

*Celebrating Our Achievements!*

## Nellie Mae Update

By Katherine J. Helm

We are in the home stretch regarding our application to the Nellie Mae Education Foundation's multi-million dollar grant for district level change in how education is delivered to our students. In July, we submitted our Logic Model. We have heard that Nellie Mae was very happy with our submission and in fact, have used our work as a model for other schools. This is very positive and the steering committee is excited with the work we are doing.

Through the months of September and October, there will be two site visits. On September 23rd, our Nellie Mae program coordinator will be visiting with the vice-president of programs. Then, for two days in October, (October 11 & 12), the NMEF EDC evaluating team will be visiting to provide baseline data and program information to the grant evaluators at Nellie Mae.

This month we are continuing to work on the grant application, while moving forward with the transformation process in both districts. It is important for everyone to keep in mind that regardless of the outcome of the grant application, the transformation plans within both districts will continue forward.



## Help is Available for Families to Get Online!

By Mary Martineau

The internet and computers are a fundamental component of a child's education in 21st Century Learning.

Comcast has created a program to bring technology to students and families in their homes so that learning can extend beyond the school walls.

Governor Peter Shumlin, Mayor Michael O'Brien, City Manager Katherine Decarreau, and Superintendent of Schools Mary Martineau participated in Comcast's Vermont Launch Event on September 7, 2011 at the O'Brien Community Center.

**If your child receives free school lunches, you may qualify for Internet Essentials from Comcast.**

You can get Internet access at home for just \$9.95 per month plus tax. There will be no price increases, activation fees or equipment rental fees. In addition, a low-cost computer will be available at your initial enrollment for \$149.99 plus tax. Comcast will provide free internet training.

**For more information or to sign up, please call toll-free: 1-855-846-8376**

As we know, the internet is one more tool to improve learning outcomes for all students. We are happy to pass this information along to Winooski families and hope they will take advantage of this new program.

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## School Parking Lot Project Update

By Rebecca Provost

As the fall begins, we will be wrapping the construction on the Parking Lot Renovations. In the next few weeks, we will continue to monitor the traffic patterns in the lot during peak hours and make adjustments as need. The finishing touches will include a few more signs and crosswalk pavement markings. The temporary lights will be replaced by the end of November with new fixtures and the new school zone signs will be in place on Main Street.

Look for more updates in the November Newsletter.

## NOTES FROM THE CENTRAL OFFICE

### The 2011-2012 school year is underway!

By Mary Martineau, Superintendent of Schools

As part of the city's strategic plan, the District will provide students with an opportunity to have a voice in the future of their city. Each class/grade level, TA/club, or individual high school students have been invited to participate in a contest to create a design or idea for the center of the Winooski roundabout. The question posed is, "what would make you want to spend time in downtown Winooski?" The activity is to be student-driven with teachers facilitating the conversation. Entries will be submitted on or before November 18<sup>th</sup>. The winning class/grade level, TA/club, or individual student will be publicly recognized at a city council meeting and at a school board meeting. The winner will also be announced in the District News! and the Burlington Free Press. In addition, the winner will be invited to participate in the city government process of implementation. We eagerly look forward to some exciting ideas!

### Welcome Back From The School Board Chair

By Robert Millar, Board of School Trustees Chair

Welcome back! As I write today, we are a little over two weeks into the new school year and so far, things seem to be going smoothly. The new parking lot design may have taken some getting used to, but traffic in the mornings and afternoons is flowing better than ever. The new unit ventilators are installed and operational. And by the time you read this, the roof resealing project will be completed, putting a stop to leaks and increasing the overall energy efficiency of the district.

All these physical improvements to the district got me thinking about something much less physical, the Board's vision statement, which we set at last year's Board retreat and reaffirmed this year: "Ensure student growth through continuous improvement." It's on all the administrators' letterhead and is posted prominently throughout the district, but what does it really mean?

To me, this statement gets to the core of what the district is about – giving the children of Winooski the education they deserve, so that they can grow up to be the successful citizens that we all need them to become. And that means so much more than making sure they learn their ABCs, multiplication tables or where Winooski is on a map of the world. It means teaching them why those things matter. It means showing them that learning is fun and necessary – and doesn't stop at the classroom door or with graduation. It means stepping in and lifting them up when they falter, but also knowing when it's time to step back and let them fly on their own. Ensuring student growth should always be the goal of every member of the district and as such it forms the backbone of the Board's vision statement.

In a way, though, the second part of the statement ("through continuous improvement") is just as important as the first. In adding this, the Board recognizes something that everyone has to realize at some point in their lives – we can always do better. We all must strive for continuous improvement in everything we do – professionally or otherwise – or else get left behind. This is especially true when it comes to something as important as the education of our children, because it is unacceptable that they could get left behind. This is why this is also a part of the Board's vision for the district, because ensuring student growth and success requires real, thoughtful continuous improvement.

As the new school year proceeds, I hope we can all take to heart these two themes and continue to grow and improve together, for the betterment of our children and our community. Please consider getting involved as a volunteer in the district or with one of our many wonderful volunteer groups. Also, keep a look out in the coming months as our strategic planning process gears up and consider getting involved in creating the district's next five year plan. More information about getting involved can be found on the district's website, [www.winooski.k12.vt.us](http://www.winooski.k12.vt.us), or by contacting the central office at 802-655-0485. As always, I look forward to working with you.



### WIDA Data Retreat

By Robin Hood

Over twenty-five K-12 teachers, staff and administrators participated in the World Class Instructional Design and Assessment (WIDA) ELL Data Retreat in August. Jim McCobb, Title III (English Language Acquisition) Program, Sarah Lindberg, Education Statistician, VT DOE, and Tina Muncy, administrative coach also participated and contributed to our work.

Over two days we engaged in reflection and understanding of our schools' ELL data for analysis. In addition, we learned how to summarize collected data in tables; graphically represent and highlight the data; pose hypotheses of practice and strategize classroom connections for improving data patterns. Each school team selected an action to implement at their school.

### Schedule Change: Parent/Teacher Conferences

Teachers in all three schools look forward to meeting with parents beginning at 7:30 am on **Monday, November 21** to talk about your child's progress at school to date. This is change from our usual early October date. There will be no classes scheduled that day.



## WELCOME NEW STAFF!



### Welcome New JFK Staff

Left to right: **Danielle Koplinka-Loehr**, Music; **Sarah Murphy**, Guidance Counselor; **Chelsea Gray**, EEE Special Educator; **Caitlin Lovejoy**, Instructional Assistant; **Clarissa Gibbons**, Instructional Assistant.

### Welcome Other New Staff

Photos row 1 (left to right): **Kim Burbo** School Resource Officer; **Emmy Charron** Guidance grades 9-12; **Karyn Parker**, Instructional Assistant, JFK; **Kaitlin Moran**, OMNI Teacher

Photos row 2 (left to right) **Holly Hager**, Nurse (.40 FTE) **Mary Alice Ryan**, Special Education (EEE), **Catie Boone**, Instructional Assistant, preschool; **Trevor Derricks**, Instructional Assistant, JFK

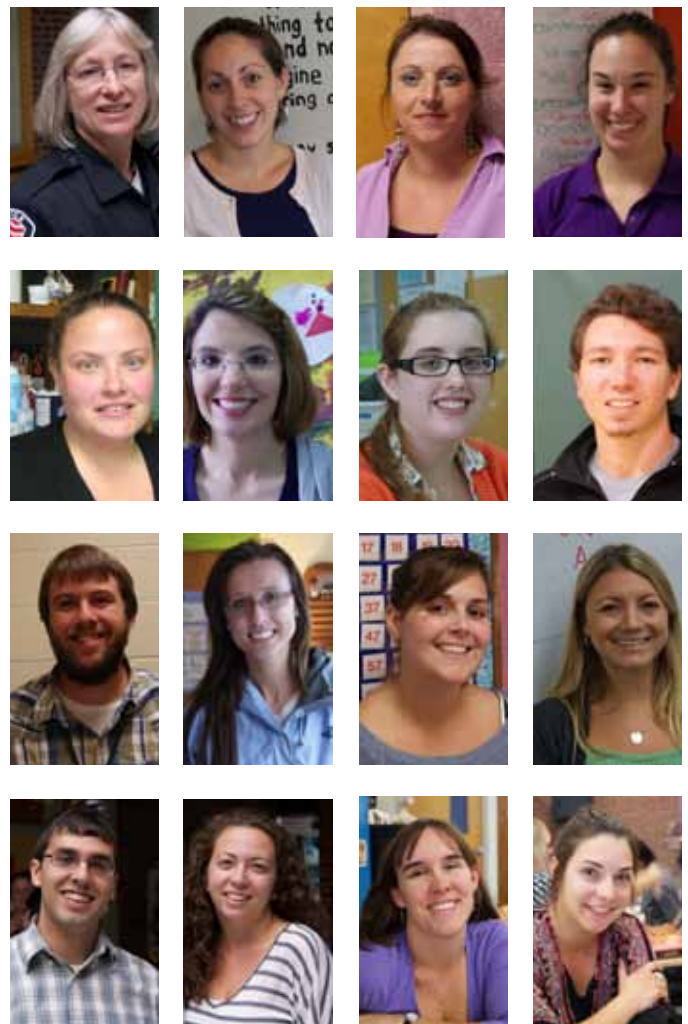
Photos row 3 (left to right) **Devin Rowe**, Team Phoenix (6-8); **Amela Mezetovic**, Team Phoenix (6-8); **Jessica Henderson**, School-wide, Instructional Assistant, (6-8); **Schuyler Allen** (.50 FTE), Math Teacher (6-8)

Photos row 4 (left to right) **Raymond Drexel**, Social Worker; **Jessica Cohn**, Social Worker; **Kari Osha**, Special Education (6-8); **Kate Lewis**, Special Education (9-12)



### Welcome New High School Staff

Left to right: **Alex Constantino**, Instructional Assistant; **Eric King**, Special Education; **Bill Clark**, English Language Learners; **John Peck**, Instructional Assistant/Special Education; **Melissa Clark**, Math; **Veronica Saffo**, French; **Jessica Bruce**, Art; **Steve Feiss**, Math.



## Meet Our New SRO (School Resource Officer)



Hello, everyone! My name is Kim Burbo and I am writing to introduce myself to the school community. I was recently hired by the Winooski Police Department. I have been assigned as the new School Resource Officer, replacing long time SRO Ron Jackson. I am very excited about this opportunity to work with the students, staff and families here in the great city of Winooski.

I thought I would give you a little background about myself. I have been married to my husband Greg for 24 years and we have a son, Joshua who is 15. While I am new to the city of Winooski, I am not new to law enforcement or to the SRO program. I retired from the Burlington Police Department in 2004 after a 20 year career. While at BPD I worked several years as a School Resource Officer in the middle and elementary schools and found it to be one of my most satisfying assignments.

For the past seven years I have been working at the federal courthouse in Burlington as a court security officer with the U.S. Marshals. When I was given the opportunity to return to full time law enforcement, I eagerly accepted the position.

I am looking forward to getting to know our students and staff. My office is located in the elementary school across the hall from the main office. Please feel free to stop by and see me. I can also be reached by e-mail at [kburbo@winooski.k12.vt.us](mailto:kburbo@winooski.k12.vt.us). I will do my best to address your questions and or concerns. I am looking forward to a safe and productive year.

## ANNOUNCEMENTS

### Congratulations, and Thank You!

On Tuesday, August 30th, the following awards were given in recognition of service to the School District:

#### 10 Years of Service:

Cheryl Brosnan, Catherine Eddy, Lisa Goetz, Brenton Litterer, Kevin O'Neil, Nancy Timbers-Devost

#### 15 Years of Service:

Dennis Barcomb, Kristina Bordeaux, Nancy Johnson, Patrice Shea-Gamache, Lois Thompson

#### 20 Years of Service:

Mary Campbell

#### 30 Years of Service:

Robin Hood

#### 35 Years of Service:

Debra LaForce

#### SPECIAL RECOGNITION:

Aftaba Mezetovic was recognized for having represented Vermont at the UN Conference of Refugees in Washington DC this summer. *Congratulations!*



Aftaba Mezetovic



MaryAnn Donnelly-DeBay

#### Support Staff of the Year:

MaryAnn Donnelly-DeBay

#### Outstanding Elementary School Teacher of the Year:

Glenn Willette

#### Outstanding Secondary School Teacher of the Year:

Courtney Poquette



Glenn Willette



Courtney Poquette

### Project Graduation Planning Begins

Project Graduation is a chaperoned, substance-free, all-night party that is designed to keep our students safe as they celebrate their high school graduation.

Organizers of Project Grad held their first meeting on Monday, September 26th. If you are a parent/guardian of a senior and were unable to attend the meeting but would like to be involved please contact Tammy Cusson-Ducharme at 923-6670 or [Tammyc@howardcenter.org](mailto:Tammyc@howardcenter.org).

Project Grad will be holding its first fundraiser soon. We will be holding a coin drop/bake sale out in Williston at Wal-Mart on Oct 9th from 9-4. If you can't make a monetary donation and would like to donate a baked item please call Tammy Cusson-Ducharme at 923-6670 or email at [Tammyc@howardcenter.org](mailto:Tammyc@howardcenter.org). Come out and support the kids in their effort to make this year's Project Grad a great one. Thank you!

### PTO Craft Fair

The Winooski PTO is proud to announce that our 29th Annual Craft Fair will be held Saturday Nov. 19th from 9-4. If you are a crafter or know of someone who would like a space, call the PTO Craft Fair Chairperson, Melanie Nattress at 655-1616 or email her at [nattress96@comcast.net](mailto:nattress96@comcast.net).



## Important Notice Regarding Student Registration

All students registering in the Winooski School District must provide a birth certificate and immunization record. If this is a problem, please let us know and we will work with you in obtaining these documents.

In addition, **it is imperative that you notify us immediately of any change of address and/or telephone numbers.** We must be able to contact parents or designated people to make decisions on your part, should your son/daughter require any form of attention, including medical.

## NECAP Testing Details

*(NECAP stands for New England Common Assessment Program)*

As part of *No Child Left Behind* mandates, Vermont measures reading, writing and math performance with the NECAP test. Students in grades 3 through 8 are tested in reading and math and students in grades 5 and 8 are tested in writing. Students in Grade 11 will also be tested in reading and math. All schools in the state will be giving tests between October 1st through 24th.

**Testing at JFK** will occur in October for all students in grades 3-8. The dates will be: October 4, 5, and 6 (reading); October 7, 11, and 12 (mathematics); October 13, and 14 (writing for grades 5 and 8 only).

**Testing in the High School** (grade 11) will occur on October 4, 5, 6, 11, 12 and 13. Other grades will have other assessments (e.g. Plan/Explore/ etc.)

Please help your child find a good balance between taking these tests seriously and not becoming overly anxious about them. We hope that all students will do their best. The tests help us evaluate both individual student performance and our school programs. It is important that students arrive at school on time, are well rested and have eaten a good breakfast. Breakfast is available here at school in our cafeteria for students. Please do not schedule routine appointments during these testing dates if possible. As always, we appreciate your support and cooperation.

## Winooski Dollars for Scholars Needs Your Help

*By Morgan Kelner, Chair*

Hi Everyone. Winooski Dollars for Scholars would like you to seriously consider being part of our organization. Most likely you believe as we do, that all students deserve an equal opportunity to go to college and should not be at a disadvantage because of economics. Most of our board members have been part of Dollars for Scholars for many years and have seen our own kids graduate and we now need new people on the board who would like to make a difference. Our board meets only every other month and does a few fundraisers during the year with the help and support of the school and larger Winooski community. We have been raising money since 1994 and are a significant part of the graduation ceremony, as we sponsor and co-sponsor scholarships and give out between \$15,000 and \$18,000 dollars each year. Last year we also began to provide scholarships to students who are attending college on a part-time basis. Please join us if you have some extra energy, a new idea, bookkeeping skills, or are willing to work on even one fundraiser. We have lots of new ideas from rubber ducky races to selling flashbags with highlights from Winooski school events, but we need your help.

Unfortunately, due to family circumstances and other time commitments, Jane Viens, our dedicated Treasurer and board member, as well as Mary McCabe our wonderful Secretary and board member have resigned. We have all appreciated Jane's meticulous book keeping and energy as well as Mary's hard work to pull together our Business solicitation and calcutta data base and letters. They both have generously given their time and energy to DFS and will be seriously missed. However, over the years we have also seen other board members go and other wonderful energetic people take their place. So now, at this moment in time.....we would like YOU to seriously consider being part of our organization. We need you and you will make a difference.

Please contact Katherine Helm at 655-3530 or Morgan Kelner 655-4814 for more information about supporting Dollars for Scholars. Thank you so much.

## Graduating Class of 2011 Thanked For Their Generosity

Fletcher Allen Health Care's Development Office has written to thank the graduating class of 2011 for their \$1000 donation to support the Vermont Children's Hospital. This donation was made in honor of Rusty DeWees, who requested the students give his honorarium to a local charity. Their generous support was also acknowledged by Dr. Lewis First, Professor and Chairman of the Department of Pediatrics in a letter written in July.

### Nellie Mae Community Meeting October 5

Burlington and Winooski High School are re-designing learning to prepare all students for their future.

#### **Your Voice Matters!**

You are invited to join students, parents, teachers and community leaders to ensure that all students are ready for life, college and careers.

**Date:** Wednesday, October 5th

**Place:** The O'Brien Community Center, 32 Malletts Bay Avenue,

- Light Dinner & Entertainment 5:30-6
- Presentation & Dialogue 6:00-8:00
- Childcare available (call 540-0016)

**TALK:** • share your hopes and expectations for our students

**LEARN:** • why we are doing this work • what we've done so far

**SHARE:** • your ideas about the work we are doing • your priorities

*Learning Matters. Your Voice Matters. Share Your Priorities, Values and Insights! Help shape the future.*

*Planning has been supported and advanced by a grant from the Nellie Mae Foundation District Level Systems Change Initiative. A proposal for further planning and implementation will be submitted to the Nellie Mae Foundation on October 31st. More information at <http://www.bsdt.org> or <http://www.winooski.k12.vt.us>*

## K-8 News

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

It is hard to believe the first month of school is behind us. All students have settled in well and learned the routines of the classrooms. The focus for our pupils is learning.

Our New England Common Assessment (NECAP) occurs this month. This is a statewide assessment in which all students in grades 3-8 and 11 must participate. The results of this assessment will be sent to us in January or February of next year.

The new morning arrival procedures for our students K-5 are working very well. Students that arrive after 7:45 a.m. go directly to their classroom to put their things in lockers and can then choose one of three rooms to spend time in before the bell rings. There is a quiet room with reading material, listening stations with soothing music and art supplies; the activities room has blocks, Legos, puzzles, board games, etc; and finally the movement room gives children the chance to exercise. Students choose the room they feel will help get their engines running just right to start the day.

We have supplies available in each room; however, if anyone is cleaning out a toy chest or supply area and has any materials they would like to contribute to our three morning rooms, we would gladly accept your donations.

Two teachers from Edmunds Middle School came to JFK Middle School on our first early-release day to present information about Edu2.0. This is a learning management system that allows teachers to create online lessons with resources such as pictures, video and audio. This is beginning of our one-to-one initiative with technology. The teachers found the information helpful as they explore the world of teaching through technology.

## Brain-based Learning Strategies and Student Engagement

By the Jensen Group\*

This past June, a group of teachers and administrators attended a workshop in North Carolina titled *Teaching with Poverty in Mind*. The presenter, Eric Jensen, has studied a lot about the brain including how it works in response to stress, poverty and other environmental factors. He has written many books about poverty and the effect it has on the brain, brain-based learning strategies, and student engagement, to name just a few.

With all of the new learning that this group received, we were very excited to share it with our staff. During the August in-service, the teachers that attended this workshop implemented some of the engagement strategies that Eric Jensen continually modeled for all of us. He modeled this as a way to show teachers what they can do in their own classrooms with students, at any age.

One of our tips that we would like to share is a very important point that Eric Jensen kept bringing up. Three things that get the brain moving are:

1. Nutrition
2. Engagement
3. Movement

So, encourage healthy eating with kids, get them moving often, and do things to foster an engaged brain, such as:

- Playing a board game
- Playing "matching" games
- Working memory games on the computer
- Playing Simon Says

Overall, the new learning we received is incredible and we can't wait to continue sharing it with the staff and putting it into our daily practice with kids.

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

## Musically Speaking

By Danielle Koplinka-Loehr

Welcome to a new school year! I hope you are all having a great fall. I am excited to be starting the year as the new music teacher at JFK Elementary.

Let me share a little bit about my background. I grew up in Ithaca, NY, and spent many summers in Vermont on the shores of Lake Champlain, visiting my grandparents who live in North Ferrisburg. I play trumpet and graduated from Oberlin College and Conservatory of Music, where I studied Music Education and Comparative Literature. In 2009-2010 I traveled in South America and Uganda for a year on a Watson Fellowship, looking at youth orchestras and brass bands. Last year I worked in Seattle at an after-school music program called Seattle Music Partners.

At JFK Elementary, I teach general music to all students, grades K-5, as well as 5th-grade instrumental music and 4th and 5th-grade chorus. This year we will be learning about steady beat, rhythm, pitch, melody, timbre and tone color, movement, composers, composition, improvisation, and playing instruments. We will be singing songs and playing musical games from around the world.

We will also be developing musicality. You can encourage your student to develop his/her musical ear by:

- Listening to different styles of music on the radio
- Playing CDs or mp3s at home
- Going to free or family-focused concerts in the area

As your student listens to the music, encourage him/her to find the steady beat by tapping a foot, or lightly tapping a hand on their leg. Ask your student if (s)he recognizes any of the instruments being played.

This year the all-school Winter Arts Show is on **December 15th**. The 4th/5th-grade choir and the 5th-grade band and orchestra's concert is on **December 8th**. I will send letters home about these events as they approach. You can always check the school website, [www.winooski.k12.vt.us](http://www.winooski.k12.vt.us), for up-to-date information and posts from the music room.

Feel free to contact me at (802) 383-0647, or [dkoplinka@winooski.k12.vt.us](mailto:dkoplinka@winooski.k12.vt.us). I look forward to working with your student in the upcoming year!

## Kaleidoscope Wheels Turn

JFK Middle School's Kaleidoscope team is already asking great questions! Good questions reflect deep thinking, so the Kaleidoscope teachers are encouraging as many as possible...even ones they can't answer. Social studies started this year with the opportunity to wonder. Kaleidoscopers posed questions such as, "How do we exist?" and "How does war start?" The questioning has continued into a study of the America Revolution with students wondering about power and change and into science class where students have questioned the origin of life, atmospheric layers, and tendencies of motion. The wheels continue to turn as math questions center on concepts of geometry and algebra, and language arts questions aim to bridge literature with history and dramatic performance. If these questions are an indicator, this new school year promises to be very colorful!



## JFK Kindergarten Open House



Kindergarten held an Open House on Wednesday, August 31<sup>st</sup>. Students and their families were greeted in the Performing Arts Center by Ms. O'Rourke and the kindergarten staff. Ms. O'Rourke provided a brief overview of the goals and expectations Winooski School District has for its Kindergarten Program. She then invited the families to visit their child's classroom. Mrs. Steady, Mrs. Weimer,

Mrs. LaForce, Mr. Muir and Mrs. McWilliam reviewed what a typical kindergarten day looks like, answered questions and read a short story to their students. The Open House ended with a tour of the school. The kindergarten teachers are looking forward to a great year working with their students and families.

## Hoopla! 2.0

By Mag Thomas

The new school year has begun and so have the afterschool programs! Once again the programs will have a focus on Reading, Writing, Math, Science, Technology or the Arts. We are excited about all the programs being offered.

Hoopla is back with a new twist. On Thursday afternoons Ms. Niss and a group of students will be in the library learning about hula-hoops. The students will learn how the hoops are made.

The students will also be using computers to observe hooping tricks to do with their own hoops. They will be keeping illustrated journals about their progress with the hoops. The students are excited about getting exercise while having fun!

As a cool down activity, Ms. Niss will end each session with a read-aloud featuring books by Chris Van Allsburg.



## Curriculum Coordinator's Report

By Stefanie Hamble

Our 2011-2012 school year is off to a great start. There is a lot of exciting learning that is happening and teachers are bringing a lot of new learning to their practice and instruction. Teachers have implemented new strategies for student engagement such as (but not limited to) working memory activities or standing up and stretching during transition time. Teachers are also looking at current assessments in areas like Math to see what can be added to create more rigor, plan for instruction, interventions, and next steps.

October is NECAP time, where grades 3-8 and 11 will be taking part in the yearly assessment that assesses students in the areas of Reading and Math for grades 3-8, and in the area of Writing for grades 5, 8, and 11. Parents will be receiving a letter home informing them of the dates that their child's school will be testing.

Be sure to enjoy this beautiful fall weather that is approaching and let's celebrate the learning, success and excitement of the kids everyday!

## JFK Guidance News

By Sarah Murphy

### Who is Mrs. Murphy?

My name is Sarah Murphy and I am a native Vermonter. Before working at JFK I was a Guidance Counselor in the Mad River Valley of Vermont, splitting my time between two different elementary schools. I love to work with students in their classrooms, and feel very lucky that I can do that here at JFK. In addition to spending 45 minutes in each class every week, I have been trying to get to know students better through lunches, snack times, and activities in my office. If you have any questions for me, please do not hesitate to contact me at 383-6064.

### September Update:

This September flew by! We spent the month focusing on friendship skills in Kindergarten, First, and Second Grade. We talked about, read about, and played games about being a friend, making friends, and keeping friends. In the upper grades, the students focused on themselves and completed a month long project about what makes them unique and special.

### Up Next in October:

The Kindergarten, First, and Second Grade students will be learning about and practicing identifying different feelings. The upper grades will be working on social skills and friendship.

### Mentoring Program:

Are you interested in getting your K-2 student connected with a St. Michael's College Student Mentor? If so, please let me know! The Little Brother/Little Sister Program is a wonderful program connecting college students with JFK students. Once a week the Big Brothers/Big Sisters pick up their Little Brothers/Little Sisters and spend two to three hours with them either on the St. Michael's College campus or around town doing a variety of activities. They even have dinner together! Current JFK students in the program love it, and we are looking to add more students. Spots are limited, so please let me know as soon as possible by calling me at 383-6064.





## 1-1 Netbook Program News

By Katherine Jennifer Helm

With less than three weeks of school under our belts, the Netbook program in the middle school is well under way. Prior to the students returning, all Netbooks in the middle school were inventoried and assigned to students. This assigned computer will be the responsibility of the student for the time that there are at middle school.

The middle school has one half day early release monthly for professional development, and this year our focus is on technology and student engagement. In September, two teachers from the Edmunds Middle School came to present to our teachers on what their 1-1 program is like and ideas for us to consider. The afternoon was spent with our teachers being students and experiencing what learning would be like using a technology program as the platform. It was exciting for these teachers and they are eager to learn more to provide these experiences for our students.

Towards the end of the month, four staff (2 teachers, the curriculum coordinator and assistant principal) will be attending a 1-1 computer workshop with other educators in the state. The learning at this workshop will be brought back to the school and shared with all the other teachers. Additionally, we will be encouraging the students to also teach the teachers what they know, because as we all know, the kids are intrinsically tech savvy. Stay tuned for updates and information in future newsletters.

## On the Move with Team Velocity

By Nancy Keller

Velocity (və-lōs'ī-tē), according to the American Heritage Dictionary, means “rapidity or speed of motion; swiftness.” True to their team name, Winooski middle school’s Team Velocity students are on the move this school year to improve their learning!

Current and emerging research in the neurosciences confirms that when we move our bodies in coordinated and complicated ways, and when we build our aerobic capacities, we also spark biological changes in our brains that help us reduce anxiety, increase self-control, ease depression, manage stress, and build a stronger and more connected neural network that is ready for learning. More simply, by moving our bodies, we build our minds. (Ratey, *Spark*, 2008, Medina, *Brain Rules*, 2008, Jensen, *Teaching with Poverty in Mind*, 2009, and “For Better Grades, Try Gym Class,” NYTimes, August 2011)

Each day Team Velocity students participate in movement activities. These activities, which occur throughout a student’s academic day, may include 20 minutes of aerobic conditioning, functional weight training, martial arts practice, dynamic stretching, and



breathing exercises. All of these practices have the potential to build our brain’s capacity for learning. Beginning in October, students will have the ability to track the quality of their movement activities with the use of heart rate monitors, purchased through a combination of school district and National Science Foundation Noyce Scholarship funds.

Look for future Team Velocity articles in the District News as we become “active” learners--both in mind and body.



## What’s Cooking Afterschool at JFK Middle School?

By Barbara Russ

Every Tuesday afterschool from 3-4:30pm you can smell great cooking happening by walking into room 201! Eight middle school students are currently participating in the Fun with Food afterschool program taught by Ms. Unger. Each week students learn new recipes while cutting, chopping, and creating a variety of healthy and wonderful food. When asked about this program so far, students had this to say:

“It’s amazing and awesome! You get to try amazing foods that are also healthy for you.” (Paige)

“I signed up for this program because I want to be a chef.” (Shyanna)

“I loved slicing things, mixing them up, and making the fruit kabobs.” (Joy)

“I liked frying up the turkey burger.” (Alyssa)

“I loved making the fruit kabobs because I love grapes, bananas, and strawberries.” (Amalie)

“I liked chopping stuff up and blending it for the fruit smoothies.” (Taylor)

“I loved the kabobs best because bananas are my favorite fruit.” (Jacob)

“Eating the food is my favorite part.” (Rainbow)

Stay tuned to learn more about what’s cooking in the coming weeks!





## HIGH SCHOOL HIGHLIGHTS

**99%**

*By Justin Brown, Principal*

Thomas Edison once said, "Genius is 1 percent inspiration and 99 percent perspiration." Winooski High School entered into the process of transforming the way we do education in early 2010. The inspiration that we culled from our work with the community, students and staff was that our mission is to *continually challenge students to develop as responsible citizens.*

The hard part, the perspiration, began in the fall of 2010. Winooski High School aligned our curriculum; ensured that effective writing instruction happened across the curriculum; and meaningfully assessed our students through writing. And we are just getting started. We are committed to continuing the hard work of building on our bright spots.

Per capita, we are the most diverse school in the state. Partially because of this, we offer experiences to students that are unheard of in our state, and even our nation. We have visitors from other well-respected institutions that regularly comment on how welcomed they feel by our students and staff. This is an essential ingredient to an effective school. Students have to feel safe in order to be emotionally accessible to learn. We pride ourselves on our positive school culture.

While our NECAP results for the past several years have been unacceptable, Winooski High School piloted a sequence of writing assessments and instruction in the spring of 2011 that showed massive growth among our 9<sup>th</sup> and 10<sup>th</sup> graders. We are entering into our Fall NECAP assessment season on October 4, 2011. I expect that we will begin to see the results of our focus on student achievement when we receive our results in late January.

This work is not easy. It is never fast enough. But, we are actively attending to the needs and hopes of all of our students. This year we have built in a Sustained Silent Reading period three days per week as we are clear that improvement in reading is largely a function of reading practice. We are continuing our work to target improved writing skills as it is our belief that writing is evidence of thinking. We further believe that responsible citizens need to be able write in order to effectively demonstrate their thinking. We are also entering into the process of developing effective assessments of student learning across the curriculum to tie into our curriculum maps to ensure that no-one slips through the cracks.

We are also remaining attentive to our belief that the student should be at the center of their own education. Winooski High School is piloting a small number of Personalized Learning Plans. We and our students have re-designed our club offerings during TA to offer meaningful choices to students in partnership with staff. And we are refocusing our efforts of student council to target key areas of need in the school.

Winooski High School is committed to manifesting the genius of our students by doing the hard work of teaching our future. We ask that the community partner with us to continue to make Winooski High School the one of a kind educational institution that it needs to be.

## High School Guidance Office News

*By Emmy Charron, High School Guidance Counselor*

Hello from the High School Guidance Office! Fall is a busy time of year so I will do my best to keep you all informed.

Starting the week of September 26th my goal is to meet with each of the graduating seniors to make sure they are on the right track for graduation and to discuss post secondary ideas and options. We will work together to best prepare for life after high school whether the student be college bound or headed into the armed services or work force.

The Pre-SAT (PSAT) tests are available to all Sophomores and Juniors on Wednesday, October 12th. To sign up for this great opportunity to take the test once, risk free, please come see Emmy Charron in the Guidance Office. The cost of the test is \$14 dollars at the time of registration. Waivers may be available upon request.

College representatives continue to be visiting WHS throughout the month of October. Should your student want to find out more about a particular college please have them sign up with Mrs. Eddy. Some of October's visitors include: Lyndon State College, Stonehill College and Western New England College, others are being added daily and are advertised during the daily announcements and on the bulletin board outside the Middle/High School office.

### **NECAP and Other Testing Coming Up**

**October 4 - 13th** is a very important time for Winooski High School. It is during this time we will be administering the State mandated NECAP testing for all of our Juniors. This is a great opportunity for our school and community to gauge our strengths and see where there are needs for academic improvement. It is extremely important that all students are here during those days, otherwise make-ups are required so please plan accordingly.

During this time our Freshman will be taking the Explore and all Sophomores will be trying their hand at the PLAN, which is actually a preparation test for the ACT's. Find out more at [www.actstudent.org/plan/](http://www.actstudent.org/plan/). Both grade levels will be participating in the Accuplacer exam which the Community College of Vermont uses to assess their incoming students. This will allow our students to see how they stack up against college bound students and hopefully raise their own personal goals and aspirations to attend college.

Seniors will be able to take this opportunity to work on their Senior Projects.

We appreciate your cooperation in making sure our attendance is high on these dates so we can best serve our students in the future using these test results!

Should you ever have questions about upcoming events please don't hesitate to email me at [echarron@winooski.k12.vt.us](mailto:echarron@winooski.k12.vt.us).

# Everything You Always Wanted To Know About Senior Projects

By Matthew Webb

Every year, graduating seniors at WHS complete a major Senior Project in a topic of their choice. It is an opportunity for seniors to show that they can learn independently and for them to explore an area of personal interest. Different types of projects include volunteer work, career exploration, and learning a new skill, craft, or sport.

Seniors spend a minimum of 30 hours engaged in learning the topic of their choice. They work with community consultants who are professionals or experts, and they incorporate reading, research, and interviews into their projects. In the early spring, they each complete an 8-15 page paper, and in May, seniors set up displays at an Expo where peers and community members can discuss their work with them. Senior Expo Day culminates in a Senior Speech in front of a panel of teachers and staff, followed by questions and a final evaluation of the student's project. It is intense but, for many seniors, is the highlight of their year.

Here's what students are working on this year:

- *Volunteer work:* coaching soccer, Vermont Children's Hospital, event planning (Homecoming), the Humane Society
- *New Skills:* stop-motion animation, mixed martial arts, fixing computer viruses, running a half marathon, farming, playing the bass guitar, weight lifting, archery, bonsai trees, hunting, the physics of guns, song writing, dancing, cooking for large groups, piercing, photography, sewing
- *Community work:* interviews with immigrants, the refugee experience, history of the Arabic language
- *Career exploration:* graphic design, dog obedience training, nurse practitioner, music recording, criminal justice, veterinary medicine, cosmetology, teen health

Students often need ideas for projects, so before next year rolls around, please consider if you have any particular talents you'd like to share with future seniors. Also contact us at the high school if you have a business or organization that could benefit from a young person's concerted energy.

## Music Matters

By Cathy Mander-Adams

The High School Chorus singers are off and running. The first event they are working on is "Singing for Support." They will be asking their peers to donate pocket change to help raise money for Vermont people who suffered severe damage and loss as a result of the flooding in August. The money raised will be given to the America Red Cross to distribute where it is needed the most. The SPARTAN Chorus will top off their efforts by singing a special song during Community Meeting on **October 13**.

The SPARTAN Chorus has also been asked if they will sing at "A Party for Korean War Veterans in Vermont." This event is being held on the UVM campus on **Saturday, October 29**. A medal of appreciation from the South Korean government will be awarded to all participating Korean War Veterans by Consul-General Park, Kangho. This is first of this kind in the state of Vermont. The SPARTAN Chorus will be singing The Star Spangled Banner at the opening of this ceremony.



## Cheerleaders Hold Successful Bottle Drive

A big "THANKYOU" goes out to the Winooski community for your contributions to the Spartan Varsity Cheerleaders! Our team raised \$512.80 during the bottle drive we held on Saturday, September 10th. Because of you, we can now buy equipment that will help us continue what we are doing throughout our cold fall season. Thank you for your bottles and small donations, we look forward to purchasing the things we need so we can continue to do what we love to do to. GO SPARTANS!



Abdifatah Mohamed working with Ms. Poquette on his Personal Finance homework.

## Afterschool Offerings at Winooski High School

By Kaitlin Moran

Winooski High School's Afterschool Programs are under way! The first session runs from September 12- October 28 on Tuesday and Thursday afternoons from 3-4pm.

On Tuesday afternoons, Ms. Bundy offers Science Core Support, and Ms. Poquette offers

Technology Core Support. Students will have access to relevant science equipment and the computer lab as necessary.

On Thursday afternoons, Mrs. Mellen offers Math Core Support specifically designed for students in MF 1-3, IMP 1-3, Precalculus, and AP Calculus. Also, on Thursday afternoons, Mrs. Basille offers Social Studies and Spanish Core Support. Practica español or practice connecting history to contemporary world issues.

There is no pre-registration required, and students should go right to the Core Support teacher's classroom after school and begin work. Teachers will provide one-to one, differentiated instruction and work with students to hone new skills or review material for upcoming exams.

Students: Come to Afterschool! You will feel more confident about your learning and enjoy yourself (plus, there's snacks!).

## HEALTH CORNER

### Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

We hope that everyone is settling right in to this school year. We know that there has been a lot of information and papers sent home including emergency health information forms. **Please remember to fill them out (both sides) and submit them back to the Health Office.**

We cannot administer any over the counter medications to your child until we receive written permission back from you on those forms. Also, please remember that if your child is currently on an antibiotic prescribed for three times a day or less then all three doses must be taken at home.

If your child needs to take medication in our office, please remember that we require both an order from the prescribing doctor, written permission from the parent and it needs to be sent in a labeled bottle to school. We also require that all medication be brought in by adults. *Please do not send in prescription medications with your child.*

If you have any questions or concerns, please feel free to contact us at 802-383-6094.

### Tooth Tutor Update

By Diane Polson, RDH

Welcome back students! I can't wait to start working with Elementary and Middle School students under the State's Tooth Tutor Dental Program.



I will be in the Health Office on Thursdays to help students connect with a dentist and keep up-to-date with their dental care.

**The goal of this program is to make sure ALL students have a dentist and are seen at least once a year for preventative care.**

I can be reached at 383-6094 if you have any questions or concerns.

## COMMUNITY NEWS

### Senior Center Calendar

By Lori L. Pinard, MS, Director

The fall schedule is in full swing at the Winooski Senior Center.

We'll start the month with our monthly meeting and luncheon on **October 4<sup>th</sup>**.

We're going on two bus trips: **October 11<sup>th</sup>** is a fall foliage trip to the Lake George Dinner Theater to see the comedy "Skin Deep" and **October 24<sup>th</sup>** will be a trip to the Montreal Casino.

The VNA will be at the center for a **Flu Clinic on October 14<sup>th</sup>** at 8:30am.

**October 17<sup>th</sup>** is Movie Monday. We'll show "A Taste of Italy," a short film showcasing the Italian countryside and homemade pizza will be served.

**October 18<sup>th</sup>** features our new Lunch 'n Stuff program, with a catered lunch by FRESH food, followed by a short presentation from HomeShare VT.

**October 19<sup>th</sup>** has Medicare Workshops at 10:00 & 2:00.

The month wraps up with a Legislative Forum on the **October 26<sup>th</sup>**. Come to the workshop at 11:00, followed by lunch and then participate in the Forum, at 12:45.

Keep an eye open for the date for our Halloween party at the center.

Ongoing activities include Zumba Gold, Gentle Exercise, games & cards, crafts, knitting & crocheting, Meals on Wheels and bingo and more. Stop in for a complete schedule.

We are located at 123 Barlow Street and can be reached at 802-655-6425.



### Festival of Pumpkins



The **Festival of Pumpkins** will take place at Smith Park (near Keybank and the rotary) on October 30th and 31st beginning at dusk. We are looking

for candles for the pumpkins (votives or pillars). They can be dropped off at Sally's Flower Shop at 325 Main St. or we will be happy to pick up. .

If you'd like to volunteer to help carve and decorate pumpkins in advance, please join us at the Senior Center on Barlow Street on Thursday Oct. 27th from 3:00 to 8:00 or Friday October 28th from 12:00 until we're done. Students must be accompanied by an adult. For more information, you can reach us by calling Sally at 655-3894, Nan at 655-1520, Sue at 655-1595 or Lorraine at 655-2112.

### Berry Bicycle Program Teaches Micro-Business

The Winooski Underground Teen Center would like to recognize Northfield Savings Bank's contribution to our Berry Bicycle Program. This summer three teens created and designed a micro-business from the ground up. They sold delicious, frozen berry popsicles that they made themselves after picking the berries, creating the recipe, and designing the packaging. While selling their product, they also managed the finances on their own. The teens learned the importance of hard work, saving money, and teamwork. Without Northfield Bank's generous contribution, we could not have provided them with the opportunity. THANKS NORTHFIELD SAVINGS BANK!

Your City Officials	Email addresses	Telephone
Mayor Michael O'Brien	moknok@sover.net	802-655-4879
Deputy Mayor Sally Tipson	sallyflower@comcast.net	802-655-3894
Councilor John Little	jlittle@winooskivt.org	802-655-0106
Councilor Megan Moir	winooskigirl@gmail.com	802-598-7922
Councilor Sarah Robinson	sarah.kunz.robinson@gmail.com	802-734-6422
City Manager Deac Decarreau	deac@onioncity.com	802-655-6410

Visit the city website at [www.onioncity.com](http://www.onioncity.com) or call 802-655-6410.



## Mayor's Update

By Michael O'Brien

It's October, school is back in session and summer has passed!! We hope you had a chance to enjoy the weather, get outside and join us for some of the fun activities around town!

The **Farmer's Market** has been very successful – averaging 500 attendees each week. If you haven't had the chance to check it out, it continues to run every Sunday from 10am until 2pm until October 9. There will be an **Oktoberfest** celebration on **October 2**. Come on out and enjoy some good food, entertainment and local products.

The **Winooski City Marathon** came to an end on Saturday, September 17. In its first year, the marathon had 72 participants who walked, jogged or ran a course in Winooski in at least 9 of the 12 weeks! At the conclusion of the last walk, participants enjoyed a barbeque and received a gold medal. We'd like to thank the YMCA for their support of this event and we are looking forward to greater participation next year.

The work on the **school parking lot** and the **sidewalks** along Franklin, Bellevue & George Streets are nearing completion. The parking lot has been reconfigured to make the area safer for our students, parents and staff. Sidewalks have been installed along most of Bellevue Street and along Franklin Street below Bellevue. This work is scheduled to be completed in the next month.

We hope you've noticed the work the city has done to **repave and repair** some of our worst streets and sidewalks. Our public works staff has completed work on Manseau Street, West Allen Street, East Allen Street (multi-use path), and Landry Park; and is nearing completion on St. Peter Street, Weaver Street, City Hall parking lot, and West Lane. Work has been delayed because our paving contractor was needed to help out in other parts of the State after Hurricane Irene. We have been assured that the paving will get completed this year.

We continue to look at **traffic issues** around the city. Bollards and yield signs were placed at the Main Street entrance to the traffic circle as an experiment to try to help alleviate conflicts. The



Traffic Advisory Board will experiment with two-way and four-way stop signs to replace the existing traffic light at the intersection of Malletts Bay Avenue and Union Street/West Lane.

And the City in cooperation with the Winooski Community Partnership are working on a parking study including a plan for new signage for the downtown.

As we all know, we were spared major damage from Hurricane Irene. We all marveled at the rise of the Winooski River here in Winooski and were witness to the awesome power of Mother Nature! The City made folks at the State and in other towns aware that we were ready to help if needed. Helping our neighbors in a time of crisis is part of what makes Vermont a special place. Thank you to everyone who helped out in some way, whether through a donation or volunteering.

There are some folks in our community who made extraordinary efforts to help in the recovery efforts. We'd like to make a special recognition to **Sarah Waterman**, a Winooski resident who created the VT Response website that helped to coordinate the volunteer efforts here in the State. Thank you to all our staff, especially to **David Bergeron**, **Steve Palmer** and **Steve McQueen** who were prepared for the worst case and were ready to work during the storm.

The **Strategic Planning Steering Committee** has continued to meet monthly and is fine tuning their approach to obtain input from the very diverse groups within our City. The committee is finalizing a survey to be sent around to get input on a variety of topics from citizens. Please complete the survey when they come. As John Little said in the last article, "get involved and consider joining in these conversations, for without input from everyone, an accurate representation of Winooski's residents cannot be considered."

Finally, **let's look forward to fall!!** Get out to enjoy and cheer our high school athletes as they compete in football and soccer. Schedules can be found on the school website and are published weekly on Front Porch Forum. Don't forget, the folks from **Season's Greetings** will be decorating Smith Park and the downtown

for Halloween and need volunteers to carve pumpkins on **October 27 & 28** at the Senior Center. Everyone is welcome to join in the fun. In past years the folks at Season's Greetings have carved and displayed as many as 600 pumpkins!

We hope you were able to get our and enjoy all the events in Winooski over the summer. There continues to be lots going on. If you have any questions or suggestions, please feel free to contact me by phone at 655-4879 or email at [mobrien@winooskivt.org](mailto:mobrien@winooskivt.org). Or you can contact any of your city councilors. You can find our contact information on the City website at [onioncity.com](http://onioncity.com).

## Culture Hop Celebrates Winooski's Diversity

By Kate Nugent, WCSPC

The weekend of September 16-18 in Winooski was a special one in which the WCSPC helped the community celebrate itself and its many wonderful inhabitants and fans. On Friday, we were able to experience a play, a story, French Canadian musical spoons and conversation, Ngoma Ya Kwetu Congolese drummers, a film about the city, the Bosnian Lilies dance troupe, and presentations about Islam and Somalia. Guests added beauty and understanding to a live mural on the hallway walls, and viewed artifacts from Africa. And of course, there was a lot of incredible food representing many places in the world. Donations were collected for the Winooski Food Shelf housed at the United Methodist Church, which always needs your support. Because of the efforts of the Winooski Community Partnership, on Saturday, the Block Gallery and Coffee House with Purple Shutter Herbs offered international coffees, Don Pedro's featured a special dish, as did McKee's, Papa Frank's, and Cupps Bakery. On Sunday, people brought their receipts to the Farmer's Market to enter a special Culture Hop raffle. Thanks to everyone who made this possible--it took a lot of hard work of many, many people to come together! Our next WCSPC meeting is scheduled for October 12 at 3:30 at the O'Brien Community Center. Contact Kate at [kate.winooskicoalition@gmail.com](mailto:kate.winooskicoalition@gmail.com) or 802-655-4565 for more information.

## Special Program for Teenage Girls Only!

Ladies, are you looking for a comfortable space where you can study and socialize after school? Come and check out Girls Only!, which is held every Tuesday at St. Michael's College from 3:00 to 4:45 p.m. Activities are held in a house on campus where you will have access to a full kitchen, reading and study room, computers, and academic tutoring. We will match you with a female college student mentor and offer interesting and fun classes like dancing and cooking. Great snacks will be provided each afternoon. This space is only open to Winooski high school girls. Transportation is provided from the high school to the college campus and afterwards from campus to your home. Check it out!

You will need to have a signed permission slip. Contact Donna Kohut at [vista@winooski.vt.org](mailto:vista@winooski.vt.org) or (802)655-6410 ext. 12.

## ELEMENTARY SCHOOL LUNCH MENU — OCTOBER

**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](http://www.abbeygroup.net/lunch/prepay)

**Please note! You can get Middle and High school menu information at [www.abbeygroup.net/schoolmenus](http://www.abbeygroup.net/schoolmenus). Parents can also learn about options for managing your child's account.**

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

Mon: French Toast Sticks w/ Maple Syrup • Tues: "UBR" Whole Grain Breakfast Bar •

Wed: Healthy Breakfast Pizza • Thurs: Sausage & Cheese Muffin • Fri: Egg or Yogurt w/ Bun

Mon., October 3	Tues., October 4	Wed., October 5	Thurs., October 6	Friday, October 7
<b>Soup &amp; Sandwich</b> Grilled Cheese Sandwich on Wheat Bread  Hearty Minestrone Soup Chilled Peach Cup Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Buon Appetito</b> Wheat Spaghetti or Spaghetti Squash w/ Meat or Garden Marinara Sauce Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks  Fresh Fruit Farm Fresh Milk	<b>Early Release Grades 6-12 Chicken Mania</b> Grilled Chicken Sandwich on Wheat Roll  Seasoned Sweet Potato Wedges Cucumber Sticks  Fresh Fruit Farm Fresh Milk	<b>Fiesta</b> Taco Bar w/ The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, Cabot Sour Cream & Soft Flour Tortilla  Brown Rice Pilaf Creamy Coleslaw  Fresh Watermelon Slice Farm Fresh Milk	<b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Fresh Carrot Sticks w/Ranch Dip Low-Fat Dessert  Fresh Fruit Farm Fresh Milk
Mon., October 10	Tues., October 11	Wed., October 12	Thurs., October 13	Friday, October 14
<b>NATIONAL SCHOOL LUNCH WEEK</b> <b>Dog Days</b> Oven Roasted Hot Dog on Wheat Bun Ketchup, Mustard, Relish, Onions Crispy French Fries Baked Beans  Fresh Fruit Farm Fresh Milk	<b>NATIONAL SCHOOL LUNCH WEEK</b> <b>Buon Appetito</b> Chic' Rotini Chicken, Broccoli, Cheese & Whole Grain Rotini  Dark Green Garden Salad  Fresh Kiwi Farm Fresh Milk	Delayed Start k-5 8:40 a.m. <b>NATIONAL SCHOOL LUNCH WEEK</b> <b>Brunch For Lunch</b> Waffles w/ Warm Syrup Sweet & White Home fries Sausage Links Fruit Filled Crisp  Fresh Fruit Farm Fresh Milk	<b>NATIONAL SCHOOL LUNCH WEEK</b> <b>Sweet &amp; Sour</b> Sweet & Sour Meatballs  Brown Rice Pilaf Dark Green Garden Salad Wheat Dinner Roll Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>NATIONAL SCHOOL LUNCH WEEK</b> <b>Itza Stromboli</b> Gourmet Filled Stromboli Pepperoni or Veggi & Cheese Filled  <b>Fresh Broccoli Sprigs w/Dip</b>  Fresh Fruit Farm Fresh Milk
Mon., October 17	Tues., October 18	Wed., October 19	Thurs., October 20	Friday, October 21
<b>That's Italian</b> Italian Style Meatball Sub On Wheat Roll  Whole Grain Garlic Rotini Steamed Corn  Fresh Fruit Farm Fresh Milk	<b>Autumn Harvest</b> Curry Chicken Over Rice  Roasted Root Vegetables Warm Spiced Peaches Zucchini Parmesan Bread  Fresh Apples Farm Fresh Milk	<b>Chinese Flare</b> Teriyaki Beef  Vegetable Fried Rice Vegetable Lo Mein Orange Muffins Fortune Cookie  Fresh Fruit Farm Fresh Milk	<b>Fiesta</b> Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream & Salsa  Brown Rice Pilaf Creamy Coleslaw Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>No School</b>
Mon., October 24	Tues., October 25	Wed., October 26	Thurs., October 27	Friday, October 28
<b>Taste of Summer</b> Dress Your Own Burger on Wheat Roll Lettuce, Tomato, Cheese & Pickles  Oven Baked Potato Puffs Oven Roasted Zucchini Sticks  Fresh Fruit Farm Fresh Milk	<b>Itza Wrap</b> Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla  Brown Rice w/Seasonal Veggies  Fresh Fruit Farm Fresh Milk	<b>American Made</b> Hearty Macaroni & Cheese  <b>Fresh Roasted Broccoli</b> Homemade Cornbread Happy Birthday Cake  Fresh Fruit Farm Fresh Milk	<b>Fiesta</b> Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Cabot Sour Cream, Corn Tortilla Chips  Rice w/Black Beans & Corn Creamy Coleslaw Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Soup &amp; Breadsticks</b> Homemade Garlic Breadstick Brushed w/Garlic & Parmesan Marinara Dipping Sauce  Hearty Chicken Noodle Soup Fresh Carrot Sticks w/Dip  Fresh Fruit Farm Fresh Milk
Mon., October 31				
<b>Chicken Mania</b> Oven Baked Chicken Nuggets w/Dipping Sauce  Seasoned Sweet Potato Wedges Steamed Corn Whole Wheat Dinner Roll  Fresh Fruit Farm Fresh Milk				

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**Mission Statement**

The mission of the Winooski School District is to awaken in its diverse student body, a thirst for knowledge, a passion for learning, and a desire to become responsible members of the world community.

We offer a safe, supportive, educational environment. Our team of professionals recognizes individual strengths and needs and fosters academic excellence and personal growth.

Working together in partnership with families, and the community, we strive to instill shared core values – respect, responsibility, empathy – and a commitment to help every student reach his or her potential.

**About Our District**

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 399 students attending JFK Elementary (grades PreK-5), 157 attending Winooski Middle School (grades 6-8), and 274 attending Winooski High School (grades 9-12).

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

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

**Newsletter of the Winooski School District**

Winooski School District  
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