

ALSO INCLUDES
Community News!
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WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 12, ISSUE 1

OCTOBER 2014

Welcome Back to School!



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PTO Craft Fair

The Winooski PTO is proud to announce that our 32nd Annual Craft Fair will be held Saturday Nov. 22nd from 9-4. If you are a crafter or know of someone who would like a space, call the PTO Craft Fair Chairperson, Melanie Nattress at 655-1616 or email her at nattress96@comcast.net.

Growth, Growth, Growth!

By Sean McMannon, Superintendent of Schools

Public schools have spent the last twelve years operating under the federal No Child Left Behind (NCLB) Act of Congress. NCLB requires all public schools receiving federal funding to administer a statewide standardized test annually to all students. This means that all students take the same test under the same conditions. This expanded role of the federal government into local education has resulted in little if any growth in student performance in reading and math. Brian Stecher, RAND's associate director of education, says "There have been some good features of the law: Focusing on accountability has been beneficial," he says. "But the focus on multiple choice testing led to a lot of bad behaviors and the kind of instruction we don't want to encourage." This past August, VT Secretary of Education Rebecca Holcombe wrote to parents and caregivers: "Under the No Child Left Behind Act (NCLB), as of 2014, if only one child in your school does not score as "proficient" on state tests, then your school must be "identified" as "low performing" under federal law. This year, every school whose students took the NECAP tests last year is now considered a "low performing" school by the US Department of Education." In my opinion, making students with identified disabilities and any immigrant who has been in the US over a month take grade-level standardized tests is unfair, borderline abusive and does not provide schools, teachers and parents with any useful data.

We can now begin to look forward to a new method of measuring student learning--GROWTH! According to A Practitioner's Guide to Growth Models, Growth describes the academic performance of a student or group of students over two or more time points. (Castellano, K. E., & Ho, A. D. (2013) What does this look like in Winooski? Here are a few ways we have prepared to help our teachers and students embrace the concept of growth:

Our community invested in a Data Manager position last budget cycle. His job is to work with teachers and administrators to build a data system that collects, analyzes and reports multiple measures of student progress in reading and math such as our own local assessments and the new federally-required Smarter Balanced Assessment Consortium (SBAC) test. In future years we will be adding measures of our Graduate Expectations (GXs) such as communication and problem-solving. This will allow for individual teachers and students to see their growth over time and adjust instruction as needed. Also, it will provide data on larger groups of students such as grade-level, English Language Learners and students with disabilities.

"Readiness to Learn": Many of our students are struggling to meet basic needs like food, health, and/or safe shelter. It is hard to concentrate and learn when these basic needs are not met, see Maslow's Hierarchy of Needs below for a more detailed explanation.

We have made great strides in the area of food security this year by enrolling in the Community Eligibility Provision (CEP) which allows all of our students to eat breakfast and lunch for

free. Another investment our community made last March was to support a Wellness Coordinator position. Her role is all about increasing student's "readiness to learn". She works with students and staff in growing our mindfulness and movement programs, and coordinating our supplemental food programs like Backpack Weekend, Fresh Fruits & Vegetables and VT Foodbank Pantry To-Go. All of these activities help students to move further up Maslow's Hierarchy of Needs, spend more time learning and ultimately, more growth in their academic skills.

Our middle and high school teachers and students continue to work on constructing a proficiency-based learning continuum which is based on melding student interest with mastery of essential content and skills to achieve college and career readiness. This is seen through our Nellie Mae Education Foundation (NMEF)-funded iLab and Teacher Partner Programs.

JFK has embarked upon Project-Based Learning (PBL) which will prepare our younger students to grow our Graduate Expectations (GXs) to meet proficiency-based graduation requirements in their later years.

I believe we have the pieces in place to build a responsive system based on the growth of each student. We will continue to stay focused on meeting each student where they are and helping them to improve. 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.

Administrators, School Board Member take on "Ice Bucket Challenge"

Superintendent Sean McMannon, Middle/High School Principal Leon Wheeler, and School Board Trustee Michael Decarreau got into the spirit of this summer's hottest challenge - a fundraiser for ALS.

In case you missed it, the Ice Bucket Challenge involves dumping a bucket of ice water on your own or someone else's head to raise money in the fight against the disease amyotrophic lateral sclerosis (ALS). It went viral on social media during July and August.

To participate in the challenge, you need to pour a bucket of ice



water on your head and either film (and post) on Facebook, or in this case, take photos and get them printed in the district newsletter! You then get to nominate others to do the same, and they have 24 hours to comply (and post their own icy film or photos) or they forfeit and make a \$100 donation.

What's so great about Winooski?

By Julian Portilla, Board of School Trustees

Whenever it comes up in conversation, I always take the opportunity to tell people that my children go to school in Winooski. I've found that people who know something about our town get enthusiastic and want to know how things are going. I've also found that folks who know less about our town are more tentative in their questions. They're not sure it's a good choice and are always surprised to hear about all the great things going on at our schools. So for anyone else who might be having similar conversations, I've put together a list of just a few of the things that make our Winooski schools great.

Let's start with the elementary school. This year the school is in the process of refurbishing space for our expanded pre-school program. This will allow us to reach younger children sooner and make sure that they are ready to start kindergarten ahead of the game. There are piles of research to show how important the early years of education are for a child's development and growth. Getting more of our children in pre-school will benefit our entire student population.

JFK also boasts an innovative and wonderful social thinking program which teaches how to cope with the frustrations of everyday life. With the help of hero characters such as Superflex, our children take on "unthinkable" bad guys like Rock Brain and Glass Man. I've become familiar with many of the characters and talk about them at home when my boys have a hard time with something.

Throughout the school, teachers are guiding our children through mindfulness exercises that help our children to calm themselves and better focus and concentrate on the tasks before them.

In the middle grades, many of our children are doing morning exercise (in addition to their regular physical education curriculum) that research has shown to be helpful in stimulating the brain, reducing stress and facilitating learning, not to mention the benefits for physical fitness and general alertness.

You've probably heard a lot about "data" in education and different ways it gets used and misused. One of the positions

that our tax dollars fund is a new data manager. This person will help us collect data about our students' performance so we can gauge how much progress a student makes in a year. Nothing new here except that instead of looking only at whether a student is performing on grade level, we can look at whether or not that student has made a year's worth of progress from where they started. Seems pretty simple except that at the moment most of state and federal education policy requires that all students end up at the same place no matter where they started. That doesn't make any sense. As those policies begin to change, we hope to be ahead of the game.

These changes are also a part of a larger education trend to move toward personal learning plans, something that here in Winooski we've been thinking about for several years now. For example, our iLab allows our students to have access to curriculum and learning opportunities that even students in large school districts don't get. From building computers, to learning how to scuba dive, to making a guitar, to learning Japanese, our students are able to follow their interests and passions in the classroom in exciting new ways.

So what's so great about Winooski? Lots of stuff. I haven't even mentioned the summer projects kids have taken on to learn about economics, math, science and language, or the Peace Jam club inspired by the works of Nobel Laureates, our athletics, the alternative education possibilities, our new partnerships with the City and so much more. The kinds of learning opportunities that are available to our children in Winooski today are unprecedented in the history of education. After all, in the words of the great Louis Armstrong, "I watch them grow, they'll learn much more, than I'll ever know."

I hope that in the coming months you can come to our board meetings to hear about more great things going on. We begin every meeting with a focus on learning which showcases something great going on in our school. Come down and check it out on the second Wednesday of every month!



October Wellness Report

By Jaycie Puttlitz, Wellness Coordinator

The Winooski School District is committed to offering and promoting wellness activities to help students learn to lead healthy lifestyles. One way we do this is to offer food programs to augment student nutrition.

This school year, we continue our Fresh Fruit and Vegetable (FFV) program in the elementary school where students have access to fresh produce at snack time every day. Students from the art program are creating signs for a FFV display to promote the snacks and the importance of eating fresh fruits and vegetables every day. As a part of the FFV display, we will highlight a “Harvest of the Month”—a produce item, typically in season, that will be offered more often than once in a month to help students become familiar with it. In September, the featured harvest was Apples. In October, we will feature Broccoli and Cauliflower.

WSD has partnered with VT Foodbank again for the Backpack program that provides weekend meal packages for our younger students. And School Pantry returns Friday, September 19th! All students will be offered fresh produce items from VT Foodbank every first and third Friday of the month, as long as school is in session on that day. Pickup times for the produce will move to the afternoon to give parents that are picking up children an opportunity to help bring the produce home.

Upcoming dates for School Pantry: October 3rd, November 7th, November 21st, December 5th, December 19th

Wellness has its own web page on the WSD web site: www.wdschools.org/blog/wellness. Here, you will find up-to-date information and resources about Wellness activities in our school community.

Sharing our Neighborhood Learning Conversation Data

By Lindsey Cox, Partnership for Change

In June of 2013, the Vermont legislature, in its efforts to secure a bright future for the state, signed into law Act 77, the Flexible Pathways Initiative. This legislation



aims to “remodel” our education system for the realities of 21st century life by supporting students to achieve academic success, be prepared for postsecondary opportunities, and engage actively in civic life through the creation of personalized learning plans (PLPs). In order to both raise awareness about this new legislation and gather your input on the process, the Partnership for Change hosted a series of small community gatherings in both Burlington and Winooski. Held in homes, businesses and community spaces in the spring of 2014, these Neighborhood Learning Conversations (NLCs) created space for parents, teachers, students, and community members to come together and explore the potential of a more personalized education model.

Participants in these conversations modeled the creation of a PLP for a current student and were asked to complete a survey with feedback about the process. Below we have compiled several of the most common suggestions from the feedback into a set of guiding principles to be considered throughout the upcoming PLP design process. This summarizes the responses of more than 160 participants.



Common Themes:

Support: Students choose a small team of adults and peers who they trust, with whom they navigate the PLP process. *E.g. teacher advisor, family member, community mentor, recent graduate*

Continuity: The team supports students throughout PLP development, revision, execution and assessment

Communication: A point person connected with the school communicates regularly with the student and family

Accessibility: Methods of communication are flexible and on a case by case basis. Resources are in place to support and engage all families. *E.g. a centralized website cataloguing opportunities, email, phone, home visits, multilingual liaisons*

Community Engagement: Community need and resources both inform and enrich the PLP process. *E.g. more service/experiential learning in middle school, community mentors, and internship coordinators*

Students-centered: Students are the leaders and experts of their own PLPs. Team members exist to provide guidance and facilitate connections. *E.g. student-led conferences*

In addition to these strategies, participants also noted potential roadblocks. These can be grouped broadly into concerns about resources, including finances and teacher time; concerns about student motivation and direction; and concerns about family engagement and community support.

To learn more about the input collected from our community and to see a full copy of our NLC data report, visit www.partnershipvt.org.

WELCOME NEW STAFF!



Welcome New JFK Staff

Left to right: **Lacey Potter**, Grade 3 Teacher; **Danielle Cote**, Instructional Assistant, Special Education; **Sarah Forbes**, K-1 ELL Teacher; **Jenny Wright**, Grade 5 Teacher; **Andy Schlatter**, Grade 4 Teacher; **Kirsten Carlson**, Instructional Assistant; **Traci Howell**, Special Educator; **Karen O'Brien**, Special Educator K-5

Welcome Other New Staff

NOTE: some new staffers were hired after school started or were not available to be included in the group shots above.

Photos row 1 (left to right): **Randy Wood**, District Data Manager ; **Scott Brown**, Instructional Assistant K-1/Student Teacher; **Amela Graco**, Instructional Assistant, Team Phoenix; **Jeremy Denton**, Instructional Assistant

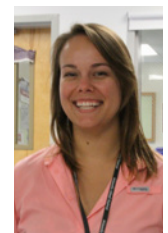
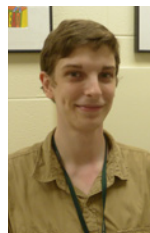
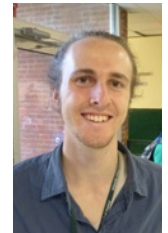
Photos row 2 (left to right) **Jaycie Puttlitz**, Wellness Coordinator; **Laura Abbene**, Librarian; **Ada Wetmore**, Pre-school Special Educator; **Whitney Dubie**, Long-term Sub, Read 180

Photos row 3 (left to right) **Carl Affinati**, IT Technician; **Dave McNally**, WMHS Science Teacher; **Wendi Krisak**, JFK Secretary; **Lindsay Knauer**, WMHS Instructional Assistant, Special Education



Welcome New Middle/High School Staff

Left to right: **Melissa Kilbourn-Mintzer**, Special Educator; **Tim Rich**, Special Educator; **Shanon Chalmers**, Special Educator



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.

Halloween at the O'Brien Community Center

The O'Brien Community Center will be hosting a spook-tacular Halloween event on **Thursday, October 30**.

Families and children are invited to come to the Trick-or-Treatery at the OCC for free food, fun, and frights the night before Halloween. The Winooski Youth Programs team and staff from other organizations will be welcoming trick-or-treaters, passing out goodies, and keeping kids engaged with Halloween-themed crafts, games, and activities. This family-friendly event will be held from 5-7:30PM. Costumes are encouraged, and parents are asked to accompany children under age 8.

School groups or community organizations are welcome to "haunt" a part of the Community Center and receive trick-or-treaters at this event. Please contact Ethan Hausman (at 655-1392 x21 or coordinator@winooskivt.org) if you would like to consider sponsoring or staffing a haunted spot.

More details will be posted on the City of Winooski website and Front Porch Forum as Halloween approaches. We hope to see you — and the ghosts and ghouls — there!

Winooski Historical Society Event

By Rita Martel

Paul Clavelle has written a book regarding the Clavelle and Bergeron Families. His presentation on the two families will be at the Winooski Senior Center on October 5 at 1:00 p.m. The public is invited to this free event.

Congratulations, and Thank You!

On Monday, August 25th, the following awards were given in recognition of service to the School District:

10 Years of Service:

James Pape, Laura Graves, Jonathan Aldieri, Dalib Bulle, Emily Knapp

15 Years of Service:

Mary Ann Donnelly-Debay, Jody Weimer, Bryan Thompson, Candice Antoniak, Carolyn Lamothe, Diane Lavigne, Danielle Magowan, Mag Thomas

20 Years of Service:

Marc McQuinn, Debra Chevrette

25 Years of Service:

Barbara Crandall

35 Years of Service:

Joan Benjamin, Mary O'Rourke

40 Years of Service:

Diane Scichitano

Support Staff of the Year:

Dalib Bulle

Outstanding Elementary School Teacher of the Year:

Katherine Blair

Outstanding Secondary School Teacher of the Year:

Randy Argraves

Walk to School Day is October 8

JFK Elementary School is now a partner with VT Safe Routes to School, and will be inviting its students to participate in International Walk to School Day on Wednesday, October 8, 2014. More information about the event will be coming home with students and you can check the school website at 222.wdschools.org.

In the meantime, here are some safe walking tips for parents to share with their kids

- Gear up for walk to school day by reviewing these safety tips with your child(ren):
- Choose sidewalks or paths wherever possible. If there are not sidewalks or paths, walk as far from motor vehicles as possible, on the side of the street facing traffic.
- Choose a route that minimizes the number of crossings. Avoid busy, high-speed multi-lane roads, wherever possible. When available cross at a location with an adult school crossing guard.
- Choose a route that is comfortable. Avoid potential problems like loose dogs, the presence of criminal activity, or vacant buildings.
- Wear bright clothing that will make you more easily seen by motorist.
- Walk with parents, neighbors, or friends. If under 10, adult supervision is advised.

For more tips visit: <http://walkbiketoschool.org/safety>

Winooski Youth Baseball/Softball League

Help support Winooski Youth Baseball/Softball by subscribing to our 30th edition of the Community Birthday Calendar.

Calendar's are \$8.00 for (5) listings, listings could be a birthday, anniversary, in memory of or military service, each additional listings would be .25 cents. Advertisement spaces are also available, ad blocks are 1 3/4"x 1 1/4" in size for \$75.00. Calendar orders will be placed in October for arrival around Thanksgiving, makes a wonderful Holiday Gift. For more information contact Jeff Brosseau 233-5530, jeffrey.brosseau@greenmountainpower.com.

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).

1-to-1 Computing Update

by Drew Blanchard, Technology Integration Specialist

For 2014-15, **all** students in grades 5 - 12 will have their own iPad or laptop, as part of a personal learning environment which they carry with them before, during, and after school. This will look different at different grade levels. For example, 5th graders may not take their iPads out of school, but the expectations are the same: "The purpose of technology at school is to enhance learning. When asked, I will be able to explain, and prove, how the technology I'm using is connected to the work I'm doing."

We will work to ensure students are responsible digital citizens - and help them learn from mistakes and missteps. At the same time, we empower and encourage our students, as they expand their understanding of what's possible when it comes to demonstrating their classroom learning. We expect students to be able to work and collaborate beyond the regular 8 - 3 school day; providing students with the technology necessary for doing so is a critical component of this plan.

The 2013-14 school year was a big change for all in middle school, and we were learning as we went. iPads presented amazing opportunities, but also some challenges. "I got locked out of my iPad" became the new version of "the dog ate my homework." We decided to change the way our iPads are *managed*, going with a mobile device management (MDM) system which allows us to, among other things, simply click on a "control panel" and reset students' pass codes. MDM also allows us to "push out" new apps to all the iPads, or remove apps which are no longer needed - all with a few clicks of a keyboard and mouse. Setting up our MDM system, though, has proven problematic and much more time consuming than originally planned.

We expect our MDM system to be online by early October,

but there is one big hurdle yet to overcome: ALL students must have their own Apple ID for this system to work. For students over the age of 13, this is simple: we help them create a new Apple ID, using their school email account. Students under 13 years old, though, are not allowed to create their own Apple ID. Apple's solution for this problem is to have parents accept an Apple ID *on behalf of their child*. The school will create Apple IDs for these students, and then connects the student's Apple ID to the parent's email address. Parents are then notified in email they need to *accept* the Apple ID on behalf of their child. For legal reasons, parents and guardians are the only ones allowed to complete this process, as they are the ones responsible for their child. We're doing everything we can to streamline and expedite this, but many of our parents do not have email addresses of their own - which means, the school must first help these parents create an email address, so they can respond to the message from Apple and complete the creation of their child's Apple ID. It's a frustratingly complex solution for this problem, but, unfortunately, the only option we have available.

There have also been some delays rolling out laptops for this year's freshmen. Shipment of our new MacBook Airs for these and other new students has been delayed twice, and we are now looking at an expected arrival date of September 25. From there, it will take several more days to unbox and set up all these new machines. We appreciate everyone's patience, and share in their frustration.

In the meantime, we are able to dig more deeply into our Digital Citizenship curriculum with all grades, and better prepare students for the responsibilities which go with "owning" these new devices.

Time for The Festival of Pumpkins!

The **Festival of Pumpkins** will take place at Smith Park (near Keybank and the rotary) on October 30th and 31st beginning at dusk. We are looking for candles for the pumpkins (votives or pillars) and if anyone would like to donate candy for the treat bags, we would be grateful. Items can be dropped off at Sally's Flower Shop or we can pick them up.

To volunteer to help carve and decorate pumpkins in advance, please join us at the Senior Center on Barlow Street on Saturday Oct. 25th from 9:00 to 6:00 or Sunday October 26 from 9:00 until we're done. Students must be accompanied by an adult. For more information, call Sally at 655-3894.



Meet The Candidates on CCTV

Vote, Tuesday November 4th in General Elections. For who? What offices? Meet Winooski candidates Clem Bissonette, Diana Gonzalez and Robert Millar for Chittenden District 6-7 on Wednesday 10/8 at 5:25 and call in to the live Channel 17/Town Meeting TV program (you can also watch online at www.cctv.org/live_events)

More Live televised (and online) Statewide forums happening on Channel 17/Town Meeting TV begin Monday 10/13 with State Senate Candidates for Chittenden County. Full statewide candidate forum schedule can be found here: <http://www.cctv.org/news/calendar-2014-live-general-election-forums>

Election Day is November 4: VOTE!

A reminder that upcoming elections will be held on November 4th. Voting takes place at the Senior Center from 7am to 7pm at 123 Barlow Street. You can request absentee ballots starting now or visit City Hall anytime and vote there. Mailed ballots must be received on or before November 4th.

The last day to register to vote is October 29th.

K-5 News

By Mary O'Rourke, JFK Elementary Principal

The beginning of a new year is always exciting for both teachers and students. That was certainly the case on Wednesday, August 27th. The students arrived in the morning filled with enthusiasm and anticipation. The day began and very quickly it was smooth sailing. As I went from room to room, it looked like the students had been in school for months. They were focused and engaged.

Over the last few years, we have undertaken social thinking and last year we introduced mindfulness. Our students are really acquiring the cognitive skills necessary to be thinking about one another. The kids are able to use their social thinking (I have thoughts about you, you have thoughts about me) and mindfulness practices to manage challenging situations.

We would like to take this opportunity to welcome some new teachers to JFK. Lacy Potter is here with us in grade 3 as a long-term substitute. Andy Schlatter is a new teacher in grade 4. Jenny Wright is a new teacher in grade 5. Sarah Forbes has joined our ELL teachers and Karen O'Brien joined our Special Educators. The new individuals are a great addition to our school.

Our Trip to Shelburne Farms

By Deb LaForce

The corn was ripe for picking and the berries were the juiciest of the season when seventy-seven kindergartners jumped off the school bus ready for a day at the farm. The trip to the farm was the kick-off event for the kindergarten's



upcoming Project Based Learning unit the Kinder-Gardens.

John F. Kennedy along with many others schools became partners with Shelburne Farms for the 2014-2015 school year. This partnership has opened many doors for the children allowing them to visit the farm two to three times this year plus free busing to the farm.

Our trip was amazing! The children planted beans, cooked potatoes over an open fire and made butter by shaking ajar filled with cream to the tune of Shake It. The final activity was a treasure hunt of questions reviewing what a plant needs to grow.

We will visit the farm again in early winter hoping to gain more insight into composting so we can do this with our own raised beds in the spring. We would like to thank Shelburne Farms for their generosity and expertise with gardening and for making this a trip we will always remember.



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 at J.F.K. School welcomed the Lumberjacks Junior Hockey team to our school. They are a member of the Eastern Junior 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 3rd graders, Coach Chris Line 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 psychologist. J.F.K. students 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 3rd graders on writing their own short and long term goals and dreams. The students learned how important it is to work hard in school and be persistent to achieve their goals.

The Lumberjacks will visit the 3rd graders every Thursday to work with them in math and as a culminating activity, the children will have the opportunity to ice skate with the hockey players at Leddy Park.

We are very grateful to the Lumberjacks for spending time with us and wish them much success this season.



Notes From The Music Room

By Hilary Sales

Hello from the JFK Music Room! I am thrilled to be back at JFK for my second year! The kids are off to a rocking start in Music this year. Children in grades kindergarten to 5th have been busy singing, dancing and playing percussion instruments. Fifth graders are excited about starting Band and Orchestra and we have a record number of kids signed up for Band, Orchestra and Chorus this year! We've also started the planning process for our all-school December performance. The performance will be held on Thursday December 18. Keep an eye out for your invitation! The Band, Orchestra and Chorus will also have their own concert in January. Please feel free to contact me if you have any questions or if there is something that you might like to help with in the Music Room!

Thank you for welcoming me back to the JFK community. I look forward to making music with all of your children. It's going to be a wonderful year!

Second Grade News

By Angela Moulton

The second graders are settling into a new and busy school year. They are learning the routines with a few big changes. The biggest being that recess is before lunch! They have quickly adjusted to this. The theory behind this switch being that students will eat more if they exercise first.

Students are using Mindfulness in the classroom as a part of the daily routine as well. This is a great part in the day to relax, breathe and focus on doing both their breathing and relaxing. It is a helpful tool when things get stressful and they need a quick way to reset back to calm. It is a strategy that we will grow all year in many ways.

Lastly, during the first weeks of school, second grade has been working on learning about each other and building our classroom communities. We are off to a wonderful start.



Yoga AfterSchool

By Mag Thomas

After a long day of learning, there are a group of students that meet with Ms. Bryan on Tuesday afternoons. You can find this group of students (from Kindergarten, 1st grade, and 2nd grade) relaxing and doing yoga with Ms. Bryan. They are learning how to breathe in and relax, while having fun! As they move through their newly learned yoga poses, they stretch their bodies and listen to stories. When the hour is over, their minds and bodies are relaxed and rest for the rest of their day!



Mindful Learning

By Kate Grodin, Middle/High School Assistant Principal

Traditionally, we look to learn from our elders. Often we assume it is the more senior students who will lead and model the expected behaviors. As our middle/high school begins to adopt the practice of mindfulness, it turns out our youngest students, sixth graders, have a lot to teach us.

This year WMHS has begun to work with the Center for Mindful Learning (CML) after a similar collaboration was so successful at JFK. Mindfulness is the regular practice of sitting still and developing the skills of focus and relaxation. Practicing just five minutes a day promises to bring better listening and attention as well as stress management, which can lead to better control of behavior and the setting and accomplishing of realistic goals. So how hard is it to sit for five minutes? I wanted to find out.

About 12 students sat in their middle school Teacher Advisory (TA) eating their morning snacks, chatting, and joking with each other when it was time to practice. Two people from CML were present to support the teacher as well as a parent volunteer who has helped out at JFK the year before. The guest teacher eagerly asked what the kids thought about mindfulness.

“It wasn’t fun! It’s just sitting there!”

“I hate being quiet.”

“I don’t like shutting my mouth for a moment.”

The teacher did not look surprised or dismayed. “I know,” she offered, “it’s the hardest thing I have ever done in my life! I love to move and talk, and then I have to sit there and feel the movement in my body. It’s so hard.” The students were engaged by this comment, and when it was time to practice, everyone was quiet the entire time, and several even looked both focused and relaxed. Turns out it was our sixth grade students, with a year’s worth of practice under their belts, who offered words of wisdom about why and how to use mindfulness.

“Last year we did it at 8:30, and after was math, and I knew I needed my body to get calm.”

“I learned that you can move a little bit, but not make a noise.” Wiggling a pen without tapping it was this student’s quiet movement of choice.

“I use the mindfulness to get calm and not be as mad at other people.”

Each day students practice, they choose a mindful message of the day from the program. This day the students chose, “When we are mindful, we strengthen our ability to concentrate.” I look forward to observing in a few months and seeing how our mindful students are doing with this practice and what kind of change it will bring for individuals as well as our school culture.

Eat Well Play More of Vermont Grants WMS \$3,000!

By Nancy Keller, M.Ed, CAS, NBCT

Winooski Middle School won a grant for \$3000 from Eat Well Play More Vermont (a YMCA State Alliance Initiative) for its Spartans in Motion Program, a physical activity initiative developed by our own middle school teachers and students! The grant award will assure that that this highly successful wellness activity will continue! A special shout-out and thanks to recent Winooski High School graduate, Cara Casier, for creating our video submission for this grant. Her work captured the SIM spirit and helped our proposal rise to the top. (See it for yourself at <https://www.youtube.com/watch?v=XMzdsM-NtAg>)

Over the past three years, notably through the support of the Bay and Paul Foundations, teachers have been engaged in both the study and implementation of more movement opportunities for students. Research confirms the link between active bodies and healthy minds, and Winooski teachers have embraced these findings to make a difference for their students. Every day middle-schoolers participate in 25-minutes of moderate to vigorous physical activity under the guidance of long-time fitness educator, David Quinlan of Martial Way Self-Defense Center. These movement activities range from circuit training three times a week, to yoga, to Bushintai-Do, to structured time in the gym, to special events like our Spartan Games, Choice Weeks and active field trips.

Become a Spartan in motion! Join us on the front soccer field for our Fall circuit training days: Mon/Wed/Fri at 11:20 a.m. (Team Nexus) and at 12:15 p.m. (Team Journey)!



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@wdschools.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@wdschools.org or 655-3530.

One Man's Journey Through Teaching

By Rich Lewis

Hello! I am delighted to be student teaching in Amy Sherrer's Humanities class this semester. While I am new in the role of student teacher, I am quite familiar with the school and students. I have been fortunate to work as a substitute teacher at Winooski Middle/High School for the past two years. One of the best things about being a substitute was that I got to experience many different subjects, ages and instructional styles across middle and high school. Winooski students made me want to be a teacher, and continue to inspire me to do my best in the classroom every day.

I am a native of Burlington and have lived in Vermont my entire life. I attended the University of Vermont and earned my BA in History in 1984. While working at UVM in the early 1990's I took Master's-level history courses as well. I have worked in communications in many different roles over the years for UVM, KeyBank and the American Cancer Society, to name a few. My love of history began when I was a child and my grandmother told me about the ancestors that had lived and worked in the house where she lived. I try to infuse my instruction of history and language arts with the same enthusiasm and excitement that I first experienced with her.

My wife, Gloria, and I just celebrated our 30th wedding anniversary! We have three children and two grandchildren. In addition to studying history, I play the drums and have sung in choirs over the years. I also do commercial voice production for a couple of local businesses in my spare time.

I will be completing my student teaching this winter and hope to earn my teaching certification in Middle Level Social Studies/Humanities next spring. In the meantime, I look forward to working with Mrs. Sherrer's Humanities class. If you would like to communicate with me directly, please e-mail me at rlewis@winooski.k12.vt.us.



Broken

Am I the only one wondering why
Bullying even exists,
Causing death and pain
Day by day?
Everyone should be loved or even
Feel cared for.
Games are played.
Harder and harder
It becomes to even breathe.
Just remember, they will never be perfect.
Knowing each day you may never fit in,
Lowers your self-esteem
More and more.
Not only are you hurt
Or broken, but
People will always
Question your
Reason for life and
Stability.
Tomorrow will be better, still people may
Underestimate you. Even the
Very most perfect people may
Wonder why they were even born.

— KS 2014

What Lies Ahead?

As time goes by,
Beautiful babies are born, and our loved
elders de cease.
Cherishing every second,
Day by day,
Every day.
Forever learning,
Gifts are given,
Hopes and dreams,
Joyous occasions.
Knowing I am loved,
Laughter fills the air, making
Memories to look forward to.
Nothing else matters.
Opportunities await,
Places to go,
Questions to ask,
Reasons to explore.
So what if I stumble?
Thinking of the past
Unites
Visions of my future.
What lies ahead?

— SH 2014

Destiny

All I know is that I want to be
Beyond my dreams. I need to
Chase them down,
Deciding what I will be.
Everything will come together in time.
How will I get there? You make ask.
I will have to keep going,
Just
Keep my head high,
Listen to my heart,
Move on,
Never look down.
On I will go.
People may
Question my actions, but
Right now, I have to believe in myself,
Stand tall,
Think "anything" is possible,
Understand that things happen because
We are in control of our destiny.

— DS 2014

Successful

A baby was born years ago
By a loving mother who stayed by my side
through the
Challenging times when it seemed to be
hard to get through the
Day.
Eventually, I wandered in life
Finding who I really am.
Goals in life
Have led me to a path that
I had never seen before.
Just when the path was coming to an end,
some
Kind of sign
Led
Me to the creative writer that I am.
No matter how many times I fail, I keep
On trying to get better. The
People that don't
Quit, such as myself,
Recognize the
Satisfaction of improvement
That makes them stronger.
Unless I stop fighting for my goals, I will
be
Very successful in life.

— TD 2014



September's Artist of the Month:

Elisha Limbu

Elisha has shown tremendous work ethic in the classroom already, and is very dedicated to her education. It doesn't hurt that she is very talented as well! Congrats to Elisha!



The Winooski PeaceJam Club is Ready for the 2014-2015 School Year

The Winooski High School PeaceJam Club has had its first meeting and we are so excited to begin! We are a diverse, committed group of students and are working towards creating a Global Call to Action Project to help achieve Human Security. For Winooski, this means creating a safer and healthier place to live by reducing violent crimes, suicide, racism, and drug use. We hope to also increase multicultural awareness and respect for our diverse community. We meet every Thursday after school in Room 212. If you are a high school student and want to make a positive change in our community, stop by for more information. Club advisors are Ms. Clark and Ms. Houghton.

Guidance News

By Emmy Charron

Parents and students can stay up to date by following the new guidance Twitter feed: @WHSGuidanceNews

Seniors: It's time to start making meetings with Emmy about your plans for next year! November 1st early decision deadlines are right around the corner!

We have Military and College recruiters visiting WHS come meet with students:

10/13: College of St. Josephs (VT) @ 2:00

10/16: Keene State College (NH) @ 10:30

10/21: Southern VT College (VT) @ 12:00

10/21: Green Mountain College (VT) @ 1:15

10/21: Johnson State College (VT) @ 2:00

SAT/ACT Registration:

10/9: Last day to register for the Nov. 8th SAT's

10/25: ACT Test Date

Juniors: 10/15: PSAT exam - sign up with Emmy for a risk (free) opportunity to take the Pre-SAT exam.

Save the (NEW) Date: STEM Parent Night!

Mark your calendars for **Wednesday, October 22** for the first annual STEM (Science Technology Engineering and Mathematics) Parent Night for Winooski Middle and High School!

Bring the whole family to enjoy an evening of active learning—from tossing objects across the gym with small catapults, to controlling Lego Robots in a robotic battle, to watching our legendary Egg-Drop Competition. All activities will be hosted by Winooski's student scientists, engineers, and mathematicians. Parents, brothers and sisters will get an inside view of what it means to "do STEM" at our school.

Begins at 6:00 p.m. and concludes at 8:00 p.m. Food (and fun) is provided—free of charge! We hope you'll join us.



Richard Vincent builds his Lego Robot.



WHS student Dah Dah explores the Winooski River



Foundations of Science students engineering waterwheels



Ms. Bundy's Food Science class conduct chemistry tests for macronutrients.

Student Assistance Program Update and New Opportunity for Parents

by Danielle Jatlow, LICSW

Welcome back, students and families! I have enjoyed seeing lots of familiar faces and meeting new students as well. I'm really looking forward to working with you during this school year.

My position at Winooski MS/HS is made possible through a partnership between the Winooski School District and Centerpoint Adolescent Treatment Services. I am a Substance Abuse and Mental Health Clinician at Centerpoint and I'm also the Student Assistance Program Coordinator at Winooski. I provide health promotion and substance abuse education programming, brief intervention and student support, assessment services, and individual counseling for Winooski students. I also provide family support and family counseling services. We launched a new initiative last year, which brought in-school experiential groups to Middle School students including In Motion (a self-expression and movement-based group) and Facetime (a social skills, peer leadership and community connections group) to increase opportunities for health promotion activities during the school day. We also partnered with the Albany College of Pharmacy and Health Sciences (ACPHS) to provide in-class education to Middle School students about prescription drug use/abuse, a new, important and highly relevant addition to our substance abuse education program. We will be working with the ACPHS again, but plan to expand the program to include High School students as well and the experiential student support groups will be starting by the end of September. If you have a Middle School student who is interested in being a part of the groups, please let me know.

This year I am excited to launch quarterly Parent Meet-Up discussions as a way to support parents to receive and provide information about the unique challenges and rewards of parenting adolescents (or soon-to-be adolescents). Parents are the most powerful influence on children's behavior.

The first Parent Meet-Up will take place on **Thursday, October 9th** (a change from our initial September 25th date due to a conflicting school meeting) from **5:30-7pm** in the Library at the Winooski Educational Center. All parents are invited. Please come and join me and other Winooski parents as we discuss topics such as:

- What can I expect as my child transitions into Middle or High School?
- What's going on for my teenager (physically, emotionally and socially?)
- How can I support success for my child?
- Who can I talk to if I have concerns?

We will also be working together to identify other topics of interest for future meetings. If you are unable to attend the meeting, but still want to receive information (or handouts) about the discussion, please don't hesitate to contact me. If you have ideas about topics you would like to discuss during the Meet-Ups, please call or send me an email. I want to hear from you!

I can be reached at djatlow@winooski.k12.vt.us. My phone number is 802-383-6093. Thanks so much and I look forward to seeing you on October 9th!

WMHS Seeking Tutoring Volunteers

Do you want to make a difference in our community?! Here is your opportunity: Winooski Middle/High School is seeking volunteers to come into the building during the school day to offer academic support. This assistance might come in the form of 1:1 tutoring, small group work, and classroom assistance.

Volunteers must be willing to commit to two hours per week. Please contact Libby Houghton at 383-6108 and/or ehoughton@wdschools.org. Thanks!

Robotics!

By Nancy Keller

"I want to be a mechanical engineer, and Lego Robotics is kind of related to what I want to do for a job," replied sixth grader Skylar Meehan, when asked why he

joined the afterschool Lego Robotics Club taught by middle school mathematics and science teacher, Steven Forman.

"I like Legos and robots, so that's why I joined," seventh grader Parker Kane chimed in.

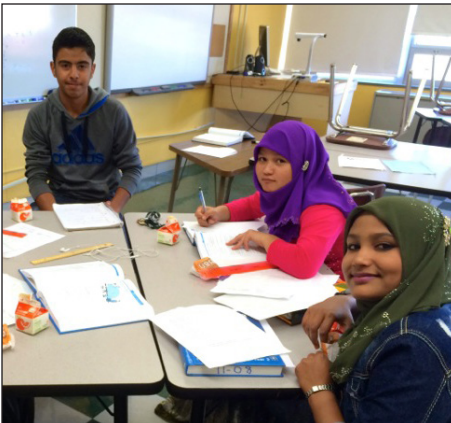
"I like Legos, too," added ninth grader Richard Vincent, "and I usually go to the library after school, so this was a good change."

Whatever the reason, the students in this new hour-long afterschool program held on Tuesdays absolutely love what they do: Building a Lego robot that looks like a modified tank. This machine can be manipulated remotely by writing your own computer code or by using your smartphone as a game controller. It's high tech. It's cool. And it's fun.

Over the summer, Mr. Forman discovered Lego Robotics when he taught two robotics programs during the CCLC Summer Program for middle school students. After seeing the middle schoolers enthusiasm for this STEM (Science, Technology, Engineering and Mathematics) activity, he wanted to offer the program this fall as part of Winooski Middle School's afterschool programs.

Want to see the Lego Robots in action? Come to Winooski Middle and High School's STEM Parent night for a robotics demonstration, to be held on Wednesday, October 22 from 6:30 pm to 8:00 pm in the cafeteria! See for yourself why these robots are so amazing. Legos are not just for little kids anymore!





High School Afterschool Core Support Programs

By Barbara Russ

Every Tuesday and Thursday 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.

Core Support is offered:

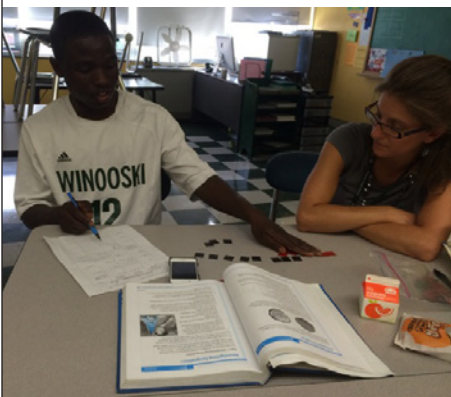
Tuesdays

- 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

Thursdays

- Technology Core Support with Ms. Poquette in Room 211

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



COMMUNITY NEWS

Update from your City Council

By Seth Leonard, City Councillor



We hope you have enjoyed the summer in Winooski. It has been a very busy summer for city staff and volunteers. It is easy to see the infrastructure improvements of summer work such as new sidewalks and paving that take place. However, the work of our folks in the Community Services Department Summer Programs is more difficult to see with the eye: they served a combined 5321 meals between breakfasts and lunches, provided employment experience and training to 21 Winooski youths through the Teen Employment Program, and served 95 youth through the Summer Thrive Programming!

The City is happy to welcome Richard Hebert as the Interim Chief of Police. Chief Hebert has served Winooski as an officer for the past 18 years, and now will guide the department as our community opens the formal search for a permanent Chief of Police.

Finally, transportation improvements will be a focus for the City Council over the next year. We are lucky to have a fantastic and innovative partners such as CarShare VT (service is available at the Champlain Mill!), VTrans, Local Motion, the Chittenden County Regional Planning Commission, and the Chittenden County Transportation Authority helping us address safety and transportation access issues.

In the meantime, if you have any questions or suggestions, please feel free to contact me by phone at 655-4879 or email at mobrien@winooski.vt.org. Or you can contact any of your city councilors. You can find our contact information below or on the City website at www.winooski.vt.org.

Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	mayor@winooski.vt.org	802-655-4879
Deputy Mayor Sally Tipson	stipson@winooski.vt.org	802-655-3894
Councilor Brian Corrigan	bcorrigan@winooski.vt.org	802-999-9270
Councilor Seth Leonard	sleonard@winooski.vt.org	802-777-3381
Councilor Brian Sweeney	bsweeney@winooski.vt.org	802-734-6902
City Manager Deac Decarreau	deac@winooski.vt.org	802-655-6410

Visit the city website at winooski.vt.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 @winooski.vt

WCSPC Update

The Winooski Coalition for a Safe & Peaceful Community works to strengthen lives by building whole health, promoting learning and life-giving choices, and claiming Winooski's place as an inclusive and diverse community where all people flourish and thrive. This past month, the coalition hosted a follow-up conversation to the first Community Dialogue Night held at the O'Brien Community Center. The conversation addressed opiate abuse on a local level—looking to practitioners in the fields of treatment, recovery, prevention, and justice to educate and converse with participants. As we continue to learn and share the ways that opiates impact our community, we are exploring steps we can take as citizens to make a difference.

New to our team is Sarah Petrokonis. For the past two years, Sarah has been working with diverse youth and at-risk communities in rural Alabama and Winooski. She is passionate about helping youth develop their strengths and expression, and she looks forward to bringing that passion to her new role as community mobilizer / project coordinator. She will be doing a lot of listening--helping us make progress toward eliminating barriers to happiness and success of community members.

Fall Fun At The Winooski Senior Center

Adventurous Seniors finished the summer with a bang – summer road trips to ParcSafari, a private tour at the Fleming Museum, and the St. Alban's Civil War Re-Enactment. Many thanks to George Vigneault for being our “wagon master” on many of these days away.

Over 100 guests celebrated the end of Summer, and the beginning of Fall with the annual



Chicken Barbeque and Fall Kick Off. THANK YOU to everyone who gave their time to make this a success.

Our summer sports groups continue into the fall – Bocce, Walking, and Tai Chi – focus on fitness, friendship, and fun. As we head into October our popular Stength and Flexibility Exercise class with Barbara Jordan is back with new routines. Many thanks to Allan Seigel, Nan Spence, Ken Lauritzen, Elizabeth Wirls, and Lynn Lieb for their devoted commitment to senior fitness!

We invite you to jump into Fall with our interesting activities and trips! Remember, ANYONE who is 55 or older is welcome to participate in Senior Center events.

OCTOBER EVENTS:

– **OCTOBER 1, 10, OR 15 - Leaf Peeping and either a snack or supper.** Time, Date, and Cost TBD 655-6425(we are finalizing these plans, please call the Center for an update)

– **OCTOBER 7th – General Meeting open to all Seniors** – 11:30am Lunch \$5, free presentation: A realtor who specializes in working with seniors, Liz Merryman will answer YOUR questions about buying and selling your home, or the home of someone you love.

– **OCTOBER 8th – Apple Picking at Chapin Farm** - \$2 departs the WSC at 12:30, returns to WSC at 2pm

– **OCTOBER 22nd – Flu Shot Clinic** – 9-11am

– **OCTOBER 25th & 26th – Community Pumpkin Carving** – Free! Presented by Season's Greetings 9-6

Greetings from Winooski Youth Programs!

The Winooski Teen Center has opened for the 14-15 school year, and we are excited to be underway! Three new AmeriCorps staff members are already busy planning and leading programs and activities. They introduce themselves and explain a little of their backgrounds below.

New Staff Profiles

(Pictured left to right are new staffers along with Coordinator Ethan Hausman They introduce themselves below.)

- Hello! My name is Katy Gimma, and I am the new High School Activities Coordinator at the Winooski Teen Center.

I am originally from Ithaca, which is in the southern part of New York State. This spring I graduated from Plattsburgh State University with a degree in biology and minors in chemistry and botany (the study of plants). I am excited to be working at the O'Brien Community Center with the rest of the Youth Programs crew. I love outdoor sports and table games like pool and air hockey. I am so excited for all the fun we'll have this year!

- Winooski! My name is Meghan Young, and I am the new Meals & Special Events Coordinator at the Teen Center within the OCC. I am coming to you from rural New Hampshire where I have been running my own small, diversified farm. I graduated from the University of New Hampshire in May 2013 with a degree in microbiology and a minor in French, but I have been working on farms and with youth since then. I am so pumped to be here and even more excited to be bringing more amazing meals and events to youth in this community! I love hiking, running, most every sport, and the outdoors in general, and I am hoping to bring these interests into my work at the Teen Center. This is going to be a great year, and I look forward to meeting you and your kids!

- Hello, Winooski! My name is Rebecca Stewart and I am the new Middle School Activities Coordinator at the Youth Center! I just moved here from Illinois to serve in Winooski through the VYDC AmeriCorps program. I grew up on the Mississippi River in a city called Moline, which is located directly next to Iowa, so Winooski is pretty different from my home town. I attended college at Southern Illinois University Carbondale; I graduated with a major in history and minors in anthropology and museum studies. I intend to get my masters in museum administration in the upcoming year and eventually curate some type of natural history museum.



Schedule of Programs

Programming at the Winooski Teen Center (following school schedule) includes:
After School Open Hours (for students in grades 4-12): Monday – Thursday, 3:00 – 5:30PM • **Homework Help** (open to any MS or HS students): Monday – Thursday, 6:00 – 9:00PM • **Youth Dinners** (free for kids 18 and under): Tuesday & Thursday evenings, 5:30 – 6:00PM • **Teen Hangout Fridays** (HS students only): 4:00 – 9:00PM • **Saturday Lunches** (free for any kid age 18 or under): served 12:30 – 1:00PM • **Saturday Open Hours** (for students in grades 4-12): 11AM - 4PM most weekends • **Field Trips** (for MS or HS, depending on destination) on vacation and early-dismissal days

October Trips & Events

October is shaping up to be an exciting month for youth programming. We have a trip to Shelburne Orchards planned for the 10/14 early-dismissal day and will be taking students on a scavenger hunt hike when they're off from school on 10/17. A 3v3 basketball tournament and a flag football game are also on the schedule, with a special Halloween event hosted at the O'Brien Community Center at the end of the month. (More about that event on page __.) Questions about any of these programs or events can be directed to Ethan Hausman and the Youth Programs staff (655-1392 x15 or coordinator@winooski.org). Don't forget to check out and like our Facebook page at www.facebook.com/winooski.teencenter !

Fall Programs at the Winooski Library

Check out all our fall programs below! 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 school vacations. If you have any questions about any programs, call the library at 8-2-655-6424 or email the children's librarian at jlsummer@winooski.vt.org. We'd love to have you join us!

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!

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 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 tween clubs with structured activities. Each month will be a different topic, with different activities each week. 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. A calendar of specific activities for each Friday will be up on the events page of the youth services website soon, so stay tuned!

Free Preschool Program at the Winooski Family Center!

The Winooski Family Center currently has preschool openings for the 2014-2015 school year. Please call Karen at 655-1422 for more details about this free program.

Homework Help Volunteers Needed

By Dylan Kelley, Community Engagement Coordinator

As the school year comes into full-swing, we here at the O'Brien Community Center understand that more and more students may be looking for a little extra assistance in getting more comfortable with all those tricky subjects. Frequently relying on Education Department students from UVM, we're also looking to expand our opportunities for community members to engage in tutoring activities. To dive in at the O'Brien Center send us an e-mail via vista@winooski.vt.org.

Volunteers Support Camp Splash *The Free Swim Program Teaches Life Saving Water Skills*

By Cal Workman, Marketing Director Greater Burlington YMCA

Sixteen teen volunteers from Green Mountain Aquatics Swim Team (GMA) donated more than fifty hours to support the Y's Aquatic's Department and the Y's Camp Splash. Camp Splash offers free swim and water safety classes to Winooski youth, with a particular focus on low income families and the New American population. "This is truly a community service, a gift from the community for the community," said Jess Lukas, Assistant Director of Aquatics and the Program Leader. "Volunteers and sponsorship from local businesses brings it all together." In 2014, 79 youngsters participated in Camp Splash. The lessons were all provided free, underwritten with support from NorthCountry Federal Credit Union, MyWebGrocer, and individual donors to the Greater Burlington YMCA annual campaign. Volunteers from GMA also played an important role. Skilled swimmers understand what and how to present the progression of basic swim skills, and their enthusiasm for swimming motivated and inspired the new swimmers. "At GMA team leaders are expected to share their love of swimming and teach swimming skills to members of the greater Burlington Community," said Laura Matuszak of GMA. Swimming encourages athletes to be champions in both swimming and in life." The Y Camp Splash was launched in the summer of 2011 with the desire to reduce the number of accidents in our area. According to the Y-USA, many accidents in and around the water are preventable. Learning to swim is particularly important in this region with the prevalence of backyard and community pools and Lake Champlain, the Winooski River, and other bodies of water in the area. The first season of Camp Splash was expected to serve 28 participants and instead attracted more than double the number. Participation continues to climb year over year. Lukas estimates more than 300 youngsters have completed the program so far. Operating out of Myers Pool in Winooski, Camp Splash supports children ages 3-12 who meet three times a week for 45 minutes. Over the course of the summer, there are eight separate sessions of Camp. Sponsorship opportunities are available for the 2015 season.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

We are off to a busy start this year in the health office! Here is some food for thought:

1. If you have not already done so, please fill out the emergency health information sheet and return it to the school.
2. If you have a student K-2 we highly recommend that you place an extra set of clothes in their backpack in case of an accident. We have limited items in the health office.
3. We will begin hearing and vision screenings in the health office this month. You will be notified if your child's results are outside of normal limits.
4. It's never too early to start thinking about flu shots! Call your doctor to make your appointment today!
5. It is extremely important to make sure that our office has the most up to date phone number on file in case of an emergency. If your phone number changes throughout the school year please make sure to update the main office and health office.

Tooth Tutor Update

By Diane Polson, RDH

Welcome Back Students! I am here to help students stay up-to-date with their Dental Care. I work under the State's Tooth Tutor Program. The goal of this program is to make sure all students have a dentist and are seen at least once every year. Turn in your Health Information Card complete with Dental Information (name or practice of dentist and date of last visit - within the last year) promptly.

Remember, Vermont Dental Care now offers a ride program for dental appointments! SSTA (the transportation company) will pick your child up

from school, bring them to their dental appointment and then safely return them back to school after their appointment is complete. For more information and to see if your child qualifies for the

program, contact me, one of the nurses, or call Vermont Dental Care at 655-2385.

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

ELEMENTARY SCHOOL LUNCH MENU — OCTOBER

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

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.

Important Dates		WINOOSKI ELEMENTARY SCHOOL October 2014				
<p>October 10: Taste Test Event October 13-17: National School Lunch Week October 14: Early Dismissal Grades 6-12 October 17: No School October 22: Delayed Start Grades K-5 The Abbey Group's meal options are prepared home-style daily with fresh local products and comply with the new USDA Meal Patterns! MENUS ARE SUBJECT TO CHANGE USDA is an equal opportunity employer and provider</p>						
<p>Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Go to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php</p>						
		Wed., Oct. 1	Thurs., Oct. 2	Fri., Oct. 3		
		Cheesy Breadsticks Hearty Country Vegetable Soup Marinara Dipping Sauce Garden Slaw Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Southwestern Rice Pilaf Warm Black Beans Steamed Corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Chicken & Biscuit Steamed Peas Mashed Potato Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk		
Mon., Oct. 6	Tues., Oct. 7	Wed., Oct. 8	Thurs., Oct. 9	Fri., Oct. 10		
Chicken Patty Sandwich Lettuce & Tomato Rice Pilaf Steamed Corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Rotini w/Meat Sauce or Marinara Sauce Spinach Salad Roasted Zucchini Sticks Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese Veggie Pizza, Or Chef's Choice Fresh Carrot Sticks w/Hummus Dip Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Taco w/ The Works Seasoned Taco Meat, Mozz., Cheese, Lettuce, Salsa & Soft Flour Tortilla Rice Pilaf Marinated Black Beans Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Pancakes VT. Pure Syrup Sausage Links Sweet & White Home Fries Celery Sticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Taste Test: Cheesy Cauliflower Fresh Fruit Fresh Milk		
Mon., Oct. 13	Tues., Oct. 14	Wed., Oct. 15	Thurs., Oct. 16	Fri., Oct. 17		
National School Lunch Week Dress Your Own Burger Lettuce, Tomato Homemade French Fries Baked Beans Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Early Dismissal Grd 6-12 National School Lunch Week Macaroni & Cheese Roasted Broccoli Side Caesar Salad Homemade Cornbread Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	National School Lunch Week Homemade Pepperoni, Cheese Veggie Pizza or Chef's Choice Chopped Green Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	National School Lunch Week Chicken Fajita Chicken, Sautéed Onions & Peppers, Soft Flour Tortilla, Salsa, Calab Chiles Rice Pilaf Warm Black Beans Steamed Corn Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	No School		
Mon., Oct. 20	Tues., Oct. 21	Wed., Oct. 22	Thurs., Oct. 23	Fri., Oct. 24		
Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Sweet Potato Wedges Baked Beans Dinner Roll Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Spaghetti w/ Meat or Marinara Sauce Chopped Green Salad Garlic Breadstick Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Delayed Start Grd K-5 Cheesy Breadsticks Marinara Dipping Sauce Hearty Chili Garden Slaw Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Shepherd's Pie Ground Beef, Mashed Potato & Corn Cheesy Cauliflower Cornbread Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Grilled Cheese Sandwich Chicken Noodle Soup Carrot Sticks Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk		
Mon., Oct. 27	Tues., Oct. 28	Wed., Oct. 29	Thurs., Oct. 30	Fri., Oct. 31		
Dress Your Own Hot Dog Oven Baked Homemade French Fries Baked Beans Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Cheesy Chicken Alfredo Steamed Broccoli Side Caesar Salad Homemade Cornbread Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese Veggie Pizza or Chef's Choice Chopped Green Salad Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Warm Black Beans Creamy Coleslaw Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk	French Toast Sticks w/ Syrup Scrambled Eggs Sweet & White Home Fries Green Pepper Strips Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Chef Salad Fresh Fruit Fresh Milk		

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

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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