

ALSO INCLUDES
Community News!
 STARTING ON PAGE 12

WINOOSKI SCHOOL

DISTRICT NEWS!

VOLUME 10, ISSUE 8

MAY 2013

Students, Educators, and Community Partners Take Steps Toward School Change

By Megan Behrend, Partnership for Change

During the month of April, the Partnership for Change supported students, teachers, administrators, and community partners as they explored ways to bring new and innovative practices into Winooski and Burlington high school classrooms.

The month began with two events focused on design thinking—a framework for problem solving used by some of world’s most innovative organizations. On April 4, more than 140 educators and

community partners gathered at Main Street Landing Performing Arts Center in Burlington for a presentation entitled Design Thinking in Education. The next day, a smaller group of 25 Winooski and Burlington teachers and community leaders participated in a workshop on the same topic.

“The workshop was really targeted at teachers and community members who can move this work forward,” said Partnership fellow and event coordinator Dov Stucker. “For a one-day event, I think the impact was remarkable. Aside from the design thinking itself, the model that we piloted of bringing teachers and community partners together in the same room for a professional development opportunity worked well and has a lot of future potential.”

The following weekend two groups—one made up of 15 Winooski and Burlington

educators and the other of 12 WMHS and BHS students—visited other New England schools and communities that are leading the nation in school change and community-based learning.

The educators headed to North Berwick, Maine to visit Noble High School and learn from their successful implementation of student-centered practices and unique use of space. But, as WHS English teacher and Partnership fellow Matthew Webb noted, the trip also helped those involved to build supportive professional relationships.

“The Noble visit was very successful in terms of getting people across the schools together and communicating about



Students excited and inspired by the youth engagement and leadership they witnessed in Providence, RI



Educators and community partners explore design thinking together.

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innovative practice,” he said.

Meanwhile, the student group, accompanied by four chaperones, travelled to Providence, Rhode Island where they visited the MET—a network of six small, public high schools—as well as a number of community organizations devoted to youth leadership and engagement. Benjamin Roesch, Partnership fellow and trip organizer, commented that “our minds were blown by the programming we saw.” But he, like Webb, also acknowledged another important outcome of the trip: bringing together a group of students from Winooski and Burlington who are passionate about giving young people a voice in their own education.

“That was probably the greatest success of the trip,” Roesch said. “The group had the opportunity to really come together and have some tough conversations. We came away with the common goal of really changing our schools.”

See page 11 of this newsletter for a Winooski student’s essay on his views of the student group’s trip to Providence, Rhode Island.

The Future for Burlington and Winooski Starts Now, In Our Schools

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

Close your eyes. Imagine for a moment that the year is 2030. Burlington and Winooski are thriving cities. The community is vibrant, with strong leadership and an understanding that everyone's voice counts and that everyone's contribution matters. Businesses are prospering with skilled employees born and raised in Vermont.

Much of this success can be attributed to a vision of our public schools that was shaped by the community 15 years ago.

Open your eyes. The year is 2013, the beginning of this journey to ensure that Burlington and Winooski continue to grow and prosper in the years ahead. A year and a half ago, our two cities received a highly competitive and generous grant from the Nellie Mae Education Foundation, the largest private charity in New England devoted exclusively to education. With that grant, we established the Partnership for Change, an innovation arm supporting this work in our two school districts and communities.

While we were already moving in the direction of reshaping our schools to meet the demands of 21st century life, this grant allows us to do much more than would otherwise be possible and to do it much more quickly.

Over the past months, we have ask our community to dream about what we want our young people to know and be able to do, so that they can be ready for the world they will soon inherit. During December and January, we held 35 small learning conversations in living rooms and public places where participants helped generate a list of 19 Graduate Expectations.

On February 2, more than 300 people—including teachers, students, parents and community members –came together for the first-ever Community Learning Conversation to discuss Graduate Expectations. It was thrilling for us as superintendents to see so many people come through the doors on a Saturday to spend so many hours creating a vision for our collective future.

We were delighted to see that what was compelling to you is very much aligned with what research and best practice say about how young people learn best. The most agreed upon expectations were: Critical Thinking & Problem-Solving, Effective Oral and Written Communication, Curiosity and Imagination and Creativity.

On the heels of that gathering, two teams—one from Burlington and one from Winooski—were charged with

looking at the data from the day, and combing through relevant research and best practices. What emerged was broad agreement about the knowledge, skills and habits that our two communities believe are the most critical elements of a world-class education. The work of these two teams produced a first draft of Graduate Expectations for each high school.

We've come a long way, and we have an important and challenging journey ahead of us. For starters, this month, The Partnership will be hosting small Learning Conversations in living rooms and public spaces in Burlington and Winooski. In addition, we have posted the drafts of the Graduate Expectations and a Feedback Form at www.partnershipforchangevt.org. Take a close look at the first drafts and let us know what you think.

What our graduates need in order to build our collective future is everyone's charge. Please join us in shaping the hopes and dreams of our two communities.

Stay in Touch with School and Community News: Join 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 to sign up for this free community resource.

Catch Us on RETN

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Board Meetings" under the "School Connections" heading. You can find Winooski at the bottom of the list of area schools.

From the Family-School Partnership Corner

by Anera Foco

It was a great pleasure to see and meet many of you during April's Parent-Teacher Conferences. I am looking forward to many more opportunities to gather in the months to come.

After speaking with parents, teachers, administrators, service providers and community members, an idea has emerged to pilot a program called "Learning Walks." The purpose of Learning Walks is to continue building strong partnership by increasing contact and promoting discussion between families and schools.

For more information and to sign up for an upcoming Learning Walk please feel free to contact me at (802) 734-8009 or afoco@wsdschools.org.

The Partnership for Change Hires Director

By Megan Behrend, Partnership for Change

The Partnership for Change is pleased to announce the hiring of Hal Colston as its Director. The Director is responsible for leading the Partnership's efforts to help build a prosperous future for the Burlington and Winooski communities by remodeling our schools for the 21st century. Hal will work closely with a broad and diverse group of stakeholders, including school administrators, students, teachers, parents, and community partners, to support school change. He will guide the Partnership as it enhances the capacity for new and innovative practices in our schools and advances our vision of an educational system in which every student graduates well prepared for success in today's world.

Hal comes to the position of Director from a long and vibrant career committed to social justice and entrepreneurship. After seventeen years as a manager, chef, and instructor in the foodservice industry, Hal entered the field of social services, beginning with Chittenden Community Action. Joining Lutheran Social Services in 1996, he founded Good News Garage, which seeks to create transportation equity for people in economically distressed communities. In January 2006, Hal launched NeighborKeepers, an inclusive community that empowers families to create a sustainable path to adequate resources. He was appointed Executive Director of the Vermont Commission on National and Community Service by Governor Peter Shumlin in 2011.

"Hal cares deeply about the future of the Winooski and Burlington communities," said Martha Maksym, Chair of the Partnership's Steering Committee and Executive Director of United Way of Chittenden County. "We are very lucky to have someone with his passion and proven leadership ability to move the work of the Partnership for Change forward."

Continuing the Conversation about "What Our Graduates Need to Succeed"

By Megan Behrend, Partnership for Change

Over the past five months, the Partnership for Change has brought together hundreds of members of the Burlington and Winooski communities to answer a single question: What do our graduates need to know and be able to do so that they can be successful in today's rapidly changing and complex world?

The Partnership began by collecting responses to this question at numerous small conversations in living rooms and community spaces this winter and at one large meeting of more than 300 people on February 2, 2013. In March, two teams of students, teachers, and parents—one in Winooski and one in Burlington—used the community's input as well as relevant research and best practices to create first drafts of Graduate Expectations for each high school. Sarah Bertucci, the Partnership's Personalized and Proficiency-Based Learning fellow, guided both teams through the process.

"I really enjoyed the days I spent with each Graduate Expectations team," she said. "It was great to have students, teachers, and parents doing this work together."

The Winooski team—a group made up of three students, two parent/guardians, five teachers, and principal Leon Wheeler—produced the following drafts:

Winooski Graduate Expectations Drafts

Winooski Graduate Expectations, Version A:

Effective Oral and Written Communication
Critical Thinking and Problem Solving
Cross-Cultural Understanding and Community Engagement
Engaged Learning
Physical, Social, and Emotional Wellness*
Persistence*

Winooski Graduate Expectations, Version B:

Effective Oral and Written Communication
Critical Thinking and Problem Solving
Cross-Cultural Understanding and Community Engagement
Engaged Learning
Personal Health and Development*

***Bold items are different in the two versions. All other items are the same.**

Throughout April and continuing through the first week of May, these drafts are being shared widely with our community at more than 30 neighborhood learning conversations. The conversations are opportunities for the community to offer feedback on the Graduate Expectations drafts and envision ways in which students might work toward and demonstrate that they have met these expectations. Those who are unable to attend a neighborhood learning conversation are encouraged to fill out a feedback form at www.partnershipforchangevt.org by May 8th.

According to Superintendents Mary Lundeen and Jeanne Collins, the input of the community is essential as Winooski and Burlington redesign their schools for the 21st century.

"What our graduates need in order to build our collective future is everyone's charge," they said. "Please join us in shaping the hopes and dreams of our two communities."

Later this month, the teams from both Winooski and Burlington will come together to review the community's feedback and work toward final drafts of Graduate Expectations for each school. The final Graduate Expectations will then be piloted in some classrooms and programs at both WMHS and BHS during the 2013-2014 school year.

ANNOUNCEMENTS

21C After School Programs Funded Through 2018

By Barbara Russ

We recently received some very exciting news. In February we re-applied for our 21st Century Community Learning Center (21C) after school grant and on April 9th we learned that our after school grant will be renewed for five more years! With this funding, along with the support of the City of Winooski and Winooski School District, we will be able to continue offering high quality after school programs for the youth of Winooski through 2018.

We are so appreciative of our partners—Vermont Student Assistance Corporation GEAR UP Program, Vermont Youth Orchestra Association, and the City of Winooski. We received very positive comments by the grant readers acknowledging our strong partnerships and the collaborative approach we use to provide high quality programming for our youth.

Thank you to everyone in our community for your invaluable contributions, creative ideas, and outstanding and continued support of our youth over the past ten years.

Kindergarten Registration & Screening

Kindergarten registration and screening at John F. Kennedy Elementary School in Winooski, VT, will take place on Friday, May 10, and Monday, May 13. Children who will be five years of age prior to January 1, 2014, should attend this registration. Please call the J.F.K. school office at **655-0411** to make an appointment for one of the two days. You must bring your child's **birth certificate, updated immunization record** and his/her **Social Security number** to the screening.

Jump Rope for Heart Fundraiser A Success

By Dennis Barcomb

On Wednesday March 20th JFK School participated in its annual Jump Rope for Heart Event. All students were able to try many different types of jumps, and had a great heart workout. In addition many students raised money for the American Heart Association this year the school raised \$ 2852.25. The top fund raiser for the school was Kalob Still (\$290) with special mention to brothers Ethan and Thomas Piette who combined their efforts for \$307. A heartfelt thanks to all of the station leaders!



Dance-a-Thon Fundraiser Meets Its Goal

By Morgan Kelner, Winooski Dollars for Scholars Chair



The Winooski Dollars for Scholars Dance-a-Thon has now come and gone. We reached our goal of raising over \$1000.00 with a total, after expenses, of \$1135.00. Many local businesses and individuals generously gave Gift Certificates or donations including Sally's Flower Shop, Asian Bistro, Monkey House, Sneakers, Misery Loves Company, Our House, Papa Franks and Main Street Sports Cards.

We also greatly appreciate contributions from our musicians and for our sound equipment, including Advance Music, Dj Llu, Brian Gatch, Bret Kernoff and A2VT. We also thank everyone who showed up and danced, as well as people who could not attend, but gave us money donations, anyway. We rely on YOU, our community, to support us in providing scholarships to Winooski kids and would like your feedback for becoming a more viable organization.

We have new Winooski Dollars for Scholars board members who have great energy and ideas including Cathy Resmer and Elizabeth Stillwell. We now have a user friendly web site at winooskidollarsforscholars.org and a facebook page as well. We would like to branch out more to the business community to solicit support for our scholarship fund and would love your help. We are a small dedicated group of community and school individuals and would like to be a bigger, more effective organization in order to provide more scholarship money to hard working Winooski kids. Are you willing to give some of your time or energy to Winooski Dollars for Scholars? Please contact Cathy Resmer at 825-1099, Elizabeth Stillwell at 919-699-2961, Morgan Kelner at 655-4184 or Lisa Graves at 355-9996. Also middle school and high school students can contact Marc McQuinn at WHS to apply for scholarships for educational courses, conferences or camps. Thanks again to everyone who continue to support Dollars for Scholars. Your financial contribution is always welcome, even if you can not attend our events.

Congratulations, Nicole Laplante!

Winooski 6th grader Nicole Laplante found a bookmark advertising a poster contest through the State Treasurers office. She designed a poster based on the theme "How to Make Your Money Grow" and sent it in for the financial literacy contest.

Nicole's poster was selected among 60 middle school entries. She placed First Place and received a \$100 check! Congratulations, Nicole!



Honor Roll – Third Quarter: 2012-2013

HIGH SCHOOL

Seniors

High Honors

Dino Dzinic
Yen Canary Ly

Honors

Ashley Antoniak
Kaitlyn Callahan
Hala Mohammed
Brianna Robare
Isho Sadik

Juniors

High Honors

Indra Acharya
Cara Casier

Honors

Januka Acharya
Duc Dang
Luke Fountain
Ambika Mahat
Abdullahi Mayange
Serina Phuong

Sophomores

High Honors

Avah Eaton
Randall Knox
Michaela Metivier
Amanda Nattress
Nhung Nguyen

Honors

Aeman Aref
Conner Drown
Christopher Francis
Hasan Ko
Chanefer Nheb
Ran Pokwal
Hunter Robare
Samuel Treadwell
Victoria White
Ro Ze Yar

Freshmen

High Honors

Edmund Do
Hannah Little

Honors

Oo Mai Bi
Ra Mat Bi
Faiza Hassan
Taylor Langlais
Susmita Manger

MIDDLE SCHOOL

High Honors

Rui Chen
Riley Corrigan
Dante Dubose
Nicole Laplante
Marie Ly
Mariah Metivier
Tiffany Phuong

Honors

Bhadri Bhattarai
Cassandra Brosseau
Dhan Dhamala
Alexander Do
Tatum Duba
Faith Evans
Carol Fay
Jarod Fountain
Calvin Hayford
Ennis Horozovic
Som Khatiwada
Rebecca Lambert
Edward Lamson
Christina Larose Terry
Tasha Larose Terry
Kaitlenn Little
Brianna Moore
Dakota Morgan
Elli Nahimana
Lydia Nattress
Zeneth Nheb
Rizicki Numbe
Maryam Omar
Chanda Pringle
Hussein Sadik
Swastika Sharma
Kim Soukone
Destiny Syharaj
Olivia Treadwell
Holly Turner
Faith Villa
Rebecca White
Rachel Wilondje



Applications Still Being Accepted!

By John Woodward

Winooski High School/VYCC Spring Crew: Do you love to spend time outdoors? Do you love to work on a team and complete projects that matter and are rewarding? Do you want to learn more about growing, eating and celebrating delicious food?

Funded by a generous Community Connections grant from the Community Based Learning Implementation Team from the Partnership for Change, the Vermont Youth Conservation Corps is immediately offering this exciting six-week after school work based learning opportunity for WHS freshman through seniors. Applications are still being accepted through May 8th only!

Come join us for an incredible experience on our 400 acre property in Richmond!

Benefits include:

- Free 12 weeks of fresh farm vegetables plus pasture raised poultry!
- Earn academic credit towards graduation
- Grow, cook and celebrate food with a focus on nutrition and health
- Individual homework help and support
- Work hands on with your friends
- Have fun, work hard and get your hands dirty!

Please see Ms. Charron in the Guidance Office for an application.

Looking for a WHS Vintage Yearbook?

Vintage yearbooks from Winooski High School are available for the years listed below. For \$5.00 each, relive your high school days and/or prepare for class reunions.

For an additional \$2.50 we will ship! Please call or visit the LMC (802-383-6090) to take advantage of this offer.

Yearbooks available: 1992 through 1996, 1998 through 2003, 2005 through 2010 and 2012.

Summer Internships with Local Employers Available for Winooski and Burlington Teachers

By Lindsey Lathrop

Thanks to a mini-grant through the Partnership for Change, Navicate (formerly Linking Learning to Life) will be offering teachers at Winooski and Burlington the opportunity to intern local businesses in a field of the teacher's interest.

Teachers that have experienced these "externships" remarked they were one of the most meaningful professional development experiences they've ever had. They left with a plan on how to integrate what they learned in the internship into their classrooms and a new connection to the community.

Navicate is looking to support up to 5 teachers this summer and there may be an opportunity to earn a paid stipend and graduate credit.

If you are interested in this opportunity or would like more information, please contact Rich Tulikangas at Navicate - rich@navicate.org or (802) 951-8850. For more information on Navicate: www.navicate.org

SUMMER
INTERNSHIPS
FOR
TEACHERS

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

May is a busy time of the month here in the health office. We start preparing for the end of the school year and for some of you that means a lot of paperwork. If your child has an IHP, we will be mailing home current copies of them for you to review. If changes need to be made then feel free to contact us. If your student takes medications in the health office please be looking for a medication order form in the mail for you and the provider to sign. We must get a new order form signed every year.

IMMUNIZATIONS:

Kindergarten registration is May 10th and May 13th. There is a specific set of required immunizations that the kindergartner will need to start school. If the child is 4 years old we will be looking for up to date immunizations along with a note from the provider stating an appointment date for their 5 year vaccinations.

If your child is **5 years old**, we are looking for 5 doses of DTaP/DTP, 4 doses of Polio, 3 doses of Hepatitis B, 2 doses of MMR and 2 doses of Varicella or proof of disease. If your student does not have these vaccinations, then please call your child's provider to set up an appointment. They CANNOT start school without an up-to-date set of immunizations or a letter from the doctor with a future appointment date for the missing vaccine or an exemption form on file.

If you have a student who will be entering the **7th grade**, please remember that they will be in need of a tdap booster and possibly their 2nd varicella vaccine. Please call your child's doctor's office to set up an appointment. Our office fax is 383-6017, please ask your child's provider to fax us a copy.

IMMUNIZATION EXEMPTIONS:

These need to be signed yearly. You will get a letter in the mail over the summer explaining all the details.

Please remember with the warmer weather to keep your kids hydrated and as always sunscreen is recommended!

Tooth Tutor Update

By Diane Polson, RDH

Besides tooth decay, harmful habits or activities can damage your teeth. Don't use your teeth to: cut things, hold onto pens/pencils, bite fingernails, crack nuts, crunch ice or popcorn kernels, or open bottles or hairpins. Need dental assistance? See me in the Health Office or call 383-6094.

Remember to FLOSS, Brush, and see your favorite dentist regularly. And if you have any dental concerns, please don't hesitate to contact me at 383-6094.

JFK ELEMENTARY NEWS

May Report from JFK

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

May has some wonderful events coming up. The week of May 20-24 will feature the Spring into the Arts! celebration. Please look for the colorful fliers that have been distributed around town. Also, there are many volunteer opportunities if you are interested: Volunteers are needed to tag and hang art at the Winooski Welcome Center. This work would be done Saturday, May 18 through Monday, May 20.

Help is needed hanging hope flags here at school. This work would be done on Friday, May 17th. Are you interested in staffing a refreshment table on Tuesday, May 21st from 6:00p.m.-7:00p.m.? Let us know, we will sign you up!! How about helping to set up bowls and soup in the cafeteria on Thursday, May 23rd? There is a new bulletin board in the hallway opposite the JFK office. If you would like to help, please come up to school and sign up.

Kindergarten registration is being held May 10th and 13th. If you have a child who will be five years old by December 31, 2013, you may register him/her for school this fall. Please call the school office (655-0411) for that appointment. You will need to bring a copy of your child's birth certificate, social security card, and immunization record to the appointment.

This year, students at JFK Elementary will participate in the Memorial Day Parade. A group of dedicated students has organized their part in event, which will take place on Saturday, May 25th. Kudos to all for taking the initiative to organize this great event. As the parade date gets closer, more details will be available.

Last Community Reads Event for School Year Held April 5th

Jeopardy! Community Reads was a huge success. It was held on April 5th and was sponsored by the PACTS Committee. We had about 80 students/parents gather together in the Winooski School Library to play Jeopardy! Questions and game format were developed by JFK parent, James Piette. Children and parents were put on 6 different teams and answered questions relating to math, literacy, and geography. Free books were given to every student who attended and everyone enjoyed pizza and juice afterwards. We will continue to have more "Community Reads" events in the fall. Thank you to everyone who attended and thank you again to PACTS for sponsoring this wonderful event!





Line Dancing

by Mag Thomas

“Do the Hustle” was one of the songs that could be heard last Thursday afternoon at JFK. Line Dancing is a new program that is being offered this session. Mr. Willette and a group of students are enjoying the music and the dancing. The students are learning a variety of dances, such as the Macarena, Amos Moses, Japanese Sandman, the Electric Slide, and Cotton Eyed Joe. The group will also be able to create a new group line dance. Here is what some of the students are saying ...

“Cotton Eyed Joe and the Electric Slide are my favorite dances.”

“It is fun because of the songs and dances we learn.”

“It is really fun! The dances get easier because you are able to memorize the routines. Amos Moses and the Macarena are my favorite dances.”

“I like the dancing and being able to hang out with my old teacher, Mr. Willette. My favorite dance is the Electric Slide.”

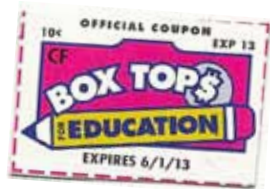
Spartan Merchandise Available!

Spartan clothing (sweatshirts, t-shirts, hats) as well as blankets, stickers, and stadium seats is all available for purchase on the school website (www.wsdschools.org) or by calling Cindy Robare at 655-0433. Payment is due at time of delivery. We have a nice selection of items available, so call today!

You Can Help!

The PTO is continuing to collect Box Tops this year. Please save them and bring them to school. Your child's teacher can send them to the office for collection.

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



WINOOSKI SCHOOL DISTRICT
Monday, May 20–Friday, May 24

Monday, May 20, Showcase Kick-off Event,
 Winooski Welcome Center
 Student art and live performances, 4–6PM

Tuesday, May 21, Middle/High School Musical Performance,
 Winooski Performing Arts Center
 Light refreshments to be served, 6:30–7PM
 Musical performance begins at 7PM

Thursday, May 23, Empty Bowls Dinner and Elementary School
 Musical Performance, JFK Cafeteria and Winooski Performing
 Arts Center
 Empty Bowls Dinner, 5–6:30PM
 (Empty Bowls is an international project to fight world hunger.
 Donations to the Winooski Food Shelf are welcome.)
 Musical performance begins at 6:30PM

Throughout the week student art will be on display in the Winooski
 Welcome Center. All are invited to attend!

Funding for Winooski Spring into the Arts has been provided by grants from
 the VT-NEA and the Partnership for Change.

Photo courtesy of Fumiki Suzuki

You are invited...

To Spring Into the Arts 2013!

A week of art and music highlighting Winooski students' artistic achievements in the community.

Winooski welcomes Spring into the Arts week, which will be debuting on May 20 at the Welcome Center on the traffic circle. In addition to the activities described on the poster above, JFK students will be learning the art of hip-hop during the first half of May.

Thanks to funding by the Partnership for Change, Rajnii Eddins, a local hip-hop artist, will be working with students in grades four and five to create their own hip-hop pieces. A few of these finished pieces will be performed at the May 20 event on 4:00 p.m. at the Winooski Welcome Center. Free parking is available in the parking garage just off the roundabout.

A special thanks goes to JFK Elementary School music teacher, Danielle Koplinka-Loehr, for her efforts to bring Rajnii Eddins to Winooski.

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Celebrate What's Right

By Leon Wheeler, Middle/High School Principal

"This school is really getting better. The students are improving in skills." This was a comment made by a high school student to reading specialist Donna Issenberg last month.

National Geographic photographer Dewitt Jones created a powerful and inspirational video a few years ago entitled "Celebrating What's Right With the World." His message conveyed visually and through his words, was simple. The ordinary, day-to-day events of our lives are filled with extraordinary moments and experiences. Like a good photographer, we need to simply open our minds and hearts to see and celebrate the beautiful in the midst of the mundane. So often we focus on what's wrong, and in the process we pass on by the amazing, the wonder-filled moments. He compels us: Look for good, and celebrate what's right with our world.

There is something special, something potentially profound in the richly diverse colors, religions, traditions, and life experiences that abound in our small city, as well as in our community school. It feels as though this gift, which is really unique, in Vermont at least, to Winooski. What a gift! Wouldn't it be tremendous to capture and celebrate what's right in our community. It's exciting that one of our students sees something good happening here in the middle/high school: "This school is really getting better."

As May unfolds there will be several additional school celebrations that will affirm beauty, creativity, and hope in our youth. Be sure to join "Spring Into the Arts," a celebration of K-12 student creativity through the visual and performing arts. Flyers were sent home at our Open House, and further information is available in this newsletter. Have a great month of May!

Technology Update

by Drew Blanchard, Technology Integration Specialist

For the 2013-14 school year, middle school teachers have selected iPads as the best (and most cost effective) device to use in our ongoing 1-to-1 computing initiative. This is a change from the original proposal, which would have provided laptops for only one grade level next year. By selecting iPads, all students in grades 6-8 will be able to work with a new device. This allows the district to replace the aging Netbooks in the middle school - devices which have effectively reached the end of their useful lifespan.

Integrating iPads into the classroom environment poses additional challenges to students, teachers and administrators. To help facilitate this work, middle school teachers will receive an iPad by early/mid May, so they can begin professional development in the effective use of these new devices. The Middle Grades Institute, a week-long collaboration and planning session held June 24-28, will allow for more intensive work in this area. Next fall, as with the 9th and 10th grade laptops this year, students and parents

will be deeply involved in creating some of the rules, guidelines and policies for using the iPads.

Next year's freshman class will again receive Apple laptops - this time in the form of an 11" MacBook Air. These smaller, lighter laptops still provide the power and flexibility demanded by the high school teachers, but at a cost savings of \$200 per computer. This will officially make all grades 6-11 a 1-to-1 computing environment. This will also eliminate the need to keep some devices in mobile computing carts or other areas of the school, freeing up devices for next year's senior class.

Discussions about what to do with the 9th and 10th graders' laptops over the summer break are under way. As before, much of this work is being undertaken by the students themselves. Parent voices will soon be needed for this conversation; as with the regular school year, parents have final say in whether the device used by their child can be brought home. When a laptop or other device comes into



VKAT Encourages Smoke-Free Cars

By Cheryl Bean Brosnan, Guidance Counselor, Winooski Middle School

The Vermont Kids Against Tobacco is urging you to keep your cars smoke free for your children's health. Jazmyrn Farlow is one of the VKAT'ers who created our fake cigarette to remind all smokers that smoking is not allowed on school property, even in your cars. If you would like assistance in quitting please see Cheryl Brosnan, ext. 6107 or Danielle Jatlow, ext. 6093.

the home, parents make the rules for how, when and where they can be used.

Other school districts in Vermont are struggling with with the issue of what to do with 1-to-1 computing devices over the summer months, and there is no clear consensus. Some districts view the summer as an ideal opportunity to perform maintenance, repairs and updates on the computers. Others see the power of allowing students to truly feel ownership of (and responsibility for) their laptops over the summer - provided there are ways for students to receive help if needed. Here in Winooski, students are administrators of their own laptops, and are responsible for performing all routine maintenance and updates on their computers throughout the school year.

Having students return their laptops in June was not the original intent of our 1-to-1 computing initiative's plan, but we also see the need to address parental concerns and technical realities. A decision on this will issue will be presented in the next newsletter.

WHS Teacher Courtney Poquette Wins Leavey Award for Excellence

Winooski High School teacher Courtney Poquette was one of ten educators from schools throughout the United States presented with the 36th Annual Leavey Awards for Excellence in Private Enterprise Education from the Freedoms Foundation at Valley Forge during a gala awards dinner in Philadelphia on Friday, April 5, 2013.

Ms. Poquette, a Business Education teacher at Winooski High School, received this honor for her "Small Business to the Big Apple" program. Courtney's program has been built around student engagement and relevance.

Revenues generated by sales at the student-run School Store partially fund a bi-annual NYC trip, and its growth and management is embedded in every piece of the curriculum that she teaches. Students accept ownership and manage every aspect of the store. They have expanded by creating commercials, infomercials and last year, a music video about the School Store. Congratulations!

Winooski High School Core Support Afterschool Programs

By Barbara Russ

Spread the news! High school teachers are available to work with students afterschool during our last afterschool session of the school year. Session 5 runs from April 29th-May 31st and the core support schedule is as follows. We hope to see students there!

Tuesdays (3-4pm)

- Math Core Support with Mrs. Mellen in Room 210
- Technology Time Core Support with Ms. Poquette in Room 204
- Science Core Support with Ms. Bundy in Room 218
- Spanish & READ 180 Core Support with Ms. Basille in Room 121

Thursdays (3-4pm)

- French and READ 180 Core Support with Ms. Saffo in Room 121
- Math Core Support with Ms. Clark in Room 207

Band Notes

By Randy Argraves

Are you ready for another All State Parade right here in Winooski? Well the Spartan Marching Band is too.

Wednesday, May 8th is going to a busy day here in town. If you miss the All State Parade, you can still watch us march in the Winooski Memorial Day Parade on **Saturday, May 25** at noon.

On a different note, all band and orchestra students gave Tyler Mast, our student teacher for the past twelve weeks, a farewell party and thanked him for all the wonderful work he did with the students. He will be missed.

Here is the updated list of band and orchestra events for the rest of the year.

- | | |
|---------------------------|---|
| • All State Parade | Wednesday, May 8 at 6 PM in Winooski |
| • Showcase Kick-off Event | Monday, May 20 4 – 6 PM Welcome Center |
| • MS/HS Pops Concert | Tuesday, May 21 at 7 PM in PAC |
| • JFK Concert | Thursday, May 23 at 6 PM in PAC |
| • Memorial Day Parade | Saturday, May 25 at Noon in parking lot |



WHS French Students Learn about French Easter Traditions

By Veronica Saffo

As the snow melts away, the trees and flowers start to bud, many of our students at WHS anticipate the traditional arrival of the Easter Bunny. If you ask most American students what the symbol of Easter is, they will identify the Easter Bunny. Did you know that the most prevalent symbol of Easter in France is the "flying bells"? The predominant religion in France is Roman-Catholic (85%). No city, village or town is without a church. Many of them date back to the twelfth century or before. Most churches have a bell, which is rung joyfully throughout the year marking various events and the passage of time. On the Thursday before Good Friday, all church bells in France are silenced in acknowledgement of Jesus' death. In fun, children are told that the bell's chimes have flown to Rome to see the Pope. Easter morning, the bells ring out once again in celebration of the Resurrection, declaring that Jesus is alive again. In some villages, people kiss and embrace one another when they hear the bells ring. The French classes at WHS learned about these cultural celebrations, considering their similarities and differences. The Vatican's selection of a new Pope made this discussion even more meaningful.



Part of this lesson focused on the Easter Bunny and how it was introduced to the American culture. We learned that its origins are from Germany. France has also adopted this additional symbol of Easter. In light of this cultural transition, the students participated in a "Lapin de Pâques" contest. Given a pile of miscellaneous recycled goods, they were given one class period to produce the "best" Easter Bunny or Lapin de Pâques and a written French description. Chocolate bunnies were offered as prizes for the top three in each class - the students' motivation was notable! However, every one of the entries were creative and received recognition.



Tournament Competitors (L to R): Shaun Sylvestre, Estevan Alvarez, Bishal Bista (foreground), Sean Angell, Corbin Lawrence, Evan Eaton, Hem Bista, and Bradley Senna.

The Afterschool JiuJitsu Club Finishes Strong

By Nancy Keller

Members of Winooski Middle/High School's 21C Afterschool JiuJitsu Club finished as champions last Saturday, April 13, at the Vermont Open Grappling Tournament held at Winooski Educational Center. The Vermont Open is a major competition that attracts youth and adult martial artists from across New England and Quebec. Since March students have been learning and practicing JiuJitsu with Sensei David Quinlan of Martial Way Self-Defense Center in preparation for this tournament. Each week over a dozen excited middle and high school students gathered in the cafeteria and honed their martial arts skills by performing take-downs, passes, sweeps, and guard and mount positions. Seven students from the Club chose to enter the competition, all finishing with a medal. Bradley Senna and Estevan Alvarez finished first in their divisions. Bishal Bista, Corbin Lawrence, and Evan Eaton finished second, and Sean Angell and Shaun Sylvestre finished third. JiuJitsu Club member, Rainbow Chen, helped out as a scorekeeper—working over four hours to carefully record the points in each match! Congratulations to all for a job well done! Mark your calendars for next Vermont Open, to be held in November 2013!

What is the Purpose of Physical Education?

Physical Education teacher Sue Messier asked her students to write an essay answering the title question above. Here are two student's submissions.

By Christina Dang

The purpose of physical education class is to push students to be the best that they can be. There is a majority of people in high school who don't play sports, or aren't involved in any physical activity. P.E. lets students in on any physical activities and has them be active to have a well-rounded mind and body. Your body must be in the same shape or form. P.E. is not graded on how you physically perform, rather, it is graded on effort. The class motivates you to strive to be your personal best. The "habit" is key on being successful in life; it shows you that achieving "just enough" won't get you there.

The benefits you get by participating in physical activity and weight lifting are, of course, being active and having the knowledge about lifting so you can carry it on through life. It shows you how to keep your body in shape without paying hundreds of dollars for a trainer. It is an essential for a high school to have some physical activity to be healthy. It is better than sitting in class and learning about being physical when you are physically doing it.

When you look in magazines and see all these beautiful thin and healthy people do you ever think, "If only I was like them?" Well these people know how to take care of themselves physically and mentally. They all went through Physical Education in high school, and the purpose of PE is to learn how to take care of your body.

Not all people can be model thin, but everyone can get in shape. PE teaches you how to get fit through common activities. For example, when you go to the gym with your friends you can thank PE for teaching you how to use the machines properly. You can also thank PE for when you are in the office and you don't want to do anything, but you pick up a pen anyways. PE teaches you to become mentally tough and push you through anything. The purpose of PE is to give you fundamentals of fitness, so you can feel good about your reflection. It is also a life coach to help you to push through anything that is thrown at you, even the last lap of the pacer.

PE is very beneficial to anyone who participates and concentrates. PE can teach you how to work out on your own time, so you can be summer ready. PE can also teach you how to play fun game, such as volleyball or team handball. PE is beneficial to those how participate, because it also teaches you how to weight lift safely so you don't look dumb at the local gym. Overall, PE is beneficial because it can broaden your social and physical horizons.

By Hunter Robare

There are many purposes of Physical Education class. One purpose is so that students are getting the exercise they need. Another purpose is so that the teacher can see how healthy students are. It is very important for students to be healthy so that they can live a longer life. Physical Education class also reminds students how important it is to exercise and eat healthy. For example, I learned about how important it is to be healthy, so now I eat better and also exercise a lot more.

There are many benefits from participating in physical activity and weight lifting. One benefit of participating is that you become more healthy and active. You are able to learn techniques that help you stay in shape. Not only do you become more physically stronger, but also you become more mentally stronger. For example, by participating in physical activity and weight training you encounter challenges that you have to overcome. Although they may be hard, if you try your best you will learn how to overcome them. This can also help you overcome other challenges in life because you have learned to never give up and to keep moving forward. Another benefit is learning how to work as a team with others. Some activities may include challenges that require teamwork. For example, in flag football we learned how teamwork leads to success. Participating in physical activity and weight training will help lead to a healthy life.



From left to right (front row): Jeetan Khadka, Duc Dang (kneeling), Jody Boles, Ali Omar, Emma Galvin. On sofa: Indra Acharya, Fardosa Ibrahim, Annika Freudenberger, Kaite Massell, Nhung Nguyen. Standing in rear: Fabiola Mujomba, Jacques Okuka.

A Trip to an Independent Future

By Duc Dang

The 21st century world is more complicated than the last century. In the 1990's, a high school diploma could get anyone a good job and reasonable salary. With the idea of this new world in mind, a group of sixteen students and teachers from Winooski and Burlington High Schools, representing the Partnership For Change, headed to Providence Rhode Island to visit Metropolitan Regional and Technical Center (MET) in early April.

It was a wonderful trip. Everyone was full of passion, enthusiasm,

and many questions. Some wanted to see how MET students used their technology systems. Some wanted to learn about the international students. Others wanted to see how the students work with teachers. Everyone had only one goal: To learn something to help develop their school systems in Vermont. This trip was about learning about partnerships between schools and students.

MET co-director Nancy Diaz-Bain welcomed them, then the visitors split up into small groups. The MET students impressed them with their convenient and flexible working environment.

The teachers in MET are called advisors, and one advisor takes care of fifteen to twenty students. Joe, one of the advisors said: "Some students might not like each other, but they learn to deal because they have to stick together for four years."

The Vermont visitors were impressed with the close connection of advisors and students, the flexible schedule, the independent working environment, and the stories of successful students. Students in the MET only go to school for two or three days a week! They study math, literature, and science. They work on their internships, use professional skills, or learn about careers.

Lizeal Valdez, a MET junior, wants to be a FBI officer so she focuses on criminal justice, self-defense, fingerprinting, shooting, and paperwork. Jeira Titin has been successful in business by selling baked goods and a low-fat cupcake brand. She has made thousands of dollars.

In the MET, students learn about technology and develop confidence and independence. The 21st century world will require things like this. Today, more than 80 schools follow the MET model and bring new independence and flexibility to high school education.

ELL Teacher Bill Clark's note: Duc Dang came to the United States from Vietnam in 2012 and entered the junior class at Winooski High School. He wrote this essay for his Reading and Composition class.

Guidance News

By Emmy Charron, High School Guidance Counselor

May calendar items are listed below. Feel free to call me at 802-383-6099 with questions!

- **May 2nd:** Last day to register for the June 1st SAT's
- **May 3rd:** Last day to register for the June 8th ACT's
- **May 4th:** SAT test date
- **May 16th:** AP World History exam



Team Lotus Gives Back

By Steve Hauke

Team Lotus has been volunteering at Bike Recycle Vermont as part of their community outreach portion of their curriculum.

BRV is a non-profit organization that accepts donated bicycles in all conditions. With the help of dedicated volunteers like our Lotus students, they refurbish the bikes and sell them to low-income Vermonters. This service provides access to affordable, sustainable transportation to customers thus improving their lives and giving them a greater sense of independence.

While providing a community service to BRV the students have learned much the work as well. They have learned all kinds bike mechanic skills, job responsibility, and the benefits of recycling. To show their appreciation to the staff at BRV Team Lotus held a bake sale to raise money for the organization. They raised over 100 dollars and presented it to them. If others are interested in volunteering, donating time or money, or in need of a bike they can stop by the shop at 664 Riverside Avenue Burlington, VT or check them out at www.localmotion.org/programs/bikerecycle.

Prom Scheduled for Sunday, May 26

By Christina Lauterbach

Save the date! Prom will take place at the Sheraton in South Burlington from 8-12 pm on Sunday, May 26th. Tickets are \$35/single and \$55/couple. This year's theme is "Lights, Camera, Prom." Non-Winooski student guests are welcome but will require special permission and Ms. Greene is the contact person for permission slips. She can be reached at 802-655-3530.

COMMUNITY NEWS



City Council Update

By Seth Leonard

March 5th and Town Meeting Day now feel like they were a long time ago! I cannot express enough gratitude for everyone who came out and participated in Town Meeting Day – and really appreciate the support of the community. The opportunity to serve the citizens of Winooski is truly an honor, and I look forward to engaging each of you on the issues that impact us all. There is no item too small or large to express your view on – so please always feel free to contact me regarding anything that comes to mind. The city’s website www.winooski.org continues to develop as an improved mechanism for tracking what is going on in around the city, and also posts contact information for city staff and your elected representatives. You can reach me at sleonard@winooski.org – or by phone at 919-616-0276 or 802-652-3424.

In my first two meetings with the council, we have addressed a number of items that are easy to overlook but very important. First, we have spent a great deal of time ironing out how meetings are conducted and the role of a City Counselor in municipal operations – something that will pay dividends for years to come. In our second meeting, we took an initial look at the Municipal Water Budget (the Council serves as the Water Commission). The proposed budget includes no rate increases for Winooski residents, and also takes a number of steps towards the modernization of our water infrastructure. We also reviewed the accounting and management of the TIF (Tax Incremental Funding) district that funded the construction of our downtown. Last but certainly not least, we are very happy to welcome the Girls Basketball Division III State Champions signs to each entrance of town!

One of the easiest things to overlook in a community (I certainly have at times) is the tremendous amount of work being done by city staff on a daily basis. At each turn, on each topic, I am consistently impressed by the thoughtfulness, and hard work of our staff. We have a number of critical challenges and opportunities ahead of us, but we certainly have the human resources in place to accomplish great things.

Please Join Us For Green Up Day!

By Ali Kenney, Winooski Environmental Board

Green Up Day is approaching quickly! Your Winooski Environmental Board is working hard to create a great event to help our city look beautiful.

Come gather at the Block Gallery at 9 am on Saturday, May 4. Bring friends, family, neighbors, gloves and energy. We’ll split out into different areas of the city that need extra cleanup love or to any area of your choice.

We’ll supply the trash bags and trash pickup and the Block Gallery will supply the coffee to get us going.

We’ll finish up by lunch time so that you can enjoy the rest of your Saturday feeling good about yourself and your city.

Questions? Email winooskieboard@gmail.com.

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

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

Join us May 15 for a Community Dinner!

By Kate Nugent, WCSPC

The dinner will showcase our amazing preschool art created by our own Winooski Family Center! Food is served at 5:30 and will be catered by Fresh Food.

Everyone is welcome. We ask that you please accompany children under 16.

If you are a senior and need transportation, please contact us.

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.

Volunteers Needed for Farmers Market

By Laura Brown, Purple Shutter Herbs

Did you know that Vermont is the Best State to Eat Local? [<http://www.takepart.com/article/2013/04/09/vermont-leads-nation-local-food>] One of the reasons is the wonderful farmers markets held throughout the state. We, in Winooski, are fortunate to have one of the best! This season the market will run from June 9 – October 21: that’s 20 weeks filled with great foods, community, musical entertainment & a new children’s activity club. We are looking for volunteers to assist the market manager. Any amount of time would be appreciated. If interested, please contact Lotty by e-mail: winooskimarket@gmail.com

City Website Being Updated

Thanks for your patience and feedback on our new site at www.winooski.org! The site remains under construction in places, and we appreciate your patience.

Please feel free to contact Jessica Groeling (jgroeling@winooski.org) with any feedback on how to make the site better.

Free Online Classes

Universal Class offers hundreds of classes on a huge range of topics including business, psychology, writing, mathematics, law, and many more. Visit the Winooski library online at winooski.org for more information.

Registration Open for Summer Youth Program: Info Session on May 20

By Ethan Hausmann

Registrations are now being accepted for the City of Winooski's 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.vt.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 also available online.

There will be a Summer Program informational session at the O'Brien Community Center on Monday, May 20th. Program leaders, Home-School Liaisons, and Child Care Resource staff will be on hand to answer questions, assist with Vermont childcare subsidy applications, and explain and distribute forms. Families seeking reduced rates will need to apply for childcare subsidy in order to be eligible for sliding-scale fees, so this is a great opportunity for parents to learn more about subsidy eligibility guidelines and start an application. This drop-in event is open to all families, and interpreters will be available to help non-English speakers with forms. Parents or guardians who are looking for more information about the program, wish to register a child, or want to pursue Vermont childcare subsidy to avoid session fees are encouraged to stop by from 5:00-7:30PM on May 20.

The Summer Youth Enrichment Program is running seven, one-week sessions from June 24th – Aug 9th, with registration open to kids who have just completed grades K-5. The licensed program will run from 8AM to 3PM each day-- except during July 8-19, when the Summer Program will run only in the afternoons because students can attend Brain Camp in the mornings -- and both breakfast and lunch are provided daily through the Summer Food Program. In a change this year to better meet families' needs, any children enrolled in the Program can stay late under staff supervision—at no additional charge—to be picked up by 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.vt.org) or stop by the info session at the Community Center during the evening of Monday, May 20th.



Winooski Senior Center May Calendar of Events

Meagan Gilmore, Senior Center Director

- **11:30 a.m. Tuesday, May 7th** we'll have our monthly meeting. There will be soup and sandwiches for lunch at 11:30 a.m.. Allen Lampson will be here from the Fletcher Allen Hospital Resource Center to talk about how the resource center can help you. Amanda Perry the Winooski Librarian will be here to get sign-ups for a new book club! We will then finish up with our monthly business meeting. If you'd like to join us please call us at 655-6425.
- **Mondays from 11:00-12:00** we'll have drop-in computer training. We have a volunteer to help you with basic computer questions
- **Mondays at 1:00 p.m.** we have Easy Does It Line Dancing! Come dance with us!
- **Wednesdays from 10:45-12:00** Wii Summer Bowling League
- **Every Thursday** we have lunch and bingo! Lunch is at 11:30 a.m. and reservations are required and bingo starts around 12:30 p.m.. Come join the fun!
- **Fridays at 10:30 a.m.** we have a card group. We have cribbage, skip-bo and Phase 10. Come join us on Friday.
- **Wednesday June 12th** we'll have another AARP Driver Safety Program. The class is from 9:00-2:00 at the Senior Center. Please call us at 655-6425 to reserve your spot and to learn more about the class and fees.

Enjoy the sunshine and May flowers and we hope to see you at the Senior Center!

Thank You Winooski Volunteers!

City of Winooski's Community Service Department held its first annual Volunteer Celebration on April 22nd at the O'Brien Community Center. We want to say thank you again to all of our wonderful volunteers who donate their time with the Senior Center, the Community Gardens, the Library, and Youth Programs. Our volunteers have put in well over 1,000 hours since August 2012 volunteering at a variety of programs including bringing meals to homebound Winooski residents, tutoring youth, and giving lessons on composting. Your work means a lot to us and the people we serve!

We would also like to recognize this year's outstanding volunteers:

- **Glenna Myers** – Senior Center
- **Katie Crowley** – Teen Center Meals
- **Caitlin Corless** – Teen Center Homework Help
- **Holly Creeks** – Community Gardens

If you are interested in the volunteer opportunities available through the Community Services Department, please contact Alaina Wermers at vista@winooski.vt.org or visit our website at winooski.vt.org.

Need Help Quitting Smoking?

By Kate Nugent

The Winooski Coalition wants to know if you knew that Winooski residents have free access to in-person quitting tobacco classes? On Wednesdays, from 3:30 pm until 4:30 pm at the University Health Center, Given WEST Clinic, 1 South Prospect Street, Burlington, VT. This is a great way to connect with others who are also trying to quit with help from experienced counselors. Call to register ahead 802-847-2278 for these free, four-week group sessions that provide free patches, gum, or lozenges (\$200 value) and assistance from a Tobacco Treatment Specialist.



THE UNDERGROUND

Teen Center News

With the change in seasons also comes changes at the Winooski Teen Center! We will be changing our Friday night drop-in hours, effective April 12, from 7pm-11pm, due to no longer having access to the adjacent gym for basketball. We will continue to offer computers, billiards, movies, pinball, video games, and more!

The Winooski Teen Center will be holding an outdoor 3v3 Basketball Tournament on Saturday, May 18, beginning at 10am. To sign up a team or for more information, please talk to Todd or Sarah at the O'Brien Center or e-mail americorpstwo@winooski.vt.org.

Paid internships will be offered this summer to high school students, with applications being available the week of April 29th and interviews taking place in mid-May. The Teen Center directors will be attending the Job Fair at Winooski High School as well as reaching out to students during lunch to spread the word. Internships are a great opportunity for teens to obtain new skills as well as earn their own money. Apply today!

Legislative Update

Editor's Note: We hope to make this column a regular feature in this newsletter. Thank you, Clem, for providing a brief glimpse into the projects you are working on now. Readers can reach our representatives at the following email addresses:

George Cross: gccrossvt@hotmail.com | **Clem Bissonnette:** clembi@comcast.net

By Clem Bissonnette

I sit on the House Transportation committee. We have been working on miscellaneous transportation laws and programs recently. Last week we passed out of committee an updated bill banning texting while driving. This should send a strong message: anyone caught texting will receive 5 points on their license plus pay a fine. The bill still has to be voted on in the full house and the Senate. This is concerning work zones and the bill would go into effect in January of 2014 to give the Department of Motor Vehicles time to educate the public. We also will be taking testimony on the question of immigrant driver's cards and will be taking testimony from farmers from Addison County. We are expected to adjourn by the 2nd weekend in May.

April Taste Tests Allow Students to Try New Foods

By Aurie Ben-Ezri-Ravin, Farm-to-School Educator, Green Mountain Farm-to-School



On Tuesday, April 9, 2013, Winooski School District, the Abbey Group, and Green Mountain Farm-to-School teamed up for a taste-testing event in the cafeteria, featuring April's Harvest of the Month: parsnips! Parsnips are a white root vegetable that are high in fiber, potassium, and other trace minerals; many of the students not only had never seen a parsnip, some of them had never even heard of it! So we prepared chili-spiced parsnip fries as a tasty introduction to this sweet, winter-hardy cousin to the carrot.

All students in the cafeteria were offered the opportunity to try the parsnip fries; approximately 325 tasting portions were served. Each table was given a feedback



survey to complete, and we received feedback from a total of 170 students. 56% of students self-reported that they "liked" or "sort of liked" the fries, while 44% of students said they "didn't like" them.

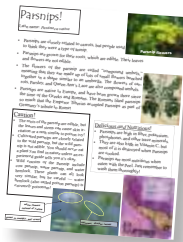
Many thanks go out to the Abbey Group's cafeteria staff for their flexibility and enthusiasm, without which this wouldn't have been possible. Tuesday's taste-test event was a fantastic first run, and we look forward to many more!



Interesting Facts Students Were Told About Parsnips!

Latin name: *Pastinaca sativa*

- Parsnips are closely related to carrots, but people used to think they were a type of turnip.
- Parsnips are grown for their roots, which are edible. Their leaves and flowers are not edible.
- The flowers of the parsnip are called "compound umbels," meaning that they are made up of lots of small flowers bunched together in a shape similar to an umbrella. The flowers of car-rots, parsley, and Queen Ann's Lace are also compound umbels.
- Parsnips are native to Europe, and have been grown there since the time of the Greeks and Romans. The Romans liked parsnips so much that the Emperor Tiberias accepted parsnips as part of Germany's tribute to Rome!



Delicious and Nutritious!

- Parsnips are high in fiber, potassium, phosphorus, and other trace minerals.
- They are also high in Vitamin C, but most of it is destroyed when parsnips are cooked.
- They are also high in Vitamin C, but most of it is destroyed when parsnips are cooked.
- Parsnips are most nutritious when eaten with the peel. Just remember to wash them thoroughly!

A Few Words of Caution!

- The roots of the parsnip are edible, but the leaves and stems can cause skin irritation or a rash similar to poison ivy!
- Cultivated parsnips are closely related to the wild parsnip, but the wild parsnip is not edible. You should never eat a plant you find in nature unless an experienced guide tells you it's okay.
- Wild cousins of the parsnip include cow parsnip, water parsnip, and water hemlock. These plants can all look very similar, but be careful — water hemlock (also called poison parsnip) is extremely poisonous!

YMCA Summer Camps

Y Summer Mini Camp
Week – WINOOSKI (Ages
5 – 12)

This camp will provide kids with a week of fun including swimming at Myers pool, arts and crafts, and a field trip! You must sign up for the full week, Monday, June 17 – Friday, June 21 8:00 am – 5:00 pm. Fee is \$175 per child.



ELEMENTARY SCHOOL LUNCH MENU — MAY

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

AVAILABLE DAILY

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

PRICES:

Breakfast
Regular \$0.85
Reduced \$FREE
Adult \$1.75

Lunch
Regular \$1.75
Reduced \$0.40
Adult \$3.25

Beverages
Milk \$0.50
Juice \$0.50

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

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

Mon., May 6	Tues., May 7	Wed., May 8	Thurs., May 9	Fri., May 10
<p>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.</p> <p>http://www.abbeygroup.net/careers.php</p>	<p>PLEASE NOTE: Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.</p>	<p>Wed., May 1 Homemade Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Chopped Green Salad Taste Test Sweet Spinach Salad Fresh Fruit Fresh Milk</p>	<p>Thurs., May 2 Taco Bar w/ The Works Seasoned Taco Meat, Mozz, Cheese, Lettuce, Salsa, Sour Cream & Soft Flour Tortilla Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Rainbow Slaw Fresh Fruit Fresh Milk</p>	<p>Fri., May 3 Hot Turkey Sandwich w/ Gravy Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Mashed Potato Steamed Broccoli Fresh Fruit Fresh Milk</p>
<p>Mon., May 13 Chicken Patty Sandwich Lettuce, Tomato & Cheese Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Warm Black Beans Steamed Corn Fresh Fruit Fresh Milk</p>	<p>Tues., May 14 Macaroni & Cheese Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Spinach Salad w/ Apples & Maple Vinaigrette Cornbread Oatmeal Cookies Fresh Fruit Fresh Milk</p>	<p>Wed., May 15 Early Dismissal 6-12 Homemade Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Side Caesar Salad Fresh Carrot Sticks Hummus Dip Fresh Fruit Fresh Milk</p>	<p>Thurs., May 16 Sloppy Juice Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Roasted Sweet Potato Wedges Broccoli Slaw Fresh Fruit Fresh Milk</p>	<p>Fri., May 17 Waffle Sticks w/ Warm Syrup Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Sausage Links Sweet & White Home Fries Green Pepper Strips Fresh Fruit Fresh Milk</p>
<p>Mon., May 20 Dress Your Own Hot Dog On a Bun Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Roasted Potato Wedges Baked Beans Fresh Fruit Fresh Milk</p>	<p>Tues., May 21 Mini Sea Shell Pasta w/Cheese Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Steamed Carrots Garlic Bread Stick Chocolate Chip Cookie Bar Fresh Fruit Fresh Milk</p>	<p>Wed., May 22 Delayed Start K-5 Homemade Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Spinach Salad w/ Apples & Maple Vinaigrette Fresh Fruit Fresh Milk</p>	<p>Thurs., May 23 Taco Bar w/ The Works Seasoned Taco Meat, Cheese, Salsa, & Soft Flour Tortilla Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Rainbow Slaw Fresh Fruit Fresh Milk</p>	<p>Fri., May 24 Senior Expo Early Dismissal 6-12 Grilled Chicken Patty Sandwich Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Carrot Sticks Teddy Grahams Fresh Fruit Fresh Milk</p>
<p>Mon., May 27 No School</p>	<p>Tues., May 28 Chicken Nuggets w/Dipping Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Roasted Sweet Potato Wedges Baked Beans Dinner Roll Fresh Fruit Fresh Milk</p>	<p>Wed., May 29 Cheesy Breadsticks Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Hearty Chicken Noodle Soup Marinara Dipping Sauce Garden Slaw Fresh Fruit Fresh Milk</p>	<p>Thurs., May 30 Nachos Supreme Seasoned Taco Meat, Cheese, Salsa, & Corn Tortilla Chips Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Warm Black Beans Steamed Corn Fresh Fruit Fresh Milk</p>	<p>Fri., May 31 Chicken Caesar Salad Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Garlic Bread Stick Chilled Fruit Cup Happy Birthday Beetnick Cake Fresh Fruit Fresh Milk</p>

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.

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
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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.

"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: aelston@winooski.k12.vt.us.