

ALSO INCLUDES
Community News!
 STARTING ON PAGE 16

WINOOSKI SCHOOL

DISTRICT NEWS!

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JUNE 2013

Celebrating our Achievements

Connecting Food and Community

By John Woodward, Program Manager, High School Leadership Program, Vermont Youth Conservation Corps



Winooski High School students glide around the VYCC commercial kitchen like seasoned chefs, balancing cooking pots and trays being wrapped for overnight storage. It is like they have done this before, but this new. Very new. One of the students, a 16 year-old resident of Winooski, is originally from the Middle East. He wants to improve his English. "I am working to speak more English, but it is hard." He is certainly not one to give up, that much is clear.

At Winooski High School, over 30 different languages are spoken. This particular student has found a community there; he's also joined the VYCC community - he is participating in VYCC's new after school internship for Winooski students. Friday was the end of week three in this six-week program, funded by a Community Based Learning grant from the Partnership for Change Education Reform Initiative.

Farm Apprentice Megan Lubetkin reflects on her first three weeks working with WHS students:

"The students have grown so comfortable with the land and each other. It's truly rewarding and exciting to see new friendships formed with students who have known each other for so long but never really interacted in a meaningful way. The difference in the way the students interact with each other is so clear and obvious, it's absolutely incredible."

She adds, "It is absolutely fantastic to work with the WHS students. Every afternoon I spend with these kids I feel as though I am learning twice as much from them as they are from us. The program is centered around celebrating food and farming, but there is so much more going on than that. Food is not just fuel, it's culture! We are celebrating culture here and couldn't do that without the excitement and buzz that we get from the WHS students every day."

One student and his family have been in Vermont for only seven months. On rides home from the VYCC, he has told me about his town in Iraq. He talks about driving fast with no police around. He is fascinated at the State Trooper who has



pulled a motorcycle rider over. "We don't see police where I used to live. Here, there are many." Most likely, he doesn't need to worry about that; he is a pleasant, eager, and enthusiastic Winooski High School student who readily flashes his smile.

Each afternoon, after donning VYCC uniforms in the VYCC schoolhouse, these students eagerly meet outside for a stretch circle or cooperative game and a short group meeting to discuss the goals of the day. So far, students have planted over 11,000 onions, and kale and cabbage in the fields behind the West Monitor Barn, potted celery, peppers, celeriac and tomatoes in the greenhouse, and planned and executed a marvelous food

(Continued on page 5)

INSIDE THIS ISSUE

Notes from the Central Office	2-4
Announcements	4-6
Notes from JFK Elementary	6
Middle/High School Highlights, Afterschool News	7-15
Community News	16-19
Health Corner, Lunch Menu	19
District and Contact Information	20

Important School Dates to Remember

Last Day of School: The last day of school is **Friday June 14**. School will let out at 11:00 AM.

2013 Graduation: Winooski High School is pleased to announce that graduation will take place, **Saturday, June 15** at 1:00 PM. See page 5 for full end-of-year calendar items.

The 2012-2013 School Year in Review:

By Mary K. Lundeen, M.Ed., Superintendent of Schools

My tenure in Winooski will end on June 30th after serving the Winooski School District in various roles over the last 16 years. I will begin a new chapter in my professional career in the Montpelier School District. I am very excited about the new opportunities ahead, while being appreciative of the time I spent in Winooski. I wish the students, families, staff and community well as the District continues with the work of school transformation.

As the 2012-2013 school year comes to a close, we can be proud of the work we have accomplished this school year. The 1:1 laptop initiative at the High School was rolled out in September for the Freshmen and Sophomore classes. The middle school students have been immersed in using technology as a learning tool for the last few years. Teachers in both the middle and high schools are using Edu 2.0 as an online teaching and learning environment. 1:1 devices are tools that help to personalize learning for students. Students can be creative in demonstrating understanding of content through the use of technology. This work will continue next year, with the Junior class now having a 1:1 device.

The Burlington and Winooski School District's Partnership for Change spent a significant amount of time engaging students, parents and community in learning conversations and a Learning Summit this school year. The learning conversations have been hosted in individual homes and community settings. The focus of the conversation is on graduate expectations..."what do we want our students to know and be able to do upon graduation from high school?" On Feb. 2nd, over 300 people from Burlington and Winooski gathered to ponder this question on a Saturday morning. The conversation was rich, and it set the direction for future conversations so that graduate expectations can be developed for each school. Proficiencies tied to content will be the next step in moving toward a

student centered learning environment. Please visit partnershipvt.org to get involved!

JFK Elementary adopted the Social Thinking program this year. A common language among teachers, staff and students has been developed for expected behaviors in school. Students are "thinking" about their thinking. They are learning skills to teach them to monitor their own behavior, while being aware of how their behavior impacts others. This program will be introduced in the Middle School next school year.

We have spent time this year becoming familiar with the Common Core Standards in English Language Arts and Math. Teachers and administrators have participated in professional development activities throughout the year. The Common Core is referred to as the "thinking" curriculum. Critical thinking skills and collaboration are an integral part of these standards. The new state assessment to measure student outcomes, using the common core standards, will be given in Spring 2014.

Two (2) K-12 teams were created this year with a specific focus. The K-12 science team spent the year becoming familiar with the New Generation Science Standards. These standards are a blend of science, technology, engineering and math. Teachers discussed the characteristics of a Winooski Science graduate. Time was spent with teachers working in vertical teams (across grade levels) to review the learning principles and map out what will happen in each grade level.

The second K-12 team created was a team focusing on the use of data to inform instruction. Data to be collected and how it will be shared across the district was a focus. Work in this area will continue next school year.

The first annual "Spring into the Arts" was held in mid-May. Student artwork K-12 was on display in the Winooski Welcome Center for a week, and then moved to the O'Brien Center

for the month of June. The week was a celebration of the arts within our schools. Student art projects and music filled our halls and community! The celebration concluded with a Hungry Bowls fundraiser for the Winooski Food Shelf.

Much of this work will continue in the 2013-2014 school year so that we can continue to build upon our successes. The release of the Fall 2012 NECAP scores (state assessments) show that Winooski schools made significant gains in reading, math, and writing across many grade levels. In addition, Winooski was the only school district in Vermont to show growth in the subgroup of children with disabilities making progress in reading, math and writing. We are beginning to close the achievement gap! For the past three (3) years, we have worked hard as a school district to improve student outcomes. Professional development in the areas of brain research, social thinking, writing across the curriculum, literacy and math have helped all of us to improve our professional practice, while strengthening our content knowledge. We can be proud of the work we have done and will continue to do!

I would like to take this opportunity to thank Katherine Helm for her years of service to the Winooski School District and wish her well in her professional endeavors! I also thank Dorothy Niss for her many years serving Winooski in her role as Librarian, and Mickey Steady and Linda McWilliam for their many years teaching our students. Best wishes to them all as they enjoy retirement!

And lastly, congratulations to the class of 2013! Best wishes for a happy, healthy and bright future! Enjoy the summer!

School Board News

By Amy Booher

I have enjoyed my time on the Winooski School Board a great deal and have always held the children and the districts' interest first and foremost in every decision I have made. I have had the opportunity to participate on the Partnership for Change Steering and Executive Committees and found the work they are doing to be innovative and exciting. I see great things resulting from this partnership for the district. We instituted Policy Governance and I participated in hiring our new superintendent for 2013-2015. I wish him the best of luck!

I am sorry to say that this school year also brings with it some losses. We will be losing Mary Lundeen, our current superintendent, Katherine Jennifer Helm, our current assistant principal, and effective June 30th, myself. I will be handing in my formal letter of resignation on June 1st. I have chosen to publish this before handing in my formal letter, so that it won't come as a surprise and you can hear it in my own words.

It has been a great honor serving the citizens of Winooski for the past 15 months and I will miss my position and all of you very much, but my life has taken me in a new direction. I will be moving out of state to pursue my personal and educational goals. While this is a sad time for me, I am excited to start the next chapter of my life.

My resignation will leave a vacancy on the school board and I encourage any resident of Winooski interested in fulfilling the remainder of my term to send a letter of interest to the Winooski School Board. My term expires in March of 2014. This position is very rewarding and offers you the chance to affect positive change within our school district.

I wish all of you a wonderful summer and I have great expectations for the district in the future. Best of luck to Mary and Katherine in their future endeavors. I will continue to keep up to date on our schools' progress and will miss you all.

The Partnership for Change Strengthens Family, School, and Community Partnerships

By Megan Behrend

Throughout May and June, the Partnership for Change is funding a number of new projects that are helping to promote positive change in Winooski and Burlington schools. These projects focus on strengthening our schools' partnerships with families and community organizations in order to better prepare all learners for success in today's world.

Earlier this spring, the Partnership's Community-Based Learning and Family-School Partnerships Implementation Teams announced that they were accepting proposals for mini-grants that build community-school connections and involve families in student learning. Implementation Teams, which are open to the public, serve as a place where all stakeholders—community members, parents, teachers, and students—can come together to learn and think about remodeling our schools for the 21st century. Through mini-grants, the Teams are helping students, teachers, and community partners to implement innovative ideas and build a foundation on which more widespread change can grow.

Expanding learning opportunities across the community and giving families a voice in education are two main goals of the Partnership for Change. Brain research reveals that students retain new concepts when they are relevant to the real world. Similarly, research shows that student outcomes improve when families are engaged in the learning process. As a result, enhancing our schools' connections with families and the community is essential as we work toward an educational system in which all students graduate well prepared for success in today's world.

Thirteen mini-grant proposals have received funding for activities to take place before June 30, 2013. The approved proposals seek to address a variety of goals, from better supporting the transition from high school to postsecondary life to providing innovative opportunities for teacher learning. The projects engage a wide range of stakeholders, including students, parents, teachers, local colleges, area businesses, and other community partners. These projects support work that is happening in both Winooski and Burlington, as well as work that strengthens the partnership between the two communities.

"There is a wide diversity of interest and motivation to take a step in changing our schools' culture and methodology," said Kim Ead, Career Development Coordinator at WMHS and Community-Based Learning Implementation Team Co-Chair. "I think [these mini-grants] will expand what teachers, students, and community members see as possible."

Below is a list of the Winooski-based activities that are funded by Partnership for Change mini-grants. Applications for mini-grants are still being reviewed on a rolling basis. Visit partnershipvt.org to see what's going on in Burlington, stay up to date on the latest projects, or learn how to apply.

Spring into Arts: From May 20 through May 23, community partners supported learning in the arts by showcasing the artwork of WMHS students in downtown Winooski businesses and community centers.

Homework Help at the O'Brien Community Center: In May and June, community members are providing homework support for ELL students at the O'Brien Center. This project is an exciting step toward the implementation of a sustainable, yearlong tutoring program at the O'Brien Center.

Peace Jam! Throughout the month of May, the WHS Peace Jam! Club conducted participatory action research to report on the club's experience, interests, and goals. This research will inform the creation of a cross-district Winooski-Burlington Peace Jam! Club.

ELL Summit: On May 14, community and higher education partners joined secondary educators for a summit on how to bridge the gap between high school and college for ELL students. This conversation is a first step toward building stronger relationships with the postsecondary resources in our community.

Vermont Teacher Internships: Navicate (formerly Linking Learning to Life) is

(Continued on next page)

(PARTNERSHIP continued from page 3)

offering teachers the opportunity to participate in credit-bearing summer internships with local businesses and organizations. Through these internships, teachers will develop connections with community partners and return to their classrooms with a new perspective.



WMHS students gain real world skills through an internship program at VYCC funded by a Partnership for Change mini-grant.

Vermont Youth Conservation Corps Internships: Thirty WMHS students are celebrating how food brings communities together through a six-week afterschool program at Vermont Youth Conservation Corps. Participating students will gain real-world skills, build strong relationships, and have the opportunity for further learning through a 12-week farm share.

Opening Doors to Postsecondary Options: Starting in mid-May and continuing through June, ELL parents have the opportunity to participate in informational trips to Vermont Student Assistance Corporation (VSAC), Vermont Adult Learning, the Community College of Vermont, and other area resources that can provide students with increased postsecondary opportunities.

Learning Walks: Throughout June, parents, administrators, guidance counselors, teachers, family-school liaisons, community partners, and others are coming together for learning walks that aim to build bridges between Winooski families and schools. To learn more, contact Winooski Family School Partnership Coordinator Anera Foco at afoco@winooski.k12.vt.us.

ANNOUNCEMENTS

JFK Elementary School Yearbooks Available!

Now's your chance to get your copy of the JFK yearbook so you can have a keepsake of the year in photos plus pictures of all your friends, teachers and staff. They are being sold for \$10.00 in the office or room 15.

Save the Date: Athletic Banquet June 9th!

This year's 69th Annual Athletic Banquet will be held on Sunday June 9th at 6:00 pm. Dinner will take place in the school cafeteria with the awards ceremony to follow in the Performing Arts Center.

If your son or daughter played a sport in the 2012-2013 school year you are invited to attend.

Parents of Freshman and Senior athletes are asked to please bring a cold dish to share and the parents of Sophomores and Juniors are asked to bring a hot dish to share.

Students are encouraged to dress up for the event (no shorts, hats, t-shirts, etc). Please be considerate and bring a dish so there is enough food to go around as there has been a shortage of food in the past.

If you have any questions don't hesitate to email Lori Lambert at lorill68@gmail.com or call 324-2019.

Community and Student Feedback Requested!

By Matthew Gonzalez,
District Web Manager

This summer the website is going in for a face lift and community feedback is a must! The new design will be mobile friendly, which means quicker access with less wait-time. Students, Parents, and community members are all welcome to submit feedback to better suit the website for everyone. This is your chance to email suggestions and needs that the current website falls short on fulfilling. Please email responses to mgonzalez+design@wdschool.org. Thank you.

Moving Up with PRIDE!

Save the date: **Thursday, June 13, 2013 at 6:30 p.m.** for the PRIDE Team's Moving Up Ceremony! Winooski Middle School's Moving Up Ceremony recognizes our outgoing eighth graders, and has been a tradition at Winooski Middle School for 25 years. Please join us in the cafeteria for this silver anniversary event in which we celebrate our students' accomplishments and acknowledge this important rite of passage.

Family Fun Day Set for June 8th

By Maybeline Lopez

Come and join us for Winooski's first Family Fun Day on June 8th, 2013 between 10am-1pm at the O'Brien Community Center. There will be resources and activities geared for families with children birth through five years.



JFK Helps With Green Up Day

We had a great turn out with some wonderful families who came out to help clean up Landry Park for Green-Up Day. Thanks to everyone. Your participation makes a difference!

Dollars For Scholars Thanks McKee's Pub & Grill

Winooski Dollars for Scholars would also like to give a heartfelt thank you to McKees Pub and Grill for their generous support of our first Spring Dance-athon. We apologize for inadvertently omitting their name in the *May District News*.

(CONNECTING FOOD AND COMMUNITY)
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celebration this past Friday.

All of these students are learning to connect food and community through project-based learning. We are all learning about our food, their food, how we grow it, prepare it and share it. Students represent eight countries, and have not interacted with each other much before, even though they attend the same school.



As they share traditional dishes and work together in the fields, they are also learning valuable lessons about poise, communication, teamwork, leadership, and personal responsibility.

Farm Apprentice Cae Keenan observes, "Students who didn't speak to each other a few weeks ago are now comfortable in each other's company. We may not always have profound conversations, but just the ease they have with one another is remarkable. I think hard work and food have a lot to do with this 'coming together.' It was great to see one girl helping another student find the right size tomatoes in the store... seeing their brains work to decide if we would need two cabbages or just one, and if Ali wanted red onions or yellow."

These amazing individuals are also

engaged in the issue of food security in our communities. On June 7, students will plan and host the Friday Night Food Affair, a free community meal for residents of Richmond and surrounding towns. To deepen their learning and make a positive impact in their hometown, the students will plan and host their own fall harvest community dinner in Winooski in September.

With all of these other students on board and willing to step out of their comfort zones, it is bound

to be a smashing success and one to be repeated in the near future. As I walk



back into the commercial kitchen towards the end of our work session, I hear one of our "chefs" exclaim to a small group of Somali students stirring something on the stove, "C'mon guys, we've got to finish this before we go!" What a team, indeed!

Graduation Calendar

- **June 5: Honors Dinner** will take place from 5-8 pm at the Windjammer Restaurant in South Burlington.
- **June 10-14: Final Exams** will take place June 10, 11, 12, 13 and 14. Please find enclosed a copy of the final exam schedule. Be sure to clean out your locker, return all books to the LMC if any are due, and check in the office for any obligations that need to be cleared up before the last day of school. (Ex: Texts not returned, broken items, missing team uniform, etc.)
- **June 14: Senior Potluck Celebration** will take place from 11:15-12:15 at WHS. The entire staff would like to invite the senior class to join us, as our honored guests, as a simple gift as we celebrate the school year.
- **June 14: Rehearsal for Graduation** will take place from 12:30 pm to 2:30 pm, or later if needed, in the gymnasium. We will go over the lineup and seating, practice marching, and answer questions about the ceremony. Please be prompt and ready to pay attention. The smoother the rehearsal goes, the fewer times we need to run through the exercise.
- **June 14: Caps and Gowns** will be distributed at WHS in the gym lobby. Students need to bring their payment of \$20 and pick up their cap and gown from the Balfour representative starting at 2:30 pm. Please make checks payable to Balfour.
- **June 15: Senior Breakfast** will take place at the Hampton Inn in Colchester from 8 am to 10 am. **Seniors who plan to attend need to get their complimentary (FREE) ticket from Ms. Bundy by June 5th.** Tickets for family members are \$14 and we strongly recommend they be purchased by June 5th. Tickets will also be available at the door. We encourage everyone to attend; it is a great start to a memorable day and a positive reflection on the past 4 years in our school system. The Guest Speaker this year is Ms. Julie Morton, former WHS Language Arts Teacher.
- **June 15: Graduation** is at 1:00 pm in the gymnasium, **but we expect all seniors to be at school by 12:00 pm.** We will line up in the cafeteria and go over any last minute questions. The graduation ceremony usually lasts about 90 minutes. **We ask people to observe the celebration by dressing formally (shirts and ties [no jeans] for the gentlemen, appropriate dresses or slacks for the ladies and appropriate shoe apparel for all).** Our Guest Speaker is Mr. Matthew Webb, Partnership for Change Fellow Teaching and Learning Environment.
- **June 15: Project Graduation** is a chaperoned, substance-free, all night party that is designed to keep our students safe as they celebrate their high school graduation. The celebration is being held at Saint Michael's College from 9 pm to 6 am. **If any student leaves for any reason they will not be allowed back in and their parents will be called.** This celebration is absolutely FREE! If there are any seniors who have not yet signed up but would like to attend, please see your TA immediately!

Three Great Ways to Watch the Graduation!

by Doug Dunbebin, RETN Community Relations Associate

1. Watch the 2013 Graduation LIVE ONLINE at www.retn.org
2. Watch it again on RETN Channel 16 on Comcast and Burlington Telecom. Tune in on Wednesday, June 19 at 8 p.m. and again on Saturday, June 22 at 5 p.m., or watch online at www.retn.org after June 19.
3. Order a DVD and watch it anytime! SAVE \$5 when you buy your DVD prior to graduation at <http://bit.ly/YZvLcS>. DVDs are \$20 starting graduation day. For more information, contact RETN at 802-654-7980, or info@retn.org A portion of the proceeds benefits Winooski High School.

June Report from JFK

By Mary O'Rourke, John F. Kennedy Elementary School Principal

We had a very successful two-day Kindergarten registration at school last week. At this time we have 57 new students registered for the fall. On Thursday, June 13th from 4:00p.m. - 6:00p.m. an Open House is planned for those students and their parents who have already registered. The festivities will be held in the school library. As a reminder, if you have a child who will be five years old before January 1, 2014, please call the office at JFK to register him/her for Kindergarten.

This is a very exciting time of year for our students. All grade levels will be attending PTO-sponsored end-of-year field trips, which are always hugely anticipated. I would like to thank the PTO again for making these trips possible for the children of Winooski.

Our last day of school is Friday, June 14th with dismissal at 11:00a.m.

How Do We Wrap Up Social Thinking?

By Jennifer Lapointe, Literacy & Social Thinking Coach

The answer is easy! We don't! JFK students, staff members, parents and community members have been learning about what it means to be social all year long. We have just begun the work that it takes to make "thinking about others" a part of our everyday vocabulary at school and in homes. Our JFK STARS have been working on expected behaviors at school that enable them to be successful in and out of the classroom. Some days we forget, but everyday is a new opportunity to learn from each other and find ways that help us keep our "brains and bodies in!"

Just remember:

- People who pay attention to others make others feel good. When you make other people feel good they want to be with you.
- Students have to think about what others are thinking.
- Students have to learn to observe other people's behaviors and form judgments about them.
- Students have to realize that others are thinking about them.
- Students have to learn that social thinking is done in all environments (home, school, community) and the lessons need to walk them out the door.

So, as we wind up our year, we will continue to work on all these important ideas and follow it up in Brain Camp this summer and, hopefully, you can use these strategies at home, too!



Students of the Quarter Honored

High School students are recognized at an 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.

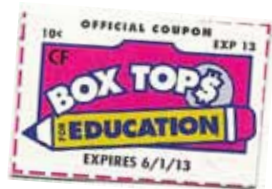
The staff and students would like to thank the Winooski PTO for their generosity in maintaining this special event.

The following students were honored on Wednesday, May 15th, 2013:

Leadership	Moriah Leary and Keana Ferguson
Character and School Citizenship	Ali Al Jarah
Arts and Humanities Scholarship	Lucas Royer, Indra Acharya, A.J. Carter, and Sunita Gurung
Social Sciences Scholarship	Vedad Cicak
Math, Science, and Technology Scholarship	Brianna Knox, Michaela Metivier, Randall Knox, Duc Dang
Special Recognition	Brianna Robare and Nathalie Bray
Most Improved	Chanefer Nheb

You Can Help!

The PTO will continue to collect Box Tops next year. Please save them over the summer and bring them to school. Your child's teacher can send them to the office for collection. We made \$1300.00 this year on Box Tops!!



Please note: We no longer collect Campbell's Soup Labels as they have ended that promotion. Thank you!

Making A Difference

By Leon Wheeler, Middle/High School Principal

As I write this I'm with family in Cambridge, Massachusetts, preparing for my daughter Leah's graduation from Suffolk University. She said it feels like she just drank 17 cups of coffee because there are so many thoughts running through her mind. "In high school I knew I was going to be going to college, what I would study, and knew I could do it well. Now I'm stepping out, and I don't know what it will bring."

Leah had a very traditional high school education that worked for her. In college, she put tremendous effort and time into her studies, and supported by the solid writing skills she developed in high school, earned excellent grades. Today we celebrate her achievements, and tomorrow she follows her dreams into the unknown to build her life, and make a

difference in at least one part of the world.

What I know is that, regardless of Leah's experience, high school doesn't work well for many students. We

What you do makes a difference, and you have to decide what kind of difference you want to make.

— Dr. Jane Goodall

recognize that here in Winooski. We know that we have a lot to do, and throughout this year have been working hard to build a more engaging and

empowering educational system for every student. With the Partnership for Change, many community learning conversations have taken place to identify the skills our students need in order to be prepared for career, college and citizenship. These skills will shape the Winooski Middle/High School graduation expectations, which will inform the ways we remodel all our learning.

Our middle/high school commitment is to support each student in discovering their interests, building their dreams, and graduating with a sense of inspiration, empowerment, and hope. These aren't empty words: it's our sincere pledge. We are determined to make a difference...a difference for good for each student, for our community, for our corner of the world.

Technology Update

by Drew Blanchard, Technology Integration Specialist

By the time you read this, plans should be finalized for allowing 9th and 10th grade students to bring their laptops home for the summer. As with the original Responsible Use Agreement, created in the fall, students were responsible for drafting this plan. And, like the original agreement, the wording is clear and simple, and can be summarized as:

1. Only students who have followed the Responsible Use Guidelines (no accidental damage, etc.) during the school year are eligible.
2. Parents have the final say in allowing the laptop to come home for the summer.
3. Students must provide a written proposal for how they will use the laptop for a school-related purpose this summer; a teacher must sign off on this project/task.
4. Per students' request, Mr. Blanchard will be at school 6 times (for ½ of the day) over the summer to provide support, help and training. A schedule

has been given to the students.

Electronic/virtual support will be available throughout the summer.

5. The laptop, charger and case must be presented for a physical inspection before final approval.

Also by the time you read this, middle school teachers have received their iPads, and training in their use is underway. Teachers will use these devices as part of their work at the Middle Grades Institute (a week-long, professional development course) in late June. High school teachers will be using their MacBook Pros at their School Development Institute happening the week before the MGI. The work of both schools is increasingly technology rich, as are the teachers' expectations their students will use technology effectively to demonstrate their learning.

Discussions are under way about how, and when, to implement the 1-to-1 computing initiative with iPads at the middle school this fall. Over the summer, our IT staff will collaborate and plan with

the Technology Integration Specialist about systems which need to be in place to help ensure success. Managing the devices, creating support systems, repair procedures, and training must all be addressed before we bring students, parents and teachers into the conversation and create the policies and expectations for using these devices.

As teachers work to become more proficient in adapting their pedagogy to include these powerful tools, students will be working to show they are responsible digital citizens - armed with knowledge to help them be *safe* as well as efficient and effective with apps, iPads, and laptops.

In the fall, we will be meeting with parents of all middle school students, and parents of next year's 9th graders, to discuss the devices, our expectations, address concerns/answer questions, and work toward another smooth rollout of our 1-to-1 laptop/iPad initiative.

Third Quarter PRIDE and Take a Stand Awards for the Middle School

Congratulations to the middle school PRIDE Award winners for 3rd Quarter! Each middle school team recognizes the following students for their Patience, Respect, Inquiry, Desire to Learn and Excellence!

Team Velocity

P - Derek Foerster
R - Alex Cote
I - Yousef Yahya
D - Jacob Boulet
E - Jeffrey Davis

Team Eclipse

P - Mayange Mayange
R - Omar Hussein
I - Finn Homan
D - Colton Lavalette
E - Swastika Sharma

Team Fusion

P - Nafisa Mohamed
R - MaeJeannette LaVallee
I - Ennis Horozovic
D - Brianna Holton
E - Kaitlenn Little

Team Kaleidoscope

P - Kaylie Willard
R - Felix Abwe
I - Calvin Hayford
D - Marie Ly
E - Dhan Maya Dhamala

In addition to the PRIDE awards, the following students were recognized for making our community a better place by "Taking a Stand and Lending a Hand!": Alexis Utter (Velocity), Mariah Metivier (Kaleidoscope), Vijayata Dahal (Eclipse) and Jocelyn Booher (Fusion)

Congratulations, again, to everyone!



Hassan's Reflection

By Nancy Keller

Hassan Sadik is in Bushintai-Do, a mind-body movement program supported by the Bay Paul Foundation, as an arts rotation class. Recently, he wrote about his experiences:

"In Bushintai-Do I feel proud of myself for doing something I never did before. Since I was a kid, I wanted to learn Karate but I knew it wasn't going to be easy. I needed to learn how to defend myself against different things. From the beginning, I was just doing Bushintai-Do to try something new, but now it's starting to rub off on me; it is really fun. I also learned that Bushintai-Do means "the way of the warrior in mind and body" and that sounds really cool and I've learned how to do really cool forms.

Bushintai-Do also taught me self-control. When we were doing the meditating, it was relaxing. I feel like I can do that anywhere, like when I am doing a test, quiz or essays; this isn't really hard to do. When I was in Bushintai-Do and when we were meditating, I felt like I was sleeping on a really soft cloud and it was nice. Sensei was also motivating me when I was doing my push-ups which was really hard.

Bushintai-Do also taught me respect, that if you respect others, they will respect you. That quote has helped me on the way to my yellow belt. There are a lot of people who can be taught Bushintai-Do, and, as a result, you will feel self-control, too. It's the same feeling as when you just earned a 100% on your test. I know a lot of people who are lazy, but if they were encouraged, they would do this martial art, too."

Spark Advisory Board Recap for 2012-2013

By Nancy Keller

A growing body of research confirms the need for physical movement for brain health. To develop our middle school students' capacity for academic achievement, we need to keep them active.

Physical activity, defined as coordinated movement and aerobic and anaerobic conditioning, helps alleviate the effects of stress and builds a stronger neural network that is ready for learning. According to the Center for Disease Control and Prevention, children and adolescents should have 60 minutes (1 hour) or more of physical activity daily. This includes at least two 20-minute sessions per week of sustained aerobic activity, two 20-minute sessions per week of sustained weight-bearing exercises, and the on-going practice of coordinated movement, such as those found in dance, gymnastics and martial arts.

With support from the Bay Paul Foundations, The Spark Advisory Board comprised of educators, parents and students, was created in May 2012. The Board's goal is to address the social and emotional needs of our middle school students through physical activity, helping them to more fully engage in learning and, ultimately, achieve academically.

Highlights from our year include:

- On-going data collection and analysis that informs our work. (e.g., Resilience Inventory, Student Reflective Writing, Surveys)
- Faculty book discussions on Spark: The New Science of Exercise and the Brain.
- Movement and mindfulness training for educators from Darienne Oaks.
- 20-minute movement period for students, called Spark, each day.
- Presentation and attendance at the Movement, Mindfulness and Motivation conference in September at the State Capitol in Montpelier.
- Twice-weekly lessons in martial arts for students on Team Velocity.
- Bushintai-Do for the Classroom, an on-line and classroom-based mind-body movement program and with an accompanying leadership training program for students, for all middle school students.
- Bushintai-Do as an Arts Rotation option. (See Hassan's Reflection.)
- Field trips for all students to a martial arts studio.

The Spark Advisory Board thanks the students, teachers and community members for their on-going support of this initiative. Plans for next year include more movement choices for students and additional training for teachers. Check out September's District News! for the details!

Chemistry is For Everyone

By Shannon Bundy

Students have been learning chemistry through the exploration of the state of their atmosphere. Students were shocked to learn just how much they influence something as big as the atmosphere. See what they've learned, and if their words sway you to make changes in your habits.

Your Actions Harm the Atmosphere!

By Chandra Luitel

I have been aware of a warming of the average temperatures in Vermont, and I know why the temperature in Winooski feels hotter lately. Due to the greenhouse effect, there has been an increase in the average temperatures around Earth. This increase in temperatures is called global warming. And I am writing today to inform you that we must be aware of our influence on the atmosphere.

What is the greenhouse effect?

When solar radiation enters the atmosphere, 70% is absorbed and 30% is reflected. Some gases, called greenhouse gases, such as water vapor (H₂O), carbon dioxide (CO₂), and methane (CH₄), absorb the radiation, which heats our atmosphere making it warmer. The greenhouse effect gives Earth average temperatures of around 50 °F. Without the greenhouse effect, Earth's temperatures would be too cold, and life would not exist.

So What is the Problem with This?

There isn't one! We love the greenhouse effect! It gives us energy, which in turn keeps us warm, which allows us to grow food. Perfect, right? Wrong! Humans are changing the equation. When too many greenhouse gases are released into the atmosphere, they absorb too much radiation, which then makes the atmosphere very hot. This process is called global warming, and it affects everybody. Just a few of the problems include the polar ice caps melting, which will cause the sea level to rise, which will result in floods, and make people migrate out of those areas, moving inward. This means that land that was normally used for agriculture will no longer be available. This not only leads

to starvation, but also poverty. In addition, plants and animals die of not having the temperature they are adapted to. This cycle will affect the amount of available oxygen because as the plants die, less carbon dioxide will be converted. The scary thing is, this is already happening around the world.

Let's Save Lives!

What can we all do to slow this down? Much of the additional greenhouse gases are coming from driving. Gasoline is an example of a fossil fuel. It is a hydrocarbon that, when burned through the process of combustion, produces a lot of CO₂. Another example of increased greenhouse gas production is from dead plants. When humans cut down trees for agriculture and homes, a process called deforestation, the plants release a lot of carbon dioxide and methane. A third example is from increased cattle production. A cow produces between 70 and 120 kg of methane per year on average which means a cow produces 2,300 kg CO₂ per year. With seven billion people on Earth, we are raising more and more cattle, which means more and more CO₂ and CH₄.

We can slow the harm by taking some of the significant action. Drive less, which will reduce the fossil fuel use. Instead, walk to short distance, bike if you can, or just take public transportation and carpool. Stop deforestation and plant trees! Grow food which is more easily digestible for cows, and eat one less hamburger a week, as it will reduce the CO₂ and CH₄ levels dramatically. Reuse plastic bags because once it's been thrown away, it's in the soil producing lots of methane (CH₄). It might take time to adjust your habits, but it will reduce the negative effects of the greenhouse effect, so it is worth it for a better life.

Winooski Freshman Wins Scholastic® All Stars Award

Ball Wit, a Winooski High School Freshman, was honored with a nomination for the Scholastic® All Stars Award in recognition of outstanding reading achievement from Mrs. Bruce's Read180 class.

The award recognizes the outstanding achievement of students in Read180 and System 44 classrooms who have overcome reading challenges to succeed in school. Ball Wit has "set an example for [his] peers, proving that hard work and perseverance can lead to success in school and in life (Scholastic® President, Margery Mayer)."

Ball Wit has also worked very hard to raise his reading and comprehension Lexile an extra 350 points already this year!

Way to go, Ball Wit!



Eleven WHS Students Inducted to National Honor Society

On Monday evening, May 6, the candles of Scholarship, Character, Service, and Leadership were lit. Family and friends were gathered in the Performing Arts Center. Juniors and seniors who had attained the high standards of the National Honor Society were inducted. These students, who are now expected to maintain these high standards, join the senior members who were inducted last spring as juniors. Congratulations to all of these fine young people and their families.

The inductees were Indra Acharya, Januka Acharya, Kyle Bigelow, Cara Casier, Duc Dang, Andrew Decarreau, Luke Fountain, Maryan Hassan, Austin Mayo, Kevin Pham, and Serina Phuong.

Why Music?

By Cathy Mander-Adams

“The purpose of arts education is not to produce more artists, though that is a by-product. The real purpose of arts education is to create complete human beings capable of leading successful and productive lives in a free society.” -Dana Gioia, Poet and Former Chairman, National Endowment for the Arts This quote was posted on The College Board website.

The College Board believes that the arts expand student potential by encouraging creativity, innovation, collaboration and critical thinking. I encourage all of these attributes plus attention to detail in my music classes. While Chorus is about singing, Piano is about playing and General Music is about Basic Music Understanding, it is important for students to focus on the whole learning experience and how

that learning develops collaborative and critical thinking skills through brain development.

Problem-based learning (different from project-based learning — with artificially created tasks) begins with a real world problem — which students (in groups) then work to solve. This is truly authentic learning, the kind the “real world” requires - with solutions that are actually implemented. What’s the point of doing work if it only results in a grade (and is then filed away somewhere)?

I have to say that my classes are problem-based learning all the time. The problem? How to prepare for a performance or create a music related project (and this can be done in so many ways). Not only do students learn how to solve the problem they can show the results. How about confidence building

and organization of details? By the end of the year they have learned the skills and can apply them to every piece they perform or create and practice to get it better (all of the above). And there is a “PS” - they enjoy the process and learn how attention to detail, organization, working together and dedication to the job can help them become creative. Voila! Right here at Winooski Middle High School. :-)

How does this apply to ‘real life’ you ask? Someone with these skills brings vitality and variety to any situation. People with aesthetic experiences often see the beauty in all situations. In my experiences, musicians bring balance to any workplace. They see tasks as a means to be creative. Their organizational skills go right to work using their creative skills to brainstorm the best possible outcome.

Career, College, and All That Jazz

By Kim Ead

Winooski High School and Navicate (formerly Linking Learning to Life) have spent the last three years in an amazing relationship built on developing skills and future opportunities. The class has brought community members to talk about possible job opportunities and skills needed make dreams a reality. This year students planned a Job Fair bringing over 20 businesses to Winooski, to showcase what is available for this summer. Our students have completed internships in the fields of accounting at Winooski City Office, activism at the Workers Center, project planning at the Obrien Center, veterinary science at Fitzgerald Veterinary Clinic, psychology at Winooski Elementary School, graphic design at MyWeb Grocer, child care, and contracting. Students have completed job shadows at Fletcher Allen Hospital, Mountain View Natural Medicine, hair salons, Outdoor Gear Exchange, the Air National Guard, and RETN. These diverse experiences have provided eye-opening experiences that have not only influenced their future plans but also provided greater understanding about possible career paths.

One highlight this winter included a visit to Burton Snowboards and to Bolton Mountain. Students learned about business, how to make a snowboard, and what it takes to manage a ski mountain. They also got to try out the gear and ride for a day. This was truly epic school day of learning and experimenting.

In collaboration with the business class, 30 students met with 13 local business leaders to asked questions about how to run a business. Lunch was a cultural and motivating experience at Single Pebble where a local businesswoman filled out minds and our bellies.

In the coming week 40 students will visit Northern Lights Ropes course to build upon their relationships and develop communication skills. This was funded through grants raised by a student in last years Career Class. This money is intended to create a shared experience to reduce racism in our community.

Skills learned in this class that are not only transferable in a job setting but in life as well. So skills identified by students include; the ability to communicate, work with other people, think critically, problem solve, and meet responsibilities. Our students are amazing and I know will be successful in their future endeavors.



Vedad Cicak Makes Shrine Football Team

Vedad Cicak has been selected to the 2013 VT/NH Shrine Football Team. He is a 4 year Varsity Player and is planning to play for Castleton State this fall. This is the first WHS Spartan selected since Dave Muir in 2000. The players spend a week practicing together before the game in early August. It is the highest honor that can be bestowed upon high school football athletes in Vermont. Vedad was a Jr & Sr captain for the Spartans as well as North Team captain for the Senior Bowl. Vedad is a two way linemen.

Those interested in attending the game can buy tickets to the game at www.maplesugarbowl.com.

AFTERSCHOOL PROGRAM

Celebrating Our Afterschool Programs and a Thank You!

This year the 21st Century Community Learning Center afterschool program provided more than 170 enrichment and academic support afterschool programs during the school year. We are excited that over 470 K-12 students participated in a wide variety of afterschool programs since September. Thank you to all of the parents, teachers, and students who participated this year. And, a special thank you to the administrators and community for your on-going support!

We will continue to provide high quality enrichment and academic support afterschool programming over the next five years and are very eager to continue to expand our afterschool offerings. We are very interested in working with parents and community members—so if you would like to be a part of the afterschool program, please let us know!

Again, many thanks for your continued support and please look for our fall afterschool fliers in late August!

Sincerely,
Barbara Russ, 21C Program Director
802-383-6041
bruss@wdschools.org





Jonathan and Devon are figuring out their strategies while Abby is making her move in **Strategy Games** with Mrs. Blair.



Abdimalik is pleased with his progress in **FASTT Math** with Mr. Muir.



Amira and Samana are decorating their pots and getting ready to plant seeds in **Spring Planting** with Ms. Dold and Ms. Letourneau.



The Team (Annika, Joseph, and Alexis) is busy building their bottle rocket in our new and exciting **Bottle Rockets** afterschool program.



Zoe and Ruby concentrate on the notes in **Making Music with Violins** with Mr. Carpenter.



Cassidy and Julia are working on their math facts in **Tutoring with Mrs. Hamble**.



Faith and Olivia celebrate the last day of **Let's Make a Tea Party** with Christian.



Avery takes a quiet moment during afterschool **JiuJitsu Club**.



Joel receives help from Ms. Basille on his **French Studies**.



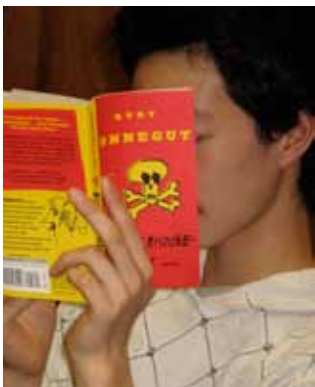
In preparation for the spring concert, Omai, KuSay, and Duc rehearse with Mrs. Mander-Adams in **Afterschool Chorus**.



Rainbow, Kim, Finn, Colton, and Edmund (missing) love the lively book discussions each week with Ms. Estey during **Afterschool Book Club**.



Taylor, Nathalie, Alyssa, and Jason are on the move as they prepare and serve their wonderful Spartan Garden Wrap recipe to students in grades K-12 during lunch. Thank you to Aurie, from Green Mountain Farm to School and to the wonderful Abbey staff who made it all possible!



Honoring Veterans By Placing Flags in Lakeview Cemetery

By Bill Clark, WHS ELL Teacher

Under a perfect blue sky and with the aroma of lilacs all around, a group of Winooski High School students placed flags on veterans' graves in Lakeview Cemetery to honor Memorial Day.

These English Language Learners (ELL) attend Mr. Clark's Language Arts, U.S. History, and Reading and Composition classes.

Anne D'Alton, an assistant for Lakeview Cemetery, greeted the students, explained their task of finding the correct veteran's grave, then marking it with a flag. Each group of students carried a map, a checklist of the graves, and bundles of crisp, new American flags. Quickly the air buzzed with the sounds of Somali, Nepali, and Burmese languages as the students familiarized themselves with veterans' graves dating to the Civil War, World War I and II, and Vietnam.

Ms. D'Alton called out one section in particular, the rows of stones in the pauper's section, and explained that these graves belonged to residents too poor to afford interment costs. She explained that the cemetery still buries people, and noted the markers on stones for Christians, Jews, and Muslims. Visitors had placed small stones and pebbles on some Jewish headstones, indicating they remembered the dead in a special way.

"Education for our students may begin in the classroom but an opportunity such as placing flags in a cemetery connects our students with American culture and history in a broader way," said Mr. Clark. "Plus, students can show their gratitude to the country that has given them a new life."

The students worked hard all

afternoon, searching for names and carefully placing a new flag, if one was required. They had to work collaboratively, use their map-reading skills, and find names on gravestones.

"They did a marvelous job," said Ms. D'Alton, who helped supervised the students' work. "I was very impressed with their polite and respectful behavior, willingness and ability to learn, and energy for doing a good job."

In addition to receiving community service hours necessary for graduation, the students enjoyed juice, fruit, Ms. D'Alton's homemade cookies and brownies, and a discussion about the cemetery's history. Students found out that the cemetery dates to the late 1800s and contains examples of Victorian architecture as well as graves from early in Burlington's history, including those of veterans from the Civil War.



The fourteen students who participated in this 16 May 2013 event included: Duc Dang, Mina Dhamala, Durga Dhamala, Sunita Gurung, Faiza Hassan, Waris Hassan, Hari Luitel, Eh Man, Farhiyo Mohamed, Fosia Mohamed, Naima Mohamed, Abishak Niroula, Hom Pradhan, and Ball Wit. Ms. Robin Hood, the ELL Coordinator, arranged for bus transportation for the students.



Update from your City Council

By Mayor Michael O'Brien

Greetings!
Let me start
by thanking all
the people who
volunteered to make

Green-Up Day another great success, especially thank you to the members of the Environmental Leadership Board for organizing the day. Again this year, you, the volunteers made a huge difference and cleaned up 2.1 tons of trash and 67 tires! Great job everyone!!

We want to welcome **Peter Wernsdorfer** to our City as the new director of Public Works. Peter comes to Winooski from a private business in Pennsylvania. Peter was formerly in Allentown, Pennsylvania where he was also the director of Public Works. Thank you to the selection committee including Steve Jerome from the Transportation Advisory Board and Stewart Ledbetter from the Environmental Leadership Board.

We also want to welcome **Lisa Condon** who has been named the executive director of the Winooski Community Partnership. Lisa will work with the WCP in their mission to promote the downtown as a place to live and work. She will also help the WCP Board advise the City Council on issues related to downtown.

The legislature passed our new **City Charter** that was approved by voters in March. The Charter as passed by the legislature is essentially the same as was passed by voters, except that voters must approve instituting a local options tax.

The legislature also passed a **tax increment financing bill** that clarifies

ambiguities with the current law and addresses the issues identified by the State Auditor in his 2012 audit. This was a co-operative effort that succeeded due to the hard work of many individuals, the governor's office, and members of the legislature including our two representatives Clem Bissonnette and George Cross. Others who worked diligently to get this passed include City Manager Kathy Decarreau, Karen Horn from the Vermont League of Cities and Towns, folks from our fellow existing TIF communities of Burlington and Milton; and folks from communities with approved TIF districts that are not yet financing their projects including Barre, Colchester, St. Albans City and South Burlington. The bill reconciles the amounts of monies that the Auditor claimed were owed by Winooski to a total of \$66,500 and requires the City to contribute \$15,000 toward the cost of the Auditor's audit. All of those funds will come from funds in the TIF district other than taxes and will be paid back over five years. Only \$1,300 will actually be paid to the State. The remainder will stay in the TIF. The Vermont Economic Progress Council (VEPC) will establish rules to follow for the remainder of our TIF, which is set to expire no later than 2024.

The City will continue its work on our infrastructure this summer. Please check our website (www.winooskivt.org) for regular schedule updates. As you recall, we took out a bond two years ago to address our infrastructure needs. Our plan was to work on our most deteriorated streets over three years. In the last two years, we have rebuilt and



Thank you Green-Up volunteers!

re-paved a number of streets, and have upgraded our infrastructure. This is the final year to expend those funds and again our public works department will be completing street work on some of the remaining streets that require attention. We understand that this work may inconvenience you for a short period of time, but that in the end it will be well worth it. And please be mindful of our City workers as they complete their work.

We continue to look at traffic and parking in our downtown.

The traffic circulator has been under study by the Vermont Agency of Transportation (VTrans) to determine a safer, more efficient traffic flow. We also will be considering paid parking in the downtown district to address parking issues. Please be aware of these discussions and attend the public meetings to provide your opinions. Or you are always welcome to contact any member of the City Council with your thoughts.

Please join us on June 8 for the first Winooski Family Fun Day at the O'Brien Center at 32 Malletts Bay Avenue starting at 10 am.

We have a great city because of the people who live and work here. I encourage you to **get involved** this summer by volunteering to join one of our citizen committees. And, as always, if you have any questions or suggestions, please feel free to contact me by phone at 655-4879 or email at mobrien@winooskivt.org. You can also contact any member of the City Council whose contact information can be found at left of or on the City website at www.winooskivt.org.

Don't forget to "like" our Facebook page - City of Winooski - Government - for regular updates.

Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	mayor@winooskivt.org	802-655-4879
Deputy Mayor Sally Tipson	sallyflower@comcast.net	802-655-3894
Councilor John Little	jlittle@winooskivt.org	802-655-0106
Councilor Seth Leonard	sethinwinooski@gmail.com	919-616-0276
Councilor Sarah Robinson	sarah.kunz.robinson@gmail.com	802-734-6422
City Manager Deac Decarreau	deac@winooskivt.org	802-655-6410

Visit the city website at winooskivt.org or call 802-655-6410.

Winooski Summer Food Program

The City of Winooski will once again be providing free meals to children through the Vermont Department of Education's Summer Food Service Program (SFSP). Funded by the USDA, the program is designed to ensure that children who rely on low-cost meals during the school year continue to have access to healthy food throughout the summer. Meals will be provided to all children without charge, and no child will be discriminated against on the basis of race, color, gender, age, religion, national origin, or disability. The 2013 Summer Food Program in Winooski begins June 17th.

Children do not need to be enrolled in any recreational or childcare program in order to receive free meals. All children 18 years of age or younger will be served meals at the locations and times listed below, Monday-Friday. Meals will not be served on July 4 or July 5 due to the holiday. Please contact Ethan Hausman in the City's Youth Programs Office (655-1392 x21 or coordinator@winooskivt.org) for more information.

MEAL SITE LOCATIONS & DATES

Winooski High School 60 Normand Street Winooski, VT	June 17 - August 9 Breakfast 8:15 - 9:00am (Mon-Fri) Lunch 11:30am - 12:30pm (Mon-Fri)
O'Brien Community Center 32 Malletts Bay Avenue Winooski, VT	June 17 - August 16 Breakfast 9:00 - 9:30am (Mon-Fri) Lunch 12:30 - 1:00pm (Mon-Fri)

Winooski Farmers' Market

Please join us on Sundays, June 9 – October 20, from 10 am–2 pm!

OUR VENDORS:

- La Lumiere Farm
- Ants In Your Pants
- Robin's Chaga
- Simply Stardust
- Sugartree Maple Farm
- Marley Cakes
- Clear Light Art
- New Leaf Organics
- Somali Samosa Woman
- Maple Menhdi
- Sweet Grass Baskets
- VT Dog Eats
- Good Companion Bakery
- Treehugger Woodworks
- Woodchuck Coffee Roasters
- Euro Restaurant
- The Farm In Between
- Vermana Herbals



WEEKLY:

- Musical Entertainment
- Kids "POP-CLUB"
- Raffle for local goods

Come spend the summer with us!



Winooski Senior Center June Calendar

Meagan Gilmore, Senior Center Director

- **Every Monday at 1:00 PM** we have "Easy Does It Line Dancing." This is line dancing done to big band music. This class is fun and great exercise and not what you would expect! !
- **Tuesday June 4th** we'll be having our monthly meeting. Lunch is at 11:30 and participants are asked to bring finger foods to share or there is a \$5 fee. We'll be having speakers from AARP who will present about Social Security and Medicaid.
- **Every Thursday we have a community meal at 11:30 am** and we ask that you sign up in advance and there is a suggested donation of \$4. Anyone senior is encouraged to attend!
- After Thursdays lunch we have **bingo** game from 12:30-2:30 pm. Everyone is welcome to play!
- **Wednesday, June 12th** there will be an AARP Driver Safety Program from 9:00-2:00 PM. There is a charge for this class and advance registration is required.
- **Tuesday, June 18th** our monthly lunch group will meet at the Ponderosa restaurant in Williston. Check in at 11:00 and lunch is at 11:15 AM. Tickets are \$5 for all you can eat, they can be purchased at CVAA in Essex or at the door at the Ponderosa. Please call the senior center to let them know if you'll be attending.
- **Wednesday, June 19th 9:30-11:00** there is a Family & Caregivers Info Series at The Arbors at Shelburne. This month's discussion is the progression of dementias. RSVP is required.
- **Thursday, June 27th 2:00-3:30 PM** Celebrating Seniors Cruise on Lake Champlain. \$16.99 per person and money is due the week before. Please sign-up and pay at the Senior Center. We will be leaving the senior center around 1:15 and the ship boards at 1:45. We'll be on the cruise from 2:00-3:30 and there will be pastries, coffee, tea and iced tea and live entertainment! We should be back at the senior center around 4:00 pm.
- For more info or to sign-up for any program please call us at 655-6425. We are located at 123 Barlow Street.



THE UNDERGROUND

Teen Center News

The Winooski Teen Center is gearing up for summertime with a brand new Summer Schedule!

We will be offering hours for 4th – 7th graders as well as 8th – 12th graders!

Monday – Closed

Tuesday – 6pm – 9pm

Wednesday – Evening Field Trips (6pm, High School Only, Parent Permission Slip Required)

Thursday – 6pm – 9pm

Friday – 7pm – 11pm (High School Only)

Students in 8th – 12th grade will be allowed to come from 6pm – 9pm.

New for this summer, on Tuesdays and Thursdays students from 4th-7th grade will be allowed to come from 6pm – 7:30pm.

We may also be looking to create a mural on the back wall of the O'Brien Community Center this summer so keep your eyes on Front Porch Forum for more information about that.

Register Now for Thrive Summer Youth Program!

By Ethan Hausman, Programs Coordinator

Registrations are now being accepted for the City of Winooski's Thrive Summer Youth Enrichment Program. Enrollment forms are available at the O'Brien Community Center (in the Youth Programs Office), at the Winooski Schools Complex (in the main lobby near the visitor sign-in area) or on the City's website (winooski.org – link to the Community Services Department and click on "Youth Programs"). Other details about the Program, including session dates and sliding scale rates, are included on the registration forms.

The Thrive Summer Program is running for seven weeks in 2013, from June 24th – Aug 9th, with registration open to kids who have just finished grades K-5. Children can be enrolled for a single week or multiple one-week sessions. During the two weeks that Brain Camp is running in the mornings (July 8-19), the Program will operate on an afternoons-only schedule, noon-5:30pm. Full-day programming will be offered for the other five sessions: the licensed Program will run from 8AM to 3PM each day-- with both breakfast and lunch provided daily through the Summer Food Program-- but any children enrolled in the Program can stay for later pick-up. There is no charge for extended hours care-- any child enrolled in Thrive can remain at the school to be supervised by Program staff until as late as 5:30PM.

The 3-day week of July 1-3 is a short Summer Program session that is completely FREE for children of Winooski residents. For more information about the Summer Youth Enrichment Program, please contact Ethan Hausman, Programs Coordinator, (655-1392 x21 or coordinator@winooski.org).

WCSPC Update for June

By Kate Nugent, WCSPC

Have you quit smoking and would you be willing to share your story? Please contact us for more information and thank you for your willingness to help inspire others on this challenging and rewarding journey.

Are you looking for a way to become more meaningfully involved in helping Winooski be healthier? Please get in touch and check out our website for opportunities.

Finally, we hope you will join us for our last community dinner of the year. On June 19 at 5:30 PM, we will celebrate the beginning of summer and have a good time at the O'Brien Community Center. This dinner will be co-hosted by your local YMCA and local faith community. Please remember to accompany your children under 16. The next community dinner will take place on September 18 and will be hosted by the Partnership for Change. It promises some great food and good people, of course. Stay tuned for more information.

Keep up to date on news and events by subscribing to our e-newsletter at kate.winooskicoalition@gmail.com. Visit our website at www.WCSPC.org.



Spring into Books Storytime at the Library!

By Amanda Perry

On Saturday, May 25, families joined us for garden themed stories and a planting activity to celebrate Spring! Children and families also had an opportunity to sign-up for the Summer Reading Program. For those that didn't attend, kids, (preschool and up), can sign up for the program which provides families with reading logs that allow kids to earn free admission to the Champlain Valley Fair. Fun, weekly activities will be available throughout the summer, too. Come visit us to find out more! In addition, the library will have passes to Vermont State Parks and Historical Sites, the ECHO Center and Shelburne Farms available, as we have in the past. These passes provide reduced or free admission to these great resources! Come in to find out more about this great opportunity. The library is located at 32 Malletts Bay Avenue. Our hours are Tuesdays 10-7, Wednesday 3-7, Thursday & Friday 10-6 and Saturday 10-1.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN,
Health Office Coordinator

Here are some last minute reminders about the health office-If you have a child on a prescription medication (epi pens, inhalers, diastat, or oral medication) please remember to stop by the health office and pick it up on the last day of school. All "leftover" oral medication that is not picked

up will be given to the SRO to be properly destroyed.

Also, if you currently have a child on an IHP in the health office you will be receiving updated forms over the summer.

Please make sure to fill them out and send them back to the health office in August.

Another reminder for parents who have students that will be in Kindergarten or 7th grade-IMMUNIZATIONS will need to be updated. If the Kindergarten student will turn 5 years old prior to the first day of school then we will need proof of 5 doses of DTP/Dtap, 4 doses of Polio, 3 doses of Hepatitis B, 2 doses of MMR, and 2 doses of Varicella (chicken pox). Otherwise we will need proof of disease or official exemption letter. 7th graders will be in need of their 2nd dose of varicella and a tdap booster.

On behalf of the health office staff, I just want to thank all of you for another wonderful school year. It has been a pleasure serving your children. Enjoy your summer and we will see you in August.

Tooth Tutor Update

By Diane Polson, RDH

Summer is coming and the warm weather is here. Get outside and enjoy the fresh air. Just remember: FLOSS, Brush and keep those summer Dental Appointments!

"You can't educate a child who isn't healthy, and you can't keep a child healthy who isn't educated."

— Dr. Joyce Elders

Splash Into Summer

Myers Memorial Pool Season Opening

- Sunday, June 16 12-5pm
- BBQ 12-1 (fundraiser for the Winooski Swim Team)

Help us kick off the summer and celebrate Fathers Day – together in the pool! Please remember, adults – bring your suits so you can swim with your family. Everyone – wear your sunscreen too. We're hoping for sunny skies and a hot summer day. Opening day is free to everyone. Summer rates at www.gbymca.org. Call us at 802-652-8143 for now. When the season begins, the phone at Myers Memorial Pool is 802-655-2100.



ELEMENTARY SCHOOL LUNCH MENU — JUNE

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

Mon: Sausage/Cheese on English Muffin • Tues: Hearty Fruit-filled Muffin • Wed: Ham & Cheese on Bagel • Thurs: Whole Grain Breakfast Bar • Fri: Breakfast Burrito with Egg/Cheese

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

Mon., June 3	Tues., June 4	Wed., June 5	Thurs., June 6	Fri., June 7
Chicken Patty Sandwich Lettuce & Tomato Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Mini Sea Shell Pasta w/Cheese Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Homemade Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Chicken Fajitas on Soft Flour Tortilla Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Pancakes w/ Warm Syrup Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad
Rice Pilaf Green Beans	Chopped Green Salad Steamed Broccoli Ice Cream Novelties	Side Caesar Salad Fresh Carrot Sticks Hummus Dip	Rice Pilaf Black Bean & Corn Salsa Taste Test Assorted Greens	Twin Sausage Links Sweet & White Home Fries Celery Sticks
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk
Mon., June 10	Tues., June 11	Wed., June 12	Thurs., June 13	Fri., June 14
Dress Your Own Burger on A Bun Lettuce & Tomato Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Pasta w/Meat Sauce or Garden Marinara Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Homemade Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Taco Bar w/ The Works Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad	Last Day 1/2 Day Breakfast Only
Roasted Sweet Potato Wedges	Spinach Salad Italian Bean Salad Bread	Side Garden Salad Steamed Peas		
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit 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.

Vegetable of the Month: Lettuce or Salad Greens

Two cups of green leaf lettuce provides:

- More than 100 percent of the recommended Daily Value (DV) for Vitamin A, and more than 150 percent of the recommended DV for Vitamin K. Vitamin A is essential for healthy vision, while Vitamin K is necessary for proper bone growth.
- An excellent source of Vitamin C (22% DV), which may help to prevent against heart disease.
- A good source of the essential mineral manganese, which helps support the immune system, maintain normal blood sugar levels and support normal bone growth and reproduction.

Caesar Salad Wrap

Makes 24 tastes at 1/4 slice each

- 1 head romaine lettuce, torn into bite-size pieces
 - 2 boneless, skinless chicken breasts, cooked and cut into strips (optional)
 - 4 tomatoes, chopped
 - 2 tablespoons green onion, chopped
 - 6 tablespoons reduced fat or lowfat Caesar salad dressing
 - 2 tablespoons shredded Parmesan cheese
 - 6 10-inch fat free flour tortillas
- Prepare or purchase cooked chicken in advance. In a large bowl, combine all ingredients, except flour tortillas. Place equal amounts of salad mixture in each tortilla. Fold in both sides and roll up tortilla.



Newsletter of the Winooski School District

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WINOOSKI PUBLIC SCHOOLS

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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 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.

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