

*Celebrating Our Achievements!***1-to-1 Computing Update***by Drew Blanchard, Technology Integration Specialist*

JFK Elementary — Fifth grade students have begun working with their iPads during Tech Ed arts rotations, exploring new ways to show their thinking and demonstrate their learning. Our work here is to integrate the expectations middle school has for work on the iPads, some elements of the Digital Citizenship curriculum, while also exploring some of the more exciting and innovative apps and learning games available on the iPads. Although these iPads will not be leaving the classrooms, they *will* be used in collaboration with students' music and art classes - for some truly exciting projects this year.

Middle School — The iPad rollout in the middle school has truly been a joint effort, with students and classroom teachers shouldering much of the work. Here, our 1-to-1 program has more of a *community* feeling, with each team providing clear goals and expectations for how we can begin using the iPads to demonstrate learning. This is a much more dramatic shift for the middle

school, as the iPads come with their own learning curve. Our new battle cry is, "There's an app for that!"

It's easy to get caught up in the excitement (and, sometimes, the frustration) of learning a new app, but students must always be able to connect the work done on the iPad with a class task or project. This is a core component of their own Responsible Use Guidelines - and, as a result, you will often hear a teacher redirect a student with, "Remember, you *agreed* to this." And, as their agreement states, students must then hand over their iPad and create a plan which fixes the problem. Once everyone involved agrees this is a good plan, students retake possession of their iPad.

By the time you read this, many students will have completed their Digital Citizenship curriculum with their TA teachers, which is the first step in being able to bring their iPad home. Look for their certificate of completion. The next step is to formally request permission from parents or guardians, and the final step is to make sure they have a safe way to transport (and charge) their iPad. Remember: students have agreed, "The purpose of the iPad is to enhance learning. When asked, I will be able to explain how the technology I'm using is connected to the work I'm doing." This applies at home, too.

High School - As of October 15th, almost all students in grades 9 - 11 have received their MacBook laptop computers, and have begun creating their own personalized learning environment using this technology. We are currently finalizing plans to provide computers for all seniors, too; this will involve repurposing some existing pieces of

technology already in the district. Our hope is to have these additional devices in students' hands by the beginning of November. Student voice remains an extremely important component of our work, and I'm extremely proud of our students. The Responsible Use Guidelines for using the computers, created by last year's 9th and 10th graders and reviewed by this year's freshmen, remains a model of clarity and simplicity. It also places all responsibility squarely on the students themselves. *Empowering* students, while also providing guidance and real-world goals and tasks, has created a sense of ownership and pride that is helping our 1-to-1 program move forward smoothly.

I am extremely grateful to all the parents and guardians who have worked closely with us to help support this work. We could not do this without you!

Questions? Comments? Please contact me at dblanchard@wdschools.org, or leave a phone message at 383-6073.

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IMPORTANT DATES!**Community Learning Conversation**

November 2: See page 5 for details!

PTO Craft Fair

Our 31st Annual Craft Fair will be held **Saturday Nov. 23rd** from 9-4. If you are a crafter would like a space, call Melanie Nattress at 655-1616 or email nattress96@comcast.net.

Train Show

December 7! See page 2 for details!

What is Community?

By Sean McMannon, Superintendent of Schools

Twenty-one years ago I learned an important lesson about the meaning of community in the village of Kanye in the southern African country of Botswana. As a US Peace Corps volunteer teacher my routine was to walk the three kilometers each morning from my grass-thatched dwelling through the village to the Seepapitso Secondary School compound. During this daily journey I would inevitably encounter an elder from the village. Keeping with custom, I would stop, hold hands with the elder and chat in the local language (Setswana) until the elder decided the conversation was complete and only then, I was allowed to continue my commute.

Initially, I felt annoyed that I might be late for work and my western instinct to think about all the things I needed to accomplish raced through my brain. As time progressed I began to understand that being present in these moments with wise village elders was the most important learning I would experience during my service. Through these meaningful encounters I was invited to weddings, church celebrations and family dinners that made me feel accepted into the community and led me to deep and meaningful relationships.

If you Google “community definition”, you find two definitions at the very top of the search result. The first that arises is “a group of people living in the same place or having a particular characteristic in common”. My favorite is the second definition, which states “a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals”. Community is powerful. Community is a feeling of connection to people, place and mission.

Recently, this community power was demonstrated when the Champlain Valley Superintendents Association (CVSA) presented the Calendar 2.0 proposal. Communities clearly voiced opposition to the proposed calendar changes. However, during the forums I heard support for

schools and a desire to broaden the conversation to “How can we improve learning for all students?” Community pushed the conversation to a higher level.

I believe the Winooski community is excited about this elevated thinking and dreaming about student learning. Pieces are already coming together. First, our school board recently adopted an Ends policy statement based on community input. This statement describes the results for which Winooski schools exist. It reads:

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

Second, the collaboration between Winooski High School and Burlington High School to improve learning that is supported by the Partnership for Change is drawing on our collective community intellect. On Saturday, November 2nd from 9:30-1:00 at the Winooski schools, the Partnership for Change will host another Community Learning Conversation. Please consider attending. The theme will be “Imagine a School System Designed for All Learners”. Go here for more details: <http://partnershipvt.org/get-involved/calendar/community-learning-conversation/>

Also, our new iLab, supported by the Partnership for Change, is in full swing and over forty high school students are engaged in self-directed and proficiency-based projects that break down the traditional model of school learning.

Third, I have been out in the community meeting our local business leaders. The purpose of these visits is to cultivate relationships so our students can access the “real world” wisdom of our local employers through job shadows, apprenticeships, internships and career mentoring. In addition, these

partnerships help us to understand the skills that employers value and make sure our curriculum provides opportunities to learn and practice these important skills.

These three important pieces that are in motion to improve student learning exemplify the power of the Winooski community. We are a strong and creative community when we come together, create a sense of connection and move forward with a shared purpose. Please join me in continuing to pursue the best possible learning for our students!

20th Annual Benefit for Winooski Dollars for Scholars

TRAIN SHOW

December 7
10am - 3pm

All Gauges Railroadiana Dealer Tables LEGO • TOYS Operating Layouts

ADMISSION
Adults: \$5.00
Under 12: \$1.00
Under 6: FREE!

Food Concession by WHS Sophomore Class

Winooski Educational Center

School Board Message

By Mike Decarreau, Board of School Trustees

Budget Season! It is the end of Fall and that signals two things. 1) It is time to dig out the winter apparel and gear to be ready for the inevitable winter on its way. 2) It is also time to kick off the Budget Planning cycle for the School calendar year 2014-2015. It is the Boards hope that we have help from you, the owners, to put this budget together. The discussions we have during these meetings set the stage for the School tax rate you will see in March.

The Leadership team will present us with a first pass Budget with assumptions at our regular Board meeting on November 13. We will then review and ask questions. This will lead to a series of 4 meetings during 2 weeks in December as we work to adopt a Budget.

For those interested in this process and working through it with the Board please join us on November 13 at 6:30pm in the Library at the school as we get started.

Changes Underway in the Library

By Genevieve Gallagher

Our school library is changing every day to improve our students' experience! My name is Genevieve Gallagher and I've been a public librarian as well as a



librarian in PreK-12 schools. I've recently moved to Vermont from Virginia and begun work as the new school librarian in Winooski.

Since August, library assistant Cathy Burbo and I have been working on renovating our library's book collection to insure that we are offering our students the most current information available and that they are able to locate materials they need for projects and personal learning.

Thanks to a group of excellent volunteers, we have created a reference section for research as well as consolidated our series books for the upper elementary students. We've been partnering with the Winooski Public Library so that students will be able to transition easily between the two spaces and learn to use libraries independently.

We've also benefitted from this partnership by accepting the donation of the public library's large picture book shelving. This new shelving arrangement will make it much easier for both students and teachers to browse our large collection.

Planning has also begun to transform some of our outdated materials into new objects like lamps, desks and tables- all made from repurposed library books.

Please stop in to say hello. It would be wonderful to meet you.



News from the iLab

By Will Andrews

As the days get shorter and nights get colder, things are heating up in the iLab. Student's projects are expanding and solidifying, our Acceptance Night was a rousing success, our online project management system is off the ground, and iLabbers are beginning to reach out to local and global experts on their topics.

Projects - Students have spent time refining their topics and creating personalized learning goals for their project. We have an amazing group of projects that range from writing novels, to graphic design and animation, to carpentry, to pharmacy and everything in between. Our students have started working on becoming experts in these areas and the work they are doing is stunning.

Acceptance Night - In an effort to connect to parents and the community, as well as validate student work, we invited our iLab students to our first ever Acceptance Night. Over 80 students, parents, and community members showed up and asked questions, ate cake, and explored our new, modern classroom. We loved having so many people interested in the iLab and our learning process, and can't wait to do it again at our first ever Share-it Night (more information to come).

BadgeStack - A few weeks ago we officially launched our own project management system called Badgestack. Badgestack is a way for us to organize student information and keep track of their work without having to cut down all of the trees in Vermont. We are building and changing it on the go with the help of the students, and hope that this can be used as a way to manage student work in our district in the future. So far, so good!

Community Connections - The next step for our students is to start contacting experts. We want our students to learn from people with the most knowledge on their topic and we want our students to aim big. Our students are required to think local, as well as global when looking for experts. We want them to make community learning connections that will push their learning forward and give them genuine experiences along the way.

If you have any questions, or want to get involved in the iLab in any way, please feel free to email me at WAndrews@wdschools.org. Thanks for reading and be well!

ANNOUNCEMENTS

WHS Cheerleaders Show Spirit for a Worthy Cause

The Winooski High School Cheerleading team, led by Coach Courtney Troescher (WHS Class 2010) wore pink sweatshirts at the final home football game to recognize and celebrate Breast Cancer Awareness Month. While the squad of seven cheerleaders cheered enthusiastically and looked great in their pink sweatshirts, they hope to show their Spartan Spirit by sporting new green uniforms in the near future. They're presently raising money to purchase uniforms.



The WHS Cheer team may be small in size, (there are only seven of us) but what we lack in numbers, we make up for in enthusiasm and spirit. We were happy that we had some new faces join us this season. We welcomed new girls to our school along with girls that had never cheered before. We practiced daily and cheered on our football team during Friday night games. Win or lose, wind or rain, we support our team and show dedication to our school.

The WHS Varsity Cheerleading team would like to thank Winooski residents for all of their donations to the bottle drive that we held on October 19th, it was a great success!

As part of the fundraising campaign WHS Cheerleaders will be hosting a Calcutta at the school on Tuesday November 12, at 6:00pm. Tickets are on sale for \$30.00 and will get you a Spaghetti Dinner for two and a chance to win many great prizes including a grand prize of \$1000! For more information or to purchase tickets contact Coach Troescher at (802) 922-6718 or e-mail her at Courtneyt5@myfairpoint.net. The team loves to show their support for the school, this is a great opportunity to show your support for them.

"Arts So Wonderful" Event Nov. 9

Our annual arts show will be November 9th 5pm-8pm, Courtyard Marriott Burlington Harbor Hotel 25 Cherry Street, Burlington Vermont. It will be in the Harbor Room. This event will serve FREE finger food, live entertainment and a cash bar. We will also have a raffle from After Midnight Jeweler, and we will have a performance by Winooski student Benny Nduwayo.

There is a twenty dollar requested donation to enter (except artist). Proceeds from this event go to the artists and Arts So Wonderful.

Arts So Wonderful (ASW) is a visual and performing arts program. It was created in 2001 by UVM art/interns. ASW is a program of Service Rendered Inc. SR is a not-for-profit organization.

SAVE THE DATE

Parent Teacher Conferences!



November 25 (8am-8pm)

Teachers in all three schools look forward to meeting with parents on **Monday November 25** to talk about your child's progress at school to date.

Once Upon A Mattress Coming Soon!

The Winooski Middle/High School will be presenting "Once Upon A Mattress" on the following dates:

- **November 7th** - 9:00 and 10:30
- **November 8th** - 9:00, 10:30, and 7:00pm

Admission is free and parking is plentiful. See you there!

Winooski Schools will Plunge to Benefit Special Olympics Vermont

Students and teachers from the Winooski schools have committed to become



penguins for a day to support Special Olympics Vermont. On Saturday, February 8th, 2014, nearly 1,300 brave souls will jump into Lake Champlain to raise funds and awareness for the 935 athletes who participate in Special Olympics Vermont. Now in its 19th year, this chilly community event has become a staple of winter in Vermont, drawing more than 3,000 spectators to Burlington's waterfront park and raising \$440,000 for the organization.

Winooski Superintendent, Sean McMannon has this to say about his experience with the event: "Last year I plunged to support Special Olympics for the first time as a member of the CVU team. It was one of the most profound community experiences in my life. Students and staff not only raised a ton of money for a great cause but it markedly changed people's views about disabilities!"

Students in grades 5-12 are invited to join the fun! You can visit www.PenguinPlunge.org for more information and to register. Be sure to select to be a member of the Winooski Schools team. On November 15th, students will be invited to register during advisory. All Plungers will receive a winter hat and a beach towel. SOVT and the school district are working with local businesses to ensure that all interested Plungers are able to participate regardless of the registration fee and fundraising requirement. Stay tuned for more info.

Special Olympics Vermont is part of a global movement that works year round to foster inclusion and acceptance of people with intellectual disabilities by using the power of sport to showcase their gifts and abilities. In Vermont, 935 athletes from 194 towns participate in 12 sports and 13 statewide competitions.

For more information please contact Liza Reed lreed@vtso.org

IMAGINE A SCHOOL SYSTEM DESIGNED FOR ALL LEARNERS



Join us for our next...

Winooski & Burlington Community Learning Conversation

Saturday, November 2 | 9:30 am - 1 pm
Winooski Middle/High School

60 Normand Street, Winooski, VT

- 9:30 Welcome Reception,
Coffee & Pastries Served
- 10:00 Large Group Presentation
- 10:50 Student-Led Small Group Discussion
- 12:00 Lunch



partnershipvt.org
info@partnershipvt.org
802-363-2342



Winooski and Burlington are remodeling the education system to ensure that all learners will be successful— and that both communities will be strong and dynamic in the years ahead. We're moving toward a more personalized learning environment that puts students at the center. Come help us envision a school system that allows all of our young people to reach their learning potential, meet their college and career goals, and contribute to a brighter future for our community. All voices are welcome!

CHILDCARE available at no cost to participants for children ages 3 and up. Please RSVP by email to info@partnershipvt.org.

INTERPRETATION provided in Nepali, Burmese, French, Kirundi, Swahili, Somali, Maay Maay, Arabic, and Vietnamese.

TRANSPORTATION available at no cost to participants from several Winooski & Burlington locations. See ride schedule for details.

RIDE SCHEDULE Vehicles will depart from the following locations at the specified times on the morning of Nov. 2:

New North End

Flynn Elementary - 8:45
Franklin Square - 8:50
Bessery's Market - 8:55
Bagel Cafe & Deli - 9:00
BHS - 9:05

Winooski

O'Brien Center - 9:15

Old North End

Sustainability Academy - 9:00
Boys and Girls Club - 9:05
Riverside Health Center - 9:10

South End

Champlain Elementary - 8:45
King Street Youth Center - 9:00
Edmunds Elementary - 9:05

K-5 News

By Mary O'Rourke, JFK Elementary Principal

Over the course of the 2013-2014 school year, our entire system (K-12) will be working on curricula in all content areas and aligning it to the common core. The common core is the "what" we will be doing. Once we have identified the "what" we want kids to know, we look at the "how" we will do this. These become our instructional practices. When the instructional practices have been identified, we provide professional development via coaching to teachers to help them implement these best practices. Some of these practices are ways we teach our students how to read, write, do math, science and social studies and some of these practices focus on skills and habits

we want our students to acquire and maintain when they leave school. The skills or habits we want our students to leave with are the Graduate Expectations. Some examples are: we want our students to develop persistence, this would be a habit; we also want our students to be great oral and written communicators, this would be a skill. Our goal at JFK is to send our students prepared as they enter the middle school, but ultimately we want them to be well-rounded students ready for the world at large.

As I visit classrooms, it makes me proud to see how hard our students are working. I see students persevering as they encounter problems that require

them to push their thinking. I see students very engaged in the work and striving for excellence! I am seeing more and more students compliment one another or compliment an adult as they pass in the hallway. JFK students are STARS every day and the school community is shining!

We have had two very successful PACTS meetings. Our next meeting is being held on **November 21st**. We welcome anyone that can make the meeting to join us. We begin our evening with dinner and socializing and then move into sub-committee work. The meetings are from 6:00 p.m.-7:30 p.m. in the school library. Please join us!

Reaching for the STARS!

By Jennifer Lapointe

It's not even November yet and the students at JFK have already earned over 33,000 STARS for their participation in at least one area of our STARS acronym:

Striving for Excellence
Thoughtful
Accepting
Responsible
Safe

Students can earn STARS by any adult in any part of the building. Over the last few weeks we have been focusing on earning STARS for safety at recess. Each day, every student has the potential to earn a STAR for their class by showing the expected behaviors when playing with others, and by being safe on the playground. If all students in a class earn a STAR then their total is doubled! Each day the totals are tracked and displayed outside of each classroom. On Fridays, the recess totals are tallied and the winning class at each grade level earns the coveted RECESS TROPHY!

The winners are announced and when the class who has been housing the trophy has to give it up to another class, representatives are chosen to present the trophy to the new class with congratulations. One of the third grade classes has been the reigning champs, housing the third grade trophy for five weeks in a row! In reality, recess is such an important time for kids to get out and move and when kids can play together, have fun while being safe for the short amount of time they have outdoors, then everybody wins!



5th Graders are Being Mindful

By Jacie Knapp

"Breathe in and straighten your back...breathe out and settle our body." This is how 5th graders begin mindfulness exercises in the classroom.

This year we have been learning how to relax our bodies and minds to become happier and more successful in our lives.

The week begins with a video from Soryu, the mindfulness creator, followed by the lesson for the week where students are taken through a mindfulness activity, then asked to reflect on their focus and their relaxation. The lesson ends with a mindful message to be a guide for the rest of the day.

"When we are mindful, we can communicate with kindness." Feel free to ask your child how they are practicing mindfulness.





Kindergarten Stars Shine Bright

By Debra LaForce, Kindergarten Teacher

On August 28 JFK Elementary School welcomed seventy-two new stars to their constellation. Fresh from several days of professional development teachers are

busy introducing the children to the new terms and phases that will become a big part their daily vocabulary. On a regular basis children are being asked to take Private Reasoning Time or to Revoice, challenges they accept as if their life depended on it.

Each day children chant and echo the words that will shape them into the STARS of our future at JFK. When recently asked what the words in the acronym STARS meant to them they replied enthusiastically, “Well, we STRIVE for excellence, that means we work hard every day, and we are THOUGHTFUL — that tells us we need to have good thoughts of everybody.” “The ‘A’ means we are so ACCEPTING to our friends and the ‘R’ says we are only responsible for ourselves.” When asked what the last letter stands for they all yelled “SAFE’ — we have to be SAFE with our bodies and everyone all the time.”

Superflex Takes on Team Building

By Mag Thomas

Mrs. Murphy and a team of students meet three times a



week after school to work on team building. There are students from grade 2 through grade 5 that meet either on Tuesdays, Wednesdays, or Thursdays. During this time they are helping Superflex defeat the Unthinkables! The students are learning skills to work successfully with other team members. The



students also get the chance to meet and get to know other students who are not in their classes during the school day. Each week the students work together to accomplish challenging tasks and

complete exciting activities! This afterschool program ties into the social thinking that is happening during the school day.



New Program Empowers Parents Who are New to the United States

By Kristin Van Fossen

This fall a group of ELL teachers from JFK (Kristin Van Fossen and Nancy Devost) and Winooski High school (Nellie Maley and Becky Savage) have begun teaching a class to ELL mothers.

The class is based on a national curriculum called PEP (Parents as Educational Partners). PEP classes are taught in schools around the country with high ELL parent populations, but Winooski is the first school in Vermont to begin a PEP program, and we are very excited! We have adapted the curriculum to suit the needs of our specific school and parent population.

The goal of the class is to empower parents who are new to the United States and new to the English language, to support their children as they navigate the US school system. Lesson plans include topics such as expectations for homework and behavior, attendance, reading the school calendar and website and leaving a message, or writing a note to a teacher. Our diverse group of mothers is learning and practicing the English they need to perform these tasks in a safe environment. They are also building community across cultures. We have mothers from six different countries who have children at all grade levels from pre-school to twelfth grade. They are engaged and excited about learning new language skills and helping their children to succeed.

The PEP program is designed to be one school year long. The class meets once a week in the ELL classroom at school. After the parents have completed the course they will have a graduation ceremony and certificate of completion. Although we are currently teaching one class to a community of mothers, in the future we hope to expand and teach other classes as well. We are off to a great start and looking forward to sharing more news from our PEP crew in the coming school year.

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Becoming Your Best For the World

By Leon Wheeler, Principal

Ben Carson's mother had a third grade education, and for much of his childhood raised he and his brother alone in the slums of Detroit. Yet she was an amazing teacher for her son, instilling the importance of reading and writing, and reinforcing the responsibility to think his way through any problem. Anytime he tried to make an excuse, she would respond, "Do you have a brain?" When he answered yes, she would continue, "Then you should have thought your way out of this." He notes that it was the most important lesson she taught him. Eventually he stopped making excuses for the difficult circumstances surrounding his life, started reading deeply, and worked his way through college and medical school. Because of his mother's teaching, he has continued to embrace the most complex challenges as a neurosurgeon.

The message for me as an administrator is that I need to help the school embrace an attitude and develop systems that believes in each student while also compelling each one to believe in themselves and in the power of their brain to face any challenge, every problem, and believe that with hard work they can figure it out. As we partner with parents to reinforce this message, we will give a powerful, beautiful gift to our children, our city and to our future.

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence"

— CAROL S. DWECK

Winooski Middle School Actors Enjoy Practicing their Craft

By Nancy Keller

"It's a program that helps you learn theater skills and acting," said an enthusiastic after school actor, Kirstin Stillwell. Kristen and seven other middle schoolers gather each Tuesday afternoon to participate in "Theater Games," an afterschool program offered by Ms. Sherrer. Middle school teacher by day and drama coach by afternoon, Ms. Sherrer said that the main purpose of "Theater Games" is to learn how to "focus" and how to develop "awareness" through the art of improvisation. Students work on "thinking spontaneously, characterization, " and "vocal expression," adds Ms. Sherrer.



Natalie Cross's favorite game is "Say a Line." The group of young actors are given a setting, and one of them chooses a slip of paper on which is written a sentence. While staying in character for a given setting, the student reads the line and the other students add their own comebacks and conversation.

Sela Brown enjoys this game and others, and she hopes that Theater Games program "goes on for a thousand years." Queen McCray simply wants it to continue at least for another after school session. Whatever the future may hold, Theater Games has been a spirited and fun-filled way to round off a Tuesday afternoon at Winooski Middle School.

Winooski High School Core Support After School Programs at WHS and Evening Tutoring/Homework Help at the O'Brien Community Center

by Barbara Russ & Ethan Hausman

Spread the news! High school teachers continue to be available to work with students after school at Winooski High School! The Session II after school core support schedule, which runs from October 28-December 13, 2013, is:

Tuesdays (3-4pm)

- Math Core Support with Ms. Clark in Room 207
- Math Core Support with Mrs. Mellen in Room 210

Thursdays (3-4pm)

- Technology Time Core Support with Ms. Poquette in Room 204
- Science Core Support with Ms. Bundy in Room 218

If you are a high school student wanting additional help beyond core support, please plan to stop by the O'Brien Community Center on Monday-Thursday evenings from 6-9pm for additional tutoring and homework help.

We hope to see many students at after school core support at the high school and for evening academic support at the community center!



Christina works with Ms. Poquette on her Personal Finance computer simulation assignment during Technology Core Support at Winooski High School.

Guidance News

By Emmy Charron

- **November 1st:** Early Action college application deadline (for most schools)
- **November 8th:** College visits - 8:00 Castleton State College, 9:00 Merrimack College
- **November 8th:** Last day to register for the Dec. 14th ACT test
- **November 11th:** College visit - 9:35 University Of Connecticut
- **November 12th:** College visit - 8:00 Vermont Technical College
- **November 12th:** Last day to register for the December 7th SAT's
- **November 25th:** Parent Teacher Conferences

Seniors who are planning on attending college should be meeting with Emmy throughout October and November to get all of their application and application materials sent out. Please make an appointment!

Note: there is a dry-erase calendar located outside of the Middle/High School lobby with up to date visits and information.

You can reach me at echarron@wdschools.org or by phone at 655-3530.

Band and Orchestra Notes

By Randy Argraves

Things in the music department are getting busy. Here are four things that are of importance:

- First, I'd like to congratulate **Rebecca White** for being accepted into the District III Middle School Music Festival, which will be held on Friday, January 31 and Saturday, February 1 at Burlington High School.
- Second, I am very pleased to have so many talented 5th grade string students this year. Come and hear these young musicians play along with Ms. Sales' Chorus and Beginning Band on **Thursday, December 12** at 6:30 PM.
- Third, you will not want to miss the much anticipated Jazz Dinner/fundraiser for the High School Band and Orchestra on **Sunday, February 9** at 6 pm. Come and hear some great music while you dine. Tickets are \$10 per adult and \$5 for children twelve and under. It will be an enjoyable and entertaining night for all.
- And last but not least, please take note of the following **concert dates** for our 2013-2014 school year:

MS/HS Band, Chorus & Orchestra Winter Concert

Thurs, Nov. 21 at 7PM in PAC

HS Band and Orchestra Jazz Dinner

Sunday, Feb. 9 at 6 PM in cafeteria

MS/HS March Concert

Thursday, March 20 at 7 PM in PAC

All State Parade in St. Johnsbury

Wednesday, May 6 at 6 PM

MS/ HS Pops Concert

Tuesday, May 20 at 7 PM in PAC

Memorial Day Parade

Saturday, May 24 at noon

Jazz On the Marketplace on Church Street

TBD (first week in June)





October's Artist of the Month:

Alayna Charbonneau

Alayna Charbonneau has been awarded the Winooski Middle High School Artist of the Month for October.

She is always enthusiastic about class, very helpful with other students, and has an all-around great attitude and work ethic. Please join me in congratulating Alaynah!

Middle School Hikes Snake Mountain



By Shennelle Bailey

Thanks to the Bay and Paul Foundation and Berlin City Auto Group for providing transportation on September 20

and September 27 so that Team Journey and Team Nexus from Winooski Middle School could hike up Snake Mountain in Addison Vermont. I think it's safe to say that apart from the fact that a couple of us got stung by bees, it was pretty fun. After an almost two-mile hike up Snake Mountain, a lot of students were feeling exhausted but most students thought it was worth it for the view. This hike is a part of Spartans In Motion, where every day middle school students get active with circuit training. Research has shown that this enables students to become more effective learners.

End of Season Sports Reports

Middle School Boy's Soccer

By Coach Dizzy Desautels

The Middle School Boys soccer completed a very successful season with a record of 9 wins, 2 losses & 1 tie. The team displayed great sportsmanship with the emphasis on team play & continuous development of basic skills.

Sujit Khatiwada lead the team in scoring with 20 goals followed by Abdisalan Sheikh-Bile with 6 goals. The team strong suit was defense that was anchored by Elli Nahimana & Abdi Mohamed with the majority of goal keeping being accomplished by Merase Niyonsaba.

The team wishes the following eight graders (Abdisalan Sheikh-Bile, Abdullahi Sadik, Ales Do, Omar Hussein, Abdi Mohamed, Elli Nahimana & Abdi Yussuf) the best in their journey with soccer at the high school level.

The expectations are high for next year with 14 players returning that include scoring leader Sujit Khatiwada, Keeper Merase Niyonsaba with upcoming stars Dhiraj Dhakal, Lek Nath Luitel, Nishan Pokwal & Mowtes Ibrahim.

High School Boys Varsity Soccer

By Coach Steve Feiss

The Boys' High School Soccer Team has had a great season thus far. With two regular season games remaining our record stands at 6-4-2. Our goal is to finish the season ranked in the top 8 in the State for D3 so we can host a playoff game in Winooski for the first time in three years. Senior Ganesh Rai was named a Burlington Free Press top performer of the week for the week of Oct. 2nd.

Many thanks to all who have come to support us so far this season. We hope to see many of you on the sidelines soon.

High School Girls Varsity Soccer

By Coach Roger Prescott

Although the 2013 Winooski Girls Varsity Soccer Team is fortunate to return several key players with experience from

prior seasons, the graduation of 5 seniors from the 2012 squad and retirement of long-time coaches Amy "Benny" Benson and Chantal McKeage, have the 2013 team sporting many new faces both on the field and the sideline.

Returning players include, senior Sarah Lind, juniors Christina Dang, Avah Eaton, Michaela Metivier and Amanda Nattress. These veterans are joined by junior Nathalie Bray who took the 2012 season off but played on the 2011 team and sophomore Niki Dang. New to the team are sophomores Oo Mai Bi and Taylor Langlais and six freshman, Riley Corrigan, Marie Ly, Chanda Pringle, Mariah Metivier, Anab Mohamed and Holly Turner.

In case you have been keeping count, this year's team suits 15 players, which is a big step forward from the 2012 team that played many games with only 10 players, or one less than the allowed number. Nevertheless injuries and other circumstances have required the 2013 Spartans to do battle many times with only 1 substitute. New to the sidelines are assistant coach Caitlin Latter who brings a wealth of knowledge to the keeper position which is maintained this season by Michaela Metivier. Also, new this year is head coach Roger Prescott who comes to Winooski after coaching at Lamoille Union High School and Middle School for more than 10 years.

The new look Spartans started the season strong racing to a 4-0 record and outscoring their opponents 22-1. During that stretch, Senior Sarah Lind, who was playing striker for the first time in her career, found the net 10 times. Sarah's offensive output was nearly matched by Christiana Dang who netted 5 goals and accounted for 4 assists. Other goal scorers included Chanda Pringle (3), Avah Eaton (1), Riley Corrigan (1), Mariah Metivier (1), Nathalie Bray (1). Much of the early success was attributable to Amanda Nattress' tireless efforts patrolling the midfield, the strong defensive play of Niki Dang, Taylor Langlais and Holly Turner, and Michaela Metivier who was a brick wall in goal. The team also benefited from steady play of Marie Ly who has been Coach Prescott's utility player filling many roles in the Spartan midfield and the

contributions off the bench from Oo Mai Bi and Anab Mohamad.

Although the team's fast start stalled against the stronger and more experienced teams in the Mountain Division, strong play in recent games against Fairfax, Richford and Hazen are a good indication of the team's improvement and Spartan fighting spirit. With two regular season games remaining and play-offs just around the corner, the 2013 Girls Varsity Soccer Team is peaking at the right time and working hard to raise the bar another notch.

Spartan Football 2013

By Coach Josh Safran

Seventeen players persevered to play the season. While winless going into week 9 the Spartans have been competitive throughout the year. Twice the Spartans lost by one point.

The Spartans are led by Senior captains & quarterbacks Kevin Pham & Andrew Decarreau. Pham has scored 8 touchdowns and Decarreau 3. Decarreau

is nearing the 1,000 yard rushing mark for the season. Both have been selected to represent Winooski in the North South all star game.

Austin Mayo has also contributed on offense with 5 touchdowns while Kyle Bigelow has scored 3. Kyle and Austin have hooked up on 3 TD passes. Both boys are also Senior captains.

Thomas Elston leads our kicking game with 8 extra points and also a number of onside kicks recovered by Winooski. Thomas also earned a starting position at tight end and played many reps as nose guard.

Our offensive line of Trevor Gaboriault, Jared Burlingame, Nick Sears, Connor Drown & Senior Captain Kassian Prior proved to be iron men playing nearly every play this season. Newcomer Omar Mitchell also played a role on the line.

Sophomore Jordan Ritchie started every game at inside LB while fellow Sophomore Anthony Jones started at tight end and saw many reps at defensive tackle.

Andy Pham proved to be a lightning bolt on kickoff making many hard hits

and playing with top energy at all times.

Avry Ready and Austin Mitchell provided some good reps at defensive back and Brandon Bigelow was a two way starter at wide receiver and cornerback. Brandon had a stripped ball and fumble recovery versus juggernaut Woodstock.

Sophomore Sean Callahan was sidelined with an ankle injury this season but we expect him back soon.

While there were many other kids in the school that could have been playing football this is the group that did. They're the ones that made the commitment & sacrifice to keep your city's football tradition going and they should be commended. Please encourage your children to play football next year to keep our program going.

The Spartans were coached this year by Josh Safran, Jim Bougor, Bryan Ravlin, Dave Burlingame & Kyle Blindow.

The Spartans wrap up their season in Week 9 playing Springfield. The North South game is at Middlebury College on Nov 16th.



Community College of Vermont (CCV) Winooski News

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

Register NOW
through Jan. 10, 2014
www.ccv.edu
(802) 654-0505

Dual Enrollment (DE) – High school juniors and seniors take college courses for FREE! Plan to graduate from WHS in 2014 or 2015? Ready for some college classes? If you answered yes, you may take one free college class during your junior year AND one during your senior year of high school using Vermont's DE program. For example, a WHS junior may take chemistry, English and math classes at WHS, and she may also take a history course at CCV. The history course will count for high school and college credit! Dually-enrolled students will earn credit toward high school and college graduation requirements.

There are many courses to choose from. Please contact your guidance counselor Emmy Charron at WHS 383-6099, Heidi McLaughlin at VSAC 655-9602, or call CCV Advisor Jody Albright at 654-0730. Or, complete the Dual Enrollment Voucher Request form at www.vtdualenrollment.org. To review:

- Fill out the Voucher Request for the semester you plan to take a college class.
- Speak with your guidance counselor in order to receive high school credit too.
- Follow the CCV admissions and registration process.

Introduction to College Studies (ICS) is a class offered free to high school students interested in learning the skills necessary to be successful college students. Students may take ICS before taking dual enrollment college courses. Students who complete ICS are 23% more likely to attend college after high school. Register now. Weekly classes begin in January.

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

- Improve their resume writing and interviewing skills
- Earn a recognized credential
- Understand the skills required for different jobs
- Build a solid career foundation

Free to participants, the Governor's CRC is state funded and will be offered at CCV Winooski on Fridays from 11:45 am – 2:30 pm from January 30th through May 9th! For more information please come to an information session. More details on our website, <http://www.ccv.edu/careerreadyvt>

Empty Bowls Event – Proceeds to benefit Winooski's Little Green Pantry! Please join the CCV Winooski community for the 4th Annual Empty Bowls dinner on Thursday, November 21st from 5:00 pm – 6:30 pm at CCV. Minimum suggested donation of \$5.

Update from your City Council

By Sarah Robinson

Happy fall! Here are a few items that the City Council has been discussing and focusing on this fall:



Updating Human Resources Policies:

The City’s personnel policies have been out of date for several years. Recently, these policies have been rewritten, and updated - and are in the process of being approved. This effort will clarify policies for staff and managers and help limit our liability in the future.

Finances and Audit: The City has submitted all required audit information. Thanks to the hard work of city staff and gifted community volunteer Jim Ticehurst, the City has – for the first time – been able to inventory and depreciate all of our fixed assets (such as sidewalks, roads and bridges). As a result, we are anticipating no material findings in our audit. As winter approaches, we will begin discussing the municipal budget. This year, we plan to spend additional time as a Council working to elicit the feedback and concerns of residents as we move into the budgeting season. Please stay tuned for ways that you can weigh in.

Neighborhood Safety: Residents have expressed their concern about recent home break-ins and thefts throughout the City. As a result, several residents have been working to organize Neighborhood Watch associations on their streets or in their neighborhoods. Neighborhood Watch associations are citizen-driven. The Winooski Police Department is happy to sponsor an initial organizational meeting in partnership with interested residents. If

you are interested in helping to organize an association in your area, please contact the Winooski Police Department at 655-0221. As a reminder, if you see anything in your neighborhood that you find concerning, please don’t hesitate to call the Winooski Police.

We also wanted to share some exciting items that you may not have heard about:

- The City is proud to be working in partnership with the Winooski School District to offer tutoring Monday-Thursday at the O’Brien Community Center from 6-9 PM. Volunteers - including UVM education students – have been serving upwards of 30 youths per day. A strong collaboration with the Winooski School District allows tutors and teachers to share student progress and work to support youth and families in our community after the school day ends.
- The City recently acquired 4 electric vehicles through a unique funding opportunity. These new vehicles will replace gas-powered vehicles currently used by City employees. This acquisition is part of an ongoing effort to reduce our energy footprint and embrace new and efficient technologies.

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

Winooski Teen Center Fall Schedule & Update

The school year is in full swing, and so are the programs at the Winooski Teen Center!

On October 16th, an early release day for Middle and High Schoolers, we took a group of 15 to go apple picking and enjoy the great outdoors. Much fun was had by all, the trip was a great success! Also on the 16th, the O’Brien Community Center held its annual open house and in conjunction with the Lights On After School day and Community Dinner, we opened our doors to parents and kids to come check out our space and all the great things we have to offer.

In the upcoming months, we are planning several more field trips for both Middle and High Schoolers, including a trip to the Willowell Foundation and Walden School in Vergennes, a bowling trip, a UVM basketball game, and a harvest dinner to celebrate the Thanksgiving holiday.

Our fall schedule is below. We would love to see you soon! For questions or more information, please contact Sarah Campbell or Ben McShane at (802) 655-1392 ext. 15 or americorpstwo@winooskivt.org. Happy Fall!

Monday

Homework Help 6:00-9:00

Tuesday

Open Hours & Snack (Middle School only): 3:00-5:30
Homework Help 6:00-9:00
Free Dinner (all youth welcome) 5:30-6:00

Wednesday

Open Hours & Snack (Middle School only): 3:00-5:00
Open Hours & Snack (High School only): 5:00-6:00
Homework Help 6:00-9:00

Thursday

Open Hours & Snack (Middle School only): 3:00-5:30
Homework Help 6:00-9:00
Free Dinner (all youth welcome) 5:30-6:00

Friday

Open Hours & Snack (High School only): 7:00-11:00

Your City Officials	Email addresses	Telephone
Mayor Michael O’Brien	mayor@winooskivt.org	802-655-4879
Deputy Mayor Sally Tipson	sallysflower@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 AmeriCorps VISTA Alaina Wermers Selected to Serve as a National Child Awareness Month Youth Ambassador

Wermers to receive funding, training to lead large-scale service initiative to create positive change in the lives of Vermont children

Washington, D.C. (October 9, 2013) –YSA (Youth Service America) and Festival of Children Foundation announced that **Alaina Wermers, 23, of Vermont** will serve as a National Child Awareness Month Youth Ambassador. As one of 51 Youth Ambassadors selected from a nationwide pool, Ms. Wermers will receive funding and training to lead an initiative to engage Winooski youth in their community and support them in realizing their potential as young citizens.

Ms. Wermers' work began in September—National Child Awareness Month— when she traveled to Washington, D.C., for leadership training and meetings with state officials. She then returned home to launch a campaign to connect Winooski youth with volunteer opportunities in the Winooski area. Ms. Wermers hopes to make volunteering more accessible to Winooski youth and use it as an avenue to further engage students civically. Each month she will lead a service project with a group of students from Winooski High School at various organizations throughout Chittenden County. The initiative will culminate with Global Youth Service Day in April 2014.

In October, Alaina brought three Winooski youth to the Burlington Emergency Shelter to help clean, sort donations, and plant bulbs in the shelter's garden. This month she will be bringing youth to the Habitat for Humanity ReStore in Williston to set up holiday displays and ready donated items to be sold at the store.

Ms. Wermers, serving a second year as a Vermont Youth Tomorrow AmeriCorps VISTA with the City of Winooski's Community Services Department, was selected through a competitive application process, and chosen based on the quality of her project proposal and its potential to create substantive, large-scale change on behalf of young people in Vermont.

"Alaina brings a tremendous amount

of thought and intentionality to her work, and is constantly looking for ways to support and engage the citizens of Winooski, especially our youth," said Raymond Coffey, Community Services Director with the City of Winooski. "We could not be more proud of Alaina's service, and I could not think of a more deserving recipient of this recognition. We look very forward to seeing the fantastic outcomes this support will allow her to achieve with local youth."

Now in its sixth year, National Child Awareness Month is a program spearheaded by Festival of Children Foundation to raise awareness about issues affecting children **and encourage the nation's youth to take action. Senate Resolution 173, sponsored by Dianne Feinstein (D-CA), officially designates September 2013 as National Child Awareness Month.**

The 51 Youth Ambassadors will work in their communities, and form a collective network to raise awareness around issues important to young people. Youth Ambassadors receive a national-level platform for their cause; a \$1,000 grant to develop a service project his or her home state; ongoing training, project and technical assistance support; and networking opportunities with other Youth Ambassadors across the country.

"These teens and young adults are the future of philanthropy. They understand the importance of making a difference and giving back. Festival of Children Foundation's collaboration with YSA allows us to give these kids the tools to create a powerful youth network that will create lasting change across the country," said Sandy Segerstrom Daniels, founder and executive director of Festival of Children Foundation.

If you or your high school aged child is interested in volunteering through this program in December, please contact Alaina Wermers at 802-655-1392 ext. 10 or vista@winooski.vt.org or have your child speak with their Teacher



Advisor at the Winooski High School.

Alaina grew up in New Hampshire and moved to Vermont to attend school at Saint Michael's College. After graduating in 2012, she became an AmeriCorps VISTA serving the City of Winooski through the Vermont Youth Tomorrow program. She has just begun her second year of service with the City. She believes greatly in the power of youth to make change in their community and is excited to begin her service series with Winooski youth.

YSA (Youth Service America) improves communities by increasing the number and the diversity of young people, ages 5 to 25, serving in substantive roles. Through international campaigns such as Global Youth Service Day and Semester of Service; funding and grants programs; resource development; and training opportunities, YSA promotes a global culture of engaged youth committed to a lifetime of service, learning, leadership and achievement. For more information, visit www.YSA.org.

Festival of Children Foundation is a 501(c) (3) non-profit organization that serves to bring together and coordinate the efforts of charities, companies and individuals who actively work to improve the lives of children. Festival of Children Foundation gives a voice, guidance and support. 100% of the administrative costs are covered by designated funding, allowing donations to go further in direct support of programs and services that improve the lives of children. For more information, please visit www.festivalofchildren.org.

YMCA Winooski Youth Basketball League

Ages: K thru 4th grade (Coed)

Starts: Saturday, December 14th

Time: Saturdays - 9:00 -- 10:30am

Where: Winooski High School

Cost: Winooski Resident or Y Member \$30 / Non Resident \$45

Financial Assistance is available - Nobody will be turned away for inability to pay

For more information, please contact Kevin Hatin at khatin@gbymca.org or 655-9622.

YMCA Launches New Program for Area Youth

By Cal Workman

On paper, Vermont may be called the healthiest state in the country but more than a quarter of the state's youth are overweight or obese. The Y hopes to reverse a troubling trend it sees with the number of children living with the effects of poor nutrition and a sedentary lifestyle.

Eat Well Play More is a new Y-led collaboration that brings together leaders from throughout the state to study the issue and to make recommendations that can realize lasting and meaningful change.

The group is actively seeking great ideas on how to support active living and healthy eating where people live, learn, work and play. At the Integrated Arts Academy in Burlington for

example, a team of volunteers created a running track around the perimeter of the playground and planted berry bushes on the outside of the track at very little cost. Now the kids, teachers and community members run the track in the morning or during recess and they keep track of the number of laps they've run. They earn prizes when they hit certain milestones. But that's not why they do it.

"It's fun to run," said one participant. Another pointed out, "I can let off a lot of extra energy I have on the track and then I feel better while I'm in school."

What's your idea? How can we bring better nutrition and increased fitness into school settings? If your idea is selected for the website, you'll win a great tee shirt like the one pictured here on a Integrated Arts Academy Move it Move it participant who has run more than 125 miles.

Please contact Ryan Torres at the Y with your idea. RTorres@gbymca.org or 652-8145.



A YMCA State Alliance Initiative

For more information, visit the program's website at EatWellPlayMoreVermont.org.

Historical Society Hosts Speaker Event

Have you visited our local Winooski Historical Society Museum and the Mill Museum lately?

The Museums are open Monday through Friday from 9:00 to 5:00.

Sunday, November 10, 2013

Winooski Senior Center

2:00 P.M.

Speaker: Joe Covais

Topic: A twenty minute video documentary Joe produced last spring in connection with a talk given before the officers and senior NCOs of the 82nd Airborne's artillery units. It features an interview with the Captain who was the focal point of Joe's book, *Battery!*. In addition, he will speak about the process of writing and researching *Battery!*, as well as the basic story of the book.

Volunteers Needed for Two Project Teams

Liquor Control Board Policies – formulate ordinance changes and a new policy on how (under which conditions) the Council shall award liquor licenses. We would like one representative to serve with a member of the Winooski Community Partnership, the Police Chief, a business owner/manager, and Deputy Mayor Sally Tipson. Starting August 7 and end by January 15, 2014.

Peddler and Itinerant Vendor Ordinance Revision (includes regulating food carts and ice cream trucks):

Update the ordinance and policy and create a thorough ordinance update, including fees and fines, as well as a policy for awarding vendor licenses and a guide to location of peddlers and vendors as well as standards for ongoing compliance with issues that impact the City. We would like one representative to serve with a member of the WCP, the Director of Public Works (or designee), a business owner/manager, and Councilor Seth Leonard. Starting August 7 and end by January 20, 2014.

For more information, contact City Manager Katherine Decarreau "Deac" at 802 655 6410 or by email at deac@winooskivt.org.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

As the colder months and holidays start approaching the health office would like to offer you the names of some resources that might be of assistance to you should you need them.

Heating Assistance:

1. Champlain Valley Office of Economic Opportunity (CVOEO)-1.800.479.6151
2. Crisis Fuel Assistance-1.800.287.7971
3. Vermont Catholic Charities-1.877.250.4099
4. Burlington Salvation Army-802.864.6991
5. Joint Urban Ministry Department(JUMP)-38 South Winooski Ave Burlington VT(you must go there in person to apply for assistance between 9am-12pm Monday through Friday
6. Joseph House-802.951.4290

Food Assistance

1. Joint Urban Ministry Department(JUMP)-38 South Winooski Ave Burlington VT(you must go there in person to apply for assistance between 9am-12pm Monday through Friday.
2. Chittenden Food Shelf-802.658.7939
3. Burlington Salvation Army-802.864.6991
4. Hilltop Light Ministries-863.0524

Holiday Gift Assistance

1. Salvation Army-802.864.6991
2. Winooski Family Center-802.655.1422
3. Joint Urban Ministry Department(JUMP)-38 South Winooski Ave Burlington VT(you must go there in person to apply for assistance between 9am-12pm Monday through Friday.

For Additional Assistance call 2-1-1

Tooth Tutor Update

By Diane Polson, RDH

Your Oral Health and your overall health are connected.

Gum Disease and Diabetes may affect your ability to control your blood sugar, leading to serious complications like:

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

So please, floss, brush and see your favorite dentist regularly!

ELEMENTARY SCHOOL LUNCH MENU — NOVEMBER

DAILY BREAKFAST OPTIONS:

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

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

** Fresh Fruit & Milk With all Meals**

Choice of milk served with all complete meals:

Low-fat White & Low-fat Chocolate

AVAILABLE DAILY

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

PRICES:

Breakfast

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

Lunch

Regular JFK \$2.00
Regular WMHS \$2.25
Reduced \$FREE
Adult \$3.25

Beverages

Milk \$0.50
Juice \$0.50

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

PLEASE NOTE:				
Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.				
<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>Fri., Nov. 1</p> <p>Sloppy Joes</p> <p>Roasted Sweet Potatoes</p> <p>Garden Slaw w/Kale</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Apple Crisp</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>
<p>Mon., Nov. 4</p> <p>Dress Your Own Burger on A Bun</p> <p>Oven Baked Homemade French Fries w/Lettuce & Tomato</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Tues., Nov. 5</p> <p>Pasta w/Meat Sauce or Garden Marinara Sauce</p> <p>Spinach Salad</p> <p>Italian Bean Salad</p> <p>Garlic Breadstick</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Wed., Nov. 6</p> <p>Homemade Pepperoni, Cheese or Veggie Pizza</p> <p>Caesar Salad</p> <p>Carrot Sticks</p> <p>Hummus Dip</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Thurs., Nov. 7</p> <p>Taco Bar w/ The Works Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla</p> <p>Rice Pilaf</p> <p>Rainbow Slaw</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Taste Test: Kale Chips</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Fri., Nov. 8</p> <p>Cheese Rolls</p> <p>Creamy Tomato Soup</p> <p>Celery Sticks</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Chocolate Chip Cookie</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>
<p>Mon., Nov. 11</p> <p>Oven Baked Chicken Nuggets w/Dipping Sauce</p> <p>Roasted Potato Wedges</p> <p>Green Pepper Sticks</p> <p>Banana Bread Square</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Tues., Nov. 12</p> <p>Macaroni & Cheese</p> <p>Steamed Broccoli</p> <p>Carrot Sticks</p> <p>Cornbread</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Wed., Nov. 13</p> <p>Early Release 6-12</p> <p>Cheesy Breadsticks</p> <p>Hearty Country Vegetable Soup w/Kale</p> <p>Marinara Dipping Sauce</p> <p>Side Caesar Salad</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Thurs., Nov. 14</p> <p>Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips</p> <p>Rice Pilaf</p> <p>Warm Black Beans</p> <p>Creamy Coleslaw</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Fri., Nov. 15</p> <p>Pancakes w/ Warm Syrup</p> <p>Sausage Links</p> <p>Sweet & White Home Fries</p> <p>Green Pepper Strips</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Happy Birthday Cake</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>
<p>Mon., Nov. 18</p> <p>Chicken Patty Sandwich Lettuce, Tomato & Cheese</p> <p>Rice Pilaf</p> <p>Rainbow Slaw</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Tues., Nov. 19</p> <p>Cheese Ravioli w/Marinara Sauce</p> <p>Sautéed Kale</p> <p>Garlic Breadstick</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Wed., Nov. 20</p> <p>Dress Your Own Hot Dog</p> <p>Oven Baked Homemade French Fries</p> <p>Baked Beans</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Thurs., Nov. 21</p> <p>Thanksgiving Luncheon</p> <p>Roast Turkey</p> <p>Mashed Potato w/Gravy</p> <p>Stuffing</p> <p>Seasonal Vegetable</p> <p>Chilled Cranberry</p> <p>Homemade Dinner Roll</p> <p>Festive Dessert</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>	<p>Fri., Nov. 22</p> <p>Chicken Fajitas Chicken, Seasoned Cheese & Peppers, Soft Flour Tortilla, Salsa, Cabot Sour Cream</p> <p>Rice Pilaf</p> <p>Black Bean & Corn Salad</p> <p>Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad</p> <p>Fresh Fruit</p> <p>Fresh Milk</p>
<p>Mon., Nov. 25</p> <p>No School</p>	<p>Tues., Nov. 26</p> <p>No School</p>	<p>Wed., Nov. 27</p> <p>No School</p>	<p>Thurs., Nov. 28</p> <p>No School</p>	<p>Fri., Nov. 29</p> <p>No School</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
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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@wdschools.org.