

# WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 9, ISSUE 3

DECEMBER 2011

*Celebrating Our Achievements!*



## Train Show Coming Down The Track!

The **18th Annual Winooski Scholarship Train Show** is on track to occur on December 3, 2011 at the Winooski Educational Center from 10 AM to 3 PM. The center is just south of Exit 16 on I-89 on Main Street. The show will feature operating layouts in a variety of gauges, books, videos, railroadiana, toy train dealers, a food concession, and displays. This annual event raises money for the Winooski Dollars for Scholars program. Adult admission is \$5, Ages 6-12 pay \$1.00 while children under 6 are FREE when accompanied by an adult. The Senior class will run a concession and a 50/50 raffle. This event is fun for young and old alike. Join us, contribute to scholarship, and have a great time. For information, call John J. Malcovsky at 862-7634 (H) or 655-2555 (W).

### INSIDE THIS ISSUE

**Notes from the  
Central Office** 2

**Announcements** 2-3

**Notes From JFK  
Elementary and  
Middle School** 4-7

**High School  
Highlights** 8-12

**Health Corner,  
Community News,  
Menu** 12-15

**District and Contact  
Information** 16

## Music Matters

By Cathy Mander-Adams

Who would volunteer to get a Pie-In-The-Face? While there were many teachers who volunteered only one actually got The-Pie-In-The Face. The High School Chorus wishes to say Thank-You to Mr. Drew Blanchard. How did he get to be so lucky?

On October 12 the Chorus singers put out a challenge to all the high school students, teachers and staff. They wanted to find a way to raise money to help some of the Vermont Victims of Tropical Storm Irene. They learned, from Mrs. Mander-Adams, of students in other parts of the state who were not able to eat, get warm or go to school because of the devastation caused by this storm in their areas and they wanted to help.

Money containers were placed in each of the high school rooms for the purpose of collecting money. Each container had a teacher's name on it (volunteer). The container with the most money collected meant that teacher would get the pie-in-the-face. The total amount of money collected, which was donated to The American Red Cross, came to \$171.23. Great job, singers! And thanks for being such a good sport, Mr. Blanchard!

On Tuesday, November 8, Haley LaBonte, with the Burlington Chapter of The American Red Cross, came to Winooski High School to accept a check from the high school Chorus girls who sang "These Green Hills" before presenting their check.

Also in the news: Several of the high school chorus singers participated in a special celebration at UVM. On Saturday, October 29, Bethany Trainque, Claudine Nkurinziza, Coralyn Boivin, Gwen Mongeon and KuSay Wah had the honor of singing The Star Spangled Banner and the South Korean National Anthem at the first ever celebration to honor Vermont Veterans from the South Korean War. This celebration was created and organized by Dr. Mun Son a professor at UVM. Dr. Son contacted Cathy Mander-Adams, WHS Chorus teacher and asked if she could bring some of her students to sing the anthems for this special celebration. Dr. Son is also responsible for helping the girls learn the Korean National Anthem prior to the celebration. It was a very special occasion for everyone who attended. The girls learned many things about the Korean War and those who were honored at the celebration. This was an experience they will never forget.



## NOTES FROM THE CENTRAL OFFICE

### Superintendent's Message

By Mary Martineau, Superintendent of Schools

It is hard to believe that it is already December! We are in the second year of our school improvement grant (SIG). This year our focus continues to be on brain research and how students learn. In addition, we are focusing on the area of assessment. As part of that focus, teachers are working in grade level and content area teams to develop common assessments. Part of this work is around the use of pre and post assessments and using the data to inform instruction. As a District we have adopted a new student data management system (VCAT), which allows us to look at historical data to identify patterns and trends. As we move forward with the professional development in curriculum and assessment for the school improvement grant, we will begin to incorporate the common core standards into our work. The common core standards will result in a new statewide assessment that will replace the current New England Common Assessment Program (NECAP) in 2014. In addition to this work, we have implemented a reading intervention for middle school and high school students who are below grade level. This intervention is a scientifically research based program that focuses on the 5 components of reading.

The administrators continue to meet regularly with the SIG external coaches, Val Gardner and Tina Muncy, to discuss and implement systemic changes to improve student outcomes. In the coming months, we will be planning Year 3 of the grant.

### Greetings from the School Board!

By Tori Cleiland, Board of School Trustees

On November 3, JFK held an Open House to welcome parents and students for celebration of the hard work students and teachers have been doing in Social-Emotional Learning. It was a FABULOUS celebration and a TREMENDOUS success! There were about 400 family members, eating and sharing in the learning of their students. The students and teachers presented "How Does Your Engine Run." This event was the culmination of a goal from our Parent Involvement collaboration through our work with PIRC-VT. The event addressed three key elements for effective parent engagement: 1. Provide relevant parent information, 2. Communicate Effectively, 3. Support Learning at Home. The teachers and administrators worked extremely hard to pull this event off!

This event is a great indicator that our school district knows, and acts on, that PARENTS MATTER in their child's education and in our school community. Our school district wants us in the building, adding our voices to work with teachers and administrators. Communicating and engaging with parents in meaningful is a MAJOR focus for Winooski.

One way to get your voice involved in decision-making at the school is to **take a survey that will be presented at parent conferences**. The teachers will get you started. Details for getting it done: it will be on Survey Monkey, there will be laptops at the entrances to jump on, and there will be paper copies to fill in too. The more information we have from you the better!! Please let us hear your voice. This is YOUR school district.

### Ski Passes Awarded to WHS Scholars

Sugarbush Ski Resort in Warren has awarded the following student with a free seasons pass to their resort for the entire 2011-2012 ski season; Bethany Trainque, Katelyn Decarreau, Brianna Robare, Canary Ly, Gwen Mongeon, and Serina Phuong. The young ladies were awarded these passes for academic excellence. Congratulations girls!

## ANNOUNCEMENTS

### Visit Castleton State College with VSAC

By Cathy Printon, Vermont State GEAR UP Parent Program Coordinator

Outreach  
Counselor Heidi  
McLaughlin and  
Parent Program  
Coordinator Cathy



Printon have scheduled a trip to Castleton State College for Winooski Middle School and High School students on January 28th. Join us on the bus for a trip to Castleton where we'll take in a men's hockey game, have lunch on campus, and enjoy a campus tour.

**The trip is free**, but students must bring a parent or family adult chaperone. Details are available through Heidi at school or by email at [McLaughlin@vsac.org](mailto:McLaughlin@vsac.org) or [printon@vsac.org](mailto:printon@vsac.org).

### A Reminder to Smokers

By Cheryl Bean Brosnan, Guidance Counselor, Winooski Middle School

Vermont Kids Against Tobacco spent two afternoons picking up cigarette butts on the school playground and parking lot. They found



119 butts on the school property. VKAT's would like to remind adults that smoking is not allowed on school property and that tickets can be issued for smoking. Please help keep our campus green and allow children a smoke free environment by not smoking around children. Thank you.





## Annual WHS Boys & Girls Basketball Calcutta

**When:** Saturday, December 3, 2011

**Where:** McKee's Pub & Grill

**Time:** 3:00-4:00Pm ~ Happy Hour  
4:00-5:00Pm ~ Appetizers  
5:00Pm ~ Calcutta

**Tickets** \$50.00 each (*includes food for two and a ball*)

Tickets can be purchased from any coach / player, directly at McKee's, or by contacting Cindy Robare (655-0433) or Tammy Cusson-Ducharme (923-6670), and as always... thanks for your continued support!!!

## UVM College of Medicine PRIME Program Starts Soon

High school match can be challenging for many students because they just aren't confident in the basics. And if students lack this crucial foundation, it becomes increasingly difficult for math teachers to do their job and teach higher-level courses. This is where PRIME comes in. We aim to take a step back and help students master the basics! Here is a taste of what our program will offer:

- 8-10 weeks of solid training in basic math skills: Saturday mornings, mid-January through March
- Hosted at the UVM College of Medicine
- Over 40 medical student volunteers
- Targeted towards 9th and 10th graders at all skill levels, but all ages are welcome
- No fee or requirement
- Structure will be based on short class lectures, in-class independent learning, small group sessions and focused computerized education, PLUS exposure to the health sciences
- Explore the College of Medicine and the greater UVM campus
- Rewards and awards given for performance, excellence and effort!

For more information, contact Tyler Stewart (tyler.stewart@uvm.edu), Shetal Patel (shetal.patel@uvm.edu) or Prabu Selvam (prabu.selvam@uvm.edu).

## High School Yearbook 2012 Reminder

A deposit of \$25.00 is due by December 16<sup>th</sup>. This deposit will reserve your copy of the limited number of yearbooks that will be printed this year. Seniors should submit their activity sheets, superlative sheets, and senior portraits as soon as possible. The absolute deadline for submitting these items is also December 16<sup>th</sup>.

## Attention, Seniors!

Would you like to have your Senior yearbook photos taken for a very reasonable price? The WHS French Club is offering a special deal to WHS Seniors: an individual 1½ hour photo session for only \$45. And you will receive a DVD with all your photos. Various locations are possible.

If interested in scheduling a session, contact Madame Saffo in Room 121, call 383-6195 or email [vsaffo@winooski.k12.vt.us](mailto:vsaffo@winooski.k12.vt.us).



*The WHS French Club is offering a special deal to WHS Seniors: an individual 1½ hour photo session for only \$45!*

## Band Notes

Big news! **Winooski will be hosting the All-State Parade on Wednesday, May 9, 2012!** City Manager Deac Decarreau and other city officials have determined, after researching the logistics involved in organizing such a parade, that Winooski can in fact host such a large event. Approximately 35 bands from all over the state along with about 6,000 people will turn out for the parade. The last time we hosted the festival was in 1999.

Randy Argraves is looking for about eight people to form a "Parade Committee." Please e-mail (rargraves@winooski.k12.vt.us) or call Mr. Argraves (383-6100) if you would like to be on the committee.



### SAVE THE DATE: Upcoming concerts and parades

<b>Winter Concert</b>	Tuesday, December 6 at 7 pm in the PAC
<b>Middle School District Festival</b>	Fri. & Sat. January 27 & 28 at ADL MS
<b>Jazz Dinner</b>	Sunday, February 11 at 6 pm in the cafeteria
<b>March Concert</b>	Tuesday, March 22 at 7 pm in PAC
<b>All-State Parade</b>	Wednesday, May 9 at 6 pm in Winooski
<b>Pops Concert</b>	Tuesday, May 22 at 7 pm in PAC
<b>Memorial Day Parade</b>	Saturday, May 26 at 12 pm



## K-8 News

By Mary O'Rourke, JFK Elementary and Middle School Principal

Too often our tendency is to focus on the negative and not stop and celebrate the many positive things that happen. One such cause for celebration was the hugely successful Open House for K-5 that was held on November 3rd. On behalf of the teachers and myself, I would like to thank the many, many parents who gave up precious family time to make this a true community event. I personally want to thank all the teachers who put a tremendous amount of time in planning the evening and a special thanks to Tori Cleiland who contributed at many different levels to make the Open House the success it was.

This was an important first step as we continue to be partners in education to make sure that all children are successful.

The middle school students performed "The Sound of Music." It was a wonderful performance. It is always so nice to see our brave students get out there and perform!

On November 21st, Parent-Teacher Conferences were held. Again, we had many parents who met with their child's teacher and strengthened the home-school connection that is so vital to our students' success.

**Save the date!** On December 15th, the elementary school will present this year's winter performance, "We are one Comm-UNITY." It should be an exciting evening. The show begins at 6:30p.m. on the 15th. We hope to see you there.

It is my hope that everyone celebrated a very happy Thanksgiving and will enjoy the upcoming holidays with family and friends.

## Make Your Mark For Africa

By Nancy Devost

During the month of October the ELL Department sponsored a fundraising event to help the Dadaab refugee camps in Kenya. These camps have been inundated with thousands and thousands of people fleeing famine-ridden Somalia. Many of our Somali Bantu families spent time in Dadaab before arriving in the United States and the ELL teachers wanted to initiate an event that could help those in dire need.

Many of our ELL students assisted in decorating coin drop containers, creating posters, and spreading the word about the raffle to win an African drum. The ELL Team and 3<sup>rd</sup> grade teacher, Courtney Bryan, wrote a mini-grant to the Generation On organization. We were presented with a grant for \$250.00 to assist our efforts in the "Make Your Mark For Africa" campaign. Some of the grant money was used to purchase an authentic African drum, which was raffled off.

From October 11-20<sup>th</sup> a coin drop took place at JFK and Winooski Middle School. Every morning ELL students would go room to room to collect coins from the students.

On the afternoon of October 20<sup>th</sup> we held our culminating event in the cafeteria. The cafeteria was filled with African music, henna tattoos done by some high school girls and delicious African food for sale. The winner of the drum raffle was announced and Mrs.

BJ from the 1<sup>st</sup> grade won! We congratulate her!

The fundraising efforts raised a total amount of \$685.32! A check was sent to CARE, a non-profit organization that focuses on fighting global poverty, with specific instructions to use the money to help Dadaab refugee camps. We thank everyone who participated. We also want to thank Hasbro Toy Company for their sponsorship of the mini-grant.



## Big Chef, Little Chef

By Mag Thomas



There is a new afterschool program happening at JFK!

JFK Middle School students are teaming up with JFK Kindergarten students on Tuesdays with Ms. Unger. Each middle school student has been partnered with a Kindergarten student. Together they are learning how to make their own healthy snacks. They are doing this by engaging in many different and exciting learning activities such as food games, art projects, and story time. They are meeting new friends while having fun and eating healthy!



## JFK Guidance News

By Sarah Murphy

**November Update:** We had a great month! In the Kindergarten, First, and Second grade classes we focused on problem solving. Students learned what a conflict is and how to work toward resolving a conflict using several different strategies. In the upper grades, students learned about team work. They spent time doing small and large group team building activities with the other students in their class.

**Up Next in December:** The Kindergarten, First, and Second grade classes will be learning about bullying. In the upper grades, students will be learning about conflict resolution.

## News from the JFK Elementary Music Room

Danielle Koplinka-Loehr, Music Teacher

This fall in music all grade levels have been singing up a storm! We have been focusing on keeping a steady beat, moving to music, exploring our voices and speech, and playing song games to improve independent singing ability and to build community. Ask you student to sing you the following songs:

**Pre-K:** *Have You Ever Seen a Lassie, Hot Cross Buns, Bluebird Bluebird, One Elephant, I'm Going Downtown.* Ask him/her to recite the *Hickory Dickory Dock* poem.

**Kindergarten and 1<sup>st</sup> grade:** *Come and Follow Me, Hickety Pickety BumbleBee, Frog's In the Middle, Tideo, One Elephant Went Out To Play, No More Pie, and I'm Going Downtown.* Ask your student to recite the *Five Little Mice* and *Five Little Pumpkins* poems.

**2<sup>nd</sup> and 3<sup>rd</sup> Grade:** *Kye Kye Kule, John Kalakalaka, Lovin' Zero, Penny Song, Old King Glory of the Mountain, Stella Ella Ola, and We Come From the Mountain (Turn the World Around).* Ask him/her to recite *Mrs. White*.

**4<sup>th</sup> and 5<sup>th</sup> Grade:** *Funga Alaffia, Somebody's Knockin' At My Door, Stella Ella Ola, and songs for our Winter Show* (see below). Ask him/her to recite *See A Pin, Pick It Up*.

We have some important dates in the month of December. The **4<sup>th</sup> and 5<sup>th</sup>-grade Chorus, Band, and Orchestra** concert is on **Thursday, December 8<sup>th</sup> at 6:30pm** in the Performing Arts Center. Students should arrive at 6pm.

The **2011 Winter Show** for the entire JFK Elementary will take place on **Thursday, December 15<sup>th</sup>, at 6:30pm** in the gymnasium. Students should arrive at 6pm. The theme this year is *We Are One Comm-UNITY*.

All of the students are singing "We Come From the Mountain" and "We're All In This Together" (from *High School Musical*). Each grade level will also be singing their own song:

- **Kindergarten:** *What The World Needs Now Is Love*
- **1<sup>st</sup> grade:** *Walk a Mile*
- **2<sup>nd</sup> grade:** *We Can Work It Out* (by the Beatles)
- **3<sup>rd</sup> grade:** *Lean On Me* (from Glee!)
- **4<sup>th</sup> grade:** *Circle of Life* (from The Lion King)
- **5<sup>th</sup> grade:** *One and the Same* (by Selena Gomez and Demi Lovato)

We look forward to seeing you at the Winter Show!

## Second Grade News

By Casey Hogan, Angela Moulton, and Jessica Perrotte

The second grade teachers are very excited about the new report cards that went home last month. We are pleased that science and social studies have a more detail description on the report cards. The report card identifies the main concepts taught and gives a brief description of the details in our units.

**Science:** So far this year, we have had a lot of fun in science studying weather and the water cycle. We have been doing many experiments with water to help learn how the water cycle works. Some examples of these experiments include watching water evaporate from a cup and "cling" to saran wrap covering the cup (condensation), and measuring temperature and rain fall. We have also enjoyed many non-fiction text related to weather. This has been very helpful for many students to grasp the concept of the water cycle. Our next science unit will focus on the solar system. We can't wait!!!

**Social Studies:** We began the year getting to know each other better in our classroom. We then moved to learning how our classmates create a community in our school. We have been working on JFK's new social skills program called "How does your engine run?" Students are learning to become self-aware of their bodies and how their "engines" may be "running." (For example, high, just right, or low.) We are also teaching children strategies to calm their engines from "high" to "just right" or rev their engines up from "low" to "just right." Please ask your child about this new program. We are having a lot of fun with it!



Mr. Money with top sellers Cody, Thatcher and Ryan.

## PTO Fall Fundraiser Update

The PTO wishes to thank all family, friends, teachers, staff and community members who supported the children in their endeavor this year. This year's fundraiser, which raises money to support end-of-the year field trips for students in grades Pre-K through 8th, netted just over \$9,000! Once again, this year's top sellers were treated to a trip in a limo to Pizza Putt and a chance to collect some cash with "Jump for CASH." Also, since we raised more this year than last, all students will be treated to a Rick Smith Jr. Magic Show in the spring. More details about the Magic Show will be provided when the event gets closer.

The PTO meets on the 3rd Wednesday of most months in the library at 6:00 pm. We would welcome any parents who would like to get involved. Our next meeting will be January 18th. Free childcare is provided.

## Box Tops and Soup Labels Still Needed!

The PTO is continuing to collect Box Tops and Campbell's Soup Labels this year. Please save them and bring them to school. The money we earn is used for materials and supplies used in all classrooms. Your child's teacher can send them to the office for collection.

Thank you!



## Middle School News

By Katherine Jennifer Helm

### Update on Nellie Mae Grant Proposal

The WSD-BSD Partnership for Change proposal was submitted to the Nellie Mae Education Foundation (NMEF) on October 31, 2011. The proposal describes the community's hopes and plans for high school transformation, focusing on personalized learning, youth engagement, family/school/community partnerships, community-based learning opportunities and effective teaming at the high school level.

The NMEF will assess the seven grant proposals and then make a determination of what 3-4 proposals are the most worthy of funding for the next three years. They expect to be able to announce that winners of the grant application process in December, with the winners beginning the proposed work in January.

Regardless of the outcome, the WSD-BSD Partnership Change continues to meet, plan and work towards the change that has been proposed. Weekly planning meetings with the steering committee and more frequent in-school meetings with school and community stakeholders continue the work and move forward in the transformation process.

Hopefully we will hear good news prior to the next newsletter deadline but in the meantime, positive thoughts for our success would be helpful. Our team is hopeful.

### Middle School Spirit Week

Students and teachers alike participated in this fall's Spirit Week. The week began with Halloween and many came dressed in costumes. We had the traditional vampires, witches, Frankenstein's and angels. We also had Red Riding Hood, butterflies, fairies, pirates, Dorothy's from the Wizard of Oz, bunnies, hotdogs and crayons just to mention a few of the creative ideas kids presented. Tuesday brought pajama day and then Hat Day on Wednesday. Team day on Thursday gave way to Twin day on Friday. The week as a whole had great participation and was a wonderful way to finish up the first quarter. See some of the pictures below from Halloween Monday!



## Woodworking at JFK Middle School!

By Barbara Russ, 21C Program Director



For the last several Thursdays six middle school students participated in our woodworking afterschool program. Sachi

Hergesheimer and Stuart Cheney from Sawmill Studio came back this year and brought their workbenches and hand tools for all of the students to use. Students shared two-person workbenches and every student had their own set of hand tools to use. Students worked on building their own wooden lunchboxes—so there was a lot of measuring, sawing, and hammering going on! A special thank you to Mrs. Lapointe for co-teaching this program with Sachi and Stuart. Students learned about great foods to put in their lunch boxes and were dicing, chopping, creating, and decorating a variety of foods with Mrs. Lapointe throughout the program.

Here's what the kids said about woodworking:

- "I like working with my hands and the wood." (Derek)
- "Woodworking is cool!" (Yousef)
- "Nails are annoying to keep straight when you are hammering them into the wood." (Rainbow)
- "Avoid the saw blades so you don't cut yourself." (Jason)
- "I like everything—sawing, hammering, and making a lunch box." (Jacob)
- "I really liked how we got to use the tools." (Onna)





*Standing (L to R):  
Yousef Yahya, Bishal Bista, Isiah Bouvier, Alexis Utter, Rainbow Chen, Abdi Mohamed, Hem Bista, Ali Ibrigham.  
Sitting/Kneeling (L to R):  
Dylin Traverse, Bradley Senna, Jaret Chagnon, Zachary Chagnon.*

## **Vermont Open Grappling Championship a Success for ALL**

Winooski middle schools students competed in the Vermont Open Grappling Championship, a major JiuJitsu tournament held at our school on Saturday, November 12. This competition concluded four weeks of training with Sensei David Quinlan of Martial Way Self Defense Center, and was part of Winooski's CCLC afterschool programming. More than twenty students took JiuJitsu classes from Sensei Quinlan and ten students took part in the tournament, with five students winning first, second or third place in their division. Students who took on the tournament challenge included Jaret Chagnon (First Place), Zachary Chagnon, Isiah Bouvier (Second Place), Dylin Traverse, Hem Bista (First Place), Bishal Bista, Ali Ibrigham (Second Place), Abdi Mohamed, Estevan Alvarez (Third Place), and Yousef Yahya. All the students had outstanding performances!

A special thank you to those who not only attended the Vermont Open, but also supported our martial athletes by purchasing a baked good or food item from JFK Middle School's snack bar run by Team Velocity. Additional thanks and appreciation to the many parents and businesses who donated gift cards, mouth guards, drinks, and food to make our concession stand possible. These businesses included Healthy Living, Starbucks, Shaw's Supermarket, Coca-Cola Bottling Company, Costco, The Bagel Café, Mills and Greer, and Pearl Street Beverage. Almost \$500 was raised to support our middle school's martial arts programs, making all Winooski middle school students winners!

## **How Does Your Engine Run?**

*By the Jensen Group\**

On the night of November 3<sup>rd</sup>, JFK Elementary had a very successful Open House. On that night, parents were introduced to the different ways that students were learning to change their "engines" and their "states". Eric Jensen spoke a lot about the states that students are in and what this means for their learning. States are the key to engagement. There are hundreds of states, and emotions (such as fear, joy, surprise, disgust, sadness and anger) are a subset of all possible states. The big difference between states and moods is that a state usually lasts for seconds or minutes, whereas a mood can last for hours or days. We can experience hundreds of different states every day, and more states hurt learning than help it. In fact, in order for higher learning to take place, a student has to be in a positive learning state, such as a state of:

- Curiosity
- Anticipation
- Suspicion
- Confusion

These are all hungry states and this leads us back to the work that teachers are doing around changing "states" and "engines". All behaviors are dependent on states, and the longer we let students stay in a state, the more comfortable it becomes. To get the behavior we want, we need to first notice the state that they are in or where their engine is. Then we need to ask ourselves if the state they are in or where their engine is will allow them to say, "Yes". If not, we need to change their state or bring their engine to "just right" before asking them for either the behavior we want or the task they have to do. Some possible things to do to change states or regulate engines are:

- Before asking students to complete a task, first ask them to either interact with a neighbor (turn to your neighbor and say, "You're a star!"), take a deep breath, use hands and feet in action (walk around the room to the beat of a song, touch two walls and two chairs before you go to sit at read aloud).
- Chew some gum or chew on a straw
- Run an errand, such as bringing something to the office or library
- Squeeze a stress ball
- Listen to some music

These are all examples of how teachers and adults can help students change their state or get their engines to "just right". In return, students will be in a state that is ready for a high level of learning and they will be engaged! Get them in motion before you ask them to get going!

*\* The Jensen group is comprised of district teachers and staff: Mag Thomas, Stefanie Hamble, Jen LaPointe, Jacie Knapp, David Muir, Deb LaForce, Casey Hogan, Regan Charron, and Nancy Timbers-Devost.*



## HIGH SCHOOL HIGHLIGHTS

November 9, 2011

To the Winooski Board of School Trustees:

It is with a mix of sadness and continued optimism that I submit this letter of resignation from my position as Winooski High School Principal, effective June 30, 2012. After a great deal of personal and professional reflection I have come to the conclusion that my skill set as an administrator is not the match for the challenges that lay ahead for Winooski High School. Because I care deeply about the students, staff and the community of Winooski I am submitting this notice early in order to allow for ample time to search for an optimal leadership candidate for Winooski High School.

I am proud to have been welcomed into the community of Winooski and allowed to begin the transformation process for Winooski High School. Together, we have:

- Aligned and mapped the High School curriculum
- Developed a common analytical writing rubric
- Created and implemented a common writing assessment
- Designed and begun implementing a sequence of 9-12 math assessments
- Started a pilot implementation of Personalized Learning Plans
- Provided integrated, ongoing and research-based professional development that is directly, positively affecting teaching and learning
- Implemented Professional Learning Communities and training to sustain them
- Won a State Championship in Basketball
- Hired an exceptional cohort of new educators to join a terrifically dedicated faculty
- Developed partnerships through Nellie Mae and other venues
- Trained staff in and piloted the Danielson framework for evaluation of teachers
- Participated in exciting community dialogues with a range of community groups

I want to be clear that I take my work seriously and look forward to finishing the remainder of the year together. I will continue to support students, teachers and the community in the best ways I know how. I will continue to work on supporting the transformation currently under way. I will work to support a smooth transition of leadership.

I am proud of the work we have been able to accomplish together. I will continue to work hard to move the transformation work forward during the remainder of the 2011-12 school year. I have learned and grown so much as a professional in my time here. I want to thank the board and the citizens of Winooski for the opportunity to be principal of Winooski High School. I wish the board, students, citizens, faculty, staff and administration of Winooski School District the best as we each move into new chapters of our work.

Sincerely,  
Justin Brown



## Diversity in Play at Winooski

By Leslie Wright

Winooski is one of the state's most culturally diverse cities with populations from Somalia, Bosnia and Vietnam. Thirteen percent of Winooski residents speak a language other than English at home compared to 5 percent for the state. Stride's Sisters in Sport program pairs the Winooski Middle School girls' basketball team with the nearby St. Michael's College women's team. Several of the Winooski team players, in keeping with their Muslim faith, wear head coverings on the court. Stride is pleased to play a role in encouraging all girls to play sports and gain the multiple benefits that come with sports like boosted self esteem, better grades in school and health benefits.

## Team Eclipse and the 16 Habits of Mind

By Laura Graves and Gina Krol

This summer Team Eclipse teachers went to the Middle Grades Institute where they had time to outline a curriculum on the 16 Habits of Mind. The goal behind teaching these habits is to build a positive team environment where students feel safe to take academic risks and ask questions, and where a strong work ethic is admired. As students learn the Habits of Mind, the hope is that they will start to internalize them so they can access and use them in all areas of their lives. Students have been introduced to all the habits and will spend an extended period of time learning and exploring each one. Students are reflecting on the use of these habits weekly through a team wiki. They are also reflecting on how they incorporate the habits in their academic work.

## Five Principles for Middle School

The middle school operates on five basic principles to provide an optimum educational atmosphere for all students.

1. Use word and actions that demonstrate respect for them and others;
2. Maintain an environment that is free from the threat of emotional or physical danger;
3. Use words and actions that support and encourage learning;
4. Arrive on time and be prepared to learn;
5. Maintain a clean, attractive and secure environment.



## Afterschool at WHS

By Kaitlin Moran, WHS Afterschool Coordinator

The Afterschool programs are keeping both teachers and students busy during Session 2! We have seven core support offerings and one extracurricular offering. The seven core support programs have kept students caught up with their work and helped them build the skills necessary to excel in their courses. As mentioned in the November newsletter, Tuesday offerings are Science with Ms. Bundy, Technology with Ms. Poquette, and French / READ 180 with Ms. Saffo. On Thursdays there is Instrumental Music with Mr. Argraves, Vocal Music / Piano with Ms. Mander-Adams, Math with Ms. Mellen, and Spanish / Social Studies with Ms. Basille. We have had a record turnout in the first few weeks of Session 2!



Ms. Mander-Adams and Durga Dhamala in Piano Core Support

The extracurricular Afterschool program is also on Thursday. This program, Winooski High School's Debate Team, is led by Mr. Bret Kernoff, a middle school special educator and former Burlington High School Debate Team Coach. Mr. Kernoff led the BHS team to a National Championship! The team will be practicing on Thursdays and competing in weekend tournaments around the state. As Cara Casier, a debate team member said, "I like that debate is challenging me and forcing me to learn new things outside of the classroom. It's easy to see why such an intellectual activity helps people get into better colleges." Prompted by Mr. Kernoff about the excitement surrounding statewide competitions, Cara continued, "I like the idea of being able to destroy opponents with my mind." Without a doubt, we will enjoy following the debate team around the state and hearing about their successes.

## French Club Selling Holiday Items

Students planning on travelling to France in June are happy to announce that we are selling pointsettias in time for the holidays, along with notecards featuring our own designs and artwork. Pointsettias are available in 6", 7" and 8-1/2" pots, which are foil wrapped and protected with a plastic sleeve. Prices are \$14 (6"), \$21 (7") and \$30 (8-1/2"). **Contact Madame Saffo at [vsaffo@winooski.k12.vt.us](mailto:vsaffo@winooski.k12.vt.us) or call her at 383-6195 to place your orders!**

## Curriculum Coordinator's Report

By Stefanie Hamble

This month in the area of curriculum has been an exciting one, and we are also looking forward to our month ahead. The high school is continuing their work with Bill Rich and Joey Hawkins in the area of writing across their content areas.

Last Wednesday, November 8th, was a half day for high school and teachers were able to spend the afternoon meeting with Bill and Joey and continuing their work in the area of assessments and writing. The middle school is continuing their work and progress in the area of assessments and technology. During their half day on the 8th, they were able to first see some new stuff from EDU 2.0 demonstrated by two middle school teachers, Chris Magistrale and Will Andrews. They were then able to break into Professional Learning groups and teachers shared some of the new things that they had been trying in the area of technology.

At the Elementary school teachers have been continuing some work with Jane Mekkelsen in the area of Literacy and looking at student data to inform instruction. They have also started working with Fran Huntoon, our Math Coach and are looking at current units and assessments. Overall, they are also working on building common assessments in the areas of Science and Social Studies and looking at assessments and data from all subject areas. This year has been a great year so far with a lot of hard work happening in all of the schools. We look forward to the month and year ahead!



## Varsity Boys Soccer Stats

By Stephen Feiss

We had a 5-11-0 final record. Made it to the quarter-finals of the Div-3 state tournament beating defending champions Leland and Gray in the first round.

Congratulations to Rijad Mezetovic and Issak Issak, who both received first team all-mountain conference and all-state honors.

Contratulations as well to Abdirahman Kadawe, who received second-team all-mountain conference honors.

## YATST!

By Veronica Saffo and Kaitlin Moran

On November 11 delegates from Winooski High School attended the Youth and Adults Transforming Schools Together (YATST) Conference in Montpelier. With the intent of finding ways to engage students in the development of their educational paths, five students attended the conference with Ms. Saffo and Ms. Moran.



The day began by meeting delegates from the 16 other schools around Vermont involved with YATST. We learned about how the brain interprets and processes information and ways we can help our brain learn more effectively. We then broke up into workshops. Domini Perrault, Nhung Nguyen, and Zahra Mohamad attended a workshop on why schools need change. They learned why it's important to allow students to be distracted by the world around them as a means of engaging them in their learning. This "distraction" can help students spark new interests, make new connections, and think outside the box!

Halima Mohamad and Fatuma Maalim attended a workshop on how to get students more involved in the process of school transformation. The students brainstormed various ways to have their voices be a part of their educational choices. The girls also networked with students and teachers from around the state. At the end of the day, all participants agreed to spread their new learning to the school community in hopes of carrying on the discussion! Stay tuned for more on YATST and its impact on Winooski High School!

## Project Graduation's Next Fundraisers!

By Tammy Cusson-Ducharme

On Wednesday, December 14th the Project Graduation Class of 2012 will be at McDonald's in Colchester next to Motel 6 from 5:00 pm to 7:00 pm. Stop by with the family and have supper, bring supper home, stop in and visit with us and enjoy an ice cream or apple pie. 20% of all sales during this time will go to support Project Grad! Please come out and support the Senior Class of 2012!!

Seniors are now selling Chittenden County Pizza & Deli Savings Cards for \$10. These cards provide discounts to many places including Zachary's Pizza, Sbarro's, Kountry Kart Deli and Domino's Pizza. Cards expire February 28, 2013! Please check with a senior student that you know if you are interested and haven't been asked. You may also call Tammy Cusson-Ducharme at 923-6670 and she will send a senior student your way. These cards would make great stocking stuffers!!!

## Student Council Update 11/11/11

By Rebecca Spittle, Student Council President

This month in Student Council, members have been working very diligently on various projects around the school. One of the Student Council's most recent projects, was planning the Student vs. Faculty soccer game. The core group of student who were working on this project were: Cory Chaplin, Domini Perrault, Niha Jackson, and Nhung Nguyen. Student who were in charge of this project created an action plan in the beginning of the year describing the steps they would need to complete this project.

The day of the Student Faculty soccer game everything came together and their hard work and dedication to this project paid off beautifully. There were baked goods, and other products sold at the game. All profits raised from this game will go towards Student Council's school wide events and community giving. Many spectators showed up to watch this amusing spectacle. Along with the many spectators, eleven teachers and twenty eight student faced off for this intense match.

As the final buzzer sounded at the game, the student had achieved a tremendous victory, beating the somewhat winded teachers ten to three. The leading scorer for the students was Dahir Abdi racking in three goals. Because of this impressive hat trick, the teachers begged Dahir to join their forces, and he scored a goal for them as well.

Now that the Student vs Faculty soccer game has concluded, Student Council have begun working on a new project which will be our annual Fudge Fundraiser. We will be selling fudge made by Phenomenal Fudge located in Shoreham Vermont. We will be selling six different flavors of fudge this year which include, chocolate, chocolate walnut, maple walnut, peanut butter, cookies and cream, and chocolate mint. If you'd like to purchase fudge, please contact Mrs. Greene at 802-383-6192. Make sure to order some of this delicious fudge for the holidays and know that you are benefiting Winooski Student Council!





## Winooski High School French Club Holiday Raffle Fundraiser!

WHS French Club members would like to extend their sincere gratitude for the tremendous support they received from the local area businesses.

The generous support of our neighborhood merchants and service providers made their first fundraising event of the year possible. The students have been working diligently and collected 24 prizes which they will raffle off on December 19th.

These efforts are an effort to raise money for their upcoming French exchange with students from Rouen, France. The students are looking forward to sharing the spirit of generosity and “neighbor helping neighbor” that makes Winooski such a special city.

Here are the details of our trip: Approximately 15 students will come to Winooski in April and have the opportunity to experience life in our city, state and country. In return, our WHS students will visit Rouen, Paris and several other destinations in France in June.

At right is a list of the raffle prizes and the name of the business from whom it was received. Please be sure to thank them for their generosity when you see them! Thank you for supporting the WHS French Club.

**If you are interested in purchasing raffle tickets, please contact Madame Saffo at [vsaffo@winooski.k12.vt.us](mailto:vsaffo@winooski.k12.vt.us) or call her at 383-6195.**

## Raffle Tickets Details

Raffle prizes are listed below. For each ticket you purchase (available from French Club members), *please select the prize you want and write that number on the stub with your name.* Your ticket will be entered in the drawing for that particular prize.

1. One Night Stay at the Essex, Vermont's Culinary Resort & Spa in Essex, VT - \$269.00 value
2. One Night Stay at the Hampton Inn in Colchester, VT - \$239.00 Value
3. \$25 Gift Certificate to Junior's Restaurant (in Colchester, VT)
4. \$20 Gift Certificate to Waf's Westside Deli (in Winooski, VT)
5. \$25 Gift Certificate to the Dutch Mill (in Shelburne, VT)
6. \$15 Gift Card to Rite Aid (Winooski, VT)
7. \$30 Gift Certificate to Yummy Chinese Restaurant (in Colchester, VT)
7. \$20 Gift Card to Barnes & Noble (South Burlington, VT)
8. \$15 Gift Certificate to Special Nails Salon (in Winooski, VT)
9. \$13 Gift Certificate to Onion River Clippers (Winooski, VT)
10. \$13 Gift Certificate to Onion River Clippers (Winooski, VT)
11. \$15 Gift Certificate to Pho Dang Vietnamese Café (Winooski, VT)
12. \$25 Gift Certificate to Sally Flower Shop (Winooski, VT)
14. \$10 Gift Certificate to Joli Hair Studio (Burlington, VT)
15. \$10 Gift Card to Price Chopper (Colchester, VT)
16. \$20 Gift Certificate to McKee's Pub and Grill (Winooski, VT)
17. \$20 Gift Certificate to McKee's Pub and Grill (Winooski, VT)
18. \$15 Gift Card to Chick's Market and Deli (Winooski, VT)
19. \$15 Gift Card to Chick's Market and Deli (Winooski, VT)
20. Big Mac Card good for 24 Free Big Macs at McDonalds – a \$96 value (Colchester, VT)
21. Big Mac Card good for 24 Free Big Macs at McDonalds – a \$96 value (Colchester, VT)
22. Big Mac Card good for 24 Free Big Macs at McDonalds – a \$96 value (Colchester, VT)
23. Two McDonald's Gift Certificate Books - \$10 value (Colchester, VT)
24. One gallon of Vermont Maple Syrup – (\$55 value) (Boivin Family, Winooski, VT)

## CAREER CORNER

### Winooski Getting Tech-y With It

By Kimberly Ead

On October 28<sup>th</sup>, eight Winooski High School students set out to learn about jobs in technology. The national unemployment rate is still high but that was not evident at the Tech Jam. Over 75 tech and bio science exhibitors



participated in this fair looking for the talent of the future. The Tech Jam introduced “mad scientist” John Cohen from IBM to demonstrate electricity- he actually made lightning. Some students explored the college opportunities and others asked UVM's Alternative Energy Racing team driver questions about how the hybrid race car works others found out more about how Green Mountain Antibodies develop pharmaceuticals and research. Cody Hemming way said, “it was a fulfilling experience. I learned a lot about what Vermont has to offer.” Not only were there interesting presentations but students heard about the job prospects from Governor Shumlin and one student, Dahir Abdi, got to meet him. The day inspired students to look for jobs and explore possibilities.

There will be plenty more opportunities for Winooski High School students to explore careers. I will be posting them in the announcements and in the newsletter. Keep your eyes open.





## Loans, Tuition, and Banks Oh My

In Personal Finance students have been progressing through various topics such as Choosing and Balancing a Checking Account and Education and Advancement. To help connect these topics to the local community, students have gone on some walking field trips. The first trip was to meet Darcy Allard, at the Merchants Bank, where they learned more about careers at banks as well as the types of savings accounts. Several weeks after we walked to both VSAC and CCV to have lunch with representatives from those organizations. Students learned more about the cost of going to college as well as methods to pay for it. Students also heard from former Winooski High School student, Stephen Eddy, on the differences between high school and college.

Students have enjoyed making these connections with business professionals within our community. They are looking forward to more of these trips.

“From my field trip to Merchants Bank, I learned about the different types of accounts that you could open, if you wanted to do so, and which ones could make you money and what they limit you to do as well.” - John

“I learned that there are lots of ways you can save your money and there are some accounts that even give you interest, so you can get money with it just sitting there.” - Cheyanna

“VSAC can help you to get a scholarship for college and grants. They can help you pay for college and they can also help you find the best college that you are looking for.” - Alicia

“VSAC also has a library there with resources that we can use.” - Shelby

“CCV has an Introduction to College Study course that I can take for free and then get a voucher for a college class.” - Saleban

“The knowledge that I took from CCV was that they are flexible enough to let you work and go to college part time.” - Josh

*At Winooski High School's Parent Teacher Conferences all parents will receive a free guide put out by the Vermont State Treasury, People's United Bank and JumpStart Coalition that is entitled "How to Raise a Money Smart Child." If you would like a copy of this publication, please contact Mr. Brown or Ms. Poquette.*

## Spartan Merchandise Is Available!

White or Green Hooded Sweatshirts.....M.....L.....XL.....XXL.....	\$25.00
Green Sweatpant.....S.....M.....L.....XL.....XXL.....	\$20.00
White or Green Long Sleeved T-Shirt.....S.....M.....L.....XL.....XXL.....	\$15.00
White or Green Short Sleeved T-Shirt.....S.....M.....L.....XL.....XXL.....	\$10.00
Spartan Stadium / Bleacher Seat.....	\$25.00
Spartan Blanket.....	\$35.00
Spartan Umbrella.....	\$15.00
Spartan "Baseball Style" Hat (Green).....	\$10.00
Spartan Scarf.....	\$10.00
Spartan Car Decal, Lanyard, or Shoe Bag.....	\$3.00
Sports Car Magnets (Football, Soccer, Basketball, Baseball).....	\$3.00

### Please circle item of choice (especially size request).

Orders may be placed by calling Cindy Robare @ 655-0433 or forms may be turned into the high school office. NOTE: Payment is due at time of delivery.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## HEALTH CORNER

### Health Office News

*By Liz Parris, RN BSN, Health Office Coordinator*

On November 17th, Mrs Sharonlee Trefry RN officially resigned from the Health Office. We appreciate her devotion over the past several years to the Winooski School District. We wish her well in her future endeavors.

December is here and that means the start of flu and cold season. If you have not already had your child vaccinated against the flu, we highly encourage you to do so! We will continue to send students home with fevers of 100 degrees or higher or active vomiting. Encourage your child to wash hands frequently with soap and water and to have them cough or sneeze into the inside of their elbow.

We are also in need of kids pants sizes 4-8 for the winter season. Coats and shoes are always welcome. We have plenty of long sleeved shirts, socks, hats, mittens!

Have a great holiday season!

### Tooth Tutor Update

*By Diane Polson, RDH*

Did you know? Your ORAL HEALTH and your OVERALL HEALTH are connected. Diabetes and Gum Disease may affect your ability to control your blood sugar, leading to serious complications like:

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

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

So, FLOSS, Brush and see your Favorite Dentist regularly! Happy Holidays!



**Hello Neighbors!**

*By Megan Moir*



Even as we descend into the darkness of the winter months (and the parking ban months) the light of forward, intentional movement is shining upon our Onioncity!

In October, the City Council heard two very interesting, but very different development proposals for lots 7B and C (open lots to the east of Cascades) in the downtown. We were impressed and enthused by the amount and quality of the public participation of Winooski's citizens. The comments and questions helped us evaluate the merits of each proposal and weigh the potential impact of each proposal on the growing downtown district and on the community as a whole. In the third meeting on the issue, the Council selected the Redstone team and proposal. The City is in final negotiations with the development team for the purchase and sale of the lots. Redstone's team and proposal showed the flexibility to adapt to changing market conditions. The first phase will likely be upscale rental housing built in the style/aesthetic of condominiums. This will allow conversion to owner occupied condominiums if that proves possible. A future phase may involve some combination of condominiums, townhomes or possibly a hotel, depending on the market when the time comes. Of particular interest is the potential collaboration of Redstone with City Market and the potential to incorporate a grocery store into the first phase of development! If you missed participating in these meetings, the final proposal for phase I (and other phases in the future) will still have to pass through various forums, Act 250, City Council once again and the Winooski Development Review Board. So please stay tuned and show up! There is more information on the proposals at [winooskivt.org](http://winooskivt.org).

The City's Strategic Planning Process (started earlier this year) is also moving forward with a short published survey to solicit input from Winooski citizens. It is quick, easy and it is IMPORTANT that you stand up and say what you do and

don't like about the City so that we can work together to set intentions for where we want to go. Please visit the city's website or sign into <http://www.surveymonkey.com/s/BXSJTH8>

The City will begin the budgeting process for FY 2012 (July 1, 2012 – June 30, 2013) at the council meeting on December 5. Due to the work of the Financial Advisory Board and the hard work of Staff Accountant Angela Aldieri and City Manager Decarreau, the City is in much better financial standing. In fact, we were able to retire the deficit at the end of FY 2011, two years ahead of schedule! Retiring that deficit enables us to begin to establish reserves that will help us deal with emergencies and financial challenges in the future. Once the "emergency fund" is funded, the Council can then start looking at programming funds to deal with anticipated infrastructure upgrades or repairs that are sure to occur with aging infrastructure and changing regulations, and/or programming money for other areas of the City.

Having more flexibility means we will likely have more decisions to make; we need your input on deciding what to put in reserve and what to program towards new or enhanced City services. Please "show up" and speak your mind now on how you wish to see your dollars spent. This process will continue through January. Watch Front Forum for upcoming agendas.

The Council would also like to welcome a new staff member, John Audy, who joins Erica Bailey as our second Deputy Health Officer. Hiring John is an integral step in the enhancement of our efforts to make Winooski a safer, cleaner, healthier place to live. John and Erica are actively engaged in assuring that buildings in the city meet the minimum housing code and are working with

landlords and tenants to assure rental housing options in Winooski meet State and local codes. Reports of issues (excess trash, junk etc.) can come to City Hall at 655-6410.

The winter parking ban will soon be upon us (Dec 1 – March 15). Parking on City streets after midnight until 6 am is not allowed. We continue to look for ways to reliably ban parking only during snow storms. Citizens may apply directly to the police department for a winter parking permit IF you can show that you have no reasonable alternative and an undue hardship will be placed on you, you may get a permit from the PD. See link at <http://www.winooskipolice.com>.

Speaking of snow, the City will make every effort to clear sidewalks, starting with the school routes and then moving on to the rest of the City. We realize that shoveling a sidewalk can present real challenges, but if there is any way you can clear your sidewalks please consider helping out. Consider starting a "snow blower" coop on your street and sharing in the purchase and use of a snow blower.

When removing snow, please be careful to not plow snow into the right of way (roads and sidewalks). Also, if you have any obstructions that would make it difficult for a sidewalk snow plow to get by – please remove these. Many of our citizens rely on being able to walk to get to work and shops, blocking sidewalks makes it very dangerous for these folks when forced to walk in the road. As such, the City may fine property owners who plow snow into the sidewalks and streets. Please be considerate.

Don't like the winter parking ban? Think we should spend more money on sidewalk snow removal vs. recreational programming vs. a dome over the City? Come to the budget meetings and make your case!

<b>Your City Officials</b>	<b>Email addresses</b>	<b>Telephone</b>
Mayor Michael O'Brien	<a href="mailto:mayor@winooskivt.org">mayor@winooskivt.org</a>	802-655-4879
Deputy Mayor Sally Tipson	<a href="mailto:sallyflower@comcast.net">sallyflower@comcast.net</a>	802-655-3894
Councilor John Little	<a href="mailto:jlittle@winooskivt.org">jlittle@winooskivt.org</a>	802-655-0106
Councilor Megan Moir	<a href="mailto:mmoir@winooskivt.org">mmoir@winooskivt.org</a>	802-598-7922
Councilor Sarah Robinson	<a href="mailto:sarah.kunz.robinson@gmail.com">sarah.kunz.robinson@gmail.com</a>	802-734-6422
City Manager Deac Decarreau	<a href="mailto:deac@winooskivt.org">deac@winooskivt.org</a>	802-655-6410
<b>Visit the city website at <a href="http://winooskivt.org">winooskivt.org</a> or call 802-655-6410.</b>		



## Winooski Teen Center – The Underground

By Molly and Todd, Teen Center Directors

As the weather is getting colder, the Teen Center is getting more active! Be on the lookout for our basketball tournament coming up; it's going to be put on by some volunteers from Champlain College.

We're also looking for high school boys to play indoor soccer starting in January. If you know anyone interested in either of these activities, have them come down to the Teen Center to talk to us.

On Tuesdays and Thursdays our volunteer tutors have been assisting youth with their homework, as well as job and college applications.

Recent donations to the Boys' and Girls' Club include a 9-foot billiards table and Kinect for Xbox, so we've added them to our repertoire of things for teens to do.

We're always open to new ideas for special events, so any teens who would like to be involved are encouraged to participate in planning future Teen Center activities.

Don't forget we serve free, nutritious dinners made by FRESH Food, available to anyone age 18 or under. Dinner is served on Tuesdays, Thursdays, and Fridays at 5:30pm. We look forward to meeting any newcomers who decide to pop in!

## Free Teen Zumba at the Winooski Y!

Come dance and get in shape with your friends at the Winooski Y every Thursday from 4:15-5:15pm. Zumba is a low impact workout that anyone can participate in and have fun at the same time.

\*Ages: 12 -18

\*Cost: FREE

\*Call 655-9622 to sign up

## December at the Winooski Senior Center

By Lori L. Pinard, MS, Director

The holidays are fast approaching and one of the best ways to deal with the stress that they can bring is to keep exercising to release those feel-good endorphins! We move it at the Senior Ctr.

- **Mondays** 1:00-1:45 Easy-Does-It Line Dancing \$5/person
- **Tuesdays** 10-11 Gentle Exercise-prorated fee
- **Wednesdays** 12-12:30 Zumba Gold—Free
- **Thursdays** 10-11 Gentle Exercise-prorated fee
- **Thursdays** 5:15-6:00 Zumba Gold—Free
- **Fridays** 10-11 Seated Yoga—Free

Food, friendship and festivities are on the agenda for December. December 6 at 11:30 is our next member lunch and monthly meeting. We'll decorate and trim the tree after the meeting. On Dec. 7 at 1:00, Sally Tipson of Sally's Flower Shop, will offer Holiday Floral Arrangements. Dec. 9 offers a free tour of the Winooski YMCA and lunch by FRESH food. Transportation is available. Dec. 13 takes us to Indian Head Resort in Lincoln, NH for their holiday show and dinner. Dec. 14 at 12:00 is the holiday luncheon. Friday Dec. 15 is our Holiday Party and Prime Rib Dinner. Festivities start at 5:30. \$15.00/members, \$25.00/non-members.

We'll relax on the 19<sup>th</sup> for Movie Monday and watch the Christmas classic, "A Miracle on 34<sup>th</sup> Street." Join us for Lunch'N Stuff on the 20<sup>th</sup>. We'll have a delicious meal prepared by FRESH food, followed by a presentation of Keep It Safe, how to protect yourself against identity theft and financial fraud, sponsored by the Merchants Bank.

Every Thursday is lunch at 11:30 and Bingo at 12:30.

The center will be open for Meals on Wheels only, Dec. 23 and 30 and closed Dec. 26.

All programs and meals require registration. Please call 802-655-6425 or email [seniorcenter@winooskivt.org](mailto:seniorcenter@winooskivt.org) for more information or to sign-up for a meal or program.



## Happy Holidays to All!

Happy Holidays from the Winooski Coalition of Safe and Peaceful Communities! Be a part of the future and let us know what you think of our work and how we do it. Visit our website and the page 'Grassroots - Community Survey.' There will be no potluck in December, but we will hold our regularly-scheduled networking meeting on December 14, 3:30-4:30, at the O'Brien Community Center. More information is always available at [www.WCSPC.org](http://www.WCSPC.org).

## YMCA Youth Basketball League

Enjoy this great game that will help develop endurance, speed and coordination while having fun! Each participant will receive a basketball game t-shirt. All levels of ability are welcome in this co-ed program.

\*Ages 5-13

\*Registration begins on 11/28, games start in December

\*Grades K-3 play at WHS Cafeteria. 4-8 play in Burlington and South Burlington

\*Fee- Member \$15, Non-Member \$25

\*Financial assistance available, we're to work with you!

\*Contact: [khatin@gbymca.org](mailto:khatin@gbymca.org) or 655-9622

## Winooski Family Gym

Bring your young ones down to the Y and let them explore and play on our soft play equipment with other children.

\*Ages 0-5

\*Cost- FREE to Winooski Residents

\*Thursdays - 10:30am --- Noon

\*655-9622



## Girls Only!

We've had a lot of fun over the last month at Girls Only! We learned how to cook Samosas, a traditional Nepali dish. We regularly offer dance classes with an instructor from Saint Michael's College. And most recently, we celebrated fall with an afternoon of pumpkin carving, cider, and roasting pumpkin seeds.

Also, we now have new math supplies! Spread the word. We're happy to help with homework in any subject.

Come check out what we're doing this month! We meet every Tuesday at St. Michael's College from 3:00 to 5:00 p.m. Activities are held in a house on campus where girls have access to a full kitchen, reading and study room, computers, and academic tutoring. Great snacks are provided each afternoon! This space is only open to Winooski high school girls. Transportation is provided from the high school to the college campus and from campus to your home. Join in the fun!

You will need a permission slip signed. Contact Donna Kohut at [vista@winooski.vt.org](mailto:vista@winooski.vt.org) or (802)655-6410.

## New Public Library Program Offered

The Winooski Memorial Library is pleased to announce the addition of Universal Class.

Universal Class offers over 540 classes on a huge range of topics, including Exercise and Fitness, Entrepreneurship, Arts and Music, Home and Garden Care, Cooking, Computers and Technology, Health and Medicine, Homeschooling, Job Assistance, Law and Legal, Parenting and Family, Pet and Animal Care...plus 100's more. The Vermont State Department of Libraries has purchased access for all the public libraries in Vermont, including us. Visit the Winooski Memorial Library for more information. We are located in the Champlain Mill or you can find us at [www.winooski.org](http://www.winooski.org) and follow the links!

Library hours: Tuesday 10-7, Wednesday 3-7, Thursday 10-6, Friday 10-6, Saturday 10-1 or call 655-6424.



We celebrated fall with an afternoon of pumpkin carving, cider, and roasting pumpkin seeds.

## ELEMENTARY SCHOOL LUNCH MENU — DECEMBER

Choice of milk served with all complete meals: Low-fat White & Low-fat Chocolate

### AVAILABLE DAILY

- \*Hoagieville Deli Sandwich
- \*Garden Fresh Salad Bar
- \*Cabot Yogurt Parfait & String Cheese
- \*Vegetarian Options
- \*Farm Fresh Milk
- \*Assorted Juice & Fresh Fruit

### PRICES:

- Breakfast**
- Regular \$0.85
- Reduced \$FREE
- Adult \$1.75
- Lunch**
- Regular \$1.75
- Reduced \$0.40
- Adult \$3.25
- Beverages**
- Milk \$0.50
- Juice \$0.50

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

### DAILY BREAKFAST OPTIONS: (Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily)

- Mon: French Toast Sticks w/ Maple Syrup • Tues: "UBR" Whole Grain Breakfast Bar •
- Wed: Healthy Breakfast Pizza • Thurs: Sausage & Cheese Muffin • Fri: Egg or Yogurt w/ Bun

PLEASE NOTE:				
<b>Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.</b>				
Mon., Dec. 5	Tues., Dec. 6	Wed., Dec. 7	Thurs., Dec. 8	Friday, Dec. 9
<b>Chicken Mania</b> Oven Baked Chicken Nuggets w/Dipping Sauce  Garlic Rotini Fresh Cucumbers w/Dip Oatmeal Muffin Squares  Fresh Fruit Farm Fresh Milk	<b>Buon Appetito</b> Wheat Spaghetti or Spaghetti Squash w/ Meat or Garden Marinara Sauce Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks  Fresh Fruit Farm Fresh Milk	<b>Brunch For Lunch</b> Whole Grain Pancakes w/ Warm Syrup or Strawberries  Scrambled Eggs Sweet & White Home Fries  Fresh Fruit Farm Fresh Milk	<b>Thurs., Dec. 1</b> <b>Buon Appetito</b> Meat or Cheese Lasagna  Spinach Salad w/Apples & Maple Vinaigrette Garlic Breadsticks Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Friday, Dec. 2</b> <b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Dark Green Garden Salad w/Dressings  Fresh Fruit Farm Fresh Milk
Mon., Dec. 12	Tues., Dec. 13	Wed., Dec. 14	Thurs., Dec. 15	Friday, Dec. 16
<b>Soup &amp; Sandwich</b> Grilled Cheese Or Grilled Ham & Cheese Sandwich on Wheat Bread  Creamy Tomato Soup Side Caesar Salad  Fresh Fruit Farm Fresh Milk	<b>Fiesta</b> Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Corn Tortilla Chips  Rice w/Black Beans & Corn <b>Rainbow Coleslaw</b> Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Early Dismissal (6-12)</b> <b>Chicken Mania</b> Grilled Chicken Sandwich on Wheat Roll  Zesty Lemon Couscous Fresh Baby Carrots  Fresh Apple Farm Fresh Milk	<b>Thurs., Dec. 8</b> <b>Fiesta</b> Cheese or Chicken & Cheese Quesadilla in Soft Flour Tortilla  Brown Rice Pilaf <b>Creamy Coleslaw</b> Happy Birthday Cake  Fresh Fruit Farm Fresh Milk	<b>Friday, Dec. 9</b> <b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Fresh Broccoli Sprigs w/Dip  Fresh Fruit Farm Fresh Milk
Mon., Dec. 19	Tues., Dec. 20	Wed., Dec. 21	Thurs., Dec. 22	Friday, Dec. 23
<b>Summer Time Fun</b> Dress Your Own Burger on Wheat Roll Lettuce, Tomato, Cheese & Pickles  Oven Baked French Fries Dark Green Garden Salad  Fresh Fruit Farm Fresh Milk	<b>Soup &amp; Cheesy Breadsticks</b> Homemade Cheesy Breadstick Marinara Dipping Sauce  Hearty Chicken & Vegetable Noodle Soup  Fresh Fruit Farm Fresh Milk	<b>Delayed Start (K-5)</b> <b>American Made</b> Hearty Macaroni & Cheese  Fresh Roasted Broccoli Homemade Cornbread  Fresh Fruit Farm Fresh Milk	<b>Thurs., Dec. 22</b> <b>Localvore Day</b> Shepherd's Pie w/VT. Potatoes  Roasted Local Parsnips & Carrots  Chilled Applesauce Cup Oatmeal Dinner Roll  Fresh Fruit Farm Fresh Milk	<b>Friday, Dec. 23</b> <b>Holiday Break</b>
Mon., Dec. 26	Tues., Dec. 27	Wed., Dec. 28	Thurs., Dec. 29	Friday, Dec. 30
<b>Holiday Break</b>	<b>Holiday Break</b>	<b>Holiday Break</b>	<b>Holiday Break</b>	<b>Holiday Break</b>

**PLEASE NOTE:** Middle and High school menu information is available at [www.abbeygroup.net/schoolmenus](http://www.abbeygroup.net/schoolmenus). You can also learn about options for managing your child's account at the website.

**Superintendent of Schools**

Mary Martineau: 655-0485  
mmartineau@winooski.k12.vt.us

**John F. Kennedy Elementary  
and Middle School**

Principal: Mary O'Rourke  
802-655-0411, 802-655-3530  
morourke@winooski.k12.vt.us

**Winooski High School**

Principal: Justin Brown  
802-655-3530  
jbbrown@winooski.k12.vt.us

**Board of School Trustees**

Robert Millar, President: 238-0089  
rmillar@winooski.k12.vt.us  
Jay Lambert, Secretary: 655-2942  
jay.bird.2@gmail.com  
Tori Cleiland, 655-7678  
tcleiland@winooski.k12.vt.us  
Jen Corrigan, 233-7642  
jcorrigan@winooski.k12.vt.us  
Mike Decarreau, 310-4032  
mdecarreau@winooski.k12.vt.us

**Mission Statement**

The mission of the Winooski School District is to awaken in its diverse student body, a thirst for knowledge, a passion for learning, and a desire to become responsible members of the world community.

We offer a safe, supportive, educational environment. Our team of professionals recognizes individual strengths and needs and fosters academic excellence and personal growth.

Working together in partnership with families, and the community, we strive to instill shared core values – respect, responsibility, empathy – and a commitment to help every student reach his or her potential.

**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 399 students attending JFK Elementary (grades PreK-5), 157 attending Winooski Middle School (grades 6-8), and 274 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 students 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@winooski.k12.vt.us.*

**Newsletter of the Winooski School District**

Winooski School District  
60 Normand Street  
Winooski, VT 05404

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
BURLINGTON, VT  
PERMIT #361

POSTAL PATRON

\*\*\*\*\*ECRWSS\*\*

WINOOSKI, VT 05404