

Celebrating The Holidays Together

**Music Filled
The Halls**

By Danielle Koplinka-Loehr, Music Educator, John F. Kennedy Elementary

On Thursday, December 8th, the Winooski Community was treated to an evening of music by students from the JFK Elementary orchestra, band, and chorus. Music teachers Randy Argraves and Danielle Koplinka-Loehr were extremely proud of their talents and efforts.

Thursday, December 15th was the annual JFK Winter Performance. Students and teachers practiced for weeks to prepare songs for our theme of "We Are One Comm-UNITY." That evening, nearly 400 students filled the gym, singing beautifully and energetically, and culminated in an all-school version of the song "We're All In This Together." The audience showed enthusiastic appreciation for the performance!

Thanks to everyone in the community for your support!



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SAVE THE DATE!

Winooski Community Forum

"What are your goals for the students of Winooski?"

Saturday, January 28, 2012 • 9:00 a.m. - noon • Location to be determined.

Please check our website in January for updates: www.winooski.k12.vt.us

Superintendent's Message

By Mary Martineau, Superintendent of Schools

The Winooski School District is in year 2 of a grant with the Parent Information Resource Center (PIRC-VT). A group comprised of administrators, teachers, parents, community members, and 2 board members have been meeting on a monthly basis to develop a plan to increase the District's parent and community engagement. This work ties in nicely to one of the main goals of the Nellie Mae grant. The Winooski parent and community engagement group has accomplished a few things this school year. JFK Elementary had a successful open house in October; a school climate survey was developed and distributed during parent/teacher conferences; and signs are being purchased for main entrances to the building. The committee is looking for new members! Please contact Sandy Metivier at smetivier@winooski.k12.vt.us if you are interested in serving on this committee. In addition, please visit our website and complete the survey before December 22nd. Your input is important and valued!

A community forum will be held on Saturday, January 28, 2012, from 9:00 a.m. until noon, with refreshments being served. The location has not yet been confirmed, so please check our district website (www.winooski.k12.vt.us) in January for the location. Please join us for the important conversation on, "what are your goals for the students of Winooski?" This conversation will be the springboard for the development of a 5-year district strategic plan. Tables will be set up for small group conversations with a trained facilitator. We want and need parent and community involvement as we discuss the future of our district, and how to best prepare our students for life in the 21st century.

Greetings from the School Board!

By Michael Decarreau, Board of School Trustees

It has been 9 months since joining the School Board. I have to admit it has been an education being a part of the education process. The challenges facing this district are varied and are requiring unique solutions and methods. As of this writing we are awaiting word from the Nellie Mae team in the hopes that all the hard work put into this application process by the teams from Winooski and Burlington will have paid off. This is a unique opportunity to change some fundamentals about the way education is delivered.

We are also nearly closed on the Budget process that will be brought to you in March. As in the past there will be opportunities for you to ask questions about the budget and specific items within it so please get out to one of these sessions for more information.

A major focus so far this year has been on our overall math programs and progress from year to year from Grade 6 through 12. Results from the annual standardized test scores (though not a perfect yardstick by which to measure progress) have not been showing the growth we would have hoped for. Based on this there is a line item in the budget this year to provide intensive support for basic math skills to a higher level. We appreciate your past support and look forward to the successful closure of this budget process.

As always if you have any questions or concerns please do not hesitate to contact either myself or the other Board members with any items you have or clarification you may need (mdecarreau@winooski.k12.vt.us).

Interested In Running For The School Board?

There are two positions up for election in March:

- Jay Lambert – 3 year term
- Robert Millar – 2 year term

If you'd like to run, you need to:

- Pick up a petition at Winooski City Hall (655-6419).
- State your name, the office you are running for and the length of the term.
- Get the petition signed by 50 legal registered Winooski voters. Their names must be legible or they cannot be considered.
- Submit your petition between January 26th and Friday February 3rd, 2012 (5 p.m.)

If you are planning to run, we would like to introduce you to readers of this newsletter in our March issue.

Please provide the following information by February 13 for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates. Please submit the following information to newsletter editor Anne Linton Elston at annelinton@mac.com:

- Name
- Address & Telephone
- Work
- Education
- Hobbies/activities
- Community service
- Reason for running (75 words or less)

Firefighters Hold Tree Pickup Fundraiser

By Nicole Grohoski, volunteer firefighter in Winooski; Fire Association Board of Directors

The Winooski Fire Association will be holding a Christmas Tree Pick Up fundraiser on Saturday, January 7th 2012 from 9:00 a.m. until noon. Please call the fire station at 655-6420 and leave a message with your name and address in order to arrange a pick up. Donations are welcome.

Train Show: 18 Down, 2 to go????*

By John J. Malcovsky

Happy Holidays and Happy New Year! Thanks once again to your continued support, the Winooski Dollars for Scholars program and the Senior Class netted just shy of \$4000 for the coffers. We actually took in more than that but added expenses for the concession stand dropped us slightly under.

Thanks for your flexibility around various train show issues. I actually had oversold as it turns out and may have to modify the size of the two larger layouts for next year so I can accommodate more dealer tables and less layout space. Since there is only power on the perimeter and one floor receptacle, I try to space the layouts to drag people to all parts of the train show.

Hall Communications were supportive as usual and I got a nice boost from my appearance on **The :30**. We were well represented in print and digital worlds as well.

Setup was a breeze this year thanks to the JV boys basketball and takedown worked well too thanks to Dollars for Scholars. The weather cooperated too!

My right arms, Jessica Bruce, Courtney Poquette, John McKelvy, Veronica Saffo, and the students made life easier for all of us. Concessions seemed to go very well this year.

The Senior Class would like to thank the following business for their contributions which helped make the Train Show such a successful event: Burlington Coca-Cola, COSTCO, Shaw's, McKenzie of Vermont.

There appeared to be an even larger number of youngsters this year, which is a good trend for the hobby.

Mark your calendars for December 1, 2012. This is the earliest date the show can be! And remember, your check for tables is tax deductible. I always deposit checks after the show. I did not raise table prices as I threatened but I think it would be a hoot to pay \$19 for a table in the 19th year of the show. See you in Essex Junction!

*for 20!!

Honor Roll – First Quarter: 2011-2012

HIGH SCHOOL

Seniors

First Honors

Alex Brown
Katelyn Decarreau
Bethany Trainque

Second Honors

Heba Abdulkhaleiq
Shelby Lynn Alger
Chrisopher Fountain
Jason Gerred
Caleb Kimber
Travis Martin
Myles Moran
MonBahador Rai
Devon Rollins
Miranda Rouille
Jacob Roy
Alicia Russell
Jennifer Sikorski
Rebecca Spittle
John Truong

Juniors

First Honors

Yen Canary Ly
Gwendolyn Mongeon

Second Honors

Ashley Antoniak
Amanda Billado
Coralyn Boivin
Ashley Bushey
Kaitlyn Callahan
Vedad Cicak
Dino Dzinic
Krysta Jacobs
Moriah Leary
Chandra Luitel
Hari Luitel
Rijad Mezetovic
Hala T Mohammed
Brianna Robare
Isho Sadik

Sophomores

First Honors

Cara Casier
Luke Fountain
Serina Phuong

Second Honors

Januka Acharya
Matthew Chamberlain
Austin Mayo
Fallon Perrault
Skyler Trayah
Ku Say Wah

Freshmen

First Honors

Randall Knox
Adam Lawson
Amanda Nattress
Nhung Nguyen

Second Honors

Uyen Bui
Kylee Burt
Conner Drown
Dawa Drukpa
Christopher Francis
Ram Gurung
Michaela Metivier
Chanefer Nheb
Victoria White
Ro Ze Yar

MIDDLE SCHOOL

High Honors

Noah Alger
Edmund Do
Andrew Durkin
Colton Lavalette
Hannah Little
Mariah Metivier
Sierra Thompson

Honors

Lai Lar Bi
Ryan Brothers
Mitchell Chadwick
Rainbow Rui Chen
Riley Corrigan
Niki Dang
Dhan Maya
Dhamala
Hau Dong
Jarod Fountain
Faiza Hassan
Christina Larose-Terry
Wakeme Littlejohn
Marie Ly
Eh Man
Lydia Nattress
Zeneth Nheb
Maryam Omar
Alan Priebe-Carter
Noah Rouille
Taia Smedley
Shyanna Sweeney
Ledania Taylor
Dylin Traverse
Olivia Treadwell
Faith Villa
Rebecca White
Ball Wit

29th Annual PTO Craft Fair A Success

By Melanie Nattress

The 29th Annual PTO Craft Fair was a great success. The weather was on our side once again. The flow of people never slowed down throughout the day.

The Middle School children were a tremendous help again this year. They helped by doing the following tasks: set up and tare down, worked as waiters and waitresses, worked at the bake table, help with the selling of raffle tickets and helped with the parking. I received so many compliments from the crafters on how helpful, polite, and wonderful the kids were.



I would like to thank all the kids who worked this event. You were a wonderful help.

Finally, I would like to thank all the PTO, Friends and Booster members who worked this event. Thank you to all others who helped make this event so successful.



Visit Castleton State College with VSAC

By Heidi McLaughlin, VSAC Outreach Counselor

Hop on the bus! Middle School and High School Students and their parent(s) from the Vermont State GEAR UP program are invited to travel to Castleton State College for lunch and a men's hockey game on January 28th. Free lunch! Free game! And a look around Castleton State. Get on a coach bus and enjoy the ride in comfort! VSAC will provide the bus, meals, game tickets, and prizes! RSVP by signing up in the school office. All students have to attend with an adult chaperone! If you have questions please call Heidi McLaughlin VSAC Outreach Counselor for Winooski Middle/High School 355-0391.



Open House at Essex Center for Technology

By Cheryl Brosnan

On Saturday, February 11th Middle School students and their parents are invited to attend the Open House at the Center for Technology, Essex. VSAC will provide a free bus leaving the school at 10:00 and returning at 12:30. The Center offers the following programs to students during their high school years. Building Technology, Engineering/Architectural Design, Automotive Technology, Natural Resources & Agriscience Technology, Pre-Technical Education, Business Academy, Computer Animation & Web Page Design, Computer Systems Technology, Graphic Design & Digital Publishing, Health Information Management, Dental Assisting, Childhood Education/ Human Services, Cosmeotology I & II, Ophthalmic Medical Assisting and Professional Foods. If you have any questions you may call Cheryl Brosnan, Guidance Counselor, 383-6107.

Curriculum Coordinator's Report

By Stefanie Hamble

This month in curriculum there has been a big focus on the Common Core State Standards. Currently in Vermont, schools align their curriculum and teaching to the Grade Level Expectations. The Common Core Standards are a national initiative and have been adopted by 45 states. The Mission Statement of the Common Core is as follows:

The Common Core State Standards provide a consistent, clear understanding of what students are expected to learn, so teachers and parents know what they need to do to help them. The standards are designed to be robust and relevant to the real world, reflecting the knowledge and skills that our young people need for success in college and careers. With American students fully prepared for the future, our communities will be best positioned to compete successfully in the global economy.

With the new standards having been adopted by Vermont, there are many professional developments in the works. The focus of these workshops is to develop an understanding of what the standards are, looking at what we are already doing in our schools and what we need to do differently in some areas. One of the big pieces that is happening with these standards are they are allowing our students to learn more about topics, subjects and concepts and take their knowledge to a deeper level of understanding and application.

Overall, the Common Core State Standards are pushing us and our students in the right direction to become not only career and college ready, but also allow them to be competitive in the job world after high school.

Students of the Quarter Honored

By Katherine Jennifer Helm

Students are recognized at the Honor's assembly that takes place shortly after the quarter ends. In addition to the recognition, students are invited, along with their parents, to a luncheon sponsored by the Friends of Winooski High School. These luncheons take place at Waf's Westside Deli.



Being honored as a Student of the Quarter means that you have worked very hard and done your best to exemplify the kind of student that we would like everyone to aspire to be.

The staff and students would like to thank the Friends of Winooski High School for their generosity in sponsoring this special event.

The following students were honored on Wednesday, December 7th, 2011:

Leadership	Zahra Mohamed
Character and School Citizenship	Cheyanna Tyler
Arts and Humanities Scholarship	Chanefer Nheb, Isho Sadik, and Michaela Metivier
Social Sciences Scholarship	Randall Knox
Math, Science, and Technology Scholarship	Nhung Nguyen
Special Recognition	Anthony Louko, Austin Mayo, and Caleb Kasupski
Most Improved	Aminah Maalim, Bashir Yussuf, Olivier Enwa, and Abdirahman Kadawe

Winooski Dollars for Scholars Update

Morgan Kelner, Chair

Winooski Dollars for Scholars extends our sincere thank you to Mr. Malcovsky for organizing and promoting the train show and making it a fundraiser for our organization. People from all over the Northeast come to Winooski to share their love for model trains and to sell their merchandise. Dollars for Scholars continues to be grateful that year after year, we are the recipients of the money generated by this event. Thanks to the teams that helped set up and to Doug Isham and Eli Harrington who helped break down the tables and chairs.

The Winooski Dollars for Scholars award ceremony is held in January, where we honor the deserving seniors who won their scholarships last June. At this time all recipients will have successfully finished a semester of college and will be eligible to receive their scholarship money. We congratulate them by giving them their scholarship checks to help with their academic, financial needs. As a reminder to all middle and high school students, Winooski DFS offers some money for extra classes, workshops, camps or educational programs. Please see Mr. McQuinn, in the high school, if you are interested in applying for financial assistance during the school year.

We hope everyone has had a good holiday and don't forget that there are Boys Basketball championship hats on sale at the school store.

Thanks so much to all who continue to make Winooski Dollars for Scholars a viable and thriving organization.

A Gift of Warm Coats

John F. Kennedy Elementary School has once again this year been the lucky recipient of new winter coats and snow pants. A donor who chooses to remain anonymous has given the school many coats to distribute as needed. We are very fortunate to receive these coats and have found very grateful families to give them to. Many thanks to our donor and her families' generosity and true spirit of the season.

JFK ELEMENTARY/MIDDLE SCHOOL NEWS

January Update

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

Our winter performance, held on Thursday, December 15th, was an amazing success. The children did an outstanding job performing that evening. It was so wonderful to have members of our diverse community introduce each grade level. We would like to thank the following individuals for taking time out of their busy schedules to help make this year's performance a very memorable occasion: Mayor Mike O'Brien, Puspa Luitel, Hassan Kulow, Durga Dhakal, Lan Nguyen and Tori Cleiland.

This long-standing tradition is a wonderful way for the school community to come together and celebrate.

Each year at this time, our middle school PRIDE committee conducts a "penny war." This competition is a fundraiser to help support the children of families who have fallen on hard times. PRIDE committee members shop at a local store to provide a few children with gifts at Christmas time. This event is a wonderful way for our middle school students to learn empathy and thoughtfulness. It is an event that always has great success.

As a reminder for the new year, the middle school will have an early release at 11:30 a.m. on Wednesday, January 4th; the elementary school will have a delayed start (8:40 a.m.) on Wednesday, January 11th.

In observance of Martin Luther King, Jr.'s birthday, there will not be school on Monday, January 16th.

Expectations Are Key

By the Jensen Group*

*"High expectations are not enough. Teachers must simply refuse to let **any** student fail."*

The key to success for any student is strong emotional support and an environment that is safe and rich in cognitive stimulation. If students feel material is too hard for them they tend to shut down before attempting the task at hand and once they have failed it takes a very long time to establish the trust and excitement again.

How much can an environment affect a developing brain? Plenty! If a child spends all their time sitting in front of a television or computer their brain becomes at risk for social, emotional and cognitive impairment. Brains can and do change every day. If the circumstances around a child's existence always stay the same at both home and school so will his brain.

Brains need to **explore**. Cognitive stimulation stemming from increased verbal experiences and quality relationships becomes the foundation for children to develop healthy engaging brains. It is **OUR** job (yours and mine), to help children become motivated, hopeful and optimistic about their future.

Surprisingly enough teachers only get about 25 hours a week for 36 weeks with their students therefore we can't afford to waste critical hours with kids being bored, distressed, angry or failing, therefore we need to take the time we have and use every single minute to enrich and succeed.

The faculty and staff at JFK have put many new strategies in place to boost student responses in the content areas as well as introducing children to exercises that will encourage student participation. Simply turning to your neighbor and saying you're awesome or you rock can change a child's state from one of anger to happiness in less than a few seconds.

Using compelling questions is another strategy that ensures student response. Lessons that are filled enthusiasm and allow for student comments are the lessons they will remember.

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

JFK Guidance News

By Sarah Murphy, JFK Elementary School

December Update: We had a great three weeks of work this month! In the Kindergarten, First, and Second grade classes we focused on bullying behavior. Students watched and talked about video clips from popular media that portrayed bullying behaviors. In the upper grades, students learned about conflict resolution. They also spent time watching and discussing video clips from popular media that showed conflicts and characters resolving them.

Up Next After the Winter Break: The Kindergarten, First, and Second grade classes will be learning about self esteem and confidence. In the upper grades, students will be learning about bullying and cyber bullying.



Third Graders Welcome the Green Mountain Glades Hockey Team!

The Glades hockey team has been visiting

the third graders every Thursday for lunch and recess since September. During their first meeting, they set goals together. The coach of the Glades, Chris Line, emphasized to the children that working hard and never giving up were very important in order to reach your goals. Students and teachers heard the personal goals of each hockey player which ranged from going to a good college to playing professional hockey. As a culminating activity, the children will have the opportunity to skate with the hockey players at Leddy Park.

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



WEBSITES WE RECOMMEND

From Nancy Keller, Winooski Middle School

Khan Academy • www.khanacademy.org

A great math practice website, in addition to loads of other academic content. There is no advertising and the website tracks your progress, sending updates to the user and, if a teacher likes, to the teacher.

Winooski ELL Students Celebrate Thanksgiving!

By Kirsten Kollgaard

The day before Thanksgiving break the Winooski ELL teachers and home school liaisons cooked their annual Thanksgiving dinner for the new ELL students.

Every year students who have been in Winooski for less than a year are invited to the feast. This year the meal was supported by a generous donation from Healthy Living of South Burlington.

In their classes, students have been learning about how and why we celebrate Thanksgiving and the culminating feast helps them develop a better understanding of this American holiday.

It was a traditional meal, including turkey, mashed potatoes, squash, green beans, stuffing and pumpkin and apple pie. All the students got to try many new foods that they hadn't tried before and at the end of the meal everyone's favorites were the turkey and the pumpkin pie with whipped cream. Many students asked for seconds and even thirds! They are already asking about when we can have another Thanksgiving dinner!



Ah, The Sound of Music!

Congratulations to the wonderful and talented cast of "The Sound of Music!" Your show was fantastic!!

A special thank you to the following sponsors for making the show possible: NorthCountry Federal Credit Union, People's United Bank, Curtis Lumber, Old Spokes Home, Lamoille County Players, Triple Loop Costumes, WalMart, Sally's Flower Shop, Claussen's Greenhouse

Middle School News

By Katherine Jennifer Helm



Update on Nellie Mae Grant Proposal

As of this writing (mid-December), we have yet to hear from the Nellie Mae Education Foundation about the status of our grant application. We are still feeling very positive, so let's hope all



our hard work and positive thoughts are rewarded with our grant proposal getting accepted and approved. Check the district website for updates!

On Making Assumptions

One day in the cafeteria while talking with some of our international students, I learned an important lesson. Assumptions get in the way of learning. I know that Asia had many different countries that have very different cultures. Ways of life, religion and traditions vary traditions vary differently between the Chinese, Vietnamese and the Iranians and Iraqis. However, I had *assumed* that our Nepali and Bhutan students were similar to our Chinese, Vietnamese and Japanese student and used chopsticks to eat. Wrong!! After finding out that our Nepalese and Bhutanese populations do not use chopsticks, the girls asked what they were. I told them I would bring some in and we would learn how to use



them. So this week, we have had a couple of days of chopstick lessons during lunch in the cafeteria. We had a lot of fun learning how to hold the chopsticks and then pick up croutons. Unfortunately on these days' lunches, the girls had chosen pizza and sandwiches to eat, so the cafeteria gave us croutons to practice with. Each of the girls went home with a set of chopsticks to continue to practice.

On the Move with Team Velocity, Part 2

By Nancy Keller

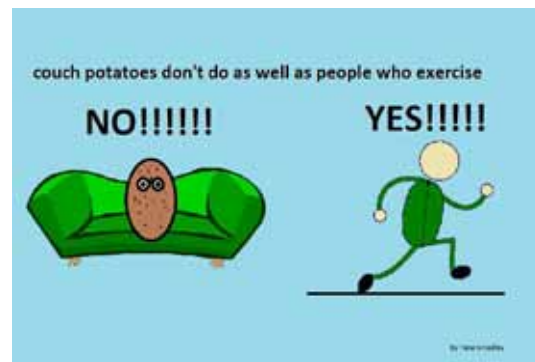
Winooski middle school's Team Velocity students continue to move through their school year as a way to improve their learning! Each day, since September, students complete 20 minutes of aerobic exercise or weight training, or 45 minutes of martial arts practice, and they track their exertion using heart rate monitors. Research shows that all of these practices have the potential to build our brain's capacity for learning by increasing blood flow to the brain, by building stronger neural networks that are used for learning, and by releasing chemicals that counter the effects of stress, anxiety, depression, and attention



difficulties.

Why, though, is martial arts a particularly useful activity for helping students learn? Dr. Rately of Harvard Medical School reports that there is a strong relationship between increased coordinated movement and increased attention. He believes that by training our brain's movement centers, we are also training our brain's ability to concentrate. "The complex, focus-intensive sports such as martial arts and gymnastics are a great way to tax the brain." The coordinated movements not only develop our motor-skills, but engages "every element of the attention system," and "it holds you rapt." (*Spark*, 2008)

All students on Team Velocity participate in Bushintai Do. Many of them find practice in the martial arts helpful. Matt Guilmette reports that because of his training, he is "calmer," and that Bushintai Do has given him "self-control." He writes, "I don't get distracted when I am doing my work. With this self-control, I can develop more



strength in my mind." Noah Parker adds, "Bushintai Do teaches me how to focus, like in meditation, but I also like it because I get all my energy out there, and when I get back (from the studio to the classroom), I'm calm. That's why I think it (martial arts) should be in the morning, not in the afternoon, so people can get their energy out..." As Estevan Alvarez concludes, "Bushintai Do has made me stronger. When I do my best, I feel good about myself and am confident that I did it right."

Look for Part 3 of Team Velocity's ongoing journey with movement, exercise and learning in future issues of District News!

ELL Students Connect with St. Michael's Buddies

by Kirsten Kollgaard



Over 30 ELL students from the elementary and high school have been partnered with Saint Michael's College freshmen this fall, forging connections that have made a strong impact on everyone

involved. This is the second year that college students from St. Michael's "Peace and Justice Freshman Year Seminar" have been visiting the Winooski schools every Friday to provide academic support to ELL students and to build relationships with them. This college seminar explores

how individuals build a just society and it included the visits with the Winooski ELL students as a community-based learning experience. Professor Mahmoud Arani and Professor Laurie Gagne worked with Winooski ELL Teachers Inge White and Kirsten Kollgaard to set up the student partnerships.

At the elementary school, first and third grade ELL students received one-on-one support from their buddies during math. The students enjoyed getting to know their partners, getting academic support and making new friends. As the semester drew to a close the Saint Michael's students invited the elementary students to visit them at St. Michael's, as a celebration of the connections they have made this fall. On Friday, December 2nd, the Winooski ELL students were invited on a field trip to Saint Michael's College to have lunch and spend some quality time with their buddies. Everyone enjoyed

themselves and when the time came to go back to school there were plenty of sad goodbyes. Professors Arani and Gagne have received a lot of positive feedback from their students again this year and we are hoping to continue this service based learning program next year. The Winooski students are already looking forward to it!

At the high school, the ELL students did not only receive academic support from their Saint Michael's partners, they also learned a lot about life after high school. Some of the ELL students are juniors and seniors and were very eager to discuss their future academic plans. The Saint Michael's partners were just as eager to give some advice and relay personal experience. Even the ELL students in the lower high school grades got a better idea of what to focus on and how important it is to prepare themselves early on if they want to fulfill their dreams of higher education.

A Glance at the 2011 Youth Risk Behavior Survey (YRBS)

Hello! I am Devan Walsh, the Student Assistance Program (SAP) Counselor for the Winooski School District. I teach drug and alcohol prevention classes in both the middle and high school, advise a teen leadership group in the high school, and work with students with mental health, behavioral, or drug and alcohol issues both individually and in groups across the district.

Every other year, students in grades 6-12 across the state participate in the YRBS survey, which measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth. The survey is meant to increase communication and awareness about our community and provide data to begin addressing areas of concerns or strengthen ongoing efforts.

Over the next few months, I will be sharing a sampling of results from our survey last year. I hope that these results will help to start a conversation with your student about their own choices as well as increase your own awareness of the issues impacting the young people in our community. If you have any questions or comments, please feel free to contact me at 383-6111. The full YRBS report for our district (and the state) are also posted

to the school district website if you are interested in learning more.

Middle School Survey results are below. High School Survey results are on page 14.

Middle School Survey

(84% of MS students participated)

Personal Safety

- 83% of students ride bicycles, 63% rarely or never wear a helmet
- 62% of students always wear a seat belt in a car
- 15% of students had not gone to school in the last 30 days because they had felt unsafe
- 30% of students have been electronically bullied, ever
- 29% of students had seriously considered killing themselves
- 10% had attempted suicide

Alcohol, Tobacco or Other Drugs

- 28% of students had ever had alcohol (other than a few sips)
- 16% of students had their first drink before age 11
- 8% of students had five or more drinks in a row in the last 30 days.
- 10% of students have smoked cigarettes before age 11

- 14% of students have ever used marijuana
- 13% of students have ever used inhalants

Body Image

- 52% of students think that they are about the right weight
- 51% of students are trying to lose weight (57% female, 45% male)
- 22% of students skipped meals to lose weight or keep from gaining weight.

Nutrition/Physical Activity

- 76% of students have eaten breakfast on at least 3 of the last 7 days.
- 25% of students were physically active zero of the last 7 days.
- 11% of students spend more than 5 hours watching TV on a school day.
- 14% of students spend more than 5 hours playing video/computer games or using the computer (not for school) on a school day

Assets

- 34% of students talk to their parents about school everyday.
- 53% of students feel that teachers really care about them and give them lots of encouragement.
- 40% of students feel that in their community they matter to people.

AFTERSCHOOL PROGRAM NEWS

Happy 2012 and Welcome to our Afterschool Programs!

The 21st Century Community Learning Centers grant (21C), in conjunction with the Kids First! afterschool program provides many afterschool opportunities for K-12 students throughout the school year and during the summer. We have included some examples of the very exciting programs we have offered during the first half of the school year.

We are thrilled that students are participating and enjoying their programs, and we are continuing to develop new programs with exciting learning opportunities for our students! We are interested in working with parents and community members—so if you would like to be a part of the afterschool program, please contact:

Brittany Metivier, Kids First! Director at 802-318-2151 or brittany_metivier@yahoo.com

Barbara Russ, 21C Director at 802-383-6041 or bruss@winooski.k12.vt.us





Isabella and Isabella are learning how to read and write in Japanese during their **World Tour Japan** afterschool program.



Using laptops, Conrad and Alice are researching and learning new facts about amazing animals.



Penny is showing a new hooping trick she learned in **Hoopla 2.0**.



Corbin has used a variety of measuring skills and hand tools to make a wooden lunch box during his **Woodworking** afterschool program.



Kyle, Brianna, and Destiny are learning about nutrition labels with Mrs. Brunelle in **Snack Attack**.



Tatum and Faith share their tessellation patterns from their afterschool math program.



Alex, Zack, Willi, and Mr. Andrews test a variety of strategies they've learned in **Chess Club**.



Alyssa works on sewing a seam for her fuzzy dice project in **Stuff It**.



Jarell and Estevan are building rockets to launch during their **Who Says Science Can't Be Fun** afterschool program.



Samantha and Avah work hard in **Science Core Support**.



Kassian and Austin immerse themselves in Mexican culture as they complete their Spanish homework.



Jen rehearses for her All-State Music Competition audition with Ms. Mander-Adams.



Happy New Year!

By Justin Brown, Principal

As we are waiting for public announcement of the Nellie Mae Grant Award, I thought it would be helpful to provide a brief synopsis of what the Winooski-Burlington partnership is all about. The best way to understand the grant is by understanding the five areas of implementation (below) and by reading the narrative, reviewing the work plan and budget, as submitted (see www.bsdtvt.org and/or <http://www.winooski.k12.vt.us>). These five areas are what we plan to improve (or invent out of whole cloth) with the assistance of the NMEF grant. We expect over the next three years to have the resources to free up teachers (and/or other professionals) in collaboration with students, parents, and the community, to allow them to form Implementation Teams to determine the necessary directions for our schools to take action on these areas.

5 AREAS OF FOCUS:

- Youth Leadership and Involvement
- Family-School Partnership
- Community-Based Learning Opportunities
- Effective Team Practices
- Personalized and Proficiency-Based Learning Plans

WHY?

Vision: Each young person in Burlington and Winooski, Vermont will graduate from high school with the confidence, enthusiasm, skills, and knowledge to build a satisfying and sustainable future for themselves, their community, and their world.

Mission: We will transform Burlington and Winooski School Districts by establishing a student-centered learning system that enables each learner - especially New American and historically marginalized learners - to develop the skills, knowledge, and relationships necessary to become confident, motivated, and self-sufficient learners who are successful in college and careers and are engaged in their communities. We will draw upon the collective wisdom, courage, and compassion of learners, teachers, families, and community partners in supporting every learner to pursue excellence.

WHAT?

The WSD-BSD Partnership for Change proposal was submitted to the Nellie Mae Education Foundation (NMEF) on October 31, 2011 for \$3.3m over three years. The proposal describes the community's hopes and plans for high school transformation. Highlights of the proposal follow:

Beliefs:

- Community engagement is infused throughout the transformation process and its implementation. Community members, parents, students and community

partners are critical components of the change process and its implementation.

- Teacher engagement and leadership is the foundation upon which success or failure rests.
- Access to technology supports creativity, flexibility, efficiency, and effectiveness in learning.

OUTCOMES WE SEEK:

- Families are active partners in shaping school transformation and personalized learning
- Youth play an active role in shaping their personal educational path, experiences and opportunities through school-wide use of Personalized Learning Plans (PLPs)
- Teachers are supported as professionals with opportunities for growth and leadership
- System delivers opportunities for learning that are personalized, engaging, student-centered, technology-rich
- District policy drives proficiency-based learning, assessment, and graduation
- Policies and increased school- and community-based supports improve outcomes for all of our most vulnerable learners
- Transitions in and out of high school support positive student outcomes
- Infrastructure and policies, such as teaming, integrates the efforts of learners, educators, families, and community

HOW?

Design:

- Transformation Academy (not a place, but a concept)
- Five "Fellowships" will free up teachers (and/or other professionals) half-time to lead an Implementation Team in one of the five areas above.
- Collaborative inquiry carried out by students, parents, educators, and community members, resulting in improved practice, in those Implementation Teams.
- Steering Committee
- Provide oversight and accountability for the Transformation Academy
- Work towards the big picture over a long period of time
- Maintain a positive attitude toward identifying and solving problems and overcoming barriers
- Serve as ambassadors for this project in the wider community

May the New Year treat you and all well!

Student Council Update

By Rebecca Spittle, Student Council President

As the holidays are approaching Student Council has been busy at work! This month Student Council held their annual fudge sale. Student Council went out into the community to sell this delicious fudge. All the profits from this sale are dedicated to budgeting for upcoming student body activities throughout the year.

Even though student council was raising money this month, we all pitched in to purchase some gifts for local families in the community. Every year Student Council adopts two families to donate gifts to for the holiday season. During this time of the year, budgets can be tight. But even so, Student Council still worked together to purchase many gifts from the children's wish list's. Student Council also donated gift certificates to Shaws to also give to each of these families.

Brianna Robare and Christina Dang have also been working hard on a new link on the Winooski School District website as well. Under the student tab, you can now see recent projects we have been working on, please check it out! Student Council also wishes everyone a happy and safe holiday!

Thank You For Supporting The WHS French Club Raffle A Success

By Veronica Saffo

The French Club extends sincere gratitude to all of our neighbors, friends and families who supported this holiday raffle. The students are working diligently to raise money for their trip to France and prepare for the arrival of students from Rouen, France. The raffle was the first of many planned fundraising events. This raffle was only possible because of the generous contributions made by our local businesses. To all of the local businesses who made donations, and to all of you who purchased tickets, the members of the French Club say, "*Merci Beaucoup!!*" Members of the French Club drew names for each prize on December 20th. The list of prizes and winners is included at right.

Additionally, the French Club would like to thank Chick's Market for their generous cash donation generated from "pull tickets." Your thoughtfulness is a real testament to the spirit of the Winooski community. *Joyeuses Fêtes tout le monde!*

High School Results for Youth Risk Behavior Survey (YRBS)

See page 8 for a full article from counselor Devan Walsh regarding the YRBS survey, which measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth.

High School Survey

(75% of WHS students participated)

Personal Safety

- 73% of students ride a bicycle. 70% of those rarely/never wear a helmet.
- 60% of students always wear a seat belt in the car
- 19% of students rode in a car with someone who had smoked marijuana
- 21% of students had been in a physical fight in the last 12 months
- 9% of students had in a physical fight at school.
- 6% of students did not go to school in the last 30 days because they felt unsafe.
- 5% of students (10% of women) were forced to have sexual intercourse, ever
- 27 % of females, 8% males were bullied in the last 30 days.
- 24% of females, 11% of males felt sad or hopeless every day for two weeks or more in a row in the past 12 months.
- 6% of students made a suicide plan in the last year.

- 5% of students were physically forced to have sex

Alcohol, Tobacco or Other Drugs

- 40% of students have drank alcohol (other than a few sips)
- 7% of students have drank alcohol on 3-9 of the last 30 days.
- 3% of students smoked cigarettes every day for the last 30 days.
- 45% of students were asked about smoking by a health professional in the last year.
- 30% of students have used marijuana ever.
- 2% have used inhalants ever
- 7% were offered, sold, or given illegal drugs on school property
- Percent who think it would be easy or very easy to get: cigarettes 51%, alcohol 49%, marijuana 43%
- 5-7% have used prescription medications that were not prescribed to them
- Students felt that smoking cigarettes (92%) was more "wrong" than smoking marijuana (87%)

Sexual behavior/orientation

- 46% have had sexual intercourse ever
- 8% have had sexual intercourse before age 13
- 76% used a condom the last time they had sex

Body image

- 16% of students are considered overweight (85th BMI %) and 13% are considered obese (95th BMI)
- 63% of students consider themselves to be about the right weight.
- 36% of students are trying to lose weight (46% female, 28% male)
- 32% of females skipped meals to lose weight or keep from gaining weight.

Nutrition/physical activity

- 71% of students ate breakfast at least 3 of the last 7 days.
- 22% were physically active zero of the last 7 days.
- 12% of students watch TV, play video/computer games, or used the computer (not for school) for more then five hours on a school day.

Assets

- 37% of students talk to their parents everyday about school.
- 14% off students never talk to their parents about school.
- 55% of students volunteer one or more hour a week.
- 63% of students feel that teachers care about them and give them encouragement.
- 57% feel that in their community, they matter to people.

Congratulations To Our French Club Raffle Ticket Winners!

1. One Night Stay at the Essex, Vermont's Culinary Resort & Spa in Essex, VT - \$269.00 value (*Lee Provost*)
2. One Night Stay at the Hampton Inn in Colchester, VT - \$239.00 value (*Sue Brennon*)
3. \$25 Gift Certificate to Junior's Restaurant (in Colchester, VT) (*Wendy King*)
4. \$20 Gift Certificate to Waf's Westside Deli (in Winooski, VT) (*Kay Bourgeois*)
5. \$25 Gift Certificate to the Dutch Mill (in Shelburne, VT) (*Barb Dewitt*)
6. \$15 Gift Card to Rite Aid (*Keara Mahoney*)
7. \$30 Gift Certificate to Yummy Chinese Restaurant (in Colchester, VT) (*Jeremy Poulin*)
8. \$20 Gift Card to Barnes & Noble (*Tricia Vincent*)
9. \$15 Gift Certificate to Special Nails Salon (in Winooski, VT) (*Marnie Cooney*)
10. \$13 Gift Certificate to Onion River Clippers (Winooski, VT) (*Karen Greene*)
11. \$13 Gift Certificate to Onion River Clippers (Winooski, VT) (*Tricia Vincent*)
12. \$15 Gift Certificate to Pho Dang Vietnamese Café (Winooski, VT) (*Nell Ishee*)
13. \$25 Gift Certificate to Sally Flower Shop (Winooski, VT) (*Lisa Bushey*)
14. \$10 Gift Certificate to Joli Hair Studio (Burlington, VT) (*Jeremy Poulin*)
15. \$10 Gift Card to Price Chopper (*Linda Alderman*)
16. \$20 Gift Certificate to McKee's Pub and Grill (Winooski, VT) (*Melanie Nattress*)
17. \$20 Gift Certificate to McKee's Pub and Grill (Winooski, VT) (*Ms. Brosnan*)
18. \$15 Gift Card to Chick's Market and Deli (Winooski, VT) (*Shelly Vincent*)
19. \$15 Gift Card to Chick's Market and Deli (Winooski, VT) (*Colleen LaBerge-Magrath*)
20. Big Mac Card good for 24 Free Big Macs at McDonalds - \$96 value (Winooski, VT) (*Gary Bailey*)
21. Big Mac Card good for 24 Free Big Macs at McDonalds - \$96 value (Winooski, VT) (*Steve Burton*)
22. Big Mac Card good for 24 Free Big Macs at McDonalds - \$96 value (Winooski, VT) (*Steve Burton*)
23. Two McDonald's Gift Certificate Books - \$10 value (Winooski, VT) (*Courtney Poquette*)
24. 1 Gallon of Pure Vermont Maple Syrup - \$65 value (Boivin Family donation) (*Dinh Dana*)

WHS Guidance Office News

By Emmy Charron, High School Guidance Counselor

It's hard to believe but the school year is half over. **Mid-term exams** start the week of January 23rd (Tuesday January 24th through Friday January 27th) and the first semester comes to a close on Friday, January 27th.

Local Tech Centers Recruit WHS Students

It's that time of year again when WHS welcomes Lynn Vera from Center for Technology Essex (CTE) and Lise Bruder from Burlington Technical Center (BTC) to promote the programs offered at their respective tech centers. On Friday, January 6th there will be a presentation to all Sophomores and Juniors to inform them on the wonderful educational and career centered opportunities available through tech. Interested students can then sign up to visit either program (BTC or CTE) and see it for themselves. The trip to BTC is on Wednesday, and CTE will be Friday, January 13th. Any interested students will have the opportunity to apply to any program of their choosing by early April for the following school year. Applications include grades, attendance & discipline reports as well as a minimum of 12 completed credits by the spring of 2012.

Financial Aid Night!

Does the thought of filling out financial aid forms make you cringe? Want to make sure you're not missing anything important? Then come to the VSAC Financial Aid College Night at WHS!

WHEN: Tuesday, Jan. 10, 6:00-7:30pm

WHERE: Winooski High School

WHAT TO BRING: The more information you are able to bring with you, the more we will be able to help. Suggested documents include a copy of your 2010 Federal Tax Forms, home equity and/or business information, social security numbers and birth dates of both the student and parents.

School Choice

School Choice is an option to a handful of students from WHS. For the 2012/2013 school year, students who are interested in attending Burlington High School (other options may become available) via this School Choice option may apply by February 1st, 2012. Applications can be found in in the main office starting January 1st. Students who

are interested in participating should complete the request form and return it to the Guidance Counselor by that date. If the number of students requesting School Choice exceeds the number of available positions, the current School Choice agreements specify that vacancies will be filled by lottery. Any remaining students will be placed on a wait list and will be included in the next lottery. All students who are granted the option of School Choice need to provide their own transportation. Should you have any questions about this please contact Emmy Charron.

WEBSITES WE RECOMMEND

From Steve Crowley, Winooski High School

I strongly recommend www.hippocampus.org. This site has lots of course review materials for various sciences, math, history, and so on, each sorted by type of course and then by lessons through the year. Lessons are animated and come with some written and spoken descriptions. If you need a little extra review on food webs, or on how DNA works, or military strategy in the Civil War, this is the place to go.

Update from your City Council

By John Little



By the time this arrives in your mailbox, it will officially be winter. However, as I write this, it seems the typical characteristics of this, our longest season seem to be taking their time getting here! Regardless, here's hoping you had a great holiday.

A lot has been happening in our 'one square mile of fun' as Sally Tipson would say! The following are some highlights, some of which directly involve the Council, and some are those which individuals have taken on to do their part in bettering our City.

As Councilor Moir mentioned in last month's *District News*, we have begun the process of developing the City's budget for FY 2012 which runs from July 1, 2012 through June 30, 2013. This is always a challenging endeavor and this year is no exception. We have many decisions to make and we need your input in order to appropriately address any enhancements to existing services or introduction of new services. Please come to the Council meetings in January and voice your opinion.

We recently signed a Memorandum of Understanding (MOU) with Redstone to develop Lots 7B & 7C east of the Cascades. We anticipate this being finalized with the design of the development commencing within a couple months. Since these designs have to go through public hearings, Act 250, etc., there are plenty of opportunities to come out and voice your opinion, so please come on out. For additional information, visit the winooski.vt.gov home page.

The Strategic Planning Steering Committee has continued to meet monthly and as you are probably aware, have posted a survey on the City's website. Please take ten minutes and fill it out. There will also be many other opportunities to provide input as this process moves forward so please join in, for without input from everyone, an accurate representation of Winooski's residents cannot be considered.

As you may have noticed, the renovations in the Champlain Mill are well under way. The new owners have been keeping the Council apprised of their progress and within the next few months we should see substantial changes which will quickly lead to seeing new activity down there!

As you probably heard through Front Porch Forum or by attending (or watching) a recent City Council meeting, the retail spaces along the easterly side of the Circulator downtown are being utilized. There have been and will continue to be different phases of use in these locations, including the Winooski Welcome Center. Stop in and check it out!

The traffic signal at Malletts Bay Ave. /Union St. /West Lane recently went through a test phase where it was changed to a 4-way stop situation. The feedback was overwhelmingly in favor of a 4-way stop. As I noted a couple months ago, this signal is very old and has reached its effective life, and the cost to replace the system would be very expensive. The signal has been put back into service while the City goes through the necessary legal steps and decides if and how to implement the four-way stop. This will be coming to the City Council soon, and any changes will be coming in the spring at the earliest.

The Chittenden County Regional Planning Commission (CCRPC, formally the CCMPO) has been tasked to look at traffic congestion and pedestrian safety within the Circulator downtown. On December 14th, there was a public meeting where the various alternatives were presented, questions were asked, issues were raised, and comments were noted. If this issue interests you, I strongly encourage you to stay in touch with when the upcoming meetings are scheduled and please plan to attend. Whether you are a

resident, a business owner, a commuter, a bicyclist or a pedestrian, your view is important. Thank you for your interest and input!

During Tropical Storm Irene, Green Mountain Power's (GMP) transmission line which was located near the Winooski River was compromised. A small island in the river on which GMP had a pole installed was washed away. The lines which had been connected to this pole had to be disconnected for safety reasons. The elimination of this transmission line from the overall system has reduced the reliability of receiving electricity to Winooski and surrounding communities. Therefore, it is vital that this line be replaced as soon as possible. GMP is currently looking at alternatives for the relocation of this line. Please stay tuned as there will be additional public hearings scheduled at which public comment will be welcomed and encouraged.

Lastly but certainly not least, remember that March is election time. The seats that Sarah Robinson and I currently hold are up for re-election (two-year terms). I encourage residents to be part of the decision making process by running for city council or the school board. Petitions are currently available at City Hall. The first day to file is Thursday January 26, 2012 and the last day to file is Friday February 3, 2012 by 5:00 p.m. If that is not your preference, please consider getting involved on the numerous boards and committees and be part of helping to move our City forward in the direction you see appropriate. At the bare minimum, please come to your council meetings and let your opinion be known.

As always, feel free to contact me at 655-0106 or by email at jlittle@winooski.vt.gov with any questions or concerns.

Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	mayor@winooski.vt.gov	802-655-4879
Deputy Mayor Sally Tipson	sallyflower@comcast.net	802-655-3894
Councilor John Little	jlittle@winooski.vt.gov	802-655-0106
Councilor Megan Moir	mmoir@winooski.vt.gov	802-598-7922
Councilor Sarah Robinson	sarah.kunz.robinson@gmail.com	802-734-6422
City Manager Deac Decarreau	deac@winooski.vt.gov	802-655-6410
Visit the city website at winooski.vt.gov or call 802-655-6410.		

December at the Winooski Senior Center

By Lori L. Pinard, MS, Director

Happy New Year from the Winooski Senior Center. Looking for a fun way to chase away the winter blahs? Come to lunch and bingo every Thursday. A nutritious meal, provided by CVAA, is offered for \$3.00 at 11:30. At 12:30, bingo begins and runs until 2:30ish. Start the new year off on the right foot...or the left foot. Exercise is offered daily at the Senior



Center. Mondays offer Easy Does It Line Dancing, Tues/Thurs. offer gentle exercise, Wed and Thurs. offer Zumba Gold and Fridays offer seated yoga. And starting in January, swimming/water walking will be available at The Handy Suites in Essex. More details to follow. We also hope to get a tour in at the YMCA in Winooski.

Our next monthly lunch and meeting is January 10 at 11:30. January 23 is Movie Monday. Lunch 'N Stuff returns January 24 with a presentation from the Merchants Bank called Keep It Safe. Watch for more information on new programs, like jewelry making with Designs by Darcy.

Please note, the Senior Center will be closed Jan. 2 for New Years and Jan.16 in honor of Martin Luther King, Jr.

A big "Thank You" goes out to Sally Tipson of Sally's Flower Shop for providing a free holiday arrangement workshop. The floral arrangements came out beautifully!

Free Throw Contest

By Jeff Brosseau

The Winooski Knights of Columbus Council #2284 and St. Francis Xavier CYO basketball are sponsoring a free throw contest on Saturday, January 7th 2012 for girls at 1:30 pm and boys at 2:30 pm at the Winooski High School Gym. The contest is open to all local girls and boys ages 10 through 14. In the first round each participant has 15 attempts from the free throw line on the basketball court, the one with the most made will then move onto the next level. Proof of age (as of January 1, 2012) is required for participation. Winners on January 7th will move on to the district level, then onto participation in the state competition.

The Knights of Columbus is a national organization, and they hold this competition every January. For more information contact George Ashline at 654-2434 or Jeff Brosseau 655-3556.



Community College of Vermont (CCV) Winooski News: New Staff Spotlight

Register 1/2/12 - 2/13/12

www.ccv.edu
(802) 654-0505

Last year at this time, CCV Winooski welcomed Tuipate Mubiay as our first English Language Learner (ELL) Coordinator. In an email interview he shared some about himself, his college experience and his role as an academic advisor at CCV Winooski.

"My name is Tuipate Mubiay. I came to the US in 1994. I earned my high school diploma in the Democratic Republic of the Congo. On my way to Vermont, I lived for four years in New York City. When I arrived, I had some English words and sentences, but I did educate myself by reading newspapers and magazines, watching the news and surrounding myself with American friends. I have many people in my life I call best friends and mostly they're former classmates. I decided to go to CCV to get education in order to apply for good-paying jobs. Production and manufacturing jobs were what I did, and I decided to change my career and life. Higher education was the best tool to achieve that dream. The one thing that scared me most about going to college was language, but I decided to overcome it by immersing myself in the American language and culture. I realized I spoke, wrote and understood "enough" English to begin college classes when I wrote an essay and my teacher told me he did not see what to correct. He gave me 115 points over 100 points! Then I realized I did improve my writing skills. I still speak with a strong French accent but I communicate messages and they are understood. The one thing that excited me most about going to college was learning new skills and making new friends.

One piece of advice I'd like to give any Winooski School District student is do not be afraid. You will not be alone. Come and we are here to walk with you every step of your journey at CCV.

When I started college, I did not have a clear idea about which program I liked, but with help of my CCV advisors, I made my choice. Now, in my role as CCV Coordinator of Academic Services, my major responsibilities are to help students achieve their goals, and support faculty when faced with questions about ELL students. As an advisor, I explore career possibilities with students and guide them to make a right choice. It can be frustrating for them, especially when English is not their first language. I also work with faculty whenever they are confronted with

a question related to ELL students' culture. Together we explore necessary tools that may help them in supporting ELL students.

One initiative I've started at CCV Winooski is Conversation Partners. It is aimed at matching ELL students with native English speakers. ELL students speak their language at home, and maybe the only time they speak English is when they are at school. To increase their chances of being exposed to English, they need an American friend to learn about the mainstream culture. Their American partner can talk to them about history, customs, and together they do this while having fun. ELL students also share their cultures and customs. Both learn from each other. It is not about doing homework with our students. CCV Learning Center has qualified tutors for that purpose. Reports I am receiving from ELL partners are very encouraging." **I need more American, English speaking partners for our students. Please call 654-0505 and ask for Tuipate if you'd like to help.**

Happy New Year, Winooski!

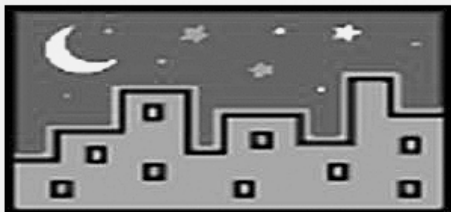
By Kate Nugent, Director, WCSPC

With the new year comes new ways of doing things. The Winooski



Coalition, in an effort to respond to your wishes for a more convenient meeting time, will begin holding its networking meetings in the evenings.

The first networking meeting will be on Wednesday, January 11, from 6 to 7 PM. The agenda will include: 1) a presentation on the new Blueprint for Health that is a new strategy for improving health and 2) a discussion of the February potluck and fundraiser. Everyone is welcome and encouraged to attend. This is your coalition and you will make a difference. More information is always available at www.WCSPC.org. Hope to see or meet you soon!



THE UNDERGROUND

Teen Center Update

Happy New Year to all of our teens and everyone else in the local community! Down at the Teen Center winter is finally in full swing and so are our fun activities. On Martin Luther King Day we will organize anti-bullying activities and work to embrace the differences that we all share. January will also see us kick off our indoor soccer games with Far Post's indoor futsal league. Right now they are being coached by Yao Alate through an internship program at Champlain College. We've also been selected to have three of our local teens participate in CHILL, a Burton snowboard program! With the weather being what it is, we encourage any teens who are looking for a safe space to drop in and enjoy our facilities. We're open on Tuesdays and Thursdays from 6:00 to 9:00 and Fridays until 11:00.

Girls Only! Report

By Donna Kohut, Community Development Department

From fall celebrations to learning about new cultures, the program has been a fantastic experience. We look forward to another year of adventures and laughter!

To close out 2011, Girls Only! is hosting a slumber party at the Winooski Teen Center on December 30 and 31. Activities will include games, dancing, music, and a movie plus dinner and breakfast. Girls need to bring blankets, pillows, pajamas, and a toothbrush.

Beginning January 4, Girls Only! will meet every Wednesday. On regular release days, we will meet in Winooski High School from 3-4. Snacks will be provided. Any high school girl interested in crafts, hanging out, or doing homework is welcome. We have new math supplies and tutors!

We are expanding our horizons in 2011. On Early Release days, we will leave the school for field trips around the local community. Transportation is provided to the activity and to your home. These trips are open to regular participants who provide a signed permission slip. Permission slips are available at school and at the Teen Center.

For questions, concerns, or permission slips, please contact Donna Kohut at vista@winooski.org or (802)655-6410.

Teen Center Snow Shoveling Program

Members of the Winooski Teen Center plan to help out this winter by clearing snow from driveways and walkways around the City. The project offers teens a way to support their neighbors and give back to the local community. Teams of Winooski teens will be deployed after snowstorms to shovel out public areas and the homes of elderly residents.

Based at the O'Brien Community Center and lead by two AmeriCorps members serving the City, the Teen Center is funded by grants and donations. It provides a safe and supportive place for high school students to play games, get homework help, and hang out with friends.

There is no charge for the shoveling service, but donations to support the Teen Center—or tips for the teen volunteers—are welcome! The availability of the service will depend on the timing of snowstorms and the overall needs of the community, but teens will try to reach as many homes as possible.

Seniors, or other local residents with physical limitations, are encouraged to contact Todd Lavigne, the Teen Center Co-Director, (655-1392 x10 or americorps@winooski.org) to have their addresses added to the list.

Winooski YMCA Programs for January

Youth Floor Hockey League: (Ages 8-10) Play like a pro in our new league. We have all the equipment you need to have a blast playing this great game that will provide endless action. This co-ed program is perfect for all levels of experience. Tuesdays: 4-5pm; Starts January 10 thru February 21; \$15 members / \$25 non-members

Youth Pickleball: (Ages 10-12) come try this exciting new racquet sport that anyone can enjoy. Games are on our basketball court. We use wooden paddles and plastic ball for a fast paced game that is great for hand speed and reaction time. Mondays: 4-5pm; Starts January 9 thru February 20; \$15 members / \$25 non-members

Afterschool Basketball Skills Clinic (Ages 8-12) Improve your confidence on and off the court and develop friendships by learning the fundamental skills of basketball with personal trainers and basketball experts Brandon Rymer and Tate Odell. They will teach you the different plays and sport specific conditioning workouts. This will be a fun clinic that will allow you to become the best basketball player you could be. Wednesdays: 3:30-4:30pm; Starts January 11 thru February 22; \$30 members / \$40 non-members

FREE Family Gym for Winooski Residents: Come enjoy our active indoor playground fun geared for families with children ages 7 and under. A great way to meet your neighbors and kids to learn and explore. Thursdays: 10:30 -- Noon; On-Going year round! FREE to Winooski Residents.

WEBSITES WE RECOMMEND

From Donna Kohut, Community Development Department

The Winooski Teen Center discovered this little website gem: <http://youngwritersproject.org/>. YWP is based in our very own Champlain Mill. It fosters a community among young writers by creating a virtual writers' workshop and an outlet through which writers can publish their work.

The Girls Only! program discovered this site through a recent training: <http://www.hghw.org/>.

Hardy Girls, Healthy Women promotes building girl's coalitions where young women can discuss everyday issues. These coalitions empower girls to be comfortable in their own skin and confront injustice. The site provides helpful toolkits to create projects and facilitate activities and meetings.

Free Public Library Program Offered

Have you checked out our new program? It's awesome, and FREE! Start the new year off right — take a class; learn something new!

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 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.



HEALTH CORNER

Tooth Tutor Update

By Diane Polson, RDH

Diet and Nutrition: Your diet needs to include a variety of foods in order to have good overall health and good Oral Health. Poor choices (sugary snacks, all sodas and sports drinks) can cause dental problems.

Even sugar-free sodas contain acid which, with each sip, causes a 20 minute acid attack that may harm your teeth.

ELEMENTARY SCHOOL LUNCH MENU — JANUARY

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

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

Mon., Jan. 2	Tues., Jan. 3	Wed., Jan. 4	Thurs., Jan. 5	Friday, Jan. 6
No School	Dog Days Oven Roasted Beef Hot Dog On Wheat Roll Baked Beans Dark Green Garden Salad Fresh Fruit Farm Fresh Milk	Early Dismissal Grades 6-12 Chicken Patty Sandwich on Wheat Roll Fresh Baby Carrots Chocolate Chip Cookie Fresh VT. Apple Farm Fresh Milk	Localvore Day Cheesy Au Gratin Potatoes w/Baked Ham Slice (Local Potatoes) Roasted Local Squash Smiles Local Zucchini Muffins Fresh Fruit Farm Fresh Milk	Itza Pizza Homemade Cheese or Pepperoni Pizza Side Caesar Salad Fruit Filled Crisp Fresh Fruit Farm Fresh Milk
Mon., Jan. 9	Tues., Jan. 10	Wed., Jan. 11	Thurs., Jan. 12	Friday, Jan. 13
Chicken Mania Oven Baked Chicken Nuggets w/Dipping Sauce Zesty Lemon Couscous Fresh Broccoli Sprigs w/Dip Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	All-American Goulash Meat, Tomato Sauce & Pasta Dark Green Garden Salad Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	Delayed Start K-5 Brunch For Lunch Scrambled Eggs & Whole Grain Pancakes w/Warm Syrup or Strawberry Topping Fresh Sweet & White Home Fries Farm Fresh Milk	Fiesta Taco Bar w/ The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, & Soft Flour Tortilla Spanish Rice Creamy Coleslaw Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Itza Pizza Homemade Cheese or Pepperoni Pizza Fresh Carrot Sticks w/ Hummus Dip Fresh Fruit Farm Fresh Milk
Mon., Jan. 16	Tues., Jan. 17	Wed., Jan. 18	Thurs., Jan. 19	Friday, Jan. 20
No School	Soup & Sandwich Grilled Cheese Sandwich on Wheat Bread Seashell Chicken Noodle w/Goldfish Crackers Chilled Fruit Cup Happy Birthday Cake Fresh Fruit Farm Fresh Milk	Buon Appetito Chicken Alfredo Chicken, Broccoli, Cheese & Whole Grain Rotini Dark Green Garden Salad Oatmeal Muffin Square Fresh Fruit Farm Fresh Milk	Fiesta Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Corn Tortilla Chips Spanish Rice Rainbow Coleslaw Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Itza Pizza Homemade Cheese or Pepperoni Pizza Side Caesar Salad Fresh Fruit Farm Fresh Milk
Mon., Jan. 23	Tues., Jan. 24	Wed., Jan. 25	Thurs., Jan. 26	Friday, Jan. 27
Chinese New Year Vegetable Lo Mein Chicken Fried Rice Steamed Broccoli Fortune Cookie Tangerine Slices Farm Fresh Milk	Buon Appetito 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	Brunch For Lunch Waffles w/ Warm Syrup Fresh Sweet & White Home Fries Sausage Links Fruit Filled Crisp Fresh Fruit Farm Fresh Milk	Fiesta Cheesy Quesadillas On Soft Flour Tortilla w/Salsa Broccoli/Carrot Salad Ranch Rice Pilaf Ice Cream Novelties Fresh Fruit Farm Fresh Milk	Itza Pizza Homemade Cheese or Pepperoni Pizza Fresh Broccoli Sprigs w/Hummus Dip Fresh Fruit Farm Fresh Milk
Mon., Jan. 30	Tues., Jan. 31	PLEASE NOTE: Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.		
Chicken Mania Oven Roasted BBQ Chicken Brown Rice Pilaf Fresh Cherry Tomatoes w/Dip Harvest Muffin Fresh Fruit Farm Fresh Milk	Hot Oven Fresh Harvest Macaroni & Cheese Seasoned Green Beans Oatmeal Dinner Roll Low-Fat Dessert Fresh Fruit Farm Fresh Milk			

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

Health Office News

By Liz Parris, RN BSN, Coordinator

Welcome back to school everyone. We hope that you had a wonderful holiday break. Holly Hager, RN who was here 2 days a week at the beginning of the school year has decided to join us full time. We are truly grateful to have her working with us!

We have limited supplies of socks and pants especially for the JFK students. We would be so grateful if parents could help us out and send their child to school with extra socks and pants to leave in their lockers. Thank you!

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
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Winooski High School

Principal: Justin Brown
802-655-3530
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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
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Winooski, VT 05404

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