

ALSO INCLUDES  
**Community News!**  
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# WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 11, ISSUE 4

JANUARY 2014

## *Celebrating The Holidays Together*



### Music Filled The Halls

*By Hilary Sales, Music Educator, John F. Kennedy Elementary*

The stars of JFK shone brightly last night! JFK students in Kindergarten through fifth grade presented “Growing STARS of the Future” for the community of Winooski. All of the songs were uplifting and inspirational, spreading the messages of hope, persistence and care for our world. Teachers and students worked hard to make the performance such a tremendous success! Congratulations to all and have a safe and happy holiday break.



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## Winooski Wellness

By Sean McMannon, Superintendent of Schools

“In your community, you feel like you matter to people”. Overall, 58% of Winooski High School (WHS) students and 40% of Winooski Middle School (WMS) students agreed or strongly agreed with this statement according to the Vermont Youth Risk Behavior Survey (YRBS) Report in 2011. Winooski girls reported agreeing or strongly agreeing at a ~15% lower rate than boys.

In the same report, 5 out of 10 Winooski Middle School (WMS) students reported being in the same room with someone who was smoking in the past 7 days. In addition, 4 out of 10 Winooski Middle School (WMS) students reported being in the same car with someone who was smoking in the past 7 days.

In addition, the VT YRBS states that 16% of Winooski High School (WHS) students and 29% of Winooski Middle School (WMS) students reported being bullied in the past 30 days.

These data points are just three examples of the many measures we have available to reflect on the safety, health and overall wellness of Winooski children and the broader community. I have recently convened a group to study the following important documents which all speak about aspects of Winooski, Chittenden County and/or Vermont wellness:

- Vermont Youth Risk Behavior Survey (YRBS) Report 2011
- 2013 Community Health Needs Assessment
- State Health Improvement Plan 2013-17
- VT Early Childhood Framework

All of these documents can be found on our website ([wsdschools.org](http://wsdschools.org)) under Site Shortcuts (left-hand side of website) entitled *Winooski Wellness*.

I believe in the collective power of community. In my short time as your superintendent I have already experienced the shared strength of Winooski through the Back to School BBQ, November 14<sup>th</sup> lockdown, Community Learning Conversation and the recent Mallets Bay Avenue fire. Whether we come together in celebration

or hardship it is of infinite importance that we continue to stay connected. I would humbly suggest that if we, as a community, embraced the concept of wellness we could become a safer and healthier city. Each of us can start by looking within. As Allan Lokos says “Your actions are your only true belongings.” I would recommend using the *Six Dimensions of Wellness* as a framework to reflect on your individual and family wellness. Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), developed the *Six Dimensions of Wellness*. I have found them very useful when taking inventory of the different aspects of my life and planning for improved wellness. Below is an overview of the *Six Dimensions of Wellness*, taken from Dr. Hettler’s fact sheet:

### Occupational

The occupational dimension recognizes personal satisfaction and enrichment in one’s life through work.

Occupational wellness follows these tenets:

- It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

### Physical

The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.



### Social

The social dimension encourages contributing to one’s environment and community. It emphasizes the interdependence between others and nature.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them

### Intellectual

The intellectual dimension recognizes one’s creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

### Spiritual

The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

## Emotional

The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

For more information, visit <http://www.nationalwellness.org/?page=SixDimensions>

Please join me in making Winooski a city where **every** child is safe, healthy and feels like they matter! Thank you for working with WSD to benefit our students!

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## School Board Message

*By Jay Lambert, Board of School Trustees*

Greetings fellow community members! In this month's *District News*, I will be presenting a brief update on the Winooski School Board's work on our on-going consolidation/boundary change study. I'd like to start by outlining the scope and purpose of the study. The purpose of the study is to consider possibilities for the Winooski School District to merge, collaborate, or cooperate with another area public school, or supervisory union district. For the last few months a Winooski School Board committee has been diligently working on phase I of the study and has begun to explore all of the options and possibilities that may bring either a financial benefit to our tax payers or an educational benefit to our children. What are the conclusions of our study? While the study is still in draft form and no official action has been taken by the Winooski school board, or the state board of education, there are some real possible benefits to collaborating with other school districts in our area. Some of these benefits and the scope of the draft are listed below:

1. Purpose
2. Process
3. Student Performance
4. Student Learning Opportunities
5. Operational Efficiency
6. Governance Structures
7. Study Questions:
  - a). What comparisons exist for student performance data and student learning opportunities between Winooski and neighboring schools?
  - b). What operational areas have opportunities for increased efficiency?
  - c). What are the opportunities for a boundary change of WSD and what would be the educational and financial impact of such a change?
8. Conclusion

All of the things mentioned above, and much more will be further explored in the near future as the study continues and the final report is approved by our local school board and submitted to the Vermont State Board of Education for their review and possible action. This final report is due to be submitted to the state by May 1, 2014. There is also a planned phase two of the study that will commence upon a successful second grant application to the state of Vermont. Phase two will consist of the "how to," and will be a transition from the conclusions or the "what" of the first phase of the study.

In conclusion, this article is a brief summary of the draft report. I encourage all of you to visit the district's web site to view the full draft report. I would also encourage all of you to provide input to your local school board members, as to what you would like to see the Winooski School District do regarding this issue, as we need your input and support.

## Update from Parents for Change

*By Dawn Moskowitz*

Parents for Change Winooski has been gathering information about how advising and guidance currently work at BHS. We also took a trip to visit Pittsfield High School in New Hampshire to learn about how students develop personal learning plans, work with advisors, lead conferences with their teachers and families and develop the skills, and plans, to reach their college and career goals.

Our goal is to better understand how schools can work with families to make sure all students have the skills, support and guidance to reach their college and career goals. We invite you to join us! Call Meg at 802-310-1059 or Infinite at 802-310-6161.

We help parents who haven't felt very connected to the schools — or even to many other parents to become part of our Winooski group -- open to high school students, recent graduates, parents/guardians and family members of students. We are happy to meet with you one-to-one -- wherever and whenever it is convenient for you!

In our groups we:

- build relationships and become part of a supportive group
- identify important educational issues impacting middle/high school students in Winooski
- pick one issue to learn more about and find possible solutions
- develop leadership skills
- work together to successfully make changes to improve Winooski High School

We work for Voices for Vermont's Children, and we are the community organizing partner with Winooski High School through the Partnership for Change.

If you have any questions, you can reach me at [partner4kids@gmail.com](mailto:partner4kids@gmail.com).

# Want to help move our schools forward? Join a Partnership for Change Implementation Team!

By Megan Behrend

Winooski and Burlington are working to redesign the education system so that all of our young people--and our cities--are prepared for a bright future. Key to this process is the participation of our whole community, including students, educators, families, business leaders, and community partners. Partnership for Change Implementation Teams are a way for all of these voices to come together and contribute to advancing our schools in five areas: Youth Engagement and Leadership, Community-Based Learning, Family-School Partnership, Personalized and Proficiency-Based Learning, and Teaching and Learning Environments.

Based on shared learning and brainstorming this fall, our five I-Teams are now planning projects that will guide their work in the second half of the school year. Here is a preview of what each team will explore in 2014:

The **Youth Engagement and Leadership** I-Team hopes to create authentic and structured opportunities for students to become drivers of school change. In particular, the team will look at embedding students in each school building as coaches or “multipliers” and investigate how students can be compensated for their leadership (e.g. course credit).

The **Community-Based Learning** I-Team will put its large membership to excellent use and pursue projects in three different areas. Specifically, the team will focus on student-designed learning, flexible schedules, and support for students and families in the college process.

The **Family-School Partnership** I-Team is in the process of reviewing the results of a cross-district family-school communications survey and supporting a pilot of student-led parent conferences in both districts. In addition, the team will continue to collaborate with Parents for Change and the Family-School Partnership teams based in our middle and high schools.

The **Personalized and Proficiency-Based Learning** I-Team looks forward to using the principles of assets-based inquiry to investigate the positive change that is already emerging in our schools. After collecting data from students and teachers, the team hopes to share these stories broadly with our community in order to build excitement around personalized and proficiency-based practice.

The **Teaching and Learning Environments** I-Team will continue to explore the time, space, and resources that contribute to learning. A primary area of focus will be on the ways in which physical spaces for learning can be designed to support a student-centered educational vision.

For more detailed meeting minutes, visit [www.partnershipvt.org/progress](http://www.partnershipvt.org/progress).



## 2014 I-Team Meeting Schedule

**Thursday, January 23 | 6-7:30 pm**  
Winooski Middle/High School

**Thursday, February 20 | 6-7:30 pm**  
Burlington High School

**Thursday, March 20 | 6-7:30 pm**  
Winooski Middle/High School

**Thursday, May 1 | 6-7:30 pm**  
Burlington High School

*To join an Implementation Team, simply come to our next monthly meeting. Snacks, child care, and interpretation will be provided.*

## **Preschool Skills Screening FEBRUARY 21st**

FRIDAY, FEBRUARY 21st, 2014

9:00 AM – 2:00 PM

PRESCHOOL ROOM, JFK ELEMENTARY SCHOOL

If you have concerns about your child's development, our Winooski Early Childhood Program team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play based and free for 3 and 4 year old children, living in Winooski. Please call Sandy Castle at 383-6009 to schedule an appointment for you and your child to come to the screening on February 21, 2014.

\*Teachers will also be filling out applications for all preschool slots at this time.

## ALUMNI CORNER:

# Where Are They Now?

Interview by Heidi McLaughlin, VSAC

We thought readers might find it enjoyable to read about former Winooski High School students and what they have done since graduation. We would like to highlight their college experience, study abroad adventures and current jobs. We hope this information would be fun to read and hopefully help current students think about options and opportunities that they can take advantage of out there in the big big world! Our first alumni is Khue Nguyen. Here are our questions and her replies.



### **For how many years did you attend Winooski schools?**

Nine years total, starting from the 4th grade and up through my senior year of high school.

### **Were there any adults in the Winooski schools that had a really positive impact on you? (teachers, coaches, etc.)**

I really liked my world history/geography teacher Ms. Toland—she always

had a lot of enthusiasm and would come up with new ways to make us care. I also liked my English teacher, Mrs. Lawson—she was tough, but she drove you to work harder because her standards were a little higher and you knew she believed in you.

### **What was your favorite learning experience during your time in the Winooski schools?**

My senior project in high school was the most memorable learning experience. Back then, all seniors had to complete an independent learning project to graduate; you could pick any subject to study so long as you could write and talk extensively about it. I learned to paint with acrylics and it was kind of fun.

### **Did you feel prepared for college? Work/career?**

On the whole I felt prepared for college. In subject areas like history, english, geography, and biology, I felt pretty much on par with my college classmates. The only subject in which I felt that my high school education was inadequate was math. In introductory genetics, we had to calculate the probability of different phenotypes resulting from dihybrid and trihybrid crosses and I felt at a complete loss because I didn't understand the math behind it. We never covered probability in high school. I dropped the course my first year, but retook it a couple years later and it made much more sense after I took introduction to probability and statistics.

### **Where do/did you go to college? What did you study? Did you get a degree?**

I went to Smith College in Northampton, MA and I got a Bachelor's degree in biology with a minor in chemistry.

### **What other activities were you involved in during college? Did you try anything new? What did you learn about yourself in college?**

I was in the fencing club for two years—I didn't even know what fencing was until I tried it. I was a board member of the Vietnamese Students' Association all four years of college. I also spent two years doing independent laboratory research in a biochemistry lab which culminated in a senior thesis. I

remember entering college and thinking that I would figure out what I wanted to do with my life by the end of four years. By the time that I graduated, I still didn't know. I learned that sometimes it takes a long time to figure out your life calling, and that's perfectly fine. Some of the most interesting people I know are in their mid-thirties and still don't know what to do with their lives.

### **Where do you work now? What is your title/position? What do you do (job responsibilities)?**

I work for the Environmental Protection Agency as a chemical review manager in the Office of Pesticide Programs. Basically, I'm a liaison between the Agency, the pesticide industry, and the public. I help manage the reregistration of older pesticides to make sure that as the science and risk assessment methodologies evolve over time, the older pesticides are still safe for human health and the environment.

### **What advice would you give Winooski students about college and career if you knew then what you know now?**

Don't be afraid to ask questions or ask for help when you need it—don't worry so much about what other people will think. Everyone else is just as confused as you are. Don't let your pride stand in the way of your success.

### **Talk about Peace Corps and why you decided to apply, how was the experience would you recommend it to WHS students?**

When I graduated college, I was physically and psychologically exhausted. I really wanted a break from academia and the prospect of going to medical school after the exhausting year I just had seemed overwhelming. I joined the Peace Corps on a whim after seeing a poster on campus and going to an info session. It seemed like a fun thing to do, and most importantly, I wouldn't have to study or write anymore papers. Peace Corps volunteers get a living stipend and have all their housing and medical needs taken care of—it seemed like a nice vacation. It turned out to be one of the best decisions that I have ever made. I worked in Niger, West Africa as a community health extension agent for 2.5 years. I lived in a mud hut in a rural Hausa village out in the middle of the desert. The climate was tough but the people were super friendly. The hardest challenge was not living without electricity or running water or a real toilet, but overcoming the cultural barriers and the locals' attitude of "there's nothing I can do about this because God wills it" towards life's setbacks. It was the adventure of a lifetime and I'm glad I joined the Peace Corps. It gave me a better perspective on the world and how other people live. I learned things about myself too. I had planned on going to medical school after the Peace Corps, but after working with sick people daily, I discovered that I didn't really want to be a doctor. Most of my projects were successful. I had one well-building project that failed completely and utterly. The Peace Corps taught me that it was ok to fail. Failure is not something to be feared; it is unavoidable and it teaches you important lessons. I would recommend the Peace Corps to all young people. Even if you have no interest in the Peace Corps, everyone should live and work abroad at least once in their life.

### **Where do you see yourself in 5 or 10 years?**

I don't really have a vision of where I'll be or what I'll be doing in 5 or 10 years. I don't plan that far in advance. Life has a way of screwing up all your plans.

## ANNOUNCEMENTS

### VSAC News

By Heidi McLaughlin

**High School Seniors & Parents: Would you like help completing the FAFSA & VSAC Grant?** Individual appointments available to get help completing your financial aid forms.

Don't forget all Winooski seniors are eligible for a GEAR UP Scholarship.

You must complete the VSAC Unified Scholarship application to receive this renewable scholarship. The Unified Scholarship application is online at [VSAC.org](http://VSAC.org)

Individual appointments with a VSAC counselor on January 14 & 15, 2014

The sign-up is posted on the guidance door please stop in the office and sign up.



### Get Your Calendars Here!

Please help support the Winooski Middle High School Yearbook Committee in our mission to provide more accessible yearbooks to our students by purchasing a 2014 Calendar.

Each of the photos was taken by our own Winooski students and staff! Please make payment to Winooski Middle High School Yearbook in the amount of \$25 for each Calendar. We hope to have them printed and delivered by the End of Exam Week (1/17).

### Like saving money?

By Courtney Poquette

We have good news! The students in the Business Department and the Prom Committee are selling SaveAround coupon booklets. These books have over \$5,000 in coupons for local businesses in them. They only cost \$20. We are taking orders until January 17th with plans to get these books delivered the week of the 20th. Half of the money we earn will go to the students. This is an opportunity to support the kids, while saving money. Please contact Courtney Poquette or Kelly Fitzpatrick if you are interested at 802-655-3530 or [cpoquette@wdschools.org](mailto:cpoquette@wdschools.org) and [kfitzpatrick@wdschools.org](mailto:kfitzpatrick@wdschools.org). There are a lot of businesses that advertise in these booklets. We can send you the complete list if you would like.

### The Winooski Dollars for Scholars Train Show... 20 Years of Raising Money for Kids

Thank you for your continued support of this fundraiser for Winooski Dollars for Scholars and the Sophomore class. Together we raised a total of \$4114 for the kids. A great time was had by everyone. Vendor support remains strong and I actually had to turn vendors away as we use the gym only. Some of my vendors have been with me all 20 years. Attendance was up this year as well. Please consider supporting us next year with your attendance. It is a great family event. There is something for everyone at the show. We like to say "All ages and all gauges".

A big thanks for setup and take down help goes out school employees and the girls basketball team. Although set up took longer than usual, take down went quickly with the Sophomore class lending a huge hand. I like to get things set up quickly as this allows vendors to set up the night before, which is a help to those who come a long distance. Faculty and staff were invaluable before, during, and after the show.

Special thanks goes out to the Winooski School District, Saint Michael's College, the vendors and layout operators, Jon Brooks and Hall Communications, and those who attended the show. The

### Help Support the 2014 Penguin Plunge

By Sean McMannon, Winooski Superintendent of Schools

The Winooski School District (WSD), including staff, students (Grades 5-12) and parents have formed a Penguin Plunge team to support Special Olympics VT. Our team is open to any resident of Winooski, city employees and local businesses. The Penguin Plunge will be held Saturday, February 8, 2014 at 11:00am at the Burlington waterfront.

Our goals are to:

- Heighten awareness of disabilities & cultivate a more inclusive climate across Winooski School District (WSD) and the city
- Raise money for Special Olympics Vermont (SOVT) and the 935 athletes who participate statewide. A portion of the dollars we raise will return to Winooski Schools to support a Unified Sports program

So far we have 70 team members and have raised nearly \$2,800. I have been working with the city and local businesses to increase involvement and solicit financial support to subsidize students who want to plunge but cannot reach the \$150 fundraising minimum.

Please consider supporting Special Olympics VT and our Winooski Penguin Plunge Team in one of the following ways by clicking the links below:

1. Register to plunge with the Winooski Team: <http://www.firstgiving.com/team/247809>
2. Make a donation to the Winooski Team via Superintendent Sean McMannon's page: <http://www.firstgiving.com/fundraiser/sean-mcmannon/burlington2014>
3. Cash or check donations can be dropped at the Winooski School District Central Office. Checks can be made out to Special Olympics VT, memo Penguin Plunge-Winooski Team

All donations can be shifted around among registered plungers as we approach the Plunge date so as many Winooski students as possible can participate.

Thanks for your consideration!



Sophomore class advisors did a super job before, during, and after the show. We have filled out the paperwork to run the December 6th for the 2014 show.

Winooski Dollars for Scholars is very grateful to John Malcovsky for putting on the train show for 20 years. Thank you John If you are interested in supporting Winooski Dollars for Scholars, please contact: Cathy Resmer ([cathy@sevendaysvt.com](mailto:cathy@sevendaysvt.com)), Lisa Graves ([bpsvt@aol.com](mailto:bpsvt@aol.com)) or Elizabeth Stillwell ([elizabeth.stillwell@icloud.com](mailto:elizabeth.stillwell@icloud.com))

### Interested In Running For The School Board?

There are three positions up for election in March:

- 2 year term (Julian Portilla)
- 3 year term (Michael Decarreau)
- School Treasurer (Jim Ticehurst)

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

- Pick up a petition at Winooski City Hall, or call 655-6419 and they will email you one.
- 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 Thursday January 23rd and Monday February 3th, 2014 (by 4:30 p.m.)

Petitioners have to turn in their own petitions because they have to fill out a certificate of assent so their name will appear on the ballot. To be qualified for service on the School Board or as Treasurer, you must be a registered voter.

**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 11 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 editor Anne Linton Elston at [annelinton@mac.com](mailto:annelinton@mac.com):

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

### Happy New Year!

*By Mary O'Rourke, JFK Elementary Principal*

Our winter performance, "Growing Stars of the Future," was a huge success. A big thank you to the teachers and staff for their hard work. Thank you to the speakers who introduced each class. And finally, thank you to all of the students at JFK for making us proud of them.

As we move into January, we continue to focus on math habits of mind and interaction. Our literacy focus continues to be accountable talk read aloud, community reads and small group instruction. In science, we are just beginning to develop common instructional frameworks. The teachers are working very hard on all of this and our students are better able to access the new learning due to the social thinking and mindfulness activities we have incorporated into our daily schedule.

It is all coming together at JFK and our stars are shining brightly!

### Guidance Department Update

*By Sarah Murphy*

December was a busy month throughout the building, as well as in the 45 minute weekly social/emotional classroom guidance lessons. After returning from the break in November, the students revisited the concept of bullying at all levels, starting with the basics in kindergarten and first grade, with a more in depth discussion in the upper grades. Through the comprehensive units at each grade level, students learned what bullying is, how it is different from a single mean incident, and the responsibility that each person involved in bullying has. Students have learned they have a role in stopping bullying, even if they are not the bully or the target. While it was a quick month with quite a bit of learning for our students in their guidance classes, it won't stop there. I'm looking forward to continuing these discussions and activities through January!

### JFK Student Council Helps Others

Members of the JFK student council worked on a service learning project at the Winooski Memorial Library recently. Now in it's second year, the student council consists of selected 3rd, 4th, and 5th graders. Students help with the yearbook, school store, food drives, Community Reads, and this year are concentrating their efforts on doing more community service projects. The goal is to help kids get out into the community to help others more. Their first event for this year was going to the library to help decorate the library for the holidays. Third-grade teacher Lisa Goetz is working with AmeriCorps Vista worker Alaina and Community Services Director Ray Coffey to set up different projects this year. She meets with the student council every Friday from 3-3:30. Good job, everyone!



## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### How Technology Supports Learning

By Leon Wheeler, Principal, WMHS

In the past few years the Winooski School District has made a significant commitment to technology as a means of enhancing learning and engagement in a personalized, student-centered, and dynamic environment. Today I'd like to share some of the ways online resources are supporting innovative instruction and skill development with students.

**ReadingPlus:** Middle school students work for 25 minutes daily to improve their reading skills using this online program (with corporate headquarters right here in Winooski), and the evidence of growth is significant. Teachers review student progress at least weekly and consult with our reading specialist to identify any stuck points and help individual students.

**Young Writer's Project:** Students have created accounts and regularly post to this site. Posts range from weekly journal prompts to writing challenges. With their accounts they can blog and read other blogs by students across Vermont and New Hampshire. In addition, they can post on other students blogs (and their own) creating a digital conversation that students take seriously.

**Noteability:** This app allows students to use their iPads to take notes in class. They can choose to type or use a digital pencil, pen, and/or highlighter to complete class assignments. Following this engaging way of taking notes, they are able to upload their electronic notes to a range of tech options. This engages a whole new level of students who aren't typically known for taking complete or relevant notes on paper.

In addition, a growing number of students are pursuing things they want to learn about that aren't offered in our classrooms. For example, we have students who are learning other foreign

*"Blended learning has the potential to upend today's factory-model school system, which standardizes the way it teaches and tests, and instead enable personalized learning approaches for all students.*

*Many experts agree that targeting students' different learning needs at different times will in turn result in higher achievement as each student can realize his or her full human potential."*

— MICHAEL HORN, "DISRUPTING CLASS"

languages (German, Swedish, Japanese, Latin and Mandarin Chinese), 3-D animation, graphic design, web design, a number of Virtual High School classes, and accelerating their math skills through Khan Academy.

**Google Docs:** These programs include a comment section that students use as a peer conference tool. Students are asked to share their work with peers and add at least five positive and five constructive comments to each other's writing. Often this creates a digital conversation around writing and correct ways of using language.

**Google Folders:** This site has changed the way students and teachers are handling work flow. Students now label all work with a specific formula. (student name. teacher name. class. assignment name. date.) Folders are shared between teachers and students allowing both parties full access to all documents written inside this folder.

Computers and online learning are, as noted in the opening quote, "enabling personalized learning approaches."

### High School Mid Term Exam Schedule – January 13-17, 2014

The mid-term exams are scheduled from January 13-17, 2014. Remind your students that we only do big exams two times a year, so use this week wisely by getting a lot of rest and eating well. The schedule was built so that students could sleep in and have times to meet with teachers to get help. Good luck to all HS students on their exams. Report cards will be mailed out the following Friday..

Date/Time	Mon. January 13	Tues. January 14	Wed. January 15	Thurs. January 16	Fri. January 17
Block 1 8:00-9:25	No students at school. Sleep in and be rested.				
9:25 - 9:40	Students may arrive to get breakfast.				
Block 2 - 9:40 - 11:00 or 9:40-10:22 and 10:24-11:05	Green Day Block 1 or Green Day Period 1A & 2A	Green Day Block 3 or Green Day Period 3A & 3B	White Day Block 1 or White Day Period 1A & 2A	White Day Block 3 or White Day Period 3A & 3B	Schedule Make-Up Exams
11:00-11:33	Lunch				
Block 3 - 11:40-1:05 or 11:40-12:22 and 12:23-1:05	Green Day Block 2 or Green Day Period 2A & 2B	Green Day Block 4 or Green Day Period 4A & 4B	White Day Block 2 or White Day Period 2A & 2B	White Day Block 4 or White Day Period 4A & 4B	Schedule Make-Up Exams
1:05-1:35	Meet with teachers for support. Tech students may schedule exams that do not work with the exam schedule.				
Block 4 - 1:35-3:00 or 1:35-2:17 and 2:18-3:00					



## “Once Upon A Mattress” Wows the Crowd

Congratulations to the talented and amazing middle and high school cast of “Once Upon A Mattress,” performed in November. Many thanks to the incredible crew for all their help

in putting together the show! Photos below were taken by former Winooski student Hillary Dubie.



### News from the iLab

By Will Andrews

Here are some quick updates from the iLab -

**Share-it Night** - On November 19th the iLab had its first Share-it Night and it was a rousing success. Over 100 hundred people came to the gym and supported our students. The room was alive with smoothies and samosas, Jiu-Jitsu demonstrations, presentations on everything from Black Holes to weight lifting, and tons of interactive stations which gave observers a chance to learn with their hands. Our first Share-it Night invigorated our students and community members, and we can't wait for our second Share-it Night in March.

**Golden Globe Award** - The Golden Globe Award is a new tradition that we have started this year where students award each other for awesome work

within the iLab. Our first Golden Globe Award Winner was Rainbow Chen. She was given this award because of her amazing Share-it Night poster design. Rainbow is studying game art and animation in the iLab and her creativity and Photoshop skills were front and center in her poster design. Congrats Rainbow!

**Reaching out** - In an effort to bring new opportunities to our students, iLab teachers have started to put a larger emphasis on getting our students out to see cool things happening in the area. So far this year our iLab students have been a part of The Youth Leadership Institute in Portsmouth, New Hampshire, The Rowland Conference



Cara Casier talking with a parent at Share-it Night.

at UVM, the Vermont International Festival, student presentations at The Big Picture School in South Burlington, the Design Thinking Workshop at MyWebGrocer, and the International Hour of Code. Our future plans include visits to Burton Snowboarding Company, Dealer.com, and Birnam

Wood Games in Burlington, and Fuse marketing in Winooski. We want our students to make connections with people and places in the area, and so far those connections are being made!

Thanks for reading and if you have any questions, concerns, or want to help out the iLab, please feel free to email me at WAndrews@wsdschools.org.

## Guidance News

By Emmy Charron

Here are a few January events to mark on your calendars!

- **January 1st:** Marks the first day that the FAFSA (Free Application for Federal Student Aid [fafsa.ed.gov](http://fafsa.ed.gov)) will be available to seniors who are going to college next year and their parents. Heidi, our wonderful VSAC Outreach Counselor will be providing an opportunity to sit down with her to fill out these forms Jan. 14th and 15th. Please sign up on Emmy's door.
- **January 10th:** Last day to register for Feb. 8th ACT's
- **January 25th:** SAT test date

Questions about financial aid? Contact VSAC Coordinator Heidi McLaughlin at [mclaughlin@vsac.org](mailto:mclaughlin@vsac.org).

You'll find lots of information about planning for college, grades and transcripts on the district website at [www.wdschools.org](http://www.wdschools.org). Follow the links under the "Winooski HS" header tab, and you can get more information about graduation requirements, college resources, and much more. You can reach me at 655-3530 or at [echarron@wdschools.org](mailto:echarron@wdschools.org) to set up an appointment.

## Project Graduation Update

Thanks to all who contributed to our coin drop. We raised \$755! This will go a long ways towards paying for the Project Graduation event.

When we counted up the change from the Project Graduation coin drop at the PTO Craft Fair, we found a very beautiful single silver earring. We weren't sure if it was intended to be a donation, so we thought we'd post a quick notice in the newsletter to see if we can alert the owner in case it was dropped in our bucket by mistake. To identify the earring, please call Linda Casier at 825-1970.

In addition, we were so pleased with the turnout at our December Applebee's dinner. Through their generous program, Applebee's donated 15% of all proceeds to those that brought coupons, and we earned another \$132.45!! Thank you so much to all who turned out to support this very worthy cause.



**December's Artist of the Month:**

### Eh Man

Please join me in congratulating December's Artist of the Month, Eh Man!

Eh Man has shown immense self-motivation, control, and artistic liberty in Art class, and has been a great role model for other students. He has such a huge talent and work ethic that deems recognition.

Congrats, Eh Man! You earned it. :)

—Jessica Bruce, Fine Arts Educator



## Celebrating and Learning Together

On Tuesday, November 19th, the Foods & Nutrition class prepared a traditional Thanksgiving meal in room 201.

There are sixteen students in the class and everyone participated in cooking several dishes together. After all of the delicious food was cooked and the kitchens were all clean, the class was able to sit down together and enjoy a meal together.

Items on the festive table included turkey, mashed potatoes, stuffing, a green bean casserole, gravy, cranberry sauce, bread, and cider. Somehow everyone managed to save room for pumpkin and apple pie too!

Stay tuned for more culinary adventures created by the talented Foods & Nutrition class.

## AFTERSCHOOL PROGRAM NEWS

### Happy 2014 and Welcome to our Afterschool Programs!

The 21st Century Community Learning Centers grant (21C), in partnership with the City of Winooski, 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:

Barbara Russ, 21C Program Director at 802-383-6041 or [bruss@wdschools.org](mailto:bruss@wdschools.org)

Thank you for your ongoing support and see you afterschool!





JFK students are listening for the beat in **Group Percussion**.

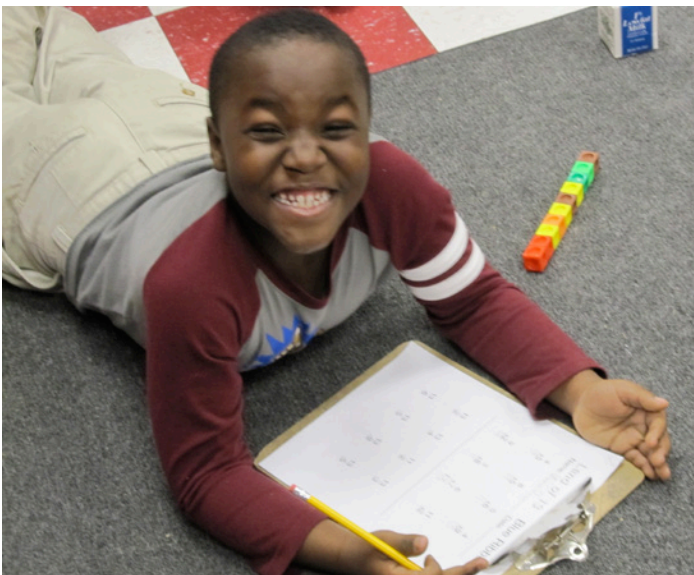
Josh and Eh Shee are working together to build their rocket in **Bottle Rockets**.



Ayoub and Eric are working on math facts using **FASTT Math** on their computers.



Shannah and Mrs. Benjamin solve math problems during **afterschool tutoring**.



Pasco is all smiles while playing a math game during **Math Read Aloud**.



Students are crawling under the bridge formed by others doing "the wheel," a **yoga** pose.



Mr. Clark teaches CPR to a group of high school students during the **American Heart Association (AHA)-Heartsaver CPR/AED** afterschool program.



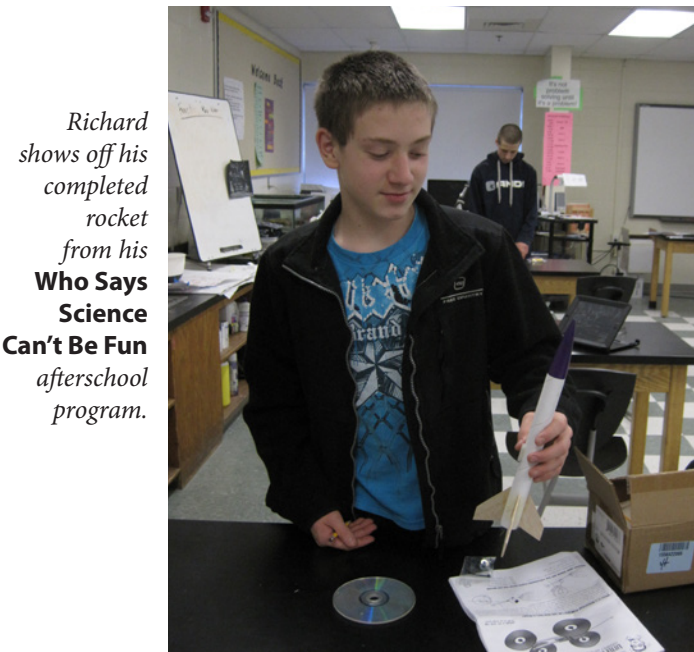
Kirstin and Madison work on their homework during **Core Support** with Mrs. Sherrer.



Fartun works on her high school mathematics during **Math Core Support**.



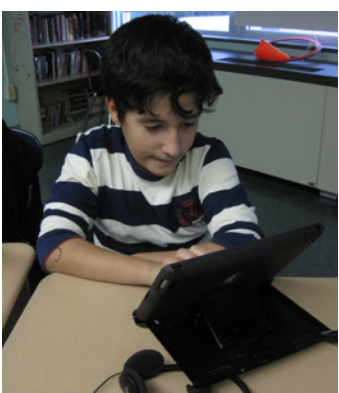
Alyssa, Jason, and Shyanna work with Mrs. Knapp as they begin to figure out what recipe they will create for the **Jr. Iron Chef** competition in March.



Richard shows off his completed rocket from his **Who Says Science Can't Be Fun** afterschool program.



Zachary works on his sewing project with Ms. Brosnan and Ms. Soliz in **Stuff It**.



## Update from your City Council

By Seth Leonard

On Thursday, December 12th, a fire on Mallets Bay Avenue changed the lives of several Winooski residents. If you would like to help these residents you can contribute in cash or check to assist these families. You may do so at one of the Winooski School District main offices: JFK, Main Lobby, Middle School-High School or District or by mailing to Winooski School District, 60 Normand Street, Winooski, VT 05404. Checks may be payable to WSD-MBA Fire Support.

The aftermath of the fire on Mallets Bay Avenue has given us all a resounding reminder of the great work of our city emergency staff. Each and every city department played a role in responding to the fire, and there was a tremendous amount of work that remained after the flames were extinguished. As usual, department management and staff rose to the occasion. This work went outside what we normally consider city staff responsibility, with several staff working through the night to keep a warm and safe place, with a supportive environment available to the impacted families. We should all be very proud of the work that staff and residents do in the face of emergencies.

December brings the start of an intense focus, by the Council, on the



City Budget. On Monday, December 16th, the Council will decide on a schedule for how budget discussions will unfold. You will find an update on the budget schedule on the city website next week, so please be sure to check in to find out

when the meetings are being held and find out more about how you can get involved. These are public meetings, and we really need your input. Our budget is our key municipal tool for achieving the community you want to see. Public participation in the process is key to our success!

Finally, around a year ago at this time, I got the “bug” to participate in an election so I could help my community by playing a role in our city government. March brings the opportunity to participate in Winooski’s Town Meeting Day, and subsequent vote. If you have ever thought of giving back to your community through holding an office, be sure to check in with the Clerk’s office for a full schedule of how and when to submit the required paperwork.

As always, if you have any thoughts or concerns about your community, please feel free to contact any member of the City Council, or attend a City Council meeting.

## Notice for Candidates for City Office

To run for a political office in the City of Winooski residents are asked to fill out a petition. This petition is generic and can be used for the Office of City Council, School Board or School Treasurer. Petitions are available in the City Clerks Office and printable off the website, just follow the link below.

The first day to file your petition is Thursday, January 23rd, 2014 and the last day to file your petition is Monday, February 3, 2014 no later than 4:30 p.m. Petitioners have to turn in their own petitions because they have to fill out a certificate of assent so their name will appear on the ballot.

There are two City Council positions up for election in March, as well as the Mayor’s position:

- 2 year term (Sarah Robinson)
- 2 year term (John Little)

To be qualified for service on City Council you have to be a registered voter.

**If you are planning to run for City Council, this newsletter would like to introduce you to readers in our March issue.** Please provide the following information by February 11 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](mailto:annelinton@mac.com):

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

Your City Officials	Email addresses	Telephone
Mayor Michael O’Brien	<a href="mailto:mayor@winooski.vt.org">mayor@winooski.vt.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@winooski.vt.org">jlittle@winooski.vt.org</a>	802-655-0106
Councilor Seth Leonard	<a href="mailto:sethinwinooski@gmail.com">sethinwinooski@gmail.com</a>	919-616-0276
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@winooski.vt.org">deac@winooski.vt.org</a>	802-655-6410

Visit the city website at [winooski.vt.org](http://winooski.vt.org) or call 802-655-6410.

Keep up to date with announcements and news about City activities:  
**LIKE US ON FACEBOOK** We are “City of Winooski - Government”  
**FOLLOW US ON TWITTER** We are @winooski.vt

## “Discover Historic Winooski” Maps Now Available

Take yourself on a tour of Winooski for free! Pick up your copy of the new Historic Winooski Site Map at businesses and restaurants throughout Winooski. From the earliest Abenaki summer settlements, colonial days when Ethan and Ira Allen began the first enterprises at the Falls, through the mill periods and up to the modern hydro-plant and newest Riverwalk, Winooski has been a reflection of the history of the United States....all within walking distance.



Pick up your copy at the Winooski Welcome Center (on the Roundabout) or at City Hall.

## 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 11th 2014 for boys at 12:00 pm and girls at 1:00 pm at the Winooski High School Gym. The contest is open to all local girls and boys ages 9 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, 2014) is required for participation. Winners on January 11th will move on to the district level, then onto participation in the state competition.

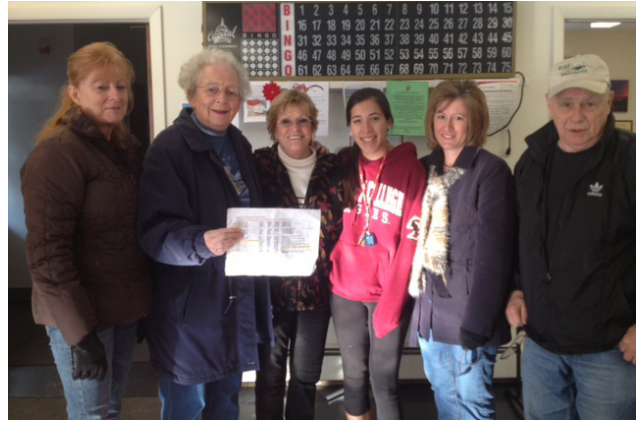
The Knights of Columbus is a national organization, and they hold this competition every January. For more information contact George Ashline at 654-2434 or Jeff Brosseau 233-5530 .

## News from the Winooski Senior Center

By Jahnine Spaulding

The Winooski Senior wants to thank everyone who volunteered to help and/or participated in one or more of our community meals, holiday parties, special craft days, and our ever popular exercise and dance classes. What a wonderful month of celebration and community!

Now it's a new year, and the Senior Center has some brand new opportunities to help Winooski seniors (age 55 and up) thrive!



The “Blizzard Bag” crew

- **January 4, 2014** at 2 pm– **Saturday Movie Matinee** – New event hosted by Jim and Elaine. Get out of the house, and into a good movie! Movies are free, popcorn & soda available at reasonable prices! Our premiere movie is the charming comedy, “Roman Holiday,” starring Gregory Peck and Audrey Hepburn.
- **January 22, 2014** – Walking Groups Form. We will be offering two new walking group programs starting in January. An evening group, which will meet at 5:15 at Winooski High School, and a daytime group that will meet at the Senior Center at 10:30 am and sample some new indoor walking venues. **Free!**
- **January 27, 2014** – Tai Chi for Arthritis- The class you've been waiting for! Every **MONDAY AND WEDNESDAY**, time TBD (possibly some time between 11-3). Tai Chi is a fun, joint-safe activity. CVAA provides beginner classes for seniors. Their certified trainers break it down using easy, step by step teaching methods. Backed by the Arthritis Founday and the Center for Disease Control and Prevents, this is an evidence based arthritis health program the reduces stiffness and pain, keeping joints mobile. Classes are free, but donations are happily accepted by the trainers.

In addition to these new programs, we still offer the following popular programs every week:

- **Mondays:** 1 pm – Have a ball and burn calories! Line Dancing classes with Donna Zeo \$5 per session
- **Tuesdays and Thursdays:** 10-11 am Exercise class – 36\$ for the entire season, January to April
- **Wednesdays:** 9:30 am – Footnoters foot care program –free, waiting list- call to sign up 655-6425.
- **Thursdays:** 11:30 am – Senior Community Meal \$4
- **Thursdays:** 12:30 Pm – Bingo!

The Winooski Senior Center welcomes all community members 55 and older! If you have questions about any of the activities listed below, please give us a call at 655-6425 or stop by any weekday between 8am and noon. We are located at 123 Barlow Street.



## Thank You to Our Volunteers!

By Ray Coffey, Community Services Director

All of us at the City of Winooski's Community Services Department would like to give a big thank you to the over 100 volunteers and UVM Service Learning Students who logged more than 725 hours of service during 2013! Our programs could not do it with you! You have contributed so much to our programs and Winooski residents.

Are you interested in volunteering but aren't sure if it's for you? Read our Q&A with two of our outstanding volunteers, **Julie Gilmond** (Homework Help) and **George Crowley** (Meals on Wheels/Senior Center), to learn why they volunteer!



Volunteer Julie Gilmond

### Volunteer Q&A

#### Q: What do you do as a volunteer?

Julie: As a volunteer, I help students with their homework at the Winooski Teen Center.

George: I unload the bus and sort meals for delivery and coordinate the volunteers for their routes. I also deliver meals every day to one of the high-rises and do the longer route once or twice a month. On Thursdays, I call bingo and help set up and take down tables.

#### Q: What do you enjoy most about volunteering here?

Julie: I enjoy interacting with Winooski's future adults, learning about their experiences, and getting a glimpse of their long term goals.

George: I enjoy being with the people, staying active, and putting a smile on people's faces.

#### Q: What have you learned from this experience?

Julie: I'm constantly impressed with the enthusiasm of the students. They are all eager to learn and to use their education as a path to a bright future.

George: A feeling of fulfillment and maintaining a good disposition. I've learned to work with diverse groups of people.

Interested in learning more about our opportunities? Contact Alaina Wermers, Community Engagement Coordinator, at [vista@winooski.vt.org](mailto:vista@winooski.vt.org) or 655 1392 x10.

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## FRESH Food Training Program Wins \$25,000 "Build A Stronger Vermont" Grant from KeyBank "Training Women, Feeding Children, Sourcing Locally"

By Melissa Corbin

FRESH Food is an Enterprise of Vermont Works for Women. Our training program gives women hands-on experience and the fundamental skills necessary to work in professional kitchens. Our trainees and lead chefs prepare 6,000 locally sourced, healthy meals a month for childcare centers in the greater Burlington area. As a social enterprise, community partnerships are essential to our success. Our collaborative network includes farmers, state agencies, business leaders and other nonprofit organizations. FRESH Food utilizes the methods and disciplines of business and the power of the marketplace to provide skills training and occupational supports to women with multiple barriers to employment.

Our culinary training program prepares underemployed women to work in commercial kitchens and restaurants. Over 13 weeks, trainees assist professional chefs in preparing 6,000 healthy, nutritious meals per month for local childcare centers throughout Chittenden County. As a member of the Vermont Fresh Network, we collaborate with nearly 25 Vermont vendors and farmers, locally sourcing an average of 30 percent of our food. For more information, visit <http://freshfoodvt.org>.

## Come In From The Cold: Teen Center is Open!

The weather may be getting colder, but things are heating up at the Winooski Teen Center! To beat the winter blues, we will be participating in two winter sports programs. We'll have a group of high school girls learning to cross country ski with Catamount Trail Association and we'll also be partnering with WSD and Burton's CHILL Foundation to have middle and high schoolers learning to snowboard, beginning in January. In addition to outdoor sports during the cold season, we'll have a team of high school boys participating in their first indoor soccer game at Far Post Futsal in Essex the week of January 6. To show their commitment, the soccer team recently prepared and served a meal for residents at Burlington Emergency Shelter.

All of the excitement going on beginning in January is following a successful autumn of programming. In November, we served 17 youth a traditional Thanksgiving meal that was much enjoyed and finished off with pumpkin pie. We also had 9 high school girls participate in a soccer tournament at Nordic Soccer Club in Essex on December 6, which was tons of fun and a great representation of Winooski's athletic talent!

We have several great things planned for the upcoming months, beginning with a celebration on MLK Day (Monday, January 20) from 11am-2pm that will include a documentary describing youth roles in the civil rights movement, snacks, a discussion of King's legacy, and the creation of a community quilt describing hopes and dreams of Winooski youth, in regards to social justice. We're hoping for a great turnout and invite youth of all ages to attend. As in the past, we will continue to offer FREE meals on Tuesday and Thursday evenings at 5:30pm for all youth ages 18 and under. If you haven't yet, come check out all of the wonderful things the Winooski Teen Center has to offer – grades 4-12 welcome! ☺

We're located in the O'Brien Community Center on Malletts Bay Ave., and we offer youth programming five days a week!

## Winooski Community Partnership Update

The Winooski Community Partnership wants to wish all the residents of Winooski a joyous holiday & winter season.

We want to thank all who came to The Winooski Farmers Market this summer, we were very happy to see you!

We are already working on next year's market. Any suggestions? You can send them to the market's face book page.

We think 2014 will be a spectacular year here in Winooski with new businesses filling in the empty storefronts, new neighbors & an exciting vibrancy filling our community.



## WCSPS Update

By Kate Nugent, Winooski Coalition for a Safe and Peaceful Community

Look forward to our **January community dinner**, which will be sponsored by the Winooski Police Department! The police department is also hosting a public forum following the dinner. Please join us on **January 15** at 5:30 pm, at the O'Brien Community Center, located at 32 Malletts Bay Avenue. For more information, please contact us at [kate.winooskicoalition@gmail.com](mailto:kate.winooskicoalition@gmail.com).

Did you know that over half of all tobacco smokers in Vermont tried to quit last year? Let's help Winooski quit tobacco. Looking for help with your quit? Vermont quit partners can help. There are free, in-person classes held at the University Medical Center in Burlington on Wednesdays, from 3:30 PM to 4:30 PM. These classes that offer free nicotine replacement therapy along with professional counseling and peer support can often be what makes the difference for people. To register, call 802.847.2278. Would you like to see a class offered in Winooski? Let us know. If we get just 7 people interested, we can offer one right here.

Sign up for our e-newsletter at [wcspc.org](http://wcspc.org) or email us at [winooskicoalition@gmail.com](mailto:winooskicoalition@gmail.com). Winooski Coalition for a Safe and Peaceful Community | 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404

## Christmas Tree Pickup January 4th

From the Winooski Fire Department

Hello everyone, this is a reminder that our tree pickup will be take place Saturday January 4th. Everyone must have their orders for pick up in no later than Friday January 3rd by calling the fire house at 655-6420 and leaving your information on the answering machine. Due to the time constraint we will not be able to take any calls following that Friday. Hope everyone had a great and safe holiday!



## Community College of Vermont (CCV) Winooski News

By Amy E. Stuart, LICSW, Coordinator of Academic Services  
Advisor, Johnson State College External Degree Program

Register NOW through  
January 17th 2014!

[www.ccv.edu](http://www.ccv.edu)  
(802) 654-0505

In November, **WSD artist and teacher Barbara Crandall** and her elementary students donated left over bowls to CCV Winooski for use at our 4th Annual Empty Bowls dinner which raised nearly \$1000 for the Little Green Pantry, a food shelf hosted by the Winooski United Methodist Church. The brightly glazed bowls pleased the eye and many of the shallow bowls held spoons at each of the dining tables.

**Introduction to College Studies** or **ICS** is a class offered free to high school students interested in learning the skills necessary to be successful college students. Did you know that students who complete ICS are 23% more likely to attend college after high school? Weekly classes begin in January. Register now to get the section you want! Class sections (DEV-0280) will be offered on:

- Tuesdays, 4 pm-6 pm or 6 pm-8 pm
- Wednesdays, 4 pm-6 pm
- Thursdays, 4 pm-6 pm
- Saturdays, 10 am-12:30 pm

**The Governor's Career Ready Certificate (GCRC)** is a **free class** that helps participants:

- improve your resume and interviewing skills

- develop teamwork and interpersonal skills
- practice time and project management
- identify trends and interpret data
- learn basic computer skills
- build a solid career foundation

**Free to participants**, the Governor's CRC is state funded and will be offered at CCV Winooski on Fridays from 11:45 am – 2:30 pm, January 31st – May 9th.

For more information please come to an information session on either Friday, January 10th, 12 - 1 pm or Wednesday, January 15th 12 - 1 pm. Please read more details on our website <http://ccv.edu/workforce/governors-career-ready-certificate-program/>. To register you may complete the easy online application or call Amy E. Stuart at 654-0542.

**Senior Citizens!** Any senior (aged 65 years or older) has the opportunity to take **CCV classes tuition free**. Build computer skills in Computer Essentials, explore human systems in Human Biology or learn to speak Spanish or French! There are many more courses to choose from. Just complete CCV's online application or come into our center to complete a paper application; then, register for classes! <http://ccv.edu/apply/senior-citizens/>

# Got Front Porch Forum?

By Michael Wood-Lewis,  
Founder of Front Porch Forum

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood. The service provides online forums for neighborhoods, based on a successful model six years in the making, and capitalizes on the founders' many years of community development work.

District administrators post information about events happening at school, members share stories, the media reports, and we investigate several ourselves. All of this great community-building is attracting local awards and national recognition. How does it work? Members and others contribute to this effort financially, and local businesses and other entities sponsor many of our neighborhood forums.

Go to [www.frontporchforum.com](http://www.frontporchforum.com) to sign up.

## HEALTH CORNER

### Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

Happy New Year! We hope everyone had a nice holiday season.

It is that time of year again to remind everyone that during these cold wet winter months we are in need of extra pants size 5T-12.

We get a lot of JFK kids in from recess asking for dry clothes and we just don't have enough to meet the demand.

We would also ask parents to pack an extra set of clothes in their child's backpacks especially in grade K-2. Thanks for all your help!

### Tooth Tutor Update

Diane Polson, RDH, Tooth Tutor

If you are in need of DENTAL CARE or have not been seen by a Dentist in the past year, please stop by and see me. I am in the Health Office on alternating Wednesdays and Thursdays or you can reach me at 383-6094.

## ELEMENTARY SCHOOL LUNCH MENU — JANUARY

### DAILY BREAKFAST OPTIONS:

NEW: Abbey Breakfast Sandwich: Sausage & Cheese on English Muffin – offered daily!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain French Toast Sticks	Whole Grain Cinnamon Bun w/ Cheese Stick	Scrambled Egg & Cheese Wrap	Healthy Breakfast Round	Egg & Ham in a Basket OR Cereals w/English Muffin OR Bagels

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

### AVAILABLE DAILY

- The Abbey Groups Main Menu Entree
- Hoagieville Made to Order Deli Bar
- Garden Fresh Salad Bar
- Yogurt Parfait & Cheese Bun [substitute your main entrée]
- Little Italy Pizzeria and Abbey Express Daily Specials

### PRICES:

#### Breakfast

Regular \$1.25  
Reduced \$FREE  
Adult \$1.75

#### Lunch

Regular JFK \$2.00  
Regular WMHS \$2.25  
Reduced \$FREE  
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/](http://www.abbeygroup.net/) lunch/prepay

Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder.  
<http://www.abbeygroup.net/careers.php>

### PLEASE NOTE:

Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.

Mon., Jan. 6	Tues., Jan. 7	Wed., Jan. 8	Thurs., Jan. 9	Fri., Jan. 10
<b>Chicken Patty Sandwich</b> Lettuce, Tomato & Cheese  <b>Rice Pilaf Rainbow Slaw</b>  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Mini Sea Shell Pasta w/Cheese Sauce</b>  <b>Chopped Green Salad</b> Roasted Root Vegetables w/Beets Dinner Roll  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Early Dismissal 6-12</b> <b>Homemade Pepporoni, Cheese or Veggie Pizza</b>  <b>Caesar Salad</b> Fresh Carrot Sticks Hummus Dip  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Chicken Fajitas</b> Chicken, Sautéed Onions & Peppers, Soft Flour Tortilla, Salsa, Cabot Sour Cream  <b>Rice Pilaf</b> Warm Black Beans Steamed Corn  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar <b>Taste Test: Beet Burgers</b>  Fresh Fruit Fresh Milk	<b>Oven Roasted Chicken</b>  <b>Mashed Potato</b> Steamed Peas Dinner Roll  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar <b>Happy Birthday Cake</b>  Fresh Fruit Fresh Milk
<b>Wed., Jan. 1</b>  <b>No School</b>	<b>Wed., Jan. 13</b> <b>Dress Your Own Hot Dog</b> On a Bun  <b>Oven Baked Homemade French Fries</b> Baked Beans  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Tues., Jan. 14</b> <b>Spaghetti w/ Meat or Garden Marinara Sauce</b>  <b>Spinach Salad</b> Italian Bean Salad Garlic Breadstick  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Thurs., Jan. 15</b> <b>Delayed Start K-5</b> <b>Mini Individual Pizza</b>  <b>Chopped Green Salad</b> <b>Oven Baked Rutabaga</b>  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Thurs., Jan. 16</b> <b>Taco Bar w/ The Works</b> Seasoned Taco Meat, Mozz, Cheese, Lettuce, Salsa & Soft Flour Tortilla  <b>Rice Pilaf</b> Rainbow Slaw Marinated Black Beans  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk
<b>Mon., Jan. 20</b>  <b>No School</b>	<b>Tues., Jan. 21</b> <b>Macaroni &amp; Cheese</b>  <b>Steamed Carrots</b> <b>Beet Burgers</b>  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Wed., Jan. 22</b> <b>Cheesy Breadsticks</b>  <b>Hearty Country Vegetable Soup</b> Marinara Dipping Sauce Side Caesar Salad  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Thurs., Jan. 23</b> <b>Nachos Supreme</b> Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips  <b>Rice Pilaf</b> Warm Black Beans Creamy Coleslaw  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Fri., Jan. 17</b> <b>Grilled Cheese Sandwich on Goldfish Bread</b> Chicken Noodle Soup Carrot Sticks  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar <b>Chocolate Chip Cookie</b>  Fresh Fruit Fresh Milk
<b>Mon., Jan. 27</b> <b>French Toast Sticks w/ Warm Syrup</b> Scrambled Eggs Sweet & White Home Fries Green Pepper Strips  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Tues., Jan. 28</b> <b>Macaroni w/Meat Sauce or Garden Marinara Sauce</b>  <b>Magenta Root Slaw</b> Garlic Bread Stick  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Wed., Jan. 29</b> <b>Homemade Pepporoni, Cheese or Veggie Pizza</b>  <b>Caesar Salad</b> Fresh Carrot Sticks Hummus Dip  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Thurs., Jan. 30</b> <b>Burrito Bowl</b>  <b>Nacho Chips w/ Salsa</b> Steamed Corn  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Fri., Jan. 24</b> <b>Chicken &amp; Biscuits</b>  <b>Glazed Carrots</b> Chef's Mashed Potato  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar <b>Brownies</b>  Fresh Fruit Fresh Milk
<b>Mon., Jan. 27</b> <b>French Toast Sticks w/ Warm Syrup</b> Scrambled Eggs Sweet & White Home Fries Green Pepper Strips  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Tues., Jan. 28</b> <b>Macaroni w/Meat Sauce or Garden Marinara Sauce</b>  <b>Magenta Root Slaw</b> Garlic Bread Stick  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Wed., Jan. 29</b> <b>Homemade Pepporoni, Cheese or Veggie Pizza</b>  <b>Caesar Salad</b> Fresh Carrot Sticks Hummus Dip  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Thurs., Jan. 30</b> <b>Burrito Bowl</b>  <b>Nacho Chips w/ Salsa</b> Steamed Corn  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk	<b>Fri., Jan. 31</b> <b>Meatball Sub</b>  <b>Oven Roasted Sweet Potatoes</b> Steamed Broccoli  Or Yogurt Or Sunbutter and Jelly Or Deli Sandwich Or Salad Bar  Fresh Fruit Fresh Milk

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.

## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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### WINOOSKI PUBLIC SCHOOLS

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

#### Superintendent of Schools

**Sean McMannon:** 655-0485  
[smcmannon@wdschools.org](mailto:smcmannon@wdschools.org)

#### John F. Kennedy Elementary School

Principal: **Mary O'Rourke**  
802-655-0411, 802-655-3530  
[morourke@wdschools.org](mailto:morourke@wdschools.org)

#### Winooski Middle and High School

Principal: **Leon Wheeler**  
802-655-3530  
[lwheeler@wdschools.org](mailto:lwheeler@wdschools.org)

#### Board of School Trustees

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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.

#### WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

#### ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 405 students attending JFK Elementary (grades PreK-5), 155 attending Winooski Middle School (grades 6-8), and 227 attending Winooski High School (grades 9-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

*"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: [aelston@wdschools.org](mailto:aelston@wdschools.org)*