

ALSO INCLUDES  
**Community News!**  
STARTING ON PAGE 12

# WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 14, ISSUE 12

SEPTEMBER 2017

*celebrating Our Achievements!*

## Campaign Nonviolence Week of Actions

By Sister Pat McKittrick

Let's celebrate Campaign Nonviolence Week of Actions, **Sept 16 – 24**. Engaged communities from across the nation and beyond are participating in this endeavor.

There will be several opportunities to consider how nonviolence can be established as a core value that connects the dots between movements to address racism, poverty, war and environmental injustice. For more information, see the Facebook event page "VT: Campaign Nonviolence Week of Actions" where you can find events occurring across the state.



The United Nations' (UN) International Day of Peace is annually held on **September 21st** to recognize the efforts of individuals, organizations and governments to end conflict and promote peace. What would Winooski like to do to support the Winooski Peace Initiative and strengthen our commitment to nonviolence and peace? Share your ideas by attending a community event. There will be many opportunities to increase

awareness and participate according to your interest and ability. Watch for upcoming events mentioned in this newsletter or on Front Porch Forum.

If you have ideas, comments, or questions, please contact me at [pat.mckittrick@uvmhealth.org](mailto:pat.mckittrick@uvmhealth.org).

*"Let no one be discouraged by the belief there is nothing one person can do against the enormous array of the world's ills, misery, ignorance, and violence. Few will have the greatness to bend history, but each of us can work to change a small portion of events. And in the total of all those acts will be written the history of a generation."*

—ROBERT F. KENNEDY



## Cinderella Auditions

By Lisa Goetz

Auditions for the middle/high school production of "Cinderella" will be held on Sunday, September 10th in the performing arts center from 10:00-12:00.

Parts will be assigned immediately following the auditions (same day) and we will begin rehearsals from 12:00-2:00!

A copy of the script and the calendar of rehearsals can be picked up at the copy center, located at the central lobby entrance of the Winooski School District.

If you have any questions or would like more information, please email me at [lgoetz@winooski.k12.vt.us](mailto:lgoetz@winooski.k12.vt.us).

## Winooski Wednesdays

By Alicia Finley

The City of Winooski Parks & Recreation Department is excited to announce Winooski Wednesdays: a free summer concert series in Rotary Park! This summer, join us in Rotary Park every first Wednesday of the month for a free outdoor concert featuring a Monkey House beer garden (cash only) & food specials by Winooski restaurants (Papa Frank's, McKee's and Happy Belly Deli). Check out Adam Sullivan & Company featuring members of Rose Street Collective on **September 6** from 6-8pm. Huge thanks to Downtown Winooski for sponsoring these events and Waterworks Food + Drink for donating their amazing sound system. For more information, visit [bit.ly/2tD6qIa](http://bit.ly/2tD6qIa).

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### Call for Unity

By Sean McMannon, Superintendent of Schools

Matt Pearce of the *LA Times* reported “The clashes that broke out over the weekend (August 12, 2017) at a white nationalist rally in Charlottesville, Va., have become a new touchstone in the nation’s long-running debate over racism, free speech and violence.

One woman was killed and many more injured when a car, allegedly driven by a rally participant, sped into a crowd of anti-racism protesters. Two state troopers monitoring the action died in a helicopter crash later in the day, though no foul play was suspected.

The event quickly took on enormous political importance as Democrats and Republicans alike denounced the violence and the white supremacist views espoused at the far-right rally.” ([www.latimes.com/nation/la-na-charlottesville-witnesses-20170815-story.html](http://www.latimes.com/nation/la-na-charlottesville-witnesses-20170815-story.html))

This sad event in our recent history resulting in three deaths and many injuries demonstrates the deep divide in our country.

Recently, I had the opportunity to discuss racism in Vermont schools with director/producer Bess O’Brien as she works on a documentary about this important topic. Following this conversation I left with three important conclusions:

1. Racism exists in Vermont. In our schools, homes and communities. This is a fact. These past ten months I have heard several stories from refugees about racially-motivated incidents in Chittenden County. Specifically, people driving by and telling refugees to “go back where you came from” and sometimes throwing rocks or trash at them. As much as we would like to think this does not exist in our small, community-minded state, it does.

2. Leadership matters! Clearly, we have seen how current presidential leadership has impacted race relations:

- Reports of hate crimes surged in the days after the election. The Southern Poverty Law Center counted almost 900 incidents of hate or bias in the ten days after the election, using a combination of news reports

and witness testimony. The group counted 1,094 incidents in the first month after the election, and 1,863 between November 9 and March 31. (*The Scope of Hate in 2017* by Anna North, *New York Times*, June 1, 2017)

3. We need leadership in the form of adults modeling unifying words and actions. Our children are always closely watching and listening to us. As African-American writer and social critic James Baldwin said “Our children have never been very good at listening to their elders, but they have never failed to imitate them.”

Winooski, Chittenden County and Vermont can do better! We are the second whitest state in the country and we have the benefit of being a small state with a solid foundation of knowing each other well and supporting each other. I see no reason that we cannot become a more unified city, county and state but we must make a conscious effort to get to know each other beyond the surface to make it a reality.

Merriam-Webster dictionary defines unity as “a condition of harmony”. If we were to think about how each of us can become more of a unifier to create the conditions of harmony in our homes, neighborhoods, workplaces and schools I truly believe we will be better off. Winooski has many leaders who bring great unity to our city on a daily basis:

- **Lydia Bourgeois, Melissa Gonyon, Sarah McGowan-Freije, and Kate Simone** are Winooski School District (WSD) PTO leaders who work tirelessly to support our school and to create safe and fun places for families to come together and get to know each better like the International Family Potluck and parent viewing of the film “Screenagers.” Keep up the good work, we appreciate your leadership!
- **Jeff Brosseau and Chris Freije** who create athletic opportunities for our youth throughout the year so our children can learn the values of teamwork, physical health and grow

all the important assets that come from sports. Thanks to you both, we appreciate all the volunteer hours you put in!

- **Dalib Bulle and Masiti Mohamed** who work so hard on behalf of refugees to make them feel safe in our community, cope with day-to-day challenges of integrating into a new society and continually advocate for their needs. Thanks, you are truly making a difference!
- **Amy Lothrop** has fully immersed herself into our community by leading a Girls Scouts troop and acting as volunteer chauffeur for our spring Winooski girls soccer team. Over and over again she supports children in our community who do not have consistent adult role models so they can have experiences they might not have otherwise. Thanks for your kindness, compassion and effort!
- **Courtney Bryan and Kristen Van Fossen** not only teach in our elementary each day, they live in Winooski and have always opened their home, hearts and minds to families who come for their help. Thanks for your willingness to blur the lines when needed!
- **Mike and Jill Decarreau**, long-time residents, have raised all their children in our city and routinely and quietly do things like provide respite for young and/or intellectually challenged people, and donate whatever is needed. Mike stepped up to lead the school board when things were headed in the wrong direction and has provided calm and visionary leadership the past five years. Thanks for being wonderful models of active, caring and modest leadership!
- **Sr. Pat McKittrick** has long been an advocate for Winooski and particularly the folks who struggle the most. She knows the homeless folks by name who most of us see but pass by and consistently advocates

on behalf of our most downtrodden residents. She founded the Winooski Peace Initiative and welcomes all to Friday Coffee at the O'Brien Center. Thanks for your action to help our most vulnerable folks!

- **Norma Jean Willard** not only works very hard with her own children but

feeds, clothes and provides sanctuary for some Winooski children whose parents are struggling with addiction or other challenges. Thanks for stepping outside of the normal cocoon and opening your home and heart to others in need!

I challenge all Winooski residents to bring unity to our city, county and state through modeling harmonious words and actions. How can you make Winooski more unified? As always, thank you for working with WSD to benefit our students!

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## School Board Update

By *Tori Cleiland, Winooski School Board*

Greetings Winooski Community!

Happy September! We are back to the business of preparing our Winooski youth for their future!

As we begin another promising school year, I'd like to give you an update on your board's focus. Let's begin by clarifying what guides our decision-making. We are guided by three essential questions:

1. What results do we hold ourselves accountable for producing in the world?
2. For whom? 3. At what cost?

The results the board holds ourselves accountable for is meeting our ENDS policy/statement (which the community helped us create!). As Mike mentioned in the previous newsletter, we are in the process of determining what information (data) we need from the administration to show us that the school is meeting our ENDS policy. We need to be able to measure if the community's tax dollars (at what cost) are preparing all of our students (for who) to 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 (what results).

Our new board member, Dr. Alex Yin is an expert on analyzing data for effective decision making. We welcome his passion for our community and his expertise to add great value to our board table.

Here's a recent decision the board needed to make using our guiding questions and our ENDS statement:

One of the major discussions for the board during budget season was

*Knowledge is power.  
Information is liberating.  
Education is the premise of  
progress, in every society,  
in every family.*

— KOFI ANNAN

providing transportation for children during winter months. Student success has a direct link to being in school.

1. What results? For students to be successful in school they have to BE in school.
2. For whom? For the youngest students that live the furthest away from school during the winter months.
3. At what cost? A transportation pilot project estimated at \$50,000.

What data do we have to support the cost for winter transportation? This concluding question led us to financially support a transportation pilot to collect data to determine if attendance and student outcomes improved with transportation. We approved a \$50,000 transportation pilot. The budget passed. We were ready.

And then ... State and Federal budgeting issues creating uncertainty in our budget projections. In an effort to save the state \$26M during the switch to the new benefit packages being offered to teachers, Governor Scott suggested bringing teachers benefits under the state bargaining entity. Being very late in the legislative session, this idea could not get enough support to move forward. As an

alternate plan, there is an effort to push school districts to save money by holding back funding in the education formula. The thought here is to have local districts negotiate to save half that amount or \$13M. This would be doled out to each district based on a calculation. It was envisioned that the Winooski portion of this could be near \$140K. We won't know the dollar amount for some time.

From the Federal government side, there is great uncertainty if Federal Grant Awards, which we receive, will be awarded as promised. The Federal Budget goes back up for negotiations and approval Sept 30.

In addition, our bids from transportation companies were more limited than expected.

As a board, we are bound to protect the assets of the community and our school organization. In good faith and with a heavy heart, we could not approve moving forward with transportation pilot costs, knowing the financial uncertainties created by the uncertainties of state and federal funding. It is our obligation to the community to safeguard our organization against financial risk.

We are committed to revisiting the transportation pilot at our Oct. 11 meeting because we are committed to knowing if transportation would improve student success. We're hopeful state and federal funding will provide us solid numbers to work with by October.

Please let us know if you have any questions or comments. Take very good care and have a great Fall season!



## CITY AND SCHOOL ANNOUNCEMENTS

### Early Release Days for 2017-2018 School Year

By Sean McMannon, Superintendent,  
Winooski School District

Grades K-12 will be released at  
12:15pm on the following days in the  
upcoming school year:

- Sept 13
- Oct 18
- Nov 8
- Dec 13
- Jan 10
- Feb 14
- Mar 14
- May 9

Please follow us on twitter at  
@WinooskiLearns.

### Legal Notice

Per the Vermont State Board of Education, the Special Education Office of the Winooski School District hereby gives notification of the destruction of Special Education records of students who graduated or attended the Winooski Schools during 2010.

Be advised that select information from these Special Education records may be useful later for non-educational purposes such as qualifying for social security benefits.

If you wish to collect these records before they are destroyed, please contact Sandy Castle at 655-9575. The deadline is 30 days from this notice. (Aug 17 & Aug 20, 2017).

### Exercise Program at the Senior Center

By Rita Martel

We are looking forward to the 14th year of our exercise program, which takes place every Tuesday and Thursday morning from 10-11am.

The workout is designed to assist you in maintaining and/or increasing your range of motion and strength, making daily activities easier to perform. Please join us starting Tuesday, September 5th.

Call Rita for more information at 655-1846.

### Health Education Resource Opportunity (HERO) Fall Event!

If you know a high school student interested in medicine and health care, have them join us for a full-day of hands-on exploration in health science and technology!

This is a great opportunity to explore jobs in health care with high growth and earning potential, learn how the human body works in health and disease and meet friends who share similar interests in science and medicine!

This program is free and open to students in grades 9 - 12.

- Lunch is included!
- Eligible students in grades 9 and 10 can become part of HERO's year-round health science enrichment program.
- Students in grades 11 and 12 may be qualified to earn a \$100 stipend!

Want to learn more? Find us at [NVTACHEC.org](http://NVTACHEC.org) or call Health Careers Counselor, Carlinne DeLima, toll free at 1-877-215-3921.

HERO is a program of the Vermont Area Health Education Center (AHEC) Network.



### Youth Football is Back in Winooski

By Alicia Finley

Winooski Parks & Recreation is happy to have brought back youth football for grades 2-4 (flag) and 5th/6th (tackle)!! Practices will be Tuesdays, Thursdays and Fridays from 5:30 to 7pm at JFK fields. Games are on Saturdays. It's not too late to sign up. Please contact me at [afinley@winooskivt.org](mailto:afinley@winooskivt.org) or (802) 777-1621 for more info and to schedule a jersey fitting.



### Join us for Playgroups!

Starting on Tuesday, August 29th families with young children (0-5years old) will be able to meet at the O'Brien Community Center (32 Malletts Bay Avenue) to play, sing songs and enjoy a healthy snack. **Please join us on Tuesdays and Thursdays from 9:30-11:30am.** Call 655-1422 for more information.



## Rice Memorial High School Fourth Quarter Honor Roll

By Emily Rivers, Enrollment and Marketing Specialist

Sister Laura Della Santa, principal at Rice Memorial High School in South Burlington, proudly announces the following students achieved Honor Roll status for the fourth quarter:

### First Honors:

Zubra Khaboyo

### Second Honors:

Evan Eaton  
Madison Gorrigan



Cole Thornton

### Honorable Mention:

Kayla Corrigan  
Arianna Kruger  
Lisa Uwiduhaye

Contact Emily Rivers at 802-862-6521 ext. 214 or at [rivers@rmhsvt.org](mailto:rivers@rmhsvt.org) with any questions.

## Winooski PTO

By Lydia Bourgeois-Mongeon, PTO President

The Winooski PTO is a group of parents, teachers, and community members working together for ALL of our children – pre-kindergarten through twelfth grade. The group's efforts make it possible for all the school's children to participate in field trips, and recent contributions have included funding the new basketball courts, publishing the WSD cook book, and making Spartan gear available! During this upcoming school year, we are planning multiple craft fairs and LuLaRoe events, and we're looking forward to supporting next year's golf tournament (sponsored by McKee's Pub and Grill) to help raise additional funds. While we know everyone's time is short, especially during the school year, there are many ways for families to help out. Joining the PTO is also a great way to get to know people connected with the school and community!

**Who we are:** Lydia Mungeon, President; Melissa Gonyon, Vice President; Jessica Audette; Sarah McGowan-Freije; Kate Simone; Joe Smith.

**When we meet:** The PTO meets on the third Wednesday of each month, 5:30-7:30, in Room 14 in the JFK building. Our first meeting will be on **September 20**.

**More info:** Please see the PTO page on the WSD website ([wsdschools.org](http://wsdschools.org)) and "like" our Winooski PTO Facebook page for more info and to keep track of what we are up to.

## Foster Grandparent and RSVP Programs at United Way of Northwest Vermont

Are you 55+? Do you enjoy working with children and have time to give?

We're always looking for older adult volunteers for our RSVP and Foster Grandparent Programs! RSVP Read to Me volunteers serve 1-2 hours a day, 1-2 times a week in preschool settings. RSVP School Buddies volunteers work 1-2 hours a day, 1-2 times a week, supporting elementary aged school children who need extra assistance in one or more academic areas.

Foster Grandparents work in early education settings helping children who need extra support with early literacy and math. Foster Grandparent Volunteers work a minimum of 15 hours per week. They receive a small non-taxable hourly stipend, a free daily meal at site when available, and more! JFK Elementary is welcoming back four wonderful Foster Grandparents this year; Sally Curtis, Louise Kelley, Marion Kennedy, and JoAnne Blinston. Let's get this school year started!

Are you interested in learning more about the RSVP or Foster Grandparent Program? Contact Danielle 802-861-7821 or [daniellew@unitedwaynwvt.org](mailto:daniellew@unitedwaynwvt.org)

## Support Winooski Youth Baseball/Softball League with Calendar

By Jeff Brosseau

Help support Winooski Youth Baseball/Softball by subscribing to our 33rd edition of the Community Birthday Calendar.

Calendars are \$8.00 for 5 listings; which could be a birthday, an anniversary, or in memory of our military service men and women. Each additional listing would be 25 cents. Advertisement spaces are also available; ad blocks are 1 3/4" x 1 1/4" for \$75.00. Calendar orders will be placed October 1st for arrival around Thanksgiving, makes a wonderful Holiday Gift. For more information contact Jeff Brosseau 233-5530, [Jeffrey.brosseau@greenmountainpower.com](mailto:Jeffrey.brosseau@greenmountainpower.com)

## Support Dollars for Scholars with Dinner at Texas Roadhouse

The flyer below is required for the full restaurant donation. Clip it out and bring along with you. Also, tickets are now on sale for our **Annual Fall Calcutta** to be held **October 20th**. Please email us with questions at [winooskidfs@gmail.com](mailto:winooskidfs@gmail.com).

**FUNDRAISING NIGHT!**

**TEXAS ROADHOUSE**

Winooski  
**Dollars for SCHOLARS®**  
A Program of Scholarship America®

Monday, September 11  
4 PM - 10 PM

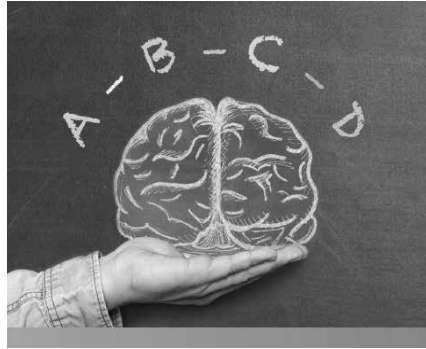
**10% Donation Night**

Support this cause by presenting this invitation to the listed Texas Roadhouse® location and Texas Roadhouse® will donate 10% of your total food purchases to the fundraiser!

Call Ahead SEATING (802) 288-1110  
225 Interstate Corp. Center  
Williston, VT

## Be Part of The Largest American Study on Brain Development and Child Health!

The Adolescent Brain Cognitive Development (ABCD) Study will enroll 10,000+ healthy children and follow them from ages 9 to 10 into early adulthood to understand how children's experiences affect brain development and other aspects of their lives—including academic achievement, social development, and behavioral and overall health.



### Why do we need the ABCD Study?

Adolescence is a time of extraordinary physical, emotional, and intellectual growth. Yet there is much we don't know about how many childhood experiences (participation in sports or music, playing video games, sleep patterns, and others) affect development. This is particularly true in our rapidly changing world, which now includes such choices as social media interactions and the use of e-cigarettes.

Thanks to recent technological advances, we can now explore, in unprecedented detail, how these and other environmental factors interact with brain development and many other social, behavioral, health, and academic outcomes. The results of the ABCD Study will provide information that parents, educators, and health professionals can use to enhance the well-being of our children

Interested? Call (802) 847-4562, Email: [ABCD@uvm.edu](mailto:ABCD@uvm.edu) or visit our website at [ABCDstudy.org](http://ABCDstudy.org)

### Who can participate?

The ABCD Study sites span the continental U.S., ensuring that results will be relevant to people across races, ethnicities, genders, education and income levels, and living environments.

### Qualified participants will be:

- Age 9-10
- Male or female
- In good health

### In the study, your child will:

- Receive a brain MRI
- Earn up to \$70 for each annual visit

Parents earn up to \$150 for surveys and interviews.

### What will study participants do?

The ABCD Study begins with 1-2 visits in the first year. During these visits, you and your child will be asked to complete interviews and questionnaires. In addition, your child will be asked to:

- Play games and puzzles and complete computer tasks
- Undergo safe, non-invasive brain imaging
- Give biosamples (such as saliva)

Some of these assessments will be repeated each year, with brain imaging occurring every other year.



## Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit [www.retn.org](http://www.retn.org) and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.



LuLaRoe

## Multi Consultant Sale

Raffles & Bake Sale

Saturday

September 9th

10am – 2pm

Winooski School Cafeteria

Help Support

## Winooski PTO

This is a don't miss event!!



LuLaRoe

simply comfortable



### September Update

By Sara Raabe, Principal

Welcome back to school! Summer has been busy at JFK, with summer school, camps, and other activities. During all of that, the JFK staff has been busy working to get the school ready to welcome back our students.

The JFK Leadership Team attended the BEST Institute in June. During a week of hard work, the team developed our Tier Two system of Support through our PBIS system. PBIS is a framework for enhancing adoption and implementation of a continuum of evidenced-based interventions to achieve academically and behaviorally important outcomes for all students. Developing our Targeted Tier of intervention allows for students to be identified as needing the next level of support. This time also allowed the team to develop Targeted Tier of intervention supports with clear entrance and exit criteria for students.

We want our families to be involved in their student(s) education, and know what is going on at school. In turn, we want our families to feel comfortable coming to school and communicating with us. Communication is key to successful working relationships. We have several ways that we communicate with our families:

1. **JFK Facebook Page:** Pictures and information are posted on the JFK Facebook page frequently. "Like" the page to get updates.
2. **JFK Newsletter:** Each Friday, I write a letter home to families. This letter is sent home as a paper copy to each

student. It is also posted on the JFK Facebook page, and under my page on the WSD website.

3. **Teacher Newsletter/Webpage:** The school expectation is that classroom teachers communicate with families via a paper newsletter or webpage weekly. Ask your student(s) and teacher(s) about their method of communication
4. **E-mail:** Every staff member has a school email. All emails follow the same format - first initial+lastname@wdschools.org (for example sraabe@wdschools.org)
5. **Telephone:** Call 655-0411 to reach the main office. Please limit calling teachers during teaching hours unless it is an emergency.
6. **ALERT Now:** This telephone system is used for important communications such as snow days, delayed starts, etc. Please make sure to keep your phone numbers current with the JFK office to ensure you receive these messages.
7. **District Newsletter:** The district newsletter is published monthly and delivered to every mailbox in Winooski. There are extra paper copies in several places in the school, including the community board by the front office.
8. **Winooski School District website:** [www.wdschools.org](http://www.wdschools.org)

There has been a lot of hard work done over the summer at JFK. We are very excited for a positive school year. Please feel free to come by school to see our amazing students and staff in action!

## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Leon Wheeler and Kate Grodin Now Co-Principals

By Kate Grodin, Co-Principal

As of July 1, 2017, Leon Wheeler and Kate Grodin became co-principals. This shift will allow Leon to focus primarily on the high school and Kate to focus primarily on the middle school. We hope this clarity of focus will bring efficiency and even more momentum to the great work we have begun together with you. Winooski is beginning to be recognized as a lead innovator in education in the state!

Since Winooski middle and high school share so many resources and staff, it makes sense for the administration team to take on the title "co-principals." We will continue to work collaboratively in many ways and support the staff at both schools. We are excited to serve the community in this new capacity.

#### New this year:

- To improve transitions to the middle school, we added two new advisors to each team and 6th graders will be in 6th Grade Academies for most of their instruction.
- Our student advisory program in the high school is being strengthened this year. High school families should read the

article by Lindsey Cox on page 12 of this newsletter for more details.

- In the office, we welcome our new high school guidance counselor, Heidi McLaughlin. Heidi comes to us from VSAC with over a decade working on college and career preparation with regional schools, including Winooski.
- Our student support team is growing, and moving from the SLC to Room 113. Room 113 will be a center for social/emotional support, self-care, instruction, and wellness in general. Staff in the room include behavior coach Thomas Shearer, and behavior interventionists Sarah Martin and Mohamed Diop.
- Last year we introduced district-wide values, HEART. This year's HEART focus is on timeliness. Procedures around timeliness to class have been clarified and will be taught in the first days of school. Also, the MS will be implementing new cell phone procedures.
- See the WMHS Family Student Handbook, which will be posted on the school website by August 29th for more information about the school year.

# New Experiences Through Summer Reading Class

By Bill Clark

Some new titles and old favorites captivated students during the Winooski High School summer reading program. The program began with *Aristotle and Dante Discover the Secrets of the Universe* (Alire Saenz), a coming-of-age novel about two Hispanic boys learning about life in 1984.

During the month-long program, students could choose from thirteen books, including *Brown Girl Dreaming* (Woodson), *Charlotte's Web* and *The Trumpet of the Swan* (White), *A Wrinkle in Time* (L'Engle), and *Life of Pi* (Martel).

In their final face-to-face class, students reflected on their summer experience and described their learning:

"Before I joined the program I had a strong opinion how books were boring and would only waste my time. ... I learned that I was wrong."

"I felt like all the characters were people I can understand. I felt like I can put myself in their place, and that made me feel like I am part of the story."

"I liked all the books. I learned that you can relate to a lot of things in a book even if you are not exactly like the characters. ... [before] I had a hard time to read. But now I know there many books that are easier to read and if a book is easy to read and it's interesting, I will like it."

"As I took this class ... good books were there for me and I didn't mind reading them ... I get excited now as I get a book. I just want to read it as soon as possible."

In addition to reading at least three books, students contributed to blog posts and wrote weekly reflections. At the end of the class, students received a grade and a Humanities credit for their work.

Using funding from a Title III grant arranged by ELL and curriculum director Kirsten Kollgaard, this class gave students an opportunity to experience new ways of meeting the graduate expectations of critical thinking and problem solving as well as written and oral communications. This work will carry over into

their language arts and other classes during the year.

"Research confirms that students need more opportunities to read for enjoyment," said Mr. Clark. "Mrs. Maley and I tried to meet that need over the summer, and it seemed to work. It was a gratifying experience."

"And," Mrs. Maley adds, "it gave us a chance to read some books that we might not have read before. Both teachers did a lot of reading this summer."

## Summer Reading Program 2017

AUTHOR	TITLE	LEXILE
Benjamin Alire Saenz	<i>Aristotle and Dante Discover the Secrets of the Universe</i>	HL380L
Katherine Patterson	<i>Bridge to Terebithia</i>	810L
Jacqueline Woodson	<i>Brown Girl Dreaming</i>	990L
E. B. White, Garth Williams	<i>Charlotte's Web</i>	680L
Christopher Paolini	<i>Eragon</i>	710L
E. B. White, Fred Marcellino	<i>The Trumpet of the Swan</i>	750L
Madeline L'Engle	<i>Wrinkle in Time</i>	740L
Chris Bradford	<i>Young Samurai: The Way of the Warrior</i>	860L
Ta-Nehisi Coates	<i>Black Panther: A Nation Under Our Feet</i>	--
Lana Krumwiede	<i>Freakling</i>	HL600L
Jeanne Betancourt	<i>My Name is Brian</i>	700L
Laurie Halse Anderson	<i>Forge</i>	820L
Yann Martel	<i>Life of Pi</i>	430L

# Twin State Basketball Classic

By Brian Corrigan

On July 22, at Hanover High School in Hanover, NH, the 35th annual Twin State Basketball Classic took place, with 12 of the state's best senior girls and boys participating. This amazing event has been lacking Winooski representation for many years, but this year that changed.

Coach Tom Prim sent letters regarding try-outs for the Vermont girls team, requiring attendance at practices in Barre, after which 12 girls were selected to represent their state. The difficult task of choosing from all the quality players was undertaken by Vermont coach Dan Elliott of Mount St. Joseph.

Game Day came and our Vermont girls and boys



represented us well; they shot, assisted, rebounded, and hustled.

One team member, leaving the floor with the W for her team, coach Prim, and Winooski, was Riley Corrigan, and I couldn't be more proud of my daughter.





## Winooski High School Joins EPSCoR Research

By David McNally

Winooski High School has joined the EPSCoR Student Research program! What is EPSCoR you ask? EPSCoR (“ep score”) stands for the Experimental Program to Stimulate Competitive Research. This is a program funded by the National Science Foundation (NSF) to promote scientific progress nationwide. It involves 28 states (including Vermont) as well as Puerto Rico, the US Virgin Islands, and Guam. This summer, Winooski High School officially joined the EPSCoR program. Two students - Richard Vincent and Tatum Duba - compose our team to kick off a year of environmental sampling, analysis, and research on two local streams within the Winooski river basin. We’ll be investigating how extreme events (think rain storms), land use (agriculture vs. urban), and other factors affect the quality of our streams.



Our team participated in a week long, on-campus training at St. Michael’s college. Teams were composed of a male and female student plus one teacher from high schools from across Vermont and Puerto Rico. The week long training gave us an intensive overview of the EPSCoR program, GIS, water quality sampling, macroinvertebrate sampling and identification, and data analysis. We thoroughly enjoyed the field work, camaraderie with other schools, cross-

cultural exchange with our Puerto Rican colleagues, and of course... the all you can eat St. Michael’s cafeteria! Living on-campus was also an good eye-opening experience for all the high school students.



So...now the hard work begins. Our team has already been in the field in July and August doing preliminary site assessments and sampling. We will be sampling sites about every 2-3 weeks collecting data. By November-December, we hope to identify our macroinvertebrate samples (these are insects which indicate the quality of a habitat/stream), test our hypotheses, and begin to prepare our poster for the EPSCoR Symposium in March, 2018.



This is a unique opportunity for students to engage in science, participate in a collective research experience, and present their original research before an authentic audience. We’ll certainly learn a lot along the way (already have)! This year, we are just getting started in

this program. If you are interested in learning more about it or would like to become involved in our team - send an email to Mr. McNally (dmcnally@winooski.k12.vt.us).





# Middle School Summer Engagement

By Suzanne Skaflestad, 21st CCLC Director

Over 40 Winooski Middle School Students were engaged in a variety of enrichment and academic opportunities this summer that included: Babysitting, Bait Fishing, Cartooning, Digital Story Telling, Gardening and Cooking, Literacy, New Arrivals, Pre-Algebra, Random Acts of Kindness, Robotics, Rock Climbing, Sailing, Sports, Swimming, Watercolors and Collage, Water Rockets, and more!

The Burlington/Winooski summer program is a full day program offered for 5 weeks, which allows students to engage in topics they are interested in, make new friends, and receive support from caring adults, all-important elements to enhance academic and social growth during the summer months.

The middle school summer program offerings are made possible through a partnership with the Winooski School District, Sarah Holbrook Community Center, and Burlington schools.

Congratulations to Eric Buker for having 100% attendance for the second year in a row! Eric was enrolled in the summer program for 5 weeks from 9-3:30 pm. Monday-Friday. Eric was asked to join other students on the overnight camping trip to Lake Elmore State Park. Well done Eric! Savion Thibou, 8th grader was a regular attendee in his classes and participated in the camping trip with Eric.

Thank you to all of our partners who make it possible for the students to continue their learning during the summer months.



Eric is challenged at Get Air



Alia and Stephanie and Dah Ler Moo (back) hard at work in their Pre-Algebra class. They all received high grades which makes them eligible for Algebra this school year!



Rowan gets creative in Watercolors and Collage(1)



Benelor creates her soccer jersey



Saruro practices her English skills in the New Arrivals program



Dilly working hard in the garden!



Rajan and Amira create their own mini golf course



Summer celebrations are fun!



Ayooob prepping the vegetables in gardening and cooking.



# The Shader Croft School in Winooski

By Rebecca Savage

It was another successful summer for the Shader Croft School in Winooski. This summer the Shader Croft School ran 2 five-week programs in the Winooski middle and high school for ELL students. The Shader Croft School is a non-profit organization that was founded in 2000. They partner with various public schools to offer a four to five week literacy program during the summer. We were able to have the Shader Croft program come to Winooski through a Title III grant and generous sponsors.

The mission of the Shader Croft School is “to provide basic literacy skill instruction to middle school students by providing a highly engaging student-centered, community-based, experiential, integrated learning environment. Shader Croft seeks to empower young adolescents with the skills and confidence necessary to achieve academic success.”

Each student was responsible for identifying something they wanted to learn about, and then planning a trip around that interest for the rest of the class. Every day the students spent the mornings on academic work and the afternoons were devoted to student led trips or teacher planned adventures.

The academic portion of the program was split into four classes - reading, writing, oral expression and trip planning/personal growth. Students began the program by setting goals in each of these academic areas. At the end of the program students re-visited their goals and reflected on their progress.

In reading class students learned vocabulary and read information about the trips they were going on to build background knowledge. They also worked on skills such as identifying the main idea of a story, using details to support their thinking, asking questions to monitor understanding and summarizing what they read.

Writing class focused on crafting complete and descriptive sentences and paragraphs. Students spent a large part of writing class creating pieces for a journal that was published and distributed to families, community members and faculty at the end of the program. The journal included the students trip summaries,



*Taking a tour of the State House in Montpelier*

and About Me poems.

In Oral Expression class, students practiced giving and receiving directions, introducing themselves to new people, phone etiquette and asking questions. Students also created and performed skits depicting their favorite program adventure.

During Trip Planning and Personal Growth class students worked with the trip planner teacher to map out their trip. Students had to look up information and travel directions on the computer. They made phone calls to businesses and community members to arrange their trip and finally they had to brainstorm and write down questions to ask. After the trip was completed, students filled out a trip reflection card, composed and sent thank you letters and wrote up a summary of their trip. For the Personal Growth portion of class students read stories and articles related to bullying and the pressures of being a teenager in today's world.

Student led trips included: a tour of the Burlington International airport, Manghis Bread bakery in Montpelier, the Ed Weed Fish and Culture Station in Grand Isle, Freedom Farms in Jericho, Burlington Public Works and Petra Cliffs. The students' favorite adventure of the summer was swimming! We began the summer with swim lessons with Jess Lucas at the YMCA in Burlington. Students learned swim safety and basic strokes.



*Students at the Ed Weed Fish Culture Station*



*Hamdi learning about and bonding with horses at Freedom Farms*

Students concluded the Shader Croft program by giving presentations about their learning. The presentations took place on the last day of school with faculty and community members in the audience. The high school group presented to the middle school group and vice versa. The experience gave students valuable practice with the Effective Written, Oral Communication and Critical Thinking and Problem Solving Graduate Expectations.

Steve Hyde, the director of the Shader Croft school, summed up the program: “It was a pleasure to work with the students from Winooski and we were delighted to be able to give these wonderful students a productive and rewarding summer experience.”

The program was a huge success and we hope the Shader Croft School will return next summer!

For more information on the Shader Croft School contact Steve Hyde at 802-598-3864 or [steve@shadercroftschool.org](mailto:steve@shadercroftschool.org)



# WHS Advisory Being Strengthened for the 2017-18 School Year

By Lindsey Cox, iLab Teacher, Advisory Coordinator

The purpose of the WHS advisory is to cultivate healthy and caring relationships within the school community while fostering academic and personal growth and well-being. Advisory is about connections - student to adult, and student to student. A strong and effective advisory program helps ensure that students thoughtfully develop and achieve their goals, build critical skills for college and careers, and are prepared for their future.



## What Happens During Advisory?

- Two days a week, advisories will do activities that build community and teach skills and mindsets that support success.
- Two days a week, students will have focused, academic work time to help develop habits of work.
- The advisor will have a one-on-one conference with each student, approximately every 3-4 weeks and students will learn to monitor their week-to-week academic progress and achievement.
- Advisors will help create and work on students' Personalized Learning Plans (PLPs) where students will take the lead in setting their own measurable academic and personal goals.
- Once a week, the advisory will get to choose what they do.
- Occasionally, students will participate in grade level meetings or community meetings, where the entire high school joins together to celebrate accomplishments.

## The Advisor's Role is:

- To get to know your student
- To build a learning-focused community of students that support one another
- To support your student in planning for and reaching their academic goals through the support of a PLP

For more Information, e-mail the Advisory Coordinator at: [lcox@wsdschools.org](mailto:lcox@wsdschools.org), or follow @WinooskiLearns on Twitter for advisory photos

# COMMUNITY NEWS

## September Update

By Seth Leonard, Mayor



Welcome back to school! Our dynamic community has shown no signs of slowing down as we enter the dog days of summer and we transition into the fall. There are a number of important conversations we hope you will continue to engage as we move into the fall and approach our municipal "budget season." On August 7th, the Council discussed the future of two key community assets: the Myers Memorial Pool and the O'Brien Community Center. Following the closure of the pool last year due to unsafe operating and structural conditions, a pool committee comprised mostly of residents was convened to consider the future of a pool in Winooski. August 7th saw that committee provide their initial design proposals for a potential new pool to City Council. The design options were developed using feedback from the community through outreach events and surveys. Over the next couple months, we will be working through the details of each proposal including financial considerations. At that same August 7th meeting, the Council also provided guidance on future operational opportunities for the O'Brien Community Center. There was shared concern that we retain a community center that provides services and a public benefit to as many members of our community as possible. Discussions of potential future uses included space for child care and a gym. While there are no leases in place at the time of this update, do not be surprised if you see activity soon in the spaces of the community center that are unoccupied at present time.

Strategic planning for Winooski is a recent buzzworthy topic, and I am happy to report that the past few months have yielded real progress towards our community's development of a plan to guide us into our future. As we continue that work, we have a number of exciting engagements underway: We are in the final stages of appointing a Housing Commission to focus on addressing the opportunities and challenges in our recent Housing Needs Assessment; the Economic Development Plan

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	<a href="mailto:sleonard@winooskivt.org">sleonard@winooskivt.org</a>	802-777-3381
Councilor Brian Corrigan	<a href="mailto:bcorrigan@winooskivt.org">bcorrigan@winooskivt.org</a>	802-999-9270
Councilor Eric Covey	<a href="mailto:ecovey@winooskivt.org">ecovey@winooskivt.org</a>	802-825-8789
Councilor Nicole Mace	<a href="mailto:nmace@winooskivt.org">nmace@winooskivt.org</a>	802-363-7777
Councilor Brian Sweeney	<a href="mailto:bsweeney@winooskivt.org">bsweeney@winooskivt.org</a>	802-734-6902
City Manager Jessie Baker	<a href="mailto:jbaker@winooskivt.org">jbaker@winooskivt.org</a>	802-655-6410
Visit the city website at <a href="http://winooskivt.org">winooskivt.org</a> or call 802-655-6410.		

Keep up to date with announcements and news:

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

development continues to progress in creating our community's first Economic Development Strategy; the Winooski Branding work has included a well-attended outreach session and progress towards meaningful branding work. In the backdrop of these projects, the Planning Commission and separate area Commissions (Public Works, Community Services, Public Safety, Finance) will work with our subject-experts on staff to continue our path in creating a meaningful and functional guiding document that represents the shared goals our community has for our city. This is an immensely important undertaking as we ensure our city's work plan aligns with a shared community vision of Winooski.

There are many opportunities for you to impact these conversations and many others around the future of your community! Your government is working to balance opportunities to make Winooski a wonderful place to live today, while also giving appropriate attention to what comes next. It is a challenging balancing act, and we really appreciate the feedback and input that creates a truly public process. Please continue to monitor the city's website and social media communications for ways you can have your voice heard!

## Winooski Memorial Library

By *Elsie Goodrich*

Greetings from the Winooski Memorial Library! A big thank you to all our little readers who made the Summer Reading Program a big success! Over 90 children took the reading challenge and helped us Build a Better World. Thanks to generous donations from Tiny Thai, Sneakers Bistro, Our House Bistro, Spare Time Bowling in Colchester, and many other individuals, we were able to offer fantastic prizes for reading all summer long. Keep coming back to the library during the school year for more fun activities and crafts!



- **Story Time** is every Friday at 10:30AM. Join Elsie for songs, rhymes, stories and crafts for babies-6 years old.
- **Lego Club** meets every Tuesday from 3PM to 6PM, take the weekly Lego challenge and see your creation featured on our Facebook page.
- **Family Game Day** is Wednesdays from 3PM to 6PM, learn a new game, or take one of ours home to enjoy with your books!
- **Homework Help** will be starting at the library soon. Monday-Thursday nights 6PM to 9PM students of all ages can come in for free wifi, public computers, school project supplies and friendly, knowledgeable tutors.

The Winooski Memorial Library is located at 32D Malletts Bay Avenue, Winooski VT 05404. Telephone: (802) 655-6424 We are open Tuesday-Friday, 10am to 6:30pm and Saturday from 10am to 2pm. Closed on Sundays and Mondays. Find us online at [winooskilibrary.wordpress.com](http://winooskilibrary.wordpress.com).

## WCSPC September Update

By *Jackie Hoy*

**Above the Influence Returns to the School:** Welcome back to school, students! If you're looking to get involved and have fun in an after school program, check out our Above the Influence group. In the Winooski Above the Influence (ATI) group, students will have fun, meet other students, gain public speaking skills, and increase their knowledge. Students will spend time looking at some of the many types of messages they are faced with on a daily basis, and will be provided information and experience to decide for themselves what is true and right and what they value.

Students will learn and practice these skills in many ways, including:

- Art and graphic design projects
- Community service
- Recording public service announcements
- Attending and speaking at public meetings
- Making decisions
- Contributing positively to the health of their community

Students will also have opportunities to travel and increase their skills in these areas both around the state and to regional conferences, free of charge.

**Next Community Dinner: September 20 :** Please join us and the Winooski Community Justice Center for our community dinner, free and open to all. The dinner will be held at the O'Brien Community Center from 6:00 to 7:30 p.m. on September 20. Everyone is welcome!

**New School Year, New Opportunities:** The start of the school year can be a new beginning for many students. One grade older can mean new teachers, new friends, and different ways that kids are growing and learning. Now is a great time to talk to children about substances. It may seem like teens aren't listening, but in fact, the number #1 reason kids give for not drinking and using drugs is that they don't want to disappoint their parents. Kids who learn about the consequences of substance use are significantly less likely to use. ParentUp VT offers tips on how to talk to kids about underage drinking and substance use, including videos and quizzes to help you set the foundation. To check it out, visit [parentupvt.org](http://parentupvt.org).

**Information Overload: Knowing Fact from Fiction:** With all of the information out there on drugs and alcohol, it's hard to know what's true and what isn't. Sometimes you'll hear a statement that drinking a glass of red wine is just as good for you as spending an hour at the gym. Or that marijuana is natural, and therefore harmless.

The best way to know if a statement is true is to check the source. Was the research conducted at an accredited and reputable medical school or university? Does the person or organization have something to gain from disseminating this information? The most credible research is done in large academic institutions or government centers such as the NIH or CDC. The highest-quality studies are published in "peer-reviewed" or "refereed" journals.

How else can you stay informed?

- Share what you hear with your doctor.
- Be wary of miracle cures.
- Stay current, make sure the studies are recent.

Have a great school year!

# Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

According to *The Journal of the American Medical Association* and *the Annals of Internal Medicine*, there is no known way to prevent dementia. However, there are actions that you can take to reduce your risk for dementia and, in some cases, slow the progression of the disease.

These factors include:

- **Exercise** (Exercise and physical activity improve cognitive performance and reduce cognitive decline - moderate activity 3 times a week)
- **Diet** ( Eat a diet that includes a lot of fruit, vegetables, whole grains, the spice tumeric, and omega-3 fatty acids, found in fish)
- **Heart healthy behaviors** exercising and healthy eating, not smoking, maintaining a healthy weight, controlling blood pressure, relaxing and reducing stress.
- **Avoiding head injury** - Head injury is associated with increased risk for dementia. Protect your head with helmets during sports, wear seat belts, and avoid sports and situations that involve repeated injury to the head.
- **Mental activities** - Stimulation of the mind increases the number and strength of connections between the brain cells, strengthens the brain cells you have, and even increases the number of brain cells slightly.
- **Socializing** - Older people who engage in regular social activities show less cognitive decline. One reason for this effect is that social activities promote new connections between brain cells.

Some factors may decrease the effect of the damage by developing more connections between the remaining brain cells, rather than preventing damage. With more connections between brain cells, function can be maintained longer despite damage to the brain. For more information: <http://www.alz.org/10-signs-symptoms-alzheimers-dementia.asp>

Recently, the Center created a Senior Program Interest Survey. Senior participants, potential center users, volunteers, and staff members work together to develop and implement programs and events. We want to hear from You! We want the Winooski Senior Center to be the best place it can be and we want your help to create interest driven programming and events for the future.

Go to: <http://www.winooskivt.org/senior-programs/> and click on the survey link OR stop by the Center and pick up a copy. As a thank you for completing this survey, you will be entered in a raffle for a \$50 gift card when you provide your name and contact information.

**NOTICE: The Center will be closed September 4th in observance of Labor Day.**

## SEPTEMBER ACTIVITIES

**Do Drop In - Coffee & Discussion:**  
Mondays  
9-11am  
(No program Sept 11)

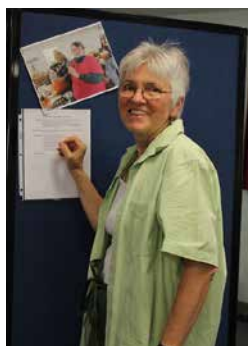
**Crafting for a Cause:**  
Wednesdays  
9am - 12pm

**Tai Chi on Mondays:**  
10am - Advanced Sun 73  
11am - Easy Qigong

**Senior Exercise Program:**  
(Begins September 5th)  
10-11am Tues/Thur

**Theme Lunches & BINGO!:**  
• Sept 21 - Pirate Day Theme  
• Oct 26 - Halloween Theme

**Special Senior Lunches:**  
• Sept 12 - Lunch & Advisory Meeting  
• Oct 10 - Lunch & Advisory Meeting



*The best thing about memories is making them.*

## Tuesday Talks:

- Sept 26 - Coffee with Fire Marshall John Audy

## SPECIAL EVENTS:

- Sept 1 - International Lunch & Learn
- Sept 19 - Flu & Immunization Clinic
- Sept 27 - More than a Movie
- Oct/Nov - "Quotable Autumn" art exhibit

Memberships are now due! Your \$5.00 yearly membership donation is an investment in a mission to keep seniors active, connected and engaged in growing!



The Winooski Senior Center offers low cost community meals and many free ways to participate and learn.



We offer van trips to grocery stores, the mall, the Food Shelf and the library. Every Thursday we offer an Age Well Community Lunch for \$4.00 at 11:30am and BINGO! at 12:30pm. Reservations for all meals are now required. Call the Center by NOON the day before the meal to make your reservation. Call 655-6425 for the menu.

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. You can reach us by phone at 802-655-6425 or by email at [seniorcenter@winooskivt.org](mailto:seniorcenter@winooskivt.org).

Check out the Senior Center monthly calendar at:  
[www.winooskivt.org/senior-programs/](http://www.winooskivt.org/senior-programs/)



# Police Update

By Scott McGivern, Lieutenant, Winooski Police Department



Another school year is upon us. This time of year our police department tries to get out and engage with the community. We look for events that get us out into the community so you may get to know us and we can get to know you. We are

having two Coffee With a Cop events. These events allow us to sit with members of the community over coffee and talk about policing and any concerns they have about the community. Watch for announcements on Front Porch Forum or our website ([www.winooskipolice.com](http://www.winooskipolice.com))

We did participate in the West Street block party in August. We will be cooking hamburgers and hot dogs at the Senior Center for International Lunch Day. We

are hoping to be a part of any other block party that is in the planning stages.

Another event the officers enjoy being a part of is the Mindful Mentors After School Program. It is a fun way for the kids to get to interact with other officers. Officer Dave will be at the school this year. We hope the school year is rewarding for the staff and students of the school district.

## Girl Scout Troop 30187

By Amy Lothrop, Troop Leader

Troop 30187 had three members attend Girl Scout Camp this summer in Thetford. They had opportunities to try new things from biking across Vermont and New Hampshire to making new friends as well as night time hikes, star gazing, camping skills and camp songs. It would not be a complete Girl Scout experience without S'Mores of course!

While the Daisy, Brownie and Cadettes enjoyed the summer off, the Junior level scouts have continued working on their Bronze Award, which is a troop project requiring a minimum of 20 hours of service per girl. It is the highest award that 4th and 5th graders can earn. We are pleased to say that they are VERY close to completion! Final reports and a community event will finish the project in September.

To support their mission of helping homeless pets, they held a bottle drive and a bake sale in July that raised over \$750. Thank you to everyone who donated bottles and cans. We have cut fabric into strips and squares to make no-sew cat and dog toys. The toys and a donation will be made to Lucy's House for the Prevention of Homeless Pets. Lucy's is a local non-profit which provides 9 tons (18,000 lbs) of pet food per month to local food shelves to help at-risk pets remain in their own homes. We will hold a community event on 09/23 to celebrate their accomplishment and assemble the toys. More details will be available closer to the event. Watch for postings on Front Porch Forum.

We did take a break from all this work to have a little fun. The girls attended a



Baking Cookies for the bake sale

Lake Monster game for the Walk to End Alzheimer's kick off celebration. The girls enjoyed the BBQ and the baseball game -- especially since the Monsters won! We will attend the walk on 09/17 at the Shelburne Museum as a cheer brigade.

The troop's regular meetings will resume on October 4th. There will be a returning parent and girl orientation meeting on Wednesday 09/20. The new parent and girl orientation will be on Wednesday 09/27. Both meetings will be from 6:00-6:45pm in the JFK Art Room. We look forward to welcoming old and new friends to the troop. If this adventure sounds irresistible, contact Amy Snow Lothrop at [amylothrop@comcast.net](mailto:amylothrop@comcast.net) or 802-373-7288 for more information. We are a troop open to all girls in Kindergarten through 12th grade. Come and help us to make the world a better place one girl at a time.



Lake Monsters Game for the Walk to End Alzheimer's



Preparing materials to make pet toys for Lucy's House for the Prevention of Homeless Pets



Cutting strips for dog tug toys



At the bottle drive

# Winooski Food Shelf Schedule for September

By Linda Howe

<b>Saturday, September 9th</b>	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, September 13th</b>	2:00 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
<b>Saturday, September 23rd</b>	9:30 a.m. to 11:30 am.	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, September 27th</b>	2:00 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies

**Food Shelf policy:** Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill. Any Winooski resident in need is welcome. You might have just lost a job, become ill or injured and can't work, had a new baby or have large medical bills. We all have experienced sudden life changes. The

Food Shelf is here to help support you. **For questions call 318-0460.**

**Where to find us:** The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

**Cash donations needed:** The Food Shelf is growing rapidly. More and

more food must be purchased since current food donations cannot meet the demand. Checks can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. Thank you!

**Donation drop off location:** Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Pets are also family members and we are always grateful for pet food donations. We especially need cat food.

## HEALTH CORNER

By Elizabeth Parris

Welcome Back! We are so excited for the opportunity to spend another year taking care of children. Please remember to get the emergency health information sheets as well as permissions slips for the School Based Health Center back into the health office ASAP.

If you are a new family to the district and your child has a medical condition, please notify the health office immediately so we can make a plan to keep your child safe and healthy while at school.

As many of you know by now, we are creating a School Based Health Center (SBHC) this year at the Winooski School District. Our goal is to have the SBHC open 2 mornings a week (days to be announced soon) for 4 hours at a time. There have been some really great questions asked by parents and community members and I want to take this opportunity to share some of those questions with you!

### Q: What is the purpose of a SBHC?

A: The purpose is to help reduce the number of absences, tardiness and early dismissals related to medical appointments. We want the students

healthy and in the classroom accessing their education as much as possible.

### Q: Does my child have to participate?

A: No, this is a completely voluntary program.

### Q: Who can take part in it?

A: The SBHC will be open to preschool-12th graders

### Q: Does this replace my student's normal primary care doctor?

A: No! This center is only going to diagnose and treat acute illnesses such as strep throat, ear infections etc. Your child will still need to be seen at their primary care doctor for wellness checkups, sports physicals, immunizations and ongoing follow up of chronic conditions.

### Q: How will my child's doctor know if they have been seen at the SBHC?

A: Once your child has been seen, the SBHC will send a fax to your child's primary care provider letting them know that they have been assessed and possibly treated.

### Q: Do I have to pay?

A: The SBHC will bill your child's insurance. There are no out of pocket expenses for parents.

### Q: Can I come to the SBHC with my child?

A: Yes! Parents are always welcome to join their child at the SBHC. Also, if your child wakes up and is not feeling great and you know the SBHC is open that morning-come and bring them. Talk with the provider and have your child assessed.

### Q: How do I sign my child up?

A: You will need to fill out the SBHC permission form and send it back in to the health office.

Lastly, I want to let you all know that there has been an amazing team working behind the scenes for the past year to make this SBHC successful and sustainable. I am extremely appreciative for all their hard work and dedication to this project.

If you have any questions, please don't hesitate to call us. We are looking forward to another wonderful school year!!



# ELEMENTARY SCHOOL MENUS — SEPTEMBER



This Institution is an equal opportunity provider  
Menus are subject to change

	Tues., Aug. 29	Wed., Aug 30	Thurs., Aug 31	Fri., Sept. 1
	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Homemade Breakfast Round Fresh Fruit Milk	<b>No School</b>
<b>Labor Day</b>	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Whole Grain Homemade Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
	Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Homemade Breakfast Round Fresh Fruit Milk
	Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Homemade Breakfast Round Fresh Fruit Milk
	Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/1/2 English Muffin Fresh Fruit Milk	Whole Grain Homemade Breakfast Round Fresh Fruit Milk
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## Winooski Elementary School Breakfast In The Classroom August/September 2017

### Breakfast in the Classroom:

100% Juice or Fresh Fruit

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

**Hood Milk: Skim, 1% white or Fat-Free Chocolate**

### Prices

Community Eligibility Provision  
Meals to all Students are Free  
Snacks & Snack Milk not included

Adult Breakfast \$1.75	Milk \$ .50	Adult Lunch \$3.50
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Pay for meals on-line  
For free on-line service go to <http://www.abbeygroup.net>  
Search for Your School and Click the K12 Payment Center link

Questions or Comments regarding your School Meal Program?  
Please contact The Abbey Group Vice President of Operations Scott Choiniere [scott@abbeygroup.net](mailto:scott@abbeygroup.net)



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>



## Why is it important for a child to eat lunch?

When choosing what to eat for lunch, making a healthy choice is really important. Here's why: Eating a variety of healthy foods gives you energy to do stuff, helps you grow the way you should, and can even keep you from getting sick.

Think of your school lunch as the fuel you put in your tank. If you choose the wrong kind of fuel, you might run out of energy before the day is over.



This Institution is an equal opportunity provider  
Menus are subject to change

	Tues., Aug. 29	Wed., Aug 30	Thurs., Aug 31	Fri., Sept. 1
<b>Taste Test Event Thursday August 31</b> Featuring Tomatoes & Summer Squash	Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Steamed Green Beans	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Broccoli Salad</b> Fresh Carrot Sticks w/Hummus	Taste Test Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Spinach Salad Italian Bean Salad	<b>No School</b>
<b>Labor Day</b>	Dress Your Own Hot Dog Roasted Fresh Sweet Potato Wedges Baked Beans	<b>Minestrone Soup</b> Homemade Cheesy Breadsticks w/Marinara Steamed Carrots	Homemade Shepherd's Pie Baker's Hand Rolled Dinner Roll <b>Roasted Zucchini Sticks</b>	BirthDay Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw Roasted Chick Peas
	Meatball Sub Garden Pasta Salad Fresh Celery w/ Hummus Dip	Early Release Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Zucchini Parmesan</b> Warm Black Beans	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Steamed Peas & Carrots	<b>Maple Apple French Toast Bake</b> Local Maple Syrup Fresh Cut Sweet & White Home Fries Fresh Green Pepper Strips
	Oven Baked Chicken Nuggets w/Dipping Sauce Hand Cut Roasted Potato Wedges Baked Beans	Taco Bar w/ Soft Shell <b>Homemade Salsa w/Fresh Tomatoes</b> <b>Cherry Tomato &amp; Corn Salad</b>	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Local Corn on the Cob Chopped Green Salad	Grilled Cheese Sandwich From Scratch Chicken Noodle Soup Celery Sticks w/Hummus Dip
	Dress Your Own Burger Hand Cut French Fries Baked Beans	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Marinated Black Beans	Minestrone Soup Homemade Cheesy Breadsticks w/Marinara Chopped Green Salad	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Carrot Sticks w/Hummus
				Pork Fried Rice Steamed Broccoli Dinner Roll Fortune Cookie



## Winooski Elementary School Lunch August/September 2017

### Daily Lunch Offerings:

Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad

### Offered with all Meals:

Fresh Fruit  
**Hood Milk: Skim, 1% white or Fat-Free Chocolate**

### Harvest of the Month

August Tomatoes  
 September Summer Squash

Local Products Used 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

### Prices

Community Eligibility Provision  
Meals to all Students are Free  
Snacks & Snack Milk not included

Adult Breakfast \$1.75	Milk \$ .50	Adult Lunch \$3.50
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Pay for meals on-line  
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Search for Your School and Click the K12 Payment Center link

### We Support Local New England Companies

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





## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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### WINOOSKI PUBLIC SCHOOLS

[www.wdschools.org](http://www.wdschools.org)

#### **Superintendent of Schools**

**Sean McMannon:** 655-0485  
smcmannon@wdschools.org

#### **John F. Kennedy Elementary School**

Principal: **Sara Raabe**  
802-655-0411  
sraabe@wdschools.org

#### **Winooski Middle and High School**

Co-Principals: **Kate Grodin/Leon Wheeler**  
802-655-3530  
lwheeler@wdschools.org

#### **Board of School Trustees**

**Mike Decarreau**, President: 310-4032  
mdecarreau@wdschools.org  
**Tori Cleiland**, 655-7678  
tcleiland@wdschools.org  
**Jen Corrigan**, 233-7642  
jcorrigan@wdschools.org  
**Matthew MacNeil**, 802-999-3218  
mmacneil@wdschools.org  
**Dr. Alex Yin**  
ayin@wdschools.org

#### **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 256 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*