

ALSO INCLUDES
Community News!
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WINOOSKI SCHOOL DISTRICT NEWS!

OCTOBER 2015

VOLUME 13, ISSUE 1

Celebrating Our Achievements!



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PTO Craft Fair

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

4 Reasons to Set Roots in Winooski

By Sean McMannon, Superintendent of Schools

I am excited and grateful to begin my third year as your superintendent! One of the things that I have noticed is the high number of families moving in and out of Winooski.

Clearly, changing schools has an impact on student learning. The greatest harm is associated with multiple moves. Children who moved three or more times in the first few years of school show the most negative associations. A high rate of mobility could be a contributing factor on its own, but it is consistently accompanied by other risks, such as family disruption, homelessness and economic disruption. (Student Mobility: Exploring the Impact of Frequent Moves on Achievement: Summary of a Workshop <http://www.nap.edu/catalog/12853.html>) This is why I would like to encourage everyone to set roots, stay in Winooski and be a part of something great!

Reason #1: WSD students who consistently attend and engage in our PreK-12 continuum perform well in reading. For example, our NECAP data for 19 students who graduated in 2014 (36 total graduates) and took all the Reading assessments in grades 4-8 and 11 shows that 85% of WSD students tested Proficient or above in Reading (VT Avg=72%).

Also, given the complexity of our student population I am proud to say that 70% of our students in grades 1-12 made at least 1-year's growth in reading this past school year and 67% of our K-5th graders are on grade-level according to the Fountas & Pinnell.

The bottom line: Students that stay in the WSD system throughout the PreK-12 continuum will be ready to succeed in the world!

Reason #2: WSD is a leader in the state and across New England in the area of student-centered learning. Vermont has required that all high schools have proficiency-based graduation by 2020. In order for students to demonstrate proficiency in our Graduate Expectations (GXs) such as "Effective Oral & Written Communication" and essential content like life sciences we have chosen to put each individual student at the center of their learning. This approach allows students to design their own learning with support from teachers, parents and local experts in pursuit of demonstrating proficiency in the required GXs and essential content.

WSD is in its fourth year of developing this student-centered learning model with the Burlington School District (BSD) through generous grant funding from the Nellie Mae Education Fund (NMEF). We have been held up as an example by VT Secretary of Education Rebecca Holcombe as a school district that is way ahead of the curve when it comes to student-centered learning and proficiency-based graduation.

The bottom line: We are not only ahead but demonstrating innovative leadership when it comes to student-centered learning and proficiency-based graduation!

Reason #3: Winooski is a leader in wellness. The Mindful City grant has been a huge success with weekly mindfulness practice at the Mercier Senior Center, daily practice in JFK classrooms and our locally-elected officials getting in on the act with city council and school board meetings modeling this important practice. In addition, the City is enhancing youth and teen programming, improving parks and trails with community input and encouraging stronger neighborhood bonds through block parties, concerts and movies. Other examples are yoga classes, and walking, running and cycling groups at WSD and in the broader community.

Another way WSD is working on wellness is through the Spartans-In-Motion (SIM) middle school movement program. Eric Jensen, author of *Teaching with the Brain in Mind* says "movement will influence the brains of students and can be an effective cognitive strategy to (1) strengthen learning, (2) improve memory and retrieval, and (3) enhance learner motivation and morale." Each day middle school students and teachers engage in a variety of activities such as yoga, soccer, walking, basketball and jump rope. We have begun to gather data from students and the initial results are very encouraging:

- 76% of students say they "like physical activity"
- 84% of students say they "understand the value of fitness"
- 68% of students say "physical activity improves their mood"

The bottom line: The City of Winooski and WSD are working with the community to ensure a healthy and vibrant citizenry!

Reason #4: Finally and most importantly, Winooski just rocks!!! We are a wonderful, strong and diverse community. You cannot get the tight-knit and urban experience anywhere else in VT like in Winooski. While we have our challenges like every community, we have characteristics that other towns and cities do not. From our strong immigrant tradition of French-Canadians to recently-arrived refugees from across the globe we are blessed with a cultural richness that is like no other in Vermont! WSD students have come from over 35 different countries and speak over 20 different languages. This cross-cultural experience for all of our students prepares them to succeed in the global setting beyond Winooski.

The bottom line: Winooski is unique, resilient and quickly becoming the place families want to be for innovative and excellent education, cultural diversity and community wellness! Winooski just rocks!



Excited students at our August Back-to-School School BBQ

School Board Update

By Tori Cleiland, Board of School Trustees

Greetings! What a journey we've been on as the Winooski School District steadily re-designs how public education is delivered in our buildings and to our students.

There are five things driving our educational organization's journey as we push the envelope of design:

1. The Ends Statement -- drafted by the board based on feedback from the community.
2. The Graduation Expectations -- co-collaborated by the parents, community, faculty, and administration
3. PBL (Project-based and Proficiency-based Learning) and SCL (Student Centered Learning) -- pointed to by the Agency of Education in Act 77
4. PLPs (Personalized Learning Plans)

*Taking delight in the journey takes confidence.
It pushes the envelope of design. And it's fun.*

— SETH GODIN

-- a directed from the Agency of Education in Act 77

5. Wellness -- a good sense foundation from the administrative team understanding that students who are physically and emotionally well can better optimize learning opportunities.

To me, this is a fabulous combination of collaboration between school and community, state education laws, and a collective understanding and practice of taking care of our kids and families from the inside out.

In August the board and administration came together at a board retreat to reflect backwards and think forward. We asked ourselves honest, clear

questions: What went well? What could we have done better? How do we move forward?

Like Mike Decarreau stated in his August 2015 article, "We are also working to do something we have not done well in the past and that is to shout out loud about our successes and our shortcomings". Communication with families and community is our collective priority this coming school year. Will you be our checks and balance? Will you let us know how we're doing? Your voice matters in our process. We the board represent you the community. Please send us kind, honest feedback on how we're doing. We look forward to hearing from you.

Let's enjoy this journey together!

SBAC Results Update

By Kirsten Kollgaard, Director of Curriculum and ELL

The Vermont Agency of Education shared the results of the new Smarter Balanced Assessment Consortium (SBAC) test with the public at the end of August. The SBAC was given for the first time this spring and replaces the New England Common Assessment Program (NECAP) testing.

The SBAC tests students' proficiency in math and reading in grades 3-8 and 11 and is fully electronic. During the month of September, teachers and administrators have been analyzing the test results. The district will send the parent reports home in late October after the Vermont Agency of Education provides a training for school administrators around sharing the results.

If you have any questions about the SBAC testing please visit the Agency of Education's webpage at <http://education.vermont.gov/sbac> or contact me at (802) 383-6098 or kkollgaard@wdschools.org.

Meet the New School Resource Officer!

Hi, my name is David Solomon and I am the new School Resource Officer (SRO) for the Winooski School District. I came to the Winooski Police Department this past spring after spending the last 14 years at the South Burlington Police Department. During my time at South Burlington, I served in a number of roles including two years as a school resource officer. Prior to becoming a police officer, I had a background in education and taught for three years in a special education program. I have thoroughly enjoyed my short time here at Winooski and am looking forward to serving this great community in the years to come.

My primary concern for the children and staff here at the Winooski School District is safety. With that in mind, I would like to put out some reminders:

1. While driving please make sure your all children are properly buckled with a seatbelt and/or car seat. Vermont Law requires that children ages one through eight be buckled in a child passenger restraining system (booster seat). Children aged eight through seventeen are required to have their seatbelts on. If the child is not properly secured, the fine for the driver is \$25 on a first offense, \$50 for a second offense and \$100 for a third and any future offenses. I know there is also a temptation for your child to take off their belt once in the school parking lot, but they must remain buckled until the vehicle stops.

2. Please remember the lane directly in front of the school is for the school bus and drop-offs only. Picking up your child or parking your vehicle (attended or not) in this lane is prohibited. There have been issues in the past with parked vehicles causing congestion in this area. This in turn has made it difficult for the bus to park and unload, as well as causing unsafe conditions for children trying to cross. If you need to wait or go inside with your child, you are welcome to park in any appropriately marked parking space. You may also park along the right curb in front of the entrance to the drop-off lane. Thank you for your patience and understanding in this matter.

If you have any questions or concerns about any issues regarding safety, you can contact me at 383-6032 or dsolomon@winooskipolice.com. I am usually out front at the beginning and ending of the school day, so if you see me, feel free to come talk with me. I appreciate your taking the time to read this. Be safe out there and let's have a great year!

Waste Sorting Comes to Winooski Schools

By Jaycie Puttlitz, Wellness Coordinator

This year, staff and students returned to find two new waste sort stations in the cafeteria. The stations will help students begin to think about sorting their waste as we count down to 2020, when the state of Vermont is expecting all residents and organizations to separate compost, recycling and true trash.

With help from the Chittenden Solid Waste District outreach coordinator Rhonda Mace, some students made signs this summer with items from the cafeteria that typically need to be sorted to help with learning. Rhonda came back in the first weeks of school to help students learn to sort. The students are learning what items on their lunch tray can be composted, which items belong in the trash and which items can be recycled. "Where does the food go?" asks one first grader. "To feed the worms!" replies Rhonda.

Students take responsibility for their own trays. Many of the elementary classes come up as a class and use their mindfulness skills to stay focused and relaxed as they wait in line and think about where each item goes. First, they pour out left over milk and throw away the carton and any plastic wrappers in the trash. Then they scrape food waste and napkins into compost and put their silverware in a bucket. If they have recycling, that goes last before they stack their trays on a cart for the staff to wash.

One waste station was built a little shorter than the other to accommodate the range of ages in our schools. Since JFK Elementary and Winooski Middle High School share one cafeteria, having two stations, one on each side of the cafeteria, has also helped with the flow of students entering and exiting the cafeteria. We also expect to save more silverware as students think about it what is on their tray and where it needs to go.

For more information about waste sort, please contact the Chittenden Solid Waste District at <http://cswd.net>.



One of Winooski school's new sort stations.



Rhonda helps a Kindergarten student learn to sort.



Winooski students learn to sort waste.



Kindergarteners sorting for themselves.

ANNOUNCEMENTS

Birthday Calendars for Sale — Support the Winooski Youth Baseball/Softball League

By Jeff Brosseau

Help support Winooski Youth Baseball/Softball by subscribing to our 31st 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 place October 1st for arrival around Thanksgiving, makes a wonderful holiday gift. For more information contact Jeff Brosseau 233-5530, Jeffrey.brosseau@greenmountainpower.com

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!



Please note: We no longer collect Campbell's Soup Labels. Thank you!

Join Us For Coffee and Socializing!

By Sister Pat McKittrick

The WCSPC UVM Medical Center and Starbucks sponsor:

- Free coffee hour at the O'Brien Community Center every Friday from 9 AM-11 AM
- Blood pressure screening on the 1st Friday of the month from 9 AM -11 AM.

It's a great opportunity to meet and greet your neighbors, and we hope you'll join us!

Coming Soon – Dollars For Scholars Calcutta!

By Linda Gregoire

**FRIDAY, OCTOBER 23RD at the RVA on 84 Weaver St
Come help support our Winooski graduates
succeed in college by funding our only local program**

FANTASTIC OPPORTUNITY TO WIN BIG MONEY! \$1,000!!
One ticket for \$50 allows entry for TWO to eat some hearty appetizers
peruse some local craft tables and raffle items while you wait
to see if you could be the LUCKY WINNER.

Money Saving Tip: Share the cost of the ticket with a friend(s) and help both all of you succeed. And don't feel pressure if you can't attend, you can still buy tickets and we will let you know if you win!

Sponsored by the Dollars for Scholars Committee — Raising Money to Help Our High School Graduates Succeed in College.

For more info find us on Facebook or visit our website <https://Winooski.dollarsforscholars.org>, or by contacting a member

- Karen Greene at kgreene@wsdschools.org - 802-383-6109
- Linda Gregoire at gregoirelinda@comcast.net - 802-655-3739
- Elizabeth Stillwell at elizabeth.stillwell@icloud.com - 802-363-3560
- Lisa Graves at bpsvt@aol.com - 802-355-9996
- Leon Wheeler at lwheeler@wsdschools.org - 802-655-3530

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. 24th from 9:00 to 6:00 or Sunday October 25 from 9:00 until we're done. Students must be accompanied by an adult. For more information, call Sally at 655-3894.



PTO Fall Fundraiser Underway!

By Tammy Cusson

The Winooski PTO would like to let the Winooski Community know that our Annual Fall Fundraiser kicked off on Friday, September 11th.

Students at JFK (grades pre-K through 5th grade) will be selling items from Great American (magazines, candy, wrapping paper, jewelry, etc.)

The middle school students will be selling coupon books (\$20) that offer fantastic discounts to local restaurants and stores.

The proceeds from the Annual Fall Fundraiser go to support end-of-year field trips for ALL Winooski students. All checks for these fundraisers should be made payable to the Winooski PTO.

Please be sure to get the name of the student you purchase items from in case we need to follow up on orders.

If you have any questions or concerns about this fundraiser or are interested in purchasing items or coupon book, please contact Tammy Cusson, PTO President at tjcusson21@gmail.com. Thank you for your support!

Need a high school diploma? YouthBuild is Recruiting!!

By Julie Hankins, AmeriCorps YouthBuild Community Partnership Coordinator

ReSOURCE YouthBuild is recruiting for our next crew of students, who will begin on **October 5th**. YouthBuild is an alternative education program



for men and women ages 16-24, with locations in Burlington and Barre.

Students will receive construction and weatherization training and earn industry recognized certificates, like PACT, OSHA-10, First Aid and CPR, and Work Keys, while completing their high school diploma or GED requirements.

Students also serve their community as part-time AmeriCorps members, and qualify for an education award to use towards college or other training programs. Students have worked with Winooski Valley Department of Parks and Recreation, Burlington Department of Parks and Recreation, Vermont Foodbank, Fellowship of the Wheel, and many more.

If you or someone you know is interested in becoming a YouthBuild student, call Julie today at (802) 658-4143 x27 to get more information or apply. You can also e-mail us at jhankins@resourcevt.org, or visit us at 266 Pine Street in Burlington, VT.



WELCOME NEW STAFF!



Welcome New JFK Staff

Left to right: **Caroline Bell** Teacher, Grade 5; **Elizabeth Wood-Hoffman** ELL Teacher, Grades 4-5; **Rafeef Faour** Instructional Assistant; **Michele Michalski** Teacher, Grade 4; **Kristin Holbert** Instructional Assistant; **Sarah Wason** Speech and Special Education Instructional Assistant; **Sara Raabe** JFK Principal



Welcome New Middle/High School Staff

Left to right: **Sierra Thibodeau** WHS Math Teacher; **Andrea Boon** Math & Science Team Nexus Teacher; **Tony Settel** Teacher/Guidance Counselor; **Andrea McDonald-Thibodeau** WMS Special Education Teacher; **Vicki L. Wolinsky** Health and Family & Consumer Science Teacher

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): **Jenny Teal** Reading Specialist WMHS; **Kari Maughan** Reading Specialist WMHS; **Alex Jones** Instructional Assistant; **Shunjiro C. Kida** Instructional Assistant

Photos row 2 (left to right) **Alison Chiarelli** Instructional Assistant; **Hannah Bedell** Instructional Assistant, Team Phoenix; **Mikaela R. Bee** Instructional Assistant, JFK; **David A. Couture** Instructional Assistant, WMHS

Photos row 3 (left to right) **Lindi J. Hixon** Special Education Teacher; **Johanes K. Lasher** WMHS Art Teacher, Sub for Jessica Bruce; **Vince St. Amour** Maintenance Tech; **Allison L. Waring** Instructional Assistant, WMHS



Settling In

By Sara Raabe, Principal

We are six weeks into a great school year. The daily routines have been solidified and become the norm for everyone again. It is always amazing to me how quickly everyone settles into a new school year.

The teachers at JFK are beginning to explore Responsive Classroom.

Responsive Classroom is a research-based approach that is focused on four key domains: Engaging Academics, Positive Community, Effective Management, and Developmental Awareness. During the first six weeks of school, as part of Responsive Classroom, teachers worked on building community in their classrooms and in the school. This time allowed for teachers and students to focus on building positive, high expectations for behavior and academics. By taking the time to create the expectations and classroom community, students form connections to peers and teachers,

allowing them to engage in academics and deeper learning throughout the year. As a school, we are embracing this approach, and I am working on ways to support our teachers throughout the process.

Thursday, September 17th, was the first in a series of principal coffees.

On the third Thursday of each month, I will be in the library to talk to parents, guardians and community members. There will be coffee provided by the Abby. The next coffee will be on October 8th 7:45 - 8:15am. Please come by to say hello, introduce yourself, or bring any concerns to my attention. I am incredibly excited about being in Winooski, and want to work with all the adults in the community to build strong positive relationships in order to benefit our students.

October 5th to October 9th is our Scholastic Book Fair. The book fair will be open during the day, and is mostly run

by students. This year, our teachers have classroom wish lists that are posted at the book fair. We also are collecting spare change to help students purchase books that otherwise would not be able to afford one. The box for this program, called All for Books, will be out at the book fair. Scholastic will match the financial donations, and donate books to children in need through organizations such as Kids in Distressed Situations, Inc., and the Kids In Need Foundation. So every cent donated helps two children gain access to books!

Please note these dates:

- On October 12th, there is no school (Columbus Day).
- October 21st is a late start day at JFK. Students are welcome to come to school anytime between 7:30 and 8:40. All students must be at school by 8:40. Breakfast is only served from 7:30 to 8:00.

First grade is off to a great start!

As a goal for the early weeks of school we have been working on four overarching goals:

1. Create a climate of warmth, inclusion, and safety;
2. Teach classroom routines and behavior expectations;
3. Help students get to know and care for classroom and school environment; and
4. Establish expectations for academic work.

To build the trust for learning, students need to know one another (and us) and develop a sense of belonging and significance in the classroom. Every morning we start our day with morning meeting. Morning meeting is made up of four parts, greeting, share, activity, and morning message. This is such a great way to make the students in our rooms feel welcomed and ready to start the day.

We are looking forward to an exciting year!

Little Buddies/Big Friendships

By Ally Roy and Deb LaForce

In an ongoing effort to create a school-wide community teachers Ally Roy & Deb LaForce merged their classes into a buddy system. Every two weeks the two classes will get together with the older children helping the little ones in a variety of ways.

This past Friday September 4, was their first getting to know you session.

Right away relationships were established and the bonding had begun. Twenty fourth graders loaded down with coloring books, bubbles and crayons paired up sometimes two to a child to begin the community building process.

Throughout their time together smiles could be seen everywhere you looked and the bonding process was in full swing. Upon their departure the kindergarteners had only one comment "when are you coming back?"





Second Grade

Room six is off to a great start this year. We are excited to have Morning Meetings and Closing Circle. On our very first day together we shared “what’s in our heads” as we started our school by drawing and writing at morning meeting. In closing circle we shared our first day feelings. The rest of the week we worked with our words and ideas from our first day feelings to rearrange, edit and create the following poem. We are proud of this work. It is something I will do again as we get further into the year to see how our feelings change. As you read you may notice that we chose to order our words by how we felt at the start of the day to how we felt at the end. It is a nice way to honor how everyone feels differently about the start of the school year. Welcome Back!

First Day Feelings in Room 6:

Shy	Inspired
Scared	Cheerful about my new teacher
Nervous	Joyful my friends are here
Exhausted	Glad school started
Good	Elated school’s back
Lucky	Changing from nervous to excited
Great	Happy-Happy
Joyful	
Excited	



Reading Fluency

By Traci Howell and Kari Osha, Special Educators at JFK

Reading Fluency is not reading fast. Reading fluency is the ability to read at a steady rate to maintain comprehension. Reading should move at appropriate rate of speed with expression. Children that read in a slow manner have a harder time understanding text. When children struggle with fluency it slows down their ability to learn in the classroom. Here is a fun and easy game you can do with your child to improve fluency.

Zip Cards

Children look at word cards all the time. Zip cards are designed to teach children to see words in phrases and recognize in a blink of an eye.

Supplies:

- 30 index cards with 2-3 word combinations like: with me, at once, go away, do not, you will do etc.
- piece of paper with a t-graph; at the top left write “zip” and the top right “unzip”

Directions:

Hold up the card and put it down in one motion. If read correctly, place on the zip side, if incorrectly place on the unzip side. After you read all the cards count up how many your child “zipped” and “unzipped”. Record your answer. Each time try to increase the zip side.

Here are a list of sample phrases you can use:

do not, I am, they are, at school, went away, funny face, on the chair, at home, play ball, will think, has made, at once, I like, did not go, with me, what I want, good work, I am going, I want Have fun!

Afterschool at JFK Elementary

By Mag Thomas

Session One of JFK Afterschool programs have begun! We are excited to start the school year with new exciting programs and some old favorites! We are fortunate to continue the partnerships with the Vermont Youth Orchestra, Sawmill Studios, and the 4H Tech Wizards this year. We are also offering Soccer for boys and girls in a partnership with the City of Winooski Parks and Recreation. Yoga, Read-a-loud and Strategy Games are some of the other programs that are being offered. Meals are provided for the students. The programs happen on Tuesdays, Wednesdays, and Thursdays. The first session will run for seven weeks ending October 23rd. We are looking forward to another great year in the J.F.K. Afterschool program!



MIDDLE/HIGH SCHOOL HIGHLIGHTS

The Kind of School We Want to Be

By Leon Wheeler, Principal, WMHS

Early in September our high school advisors (formerly referred to as TA teachers) led a conversation with students during advisory about what the three school expectations look like during lunchtime. “What is your job as student related to Respect Place and Property? Respect Self and Others? Engaged Learners?”

This conversation was in the shadow of our decision to open the campus for high school students during lunch. The kind of school we want to be is a community where students and staff alike are allowed to relax and move around more freely during lunch. As an adult, I appreciate having some free time at this mid-point in the day. If I need to take a walk around the track, or eat at the picnic tables, or

*Believe you can and
you're halfway there.*

— THEODORE ROOSEVELT

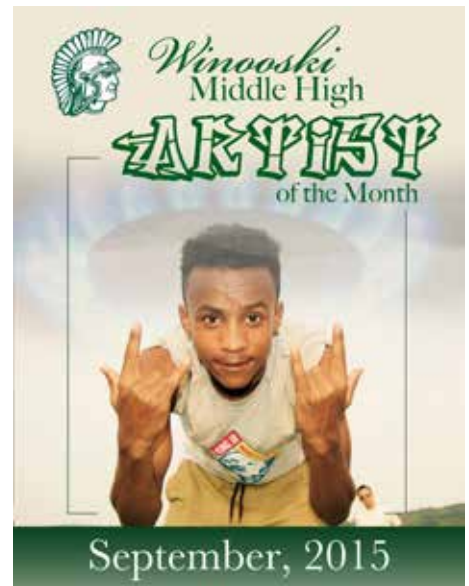
You become what you believe.

— OPRAH WINFREY

throw a Frisbee, or hang out with friends in the cafeteria, or play cards in an open classroom, it's great to be able to do it. I know my job during that time is to honor the trust others have given to me and meet the three school expectations.

That's the kind of school we want: a school built on trust and responsibility. A school that respects individual needs while holding clear expectations. And when a student doesn't meet the expectation, we want to be a school that holds students accountable for restitution.

Winooski is making good progress toward becoming the excellent school community our students deserve... becoming the kind of school we want! There's still a lot of work to be done, of course, but we are moving forward. It is great to be here!



Artist of the Month

By Mr. Lasher, Art Teacher sub

Please join me in recognizing September's Artist of the month: Reger Omar

Reger has been driven to produce quality work in Visual Communication class and seeks and integrates feedback into his subsequent work. He enjoys the creative process and isn't afraid to take creative chances to achieve new understanding.



SAVE THE DATE

STEM Family Fun Night!

Mark your calendars for **Thursday, October 29, 2015** for the second annual STEM (Science Technology Engineering and Mathematics) Family Fun Night for Winooski Middle and High School!

Bring the whole family to enjoy an evening of active learning—from investigating the microscopic world, to hands-on activities for the Junior Scientists, to 3-D printing, to watching our legendary Egg-Drop Competition. All activities will be hosted by our middle and high school students—future 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. with dinner and concludes at 8:00 p.m. Join us in the cafeteria for a smorgasbord of great food and fun—**all free of charge!**



High School Afterschool Opportunities

by Suzanne Skaflestad 21C Director

Community Service

If you are a high school student wondering where you are going to complete your community service hours required for graduation, look no further. Here at Winooski School there are community service opportunities through Winooski's 21C afterschool program.

Perhaps you are thinking about a future in education or the human service field, and you enjoy working with children. Volunteering your time in one of our classes is great way to gain experience, develop your skills working with younger students and receive credit towards your 10hrs of required community service required for graduation. Please see Suzanne Skaflestad in the MS/HS office for further information.



High School Core Support (for grades 9th-12th)

- **Math Core Support** with Ms. Mason on Tuesdays in Room 208. Come enjoy the new math lab and receive support in Math: IMP 1, IMP 3, Foundations of Algebra and Intermediate Math with Ms. Mason.
- **Math Core Support** with Ms. Mellon on Tuesdays in Room 206. Come work on strategies that will facilitate and enhance your understanding of math concepts, specifically in the content areas of IMP-2, Pre-calculus, and Calculus.
- **Science Core Support** with Ms. Bundy on Tuesdays in Room 201. This time is dedicated for you to get more individualized support in your science learning and to provide a place for you to do independent science work.
- **Technology Core Support** with Ms. Poquette on Thursdays in Room 211. Do you want to be able to type as fast as you think? Do you want help with your business simulations, applying for a job, or organizing your digital work? Come to room 211 for time to work independently or to receive one-on-one support.



High School Academic Support

- **Academic Support** with Ms. Houghton on Mondays and Wednesdays in Room 209
- **Tutor Coordinator** will be available to offer structured support to students.

Congratulations Eh Man!

By Coach Stephen Feiss

Eh Man broke the school record for career assists in soccer in early September. Keep up the good work!

Find the schedule of home games for all athletics on our website. See you soon!



Cars: We Like to Move It! Move It!

By Shannon Bundy

A new course at WHS explores the concepts of Newtonian physics through the engineering of balloon powered cars.



Students began the course by brainstorming the ways that physics was at work by watching cars in a variety of situations. Using that knowledge, they started to construct their own cars which would accomplish the goals of being safe, fuel efficient, and fast.

Once their prototypes are built, they will begin to do experiments that help them to see what variables are influencing the movement of their cars. They will then use the new learning to make modifications to their own vehicles. They will be making modifications at least two more times over the course of the semester.

So far, no cars have actually moved using just the force of their engine and fuel, the balloon and air respectively, but from our mistakes we learn! Problem-solving at its best!



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!



PeaceJam Welcomes You!

Welcome back everyone. We're glad that everyone is reunited once again in our PeaceJam program.

This year we have grown to about 22 members. Of course, we will always be happy to get more members. Hope you guys join and we'll welcome you with an open hand.

We cannot wait for you guys to try and to enjoy our international FOOD so come to our bake sales! Thank you for supporting the PeaceJam group.

1-to-1 Computing Update

by Drew Blanchard, Technology Integration Specialist

For 2015-16, all students in grades 3 - 12 will have their own iPad or laptop as part of their own personalized learning environment. This may look different at different grade levels, but all share common expectations and agreements. These formal agreements were written by groups of students, then reviewed and approved by all their classmates. The agreements all begin with the words: "The purpose of technology used at school is to enhance learning. When asked, I will be able to explain how the technology I'm using is connected to the work I'm doing." From there, the middle and high school agreements include different details, to focus on things the students believe are most relevant to them.

We are working to ensure students are responsible digital citizens - and helping 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 2015-16 school year features a major shift in the devices used by students in grades 6 - 9, as we move away from iPads and MacBooks and into ChromeBooks. This is not a decision we made lightly, and groups of students and staff spent many weeks in the spring of 2015 comparing different devices, hoping to find one which better fits our needs. The iPads had become a source of frustration for many in middle school, and the need for larger screens, full size keyboards, and more flexible devices was a priority. Getting away from the need for Apple IDs and the phrase "there's an app for that" was another priority. ChromeBooks work extremely well for everything we ask students to do at school; they also have a battery which can last all day long, and cost about 1/3 as much as a Mac laptop. The lower cost of the laptops was not why we choose to go with ChromeBooks this year, but it's a nice bonus - and it allows us to spend money on other technology to support students' learning. Stay tuned for more details.

Back on the Mat, Again!

By Nancy Keller

It is 3:15 on a Friday afternoon. Most students have started their weekend--except for 15 enthusiastic middle and high school students who can be found on the mat in the gym practicing Brazilian JiuJitsu (BJJ) with black-belt instructor, Sensei David Quinlan. Thanks to the CCLC Afterschool Programs, Winooski's Brazilian JiuJitsu Club has been an active and engaging option for our students for more than 10 years.

BJJ teaches grappling moves, such as take-downs, holds and escapes. It is also an excellent workout, a method of self-defense, and a safe form of competition. This year students in our BJJ Club will have the opportunity to participate in the Vermont Open, a major tournament for all ages and experience levels held at WMHS each fall. Mark your calendars now for Saturday, October 24, and come and support our student competitors! Doors open at 9:00 a.m. and the competition begins by 11:00 a.m.

Winooski middle and high students in the CCLC Afterschool BJJ Club learn about the point-scoring system from Sensei Quinlan before a recent practice.



What is “Math Lab”?

By Tom Payeur

By now you may have noticed a class called “math lab” on your student’s schedule, or you might have heard stories about a class with 40 students, 4 teachers, and no textbooks; a class where students doing Calculus are sitting next to students doing IMP1. I would like to introduce you to and explain the idea of the math lab, a new learning space in the high school.

The vision for the math lab is grounded in the following four core ideas of learning as stated by the Partnership for Change:

- Learning is personalized
- Learning is proficiency-based
- Learning takes place anytime, anywhere
- Students own the learning

Learning is Personalized

All students now have access to our full math curriculum online, with the exception of Foundations of Math and Pre-Calculus. When a student enters the math lab they open up their laptop, find the latest activity they need to complete, and begin to work through and solve problems independently. They can use a variety of resources to support their learning, including online references, teachers, and the peers sitting next to them. All students are allowed the time they need to be successful. They set completion goals and revise those goals as needed.

Learning is Proficiency-Based

Every unit is made up of activities. As students submit their activities online, they’re given grades of either “complete” or “incomplete”. When students complete all of the activities for a unit, they take the unit final assessment. If a student shows proficiency on the unit final assessment, they can move on to the next unit. If a student cannot show proficiency, they meet with an advisor and create a plan to review previous activities and retry the unit final assessment.

Learning Takes Place Anytime, Anywhere

Because our curriculum is online, students can do math anywhere they have an internet connection.

Students Own the Learning

All of this access and support gives students the opportunity to advance through our mathematics at their own individual pace. Time spent on work and levels of achievement are all dependent on each student’s aspirations. This provides context for the math work, a reason to continue their studies, and a solid end-goal - all things that allow students to own their learning.



Going Where the Food Is, Was, and Will Be Again!

By Shannon Bundy

Food: The Matter & Energy of Life is being offered for the second time at WHS, and this year we are partnering with the VT Youth Conservation Corp (VYCC) to give students a “field experience”; they are taking what they are learning in class, and applying it to what is happening at the farm, and vice versa.

The students had their first field trip to the farm in Richmond, where they were asked to use their observations to answer the question, “How do nutrients get onto the farm, stay on the farm, and leave the farm.” This is what Tiffany Phuong found out and reflected on in her blog post, “[A]s far as I know, there are two ways how nutrients can get on the farm. Nitrogen is the main element in protein, a macromolecule that most living things need to grow, and nitrogen can be found in the atmosphere. Nitrogen makes up 78% of the atmosphere and so, many plants are able to obtain nitrogen from the atmosphere. The nitrogen is first absorbed by the roots of the plants, then the nitrogen makes it way up to the plant itself. Eventually, the cows would eat the plants and obtain the nitrogen from them. On the VYCC farm, there are chickens that are raised, some for butchering, some for eggs. The chickens are raised until they are good enough for people to eat, then they are killed or butchered- poor chickens. I feel bad for the chickens, but they just taste so good! Anyway, the chickens are butchered and sold, exported, or eaten somewhere, the important thing is that the nutrients in the chicken before it was butchered, stay in the poultry meat. When we eat the chicken, we absorb or obtain the nutrients that we need and use for energy and growth. A similar way that the nutrients leave the farm, is when what happened to the poultry meat happens to the eggs laid by the chicken on the farm. Technically, when the eggs or chicken is eaten, it is no longer on the farm, it is already digested, disposed of (digestive waste), down the toilet, and to the waste water treatment plant. So, it is technically no longer on the farm.”

Just based on this small excerpt from her post, it is clear that deep learning occurred. Maybe it’s time you take a trip to the farm!

Early Graduation for Three Winooski Seniors

By Bill Clark, ELL Teacher



Graduation came early for three members of the Winooski Class of 2016 as they received CollegeQuest diplomas at a ceremony in mid-August at Vermont Technical College.

Ro Ze Yar, Ra Mat Bi, and Susmita Mangar attended the five-week residential program to study medical procedures and learn about the healthcare professions. All three students want to become nurses.

“Each student learned something important,” said Nicole LaPointe, the Executive Director of the Northeastern Vermont AHEC, sponsor of CollegeQuest. “One learned how to socialize. Another transformed herself into a well-spoken and comfortable student. I was amazed at one student’s sense of humor. They grew confident about themselves and did terrific work.”

In addition to taking a three-credit biology course, the students investigated healthcare topics, such as the cardiovascular system and infectious diseases; made presentations about their work; shadowed medical personnel; attended seminars led by working professionals; participated in laboratory work that included dissections; learned how to take blood pressure, give injections, and suture wounds; visited several medical centers and an “equine therapy” facility; and collected ideas about how to help patients.

“We wore scrubs and gloves when working in the laboratories,” said Ro Ze Yar, “and I really felt like a nurse. I experienced the life of an LNA [licensed nursing assistant] working at a nursing home.”

During the graduation ceremony, the students received recognition for both their academic and personal contributions. A video showed them at

work and on their trips over the summer.

“I really enjoyed working with the other students and my resident assistant,” said Susmita. “We worked together and studied together. We even made a video together! It was great!”

The CollegeQuest Class of 2015 included 23 students from around Vermont with a demonstrated interest in the healthcare professions. The students completed reflections about their work this summer and their goals in medicine; a personal essay; and in-depth research about the college of their choice;

“It was a little hard to be away from my family,” said Ra Mat Bi, “but living in the dorm and meeting so many other students made it a great program. One of the

resident assistants even made cupcakes for our study breaks!”

The Vermont Area Health Education Center (AHEC) assists students with their higher education goals for healthcare professions. AHEC connects “students with careers, professionals to communities, and communities to better



health.” Academic institutions and community partners work within the network to better serve Vermont’s rural areas and underserved populations. AHEC aims to improve the distribution, diversity, supply, and quality of the healthcare workforce in Vermont and in 47 other states.

“This program is more than academics,” said Ms. LaPointe. “Yes, they learn about healthcare. But students also explore ideas with others and gain independence. Self-management, making good choices, and well-being are just as important as the medical work because they can explore who they are. There’s a

lot of love and support that they show to the staff and each other over the five weeks,” said Ms. La Pointe.

Both Ro Ze Yar and Susmita will attend Essex Tech this year and continue their healthcare studies. Ra Mat Bi will continue her senior year in Winooski and complete a senior project on sewing.



COMMUNITY NEWS

Update from your City Council

By Brian Sweeney

During these updates we usually tell you about what we have recently accomplished and what we are currently working on. We rely heavily on staff to accomplish the vision on the city as a whole, so I would like to take a moment to recognize a few people that will be crucial in helping us accomplish many future endeavors.

We are pleased to announce that our City Manager **Katherine “Deac” Decarreau** has renewed her contract. We are grateful for all that she has done and look forward to working with her to continue the forward momentum of our great little city that she has worked so hard to achieve.

The public works department has welcomed two new employees! Please join us in welcoming **John Choate** as the new Utilities Manager taking on water, wastewater, storm water and energy. Let’s also welcome **Alex Sampson** as the new Project Manager taking on multiple issues within public works and all around the city. We are fortunate to have both these new team members and looking forward to their contributions in making Winooski great.

The Winooski Community Partnership is not a direct part of the city but as the city council liaison I am excited to see the passion and drive that this organization has for Winooski. The WCP would also like to welcome **Maura O’Neill**, their new Program Director. We look forward to seeing the WCP build relationships in the downtown and promote our local businesses.

As always, please feel free to reach out to any City Councilor if you have questions or concerns about anything Winooski.



SAVE THE DATE

Winooski Historical Society Upcoming Event

Sunday, October 18, 2015 – 2:00 P.M.

Winooski Senior Center, Barlow Street
Speaker: Vincent Feeney

Vincent Feeney is an adjunct professor of history at the University of Vermont. His book, *The Great Falls on Onion River: A History of Winooski, Vermont* (2002), was published by the Winooski Historical Society. His new book on Burlington, titled *Burlington: A History of Vermont’s Queen City* is now available.

Topic: John J. Flynn, William Appleyard and the Trolley Wars.

The trolleys ran from Essex Junction, through Winooski, and all the way down to Burlington’s south end and even out Ethan Allen Park.

The public is invited to this free event.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooski.vt.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooski.vt.org	802-999-9270
Councilor Nicole Mace	nmace@winooski.vt.org	802-363-7777
Councilor Robert Millar	rmillar@winooski.vt.org	802-238-0089
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:

LIKE US ON FACEBOOK We are “City of Winooski - Government”
 FOLLOW US ON TWITTER We are @winooski.vt

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.

Special Announcement

Are you passionate about the health of our community and would you like to take a leadership role in an organization making positive changes to achieve it?

The Winooski Coalition for a Safe and Peaceful Community (WCSPC) is looking for a few good board members and we would love to talk with you about your interest. We are working to make progress on some of the toughest issues in our community, and we are looking for additional perspectives, especially: a business owner, a property owner, two youth (ages 12 to 24), a mental health professional, law enforcement, and a cultural liaison to both Somali and Nepali community members.

Our current board members are passionate, intelligent, organized and eager to make a difference. We are looking to round out our team and look forward to hearing from you!

Please contact Kate and the WCSPC for more information or with questions. Kate can be reached at 802.655.4565 and by email at Katenugent@wcspc.org.

An Open Invitation

By Maura O'Neill, Program Director, Winooski Community Partnership

Downtown Winooski has transformed in the last several years. It is now home to more awesome restaurants, beautiful residences, and great stores. We see our community at the Farmers Market, at events like Waking Windows, and along our recreation paths. It has been a community effort to revitalize our downtown. We thank you for being a part of these changes and supporting this incredible place.

The Winooski Community Partnership, in collaboration with the city of Winooski and local businesses, committed to comprehensive growth and revitalization by establishing an official downtown designation in 2001.

Since the designation, the WCP continues working to make Downtown Winooski a vibrant place to live, visit, work, shop, do business, dine and be entertained through a consensus-building program that fosters community pride and encourages the growth of small businesses, employment and income opportunities, tax revenues, property values and general quality of life.

This past week, Governor Shumlin came to Winooski to celebrate the hard work of Vermont Designated Downtowns. Here in Winooski the WCP celebrated 79 West Canal St. (Peking Duck House). Built to house workers in Winooski's mills, this building was vacated by its most recent tenants, a restaurant and commercial enterprise, in 2014.

A major rehabilitation project funded with both federal and state tax credits will return the building to housing. With the addition of a new infill building on site, the project will include a net gain of 35 units of housing in one of Vermont's most densely populated areas. Total Project Cost: \$7,000,000; Tax Credits: \$165,400. These tax credits were made possible because of Winooski's Downtown Designation.

Please join us on Oct 7th at OAK45 5:30-7:00. Meet our new Program Director, Maura O'Neill, meet each other, and learn more about our mission and how to be involved in the continuing community development.

Drink specials by OAK 45 and food provided by the Winooski Community Partnership.



Winooski Food Shelf Update

By Linda Howe

The Winooski Food Shelf, located in the Methodist Church, 24 West Allen Street, is open the second and fourth Wednesdays from 2 p.m. to 4:30 p.m. for pantry staples.

In October, that will be **October 14th and 28th**. Clients may only come one Wednesday each month. The Food Shelf is also open the second and fourth Saturday of each month from 9:30 a.m. to noon just for the fresh fruit and veggies, bread, pastry and deli items donated by Hannaford. **Fresh food will be available on October 10th and 24th.** Dog food is available but we have lost our source of donation for dry cat food. Please bring proof of Winooski residency such as a utility bill. For questions please phone 318-0460.

Winooski Food Shelf needs donations and volunteers

The Winooski Food Shelf does its best to provide food for the entire family. We realize that pets are an important addition to many households. Our source of pet food has been an organization that relies on grants and donations. They are presently out of funds. We would be most grateful for donations of Kirkland dry cat food available at Costco. This is a quality food that agrees with our clients' furry family members. Cash donations earmarked for pet food would also be welcomed. Our Post Office Box is 53, Winooski, VT 05404.

We are always in need of people food donations which can be dropped off at Sally's Flower Shop on Main Street or at the food shelf during hours of operation. St. Francis Church on St. Peter Street also collects food to donate.

We can always use volunteers for Wednesday and Saturday food distribution. Please phone 318-0460 if you might be interested in volunteering.

Update: Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis, Community Mobilizer/Project Coordinator

For Community: The Coalition will be co-hosting a new round of Community Dinners this year! Join us for free food, the opportunity to meet with your neighbors, and discuss ways to make Winooski a healthier community. Keep posted for more details.

For Youth: You are invited to attend the free Above the Influence Youth Retreat this fall! This is an opportunity for you to meet other youth in Chittenden County, define yourself, and support your friends

and family in making healthy choices. The retreat will be held at Saint Michael's College Friday, November 13 to Saturday, November 14. Transportation and meals will be provided. We hope to see you there! Reserve your spot by registering by October 26. Contact Sarah for more information and to receive a registration form (802) 655-4565, sarahpetrokonis@wcspc.org.

For Parents: Research shows parents are the #1 influence on teens' decision making. Start talking to your kids about alcohol and drugs early and often. Even if it doesn't always seem like it, they really do hear you.

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



Winooski Youth Soccer Registration Continues

Winooski's Recreation and Parks Department is still accepting registrations for Youth Soccer for grades K-5. The Saturday morning sessions, which include both skills practice and scrimmaging, are hosted on the soccer field in front of Winooski High School and will run through October 31.

Youth Soccer registration forms are available in the JFK Office, in the Winooski Recreation Office at the O'Brien Community Center, and online on the City's website (www.winooski.vt.org). The registration fee is \$20/child, but additional children from the same household are only \$10/child, and some scholarships are available.

New sign-ups will be accepted through Friday, September 11th. Please contact Jonathan Borden at parksvista@winooski.vt.org or 655-1392 x10 with any questions about the Youth Soccer Program, registration forms, or fees & scholarships.

Weekend Islamic School is Back to School, Too!

By Amina Raie

The Weekend Islamic School (WIS) started off the year on a warm sunny Sunday full of excitement and anticipation for parents and students. Students from Pre-K to high school gathered at the Winooski Middle School on August 23rd to meet their teachers and reunite with their friends and fellow students.

WIS has expanded again this year as we welcome many new students and now occupy most of the middle school classrooms.

Our focus for our students this year is excellence in character, behavior, academics, and Qur'an recitation. The WIS teachers and parents value their student's opportunity to learn Arabic and develop their character as they progress through the school. We are looking forward to learning and having a great academic year!

Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

There is so much happening at the Senior Center! We have a ton of great programs, activities and opportunities planned for October. Come on down and try something new!

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!



OCTOBER EVENTS

• Winooski Seniors Meeting and Lunch - (October 6th)

RSVP, call for times, menu and pricing.

• VNA Flu Shot Clinic - (Oct 14th, 9am -11am)

Call for details and pricing.

• AARP Smart Driver Program - (Oct 17th, 8:30 -1pm)

\$15 for AARP members, \$20 for non-members. Call to reserve your spot!

• Senior Lunch & Learn - (Oct 20th 11:30am)

Join us for a great lunch and a great program. Call for program and speaker details. \$4.00 Suggested donation. RSVP.

• Pumpkin Carving with Season's Greetings

- (Oct 24 & 25) You gotta come down and participate! We'll be creating pumpkins for the Halloween display in the Park. FREE!

• Halloween Bingo - (Oct 29th)

Dress up in a costume and win extra Bingo sheets, and great prizes! Call for details.

• Senior Halloween Party - (Oct 31st, 11:30am - 2:30pm)

Costume optional. We'll provide the soup, you bring something to share and a non-perishable item for The Little Green Pantry. Music and dancing and tons for fun for grown-ups 55+. Call for details.

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street

and are open Monday - Friday 8am - 12:30pm, and on Thursdays until 3:00pm.

We are always looking for volunteers to help with senior programs, Meals on Wheels drivers, and to be a friendly face for our seniors who treasure time spent talking and laughing. You are always welcome! You can reach us by phone at 802-655-6425 or by email at: seniorcenter@winooski.vt.org.



*Aging is not lost youth
but a new stage of
opportunity and strength.
—Betty Friedan*

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

We are off to a busy start this year in the health office! In September we saw students with a virus that caused a fever, headache and a slight stomachache and was lasting about 24-48 hours. There was also a documented case of strep throat in the middle school! Encourage your kids to frequently wash their hands and stay hydrated by drinking water.

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, Tooth Tutor

Welcome Back Students! If you are in need of dental care or have not been seen by a dentist in the past year, please stop by and see me. I am in the Health Office on Wednesdays, 383-6094. We have a great ride program for dental appointments with Vermont Dental Care. SSTA will bring your child to their appointment and return them to school when it is done. For more info or to see if your child qualifies, visit www.wdschools.org or stop by the Health Office.

Winooski Elementary School

MENU

October 2015

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>

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., Oct. 5	Tues., Oct. 6	Wed., Oct. 7	Thurs., Oct. 8	Fri., Oct. 9
<p>Chicken Patty Sandwich w/Lettuce & Tomato</p> <p>Rice Pilaf</p> <p>Cucumber Sticks</p>	<p>Spaghetti w/ Meat or Marinara Sauce or Spaghetti Squash Bake</p> <p>Spinach Salad</p> <p>Italian Bean Salad</p> <p>Garlic Breadstick</p>	<p>King Arthur White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza</p> <p>Fresh Carrot Sticks</p> <p>Hummus Dip</p>	<p>Beef Nachos Seasoned Taco Meat, Cheese Sauce, Cabot Sour Cream, Salsa, Lettuce, & Corn Tortilla Chips</p> <p>Rice Pilaf</p> <p>Warm Black Beans</p>	<p>Harvest Meal BBQ Pork Sandwich on A Bun</p> <p>Roasted Local Potato Wedges</p> <p>Local Corn on the Cob</p>
Mon., Oct. 12	Tues., Oct. 13	Wed., Oct. 14	Thurs., Oct. 15	Fri., Oct. 16
<p style="text-align: center; font-size: 2em; color: green;">No School</p>	<p>Early Dismissal Grades 6-12</p> <p>National School Lunch Week</p> <p>Homemade French Fries</p> <p>Local Potatoes</p> <p>Dress Your Own Burger on A Bun</p> <p>Baked Beans</p>	<p>King Arthur White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza</p> <p>Broccoli Salad</p> <p>Carrot Sticks</p>	<p>National School Lunch Week</p> <p>Taco Bar w/ Soft Shell</p> <p>Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa Cabot Sour Cream & Soft Flour Tortilla</p> <p>Rice Pilaf</p> <p>Marinated Black Bean Salad</p>	<p>National School Lunch Week</p> <p>Roasted Sweet Potato Wedges</p> <p>Corn Dog</p> <p>Chopped Green Salad</p>
Mon., Oct. 19	Tues., Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Fri., Oct. 23
<p>Chicken Nuggets w/Dipping Sauce</p> <p>Seasoned Sweet Potato Wedges</p> <p>Baked Beans</p> <p>Dinner Roll</p>	<p>Homemade Lasagna</p> <p>Chopped Green Salad</p> <p>Wheat Bread Sliced</p>	<p>Delayed Start Grades K-5</p> <p>October Birthday Celebration</p> <p>Minestrone Soup</p> <p>Cheesy Breadsticks w/ Marinara Sauce</p> <p>Zucchini Parmesan</p> <p>Birthday Cake</p>	<p>Beef Nachos Seasoned Taco Meat, Cheese Sauce, Cabot Sour Cream, Salsa, Lettuce, & Corn Tortilla Chips</p> <p>Rice Pilaf</p> <p>Steamed Corn</p> <p>Warm Black Beans</p>	<p>Meatball Sub</p> <p>Garden Pasta Salad</p> <p>Carrot Sticks</p>
Mon., Oct. 26	Tues., Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Fri., Oct. 30
<p>Hand Cut French Potatoes Local Potatoes</p> <p>Dress Your Own Hot Dog On a Bun</p> <p>Cherry Tomato & Corn Salad</p> <p>Baked Beans</p>	<p>Chicken Alfredo w/Homemade Cheese Sauce</p> <p>Steamed Carrots</p> <p>Caesar Salad</p> <p>Blueberry Muffin</p>	<p>King Arthur White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza</p> <p>Cheesy Cauliflower</p>	<p>Hearty Chicken & Biscuits</p> <p>Steamed Peas & Carrots</p>	<p>Grilled Cheese Sandwich</p> <p>Chicken Noodle Soup</p> <p>Celery Sticks</p> <p>Hummus Dip</p>

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.

Harvest of the Month

October: Broccoli & Cauliflower

Broccoli: Broccoli is a plant in the cabbage family, whose large flower head is used as a vegetable. Broccoli is high in vitamin C, as well as dietary fiber; it also contains multiple potent anti-cancer properties. In North America, production is primarily in California

Roasted Broccoli

Makes 4 Servings
4 cups fresh broccoli
1/4 cup vegetable oil
1 tsp chili powder
4 tsp garlic
1 tsp salt

Mix together the vegetable oil, chili powder, garlic and salt in a bowl. Add the broccoli and toss to coat. Place on a cookie sheet and bake at 350 degrees for 15-20 minutes

Cauliflower: Cauliflower is a plant in the cabbage family. When cut in 1/2 it looks like a tree with many branches. Cauliflower is an excellent source of vitamin C and dietary fiber.

Cheesy Cauliflower

Cut 1 small cauliflower into florets and cook until tender. Melt 2 tablespoons butter and stir in 2 tablespoons flour. Add 1 cup milk and stir until thickened. Add 1/2 teaspoon nutmeg, 1/4 cup chopped parsley and 1 cup grated cheddar cheese. Pour over cauliflower and serve hot.

Newsletter of the Winooski School District

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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