Please join me in recognizing our Winooski Middle High School Artist of the Month for October, 2015 ... **Azee Zar!**

Azee Zar is very talented, focused and diligent in arts rotation. She really enjoys being in class and is often helpful and kind. Check out her purple panda mask she recently made! Good job, Azee Zar!

Baking with Vegetables

By Suzanne Skaflestad, 21C Director

In Ms. Wolinsky's 21st CCLC afterschool class, middle school students have been learning how to incorporate valuable nutrition into easy and delicious desserts using all natural ingredients! The students learned to identify natural ingredients versus unnatural ingredients, kitchen safety, the importance of



managing their time effectively and working together! The students enjoyed making gajar halwa, an Indian dessert made using lots of shredded carrots.

"I learned how much students at Winooski love to cook and bake! Students were very excited about using the kitchens and learning how to make delicious creations! I think their favorite recipe was the "Sneaky Beet Brownies. The students shared that they couldn't even taste the beets in the brownies. It's been a very rewarding and worthwhile experience for all of us."

The students were happy to share their thoughts about the class:

Richard shared, "I liked this baking class because I got to spend time with Mr. C and I liked bringing home the yummy desserts to my family."

Ubah shared, "I liked using healthy ingredients that I've never used before. I've been interested in baking since preschool."

Maymuna shared, "I liked the cooking part; helping each other out and waiting for the desserts to bake."

Aniyah shared, "I liked Baking with Vegetables class because I have always wanted to do hands-on baking. I have always been interested in baking and this inspired me to learn even more about baking."

Ms. Wolinsky agrees that the hands-on experience, working with friends and being able to take home their creation afterward were the highlights of the class for the students.

Thank you Ms. Wolinsky for sharing your talents with our students afterschool!

Update from your City Council

By Brian Corrigan

As I write this, the leaves are turning, the air is crisp and I am at one of the soccer games of the WHS soccer season. The girls played hard to a 1-0 loss, and did us proud.

Many thanks to the patience of folks inconvenienced by the pop-up food truck dining in the lower circle in early October. The city welcomes all feedback on the event. And thanks also to all of the folks that assisted with the Halloween pumpkins (handling and carving). It's such a wonderful community to live in — and gratifying when you see so many buying into the community and its events.

The City Council is hearing proposals to update the municipal codes. The codes are set of ordinances that regulate activities in the city, things from parking to crosswalks to backyard fires. Our first pass will clean up old language (this was last done in 1981), reflecting current times and repeat state law. The highlight may be working on removing the winter parking ban. The commissions have been working through the process. We will have a full hearing in February. Join us to discuss any items you wish between now and February.

Please be patient with our city workers that are trying to keep our city ready for the tough season ahead. We have taken full advantage of our summer, spring and fall. At this stage of the game I want to thank our community committees for working hard to raise our community to a higher level. In the interim, look out for the city planning survey at the city website or visit www.surveymonkey.com/r/BYW3R7Y.

Thank you to all our community members that have been part of our growth this summer. It's always a delicate balance between growth and status quo. But it's our city's growth that makes us all proud. So, thank you all. I hope your summer was as enjoyable as ours was productive.



Winooski Food Shelf Schedule Changes for November

By Linda Howe

Due to the Thanksgiving holiday this month we will be making some scheduling changes. This month we will be open the 2nd and 3rd Wednesday of the month since the 4th Wednesday is the eve of Thanksgiving. **The pantry will be open Wednesday November 11 and November 18th** from 2 p.m. to 4:30 p.m. These are the days we provide pantry staples including canned and dry goods.

We will be open the 2nd and 3rd Saturdays of the month, November 14th and 28th from 9:30 a.m. to noon for fresh food provided by Hannaford. This will include deli items, bread, pastry and fresh fruit and veggies.

Need a Turkey?

The Food shelf will provide turkeys and the fixings for low income Winooski families. Please call 655-7371 to reserve your turkey and all the fixings for a Thanksgiving day meal. Small households can request a chicken if a turkey is too much. **Please reserve your turkey and fixings by November 15th.** This food will be distributed on Monday, November 23rd from 1 p.m. to 4 p.m.

Where to Find Us

The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen Street and Follett Street. There is a bus stop on the corner. We do not provide rides so please bring a wheeled cart or suitcase if you have to walk any distance. New clients should bring proof of Winooski residency such as a utility bill. For questions please call 318-0460.

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

Miss a City meeting? Watch online!

Channel 17/Town Meeting TV regularly covers and airs **Winooski City Council** and **Development Review Board meetings**. Tune in to Channel 17 on Thursday nights at 8 for regular Winooski community content or visit www.cctv.org/watch-tv/municipalities/winooski. Do you want to learn to make your own video programs about life in Winooski? Contact morourke@cctv.org to find out about group or one-on-one trainings.



Girl Scouts in Winooski

By Lisa Ritter

Girl Scout Troop 30187 of Winooski is building girls of courage, confidence, and character. The troop held its opening ceremony at the school auditorium on Wednesday, October 14th.

The ceremony recognized the group of 19 girls, grades 2-7, for their commitment to Girl Scouts. The girls bridged into new age groups (Daisy, Brownie, Junior, Cadette), rededicated or invested to the Scouts, and the troop welcomed its five new leaders. Each girl stated her name, grade, and what she loved most about Girl Scouts as she crossed the stage or bridge. "Making new friends," "learning," and "going on adventures," were common responses.

Troop 30187 welcomes any interested girls, grades K-12, in the Winooski and Burlington area to join! Meetings are held on Wednesdays from 5:30-6:45 pm at the JFK Elementary School. For more information, please contact Amy Lothrop at gs253recruiter@gmail.com.



Community College of Vermont (CCV) Winooski News

By Ian Boyd, Coordinator of Academic Services

REGISTER NOW!
Classes start Jan. 25th!
Registration runs
Nov. 2 - Jan. 22
www.ccv.edu
(802) 654-0505



Free College Credits are a Terrible Thing to Waste!

Do you know that you may take college classes as a high school student? The Community College of Vermont (CCV) offers several opportunities to current high school students free of charge.

Introduction to College Studies is a free class designed to prepare high school students to be successful in college. You will learn how to search for and apply to the right college, pick up a few good study habits and explore career options connected to your academic interests.

Juniors and seniors are also eligible for **Dual Enrollment** vouchers, each good for **one free college course**. The free credits earned at CCV may also count as credit toward your high school graduation – that's why it is called Dual Enrollment.

Rising seniors can apply to CCV's **Early College program** which allows you to spend your final year of high school at CCV earning college credits that help you graduate and get a jump on your college degree, tuition free!

Contact your guidance counselor or the Community College of Vermont for more information.



New Library Hours!

The Winooski Memorial Library has expanded hours! The Library is now open Tuesday through Friday 10:00am to 6:30pm and Saturday 10:00am to 2:00pm. Come see us at 32 Malletts Bay Avenue.



Winooski Coalition for a
Safe and Peaceful Community

Update: Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis, Community Mobilizer/Project Coordinator

For Community: The Coalition will be hosting a Holiday Community Dinner, Thursday November 19th. Join us for a free, delicious meal and a reflection on thankfulness with your neighbors. Keep posted for more details!

For Youth: Practicing self-care is really important, and it's easier to make it a habit if you start young! One way to take care of yourself is to allow yourself to feel whatever you're feeling. Being "down" sometimes just allows you to feel "up" other times. And allowing hurtful feelings to get out of your system allows you to bounce back that much sooner. The saying goes, "what you resist, persists" so don't fight your feelings.

For Parents: In the chaos that can be the holiday season, it's important to take time for yourself. Creating a daily joyful ritual is a simple way to de-stress and ground yourself. This can be making yourself a cup of tea, to greeting your loved ones with a hug when you return home each day. Taking a few moments for yourself makes all the difference in the long-term.

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

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

This time of year we are all thinking about food more so than ever! Harvest Time, Thanksgiving and Holidays galore... there is food and talk of food everywhere!

But there are folks in our community that need our help to get their food. The Winooski Senior Center is a proud partner with Meals on Wheels (MOW). We deliver to over 35 neighbors in need everyday during the week!

As an organization based on volunteerism, the Winooski Senior Center is always looking for community members to lend a hand with Meals on Wheels. If you have an hour to give between 9am and 10am on a weekday, we'd love to have you join our delivery team! Our current volunteers fit no particular mold.... they are retired teachers and professionals, single moms, active seniors, students, unemployed scholars, city employees and regular folks all wanting to help out their neighbors.

What does it mean to receive a meal and a smile? EVERYTHING! The role of the delivery driver is more than a hot meal... it's an opportunity to connect and socialize. The MOW program supports community wellness and connectivity.

If you reading this and you have the time to volunteer for this program, please call or email the Winooski Senior Center. We look forward to hearing from you.

COMING UP at the WSC:

- Nov 3 - Senior Lunch & Meeting
- Nov 7 - Intergenerational Technology Discussion
- Nov 14/15 - Bake Sale and Lunch Cafe
- Nov 18 - CVAA Thanksgiving Lunch
- Dec 1 - Senior Lunch & Meeting
- Dec 11 - Christmas Members Lunch
- Dec 16 - CVAA Holiday Lunch

EVERY MONTH

- **Do Drop In** - (Mondays 9-11am) Join us for coffee, treats and great conversation! FREE!
- **Tai Chi** - (Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness) FREE!
- **Exercise Class** - (Tuesdays and Thursdays 10-11am) Great for stretching and balance. FREE!
- **Open Art Studio** - (Wednesdays 9-12pm) Join us and try a new skill and be creative with fellow artists. Snacks provided. FREE!
- **Community Lunch** - (Thursdays 11:30am) Join us for a great lunch and great company! \$4.00 suggested donation. RSVP
- **BINGO!** - (Thursdays 12:30pm) Come on in and play, try our snack bar and maybe win the Jackpot or the Jar!
- **Walking Group** - (Tuesdays and Fridays 9:30am) On Tuesdays we walk the streets of the city and on Fridays we take the van to someplace new and interesting! 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@winooskivt.org.

.....
The miracle is this - the more we share, the more we have.
.....

—Leonard Nimoy



HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Hats, mittens and coats oh my! It is that time of year again when we need to start thinking about sending our children to school with their winter gear. Please make sure to send these items in daily with your children. Our office has a limited supply of these items.

In other health office news, we have been seeing an increase in upper respiratory infections and stomach bugs. On average, we are seeing about 100-140 students per day and most are suffering from ear, nose, throat and stomach issues. Please remember that students with fevers of 100 degrees or higher will be sent home and instructed to remain home until they are fever free for 24 hours without the use of fever reducing medications. Help remind your child to wash their hands and cover their coughs and sneezes. Students with stomach bugs are instructed to remain home for at least 24 hours regardless if their tummys are feeling better.

As always, we are available to answer any questions you might have.

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Your Oral Health and your overall health are connected.

Gum Disease and Diabetes may affect your ability to control your blood sugar, leading to serious complications.

Heart Disease - Evidence suggests bacteria from **Gum Disease** may have an effect on blood vessel walls causing inflammation and blockage of blood flow to the heart and brain. This could result in a heart attack or stroke.

Pregnancy - Pregnant women are more prone to develop **Gum Disease** which may trigger a "premature" birth. Premature babies can have lifelong problems.

Good Oral Health *means* Good Overall Health!

ELEMENTARY SCHOOL LUNCH MENU — NOVEMBER

Winooski
Elementary School

MENU

November 2015

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

USDA is an equal opportunity provider and employer

DAILY BREAKFAST OPTIONS

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

MONDAY
Whole Grain French Toast Sticks

TUESDAY
Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY
Scrambled Egg & Cheese Wrap

THURSDAY
Healthy Breakfast Round

FRIDAY
Ham & Cheese Bagel

OR

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

Mon., Nov. 2	Tues., Nov. 3	Wed., Nov. 4	Thurs., Nov. 5	Fri., Nov. 6
Roasted Sweet Potato Wedges	Oven Baked Goulash	Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa <i>Cabot Sour Cream</i> & Soft Flour Tortilla	Taste Test Event Kale Chips French Toast Sticks w/ <i>Georgia Mtn. Maples Syrup</i> Scrambled Eggs Sweet & White Home Fries Green Pepper Strips
Meatball Sub	Caesar Salad Carrot Sticks	Fresh Celery Sticks	Rice Pilaf	
Steamed Broccoli	Garlic Breadstick	Hummus Dip	Warm Black Beans	
Mon., Nov. 9	Tues., Nov. 10	Wed., Nov. 11	Thurs., Nov. 12	Fri., Nov. 13
Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Potato Wedges <i>Local Potatoes</i> Celery Sticks Zucchini Bread Square	Spaghetti w/ Meatballs or Marinara Sauce Chopped Green Salad Wheat Bread Slices	No School	Beef Nachos Seasoned Taco Meat, Cheese Sauce, <i>Cabot Sour Cream</i> , Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Steamed Corn Warm Black Beans	November Birthday Celebration Pig in a Blanket (Hot Dog Wrapped in Dough) Rotini w/ Kale Pesto Carrot Sticks w/Hummus Dip Birthday Cake
Mon., Nov. 16	Tues., Nov. 17	Wed., Nov. 18	Thurs., Nov. 19	Fri., Nov. 20
Homemade French Fries <i>Local Potatoes</i> Dress Your Own Burger on A Bun Baked Beans	Chicken Alfredo w/Homemade Cheese Sauce Steamed Green Beans Kale Chips Dinner Roll	Early Dismissal Grades 6-12 Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza Fresh Carrot Sticks w/ Hummus Dip	Thanksgiving Feast Carved Turkey Chef's Mashed Potato w/Gravy Steamed Peas Hearty Stuffing Homemade Dinner Roll Chilled Cranberry Holiday Dessert Fresh Milk	Grilled Cheese Sandwich Turkey Noodle Soup Celery Sticks Hummus Dip
Mon., Nov. 23	Tues., Nov. 24	Wed., Nov. 25	Thurs., Nov. 26	Fri., Nov. 27
No School	No School	No School	No School	No School
Mon., Nov. 30	 <p>Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php</p>			 <p>Choose MyPlate.gov</p>

Wine 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

Harvest of the Month
November: Kale

Kale might have been last year's "it" green, but we're still singing the praises of this insanely healthy superfood. With tons of vitamins, mineral, antioxidants and phytochemicals to protect against disease and boost your bone/eye health, brain power and metabolism, there's simply no reason *not* to include it in your diet. Versatile kale is delicious as a **salad base**, sauteed with garlic, or baked/dehydrated into crunchy snacks like chips. We have another super exciting giveaway to tell you about, but first, we'd like to share these fun facts about kale:

1. It's been around for over 2,000 years.
2. It's got a lot of delicious, healthy cousins. Kale is related to cabbage, brussels sprouts and collard greens.
3. It thrives in cool climates.
4. It comes in different shapes and colors. You can find kale in green, blue-green, purple, and white with different shaped leaves.
5. It's super vitamin rich in its natural form. One cup of raw kale contains over 100% of your daily recommended intake of vitamins A, C and K.

Kale Chips Serves 6

1. Blanch Kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt
1. Pre-heat oven to 350 degrees.
2. Remove the kale leaves and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with salt.
3. Bake until the edges are brown but are not burnt, 10-15 minutes.

PLEASE NOTE:

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

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

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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smcmannon@wdschools.org

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Winooski Middle and High School

Principal: **Leon Wheeler**
802-655-3530
lwheeler@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