

ALSO INCLUDES
Community News!
 STARTING ON PAGE 11

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 11, ISSUE 1

OCTOBER 2013

Welcome Back to School!



INSIDE THIS ISSUE

Notes from the Central Office	2
Welcome New Staff, Announcements	5-7
Notes From JFK Elementary	7-8
Middle and High School Highlights	9-10
Community News, Health Corner	11-13
District and Contact Information	14



PTO Craft Fair

The Winooski PTO is proud to announce that our 31st Annual Craft Fair will be held Saturday Nov. 23rd 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.

What is Calendar 2.0?

By Sean McMannon, Superintendent of Schools

We all want the absolute best learning environments and opportunities for our students. In the spirit of this shared purpose the Champlain Valley Superintendents Association (CVSA) charged a task force of six superintendents in 2010 to:

- Review the current school calendar,
- Study alternative models,
- Recommend a calendar based on agreed-upon principles, and
- Build upon the “Agenda for a World-Class Education” which can be found at: <http://www.vtvsba.org/summary.pdf>

The guiding principles that emerged from the task force were:

- Support learning of all students
- Provide timely interventions and enrichments during the school year for all students
- Provide more effective instruction time – less need for review
- Increase access to language-rich environments
- Minimize loss of learning (during breaks, particularly the longer summer break)

While regional superintendent groups are statutorily required to set a 175-day calendar, it is important to understand that CVSA is not married to the current Calendar 2.0 proposal, which can be found at: <http://schoolcalendar2.blogspot.com/2013/04/what-is-school-calendar-20.html>

Recent media attention has drawn out passionate feedback and deep conversation about the proposed calendar, and the upcoming regional forums will continue the conversation by authentically engaging with parents, students, community members, partner organizations and educators to construct a calendar that meets our shared purpose of creating the absolute best learning environments and opportunities for our students. I would urge everyone to attend one of the regional forums listed below but before you go, take the time to review the posted information about the proposed calendar at: <http://schoolcalendar2.blogspot.com/> This website is chock-full of useful information which will help you be an informed participant.

- **Wednesday, Oct. 2, 6:30 p.m.** – Essex High School
- **Thursday, Oct. 3, 6:30 p.m.** – BFA St. Albans
- **Wednesday, Oct. 9, 6:30 p.m.** – Burlington High School
- **Thursday, Oct. 10, 6:30 p.m.** – Champlain Valley Union High School

I am 100% in support of a revised calendar that aims to improve learning environments and expanded opportunities for our students. After poring over the research on modified calendars there is very little research that show all students experience significant achievement increases due to a modified calendar. In large part this is due to the fact that studies with control groups have not been conducted. I did find some research that struck me as very important, specifically for our school. Here are a few items to consider:

In 1996, Harris Cooper and colleagues looked at a century's

worth of academic studies and concluded, on average, all students lose about a month in math skills. Even more concerning is that students in poverty, on average, lose three months of learning compared to students of middle class families (Von Drehle, D. The Case Against Summer Vacation. Time Magazine July 22, 2010. Cover Story.)

“Modified calendars were associated with higher achievement for economically disadvantaged students. Students, parents, and staffs who participated in modified calendar programs were positive about their experiences. Policymakers can improve acceptance of modified calendars by involving communities in the planning and by providing quality intercession activities.” (April Melson, Pembroke, Kelly Chariton, Jeffrey C. Valentine, and Harris Cooper. “The Effects of Modified School Calendars on Student Achievement and on School and Community Attitudes.” Review of Educational Research 73.Spring 2003: 1-52. Print.)

Finally, we will continue to work together to discuss, debate and ultimately, do what is best for our students with respect to our school calendar. Thanks for working with WSD to benefit our students!

School Board Names New Member

When school board member Amy Booher resigned and moved out of state, the remaining board members appointed Julian Portilla to fill out her term and asked him to introduce himself to readers of this newsletter. Here is what he wrote:

Dear Community,

My name is Julian Portilla and it's an honor to be a part of the JFK school board. I'd like to take this opportunity to tell you a little bit about myself. My wife and I moved to Vermont with our eldest son in 2008 from Mexico City and moved to Winooski in 2010. I have three children, Max, Gabo and Sebastian.

Max is in the first grade and the others will join him at JFK in the coming years. Since we've been in Winooski, we've made many friends and love our neighborhood. While I was interested in being on the school board, it was really my wife who pushed me to put my name in the hat. We're both educators—I work at Champlain College and she works at Champlain Valley Union in Hinesburg—and we're interested in doing what we can to make the Winooski School District a great place to get an education. Our experience with JFK—the teachers, administrators, children and other parents—has been fantastic and we hope to be able to contribute toward moving closer to the thriving, striving place we all know our district can be.



School Board Message

By Mike Decarreau, Board of School Trustees

Welcome to Fall.... I would once again like to thank those that came to the School Board sponsored Community Dinner at the O'Brien Center in August. The attendance was overwhelming with over 80 community members representing a great cross-section of our full community. We have taken your input along with some research from other school systems nationwide and we are now putting together a statement of ENDS.

As we continue our transition into a Policy Governance model, the ENDS statement is the final section of our policies to be put in place. This is also the most critical as it defines to the leadership team what we as a community want to see in the graduates of our school.

We greatly appreciate the turnout for the community dinner and will be looking for further input in the future. In the meantime, please do not hesitate to give your input to Board members on matters related to goals for our school.

Another item we will be seeking your input on is the new initiative by the Vermont Superintendents Association (VSA) called **Calendar 2.0**. The first phase of this is to begin shortening the summer vacation duration by 2 weeks in an effort to limit the

long summer induced knowledge loss in our students. Please see this site for more information: <http://schoolcalendar2.blogspot.com/>. The leadership team and the school board will be voting on adopting this schedule soon and we will need your input also. On the district website there is a list of regional meetings where this new calendar will be discussed.

I have recently been assigned as the Winooski Board representative to the Steering Committee for the Partnership for Change initiative. If you have not been introduced to this effort please see the District website (<http://www.winooski.k12.vt.us>) at the bottom left side of the HOME page under the Partnership for Change symbol.

The state mission of this group: *"The Partnership for Change seeks to remodel public education in Winooski and Burlington, Vermont in order to better prepare our young people for success in today's complex and rapidly changing world."*

We are excited to see changes that will enhance the education of our students and welcome this opportunity to be a leader in educational reform.

News from the iLab

By Will Andrews

As the excitement of the first few weeks of school has subsided and students and teachers have settled into their roles, the iLab has begun to settle into its own.

Students in the iLab have begun their learning process, and their project ideas have really blown us away. Some projects include writing and publishing a novel, learning a new language, writing, recording, and producing an album, studying the connection between Korean and Chinese culture, learning about how the brain works, studying graphic design, starting a refurbished shoe business, learning how to build a computer from scratch, building video games, and studying a career in dance, among many others. The whole premise behind the iLab is to put students in charge of their learning, and the students have responded by taking the reins big time!

Along with students leading their own learning, we are trying to give our iLab students opportunities to learn by getting out into the community. The iLab has connected with the UVM College of Medicine in an effort to teach students about health and science careers. iLab students are also joining other students from around New England at the Nellie Mae Youth Leadership Institute, with the thought that they will bring their leadership training back to the school and their peers. Connections to VSAC, Burton Snowboards, Burlington High School, and other local Winooski business are on the horizon as well.



The iLab at Winooski High School has been designed to be welcoming to students and to foster learning with its alternative seating accommodations.

Last but not least, the iLab is working with the Tarrant Institute for Innovative Education and educational software company Learning Times, to pilot an online project management system called Badgestack. Badgestack is an engaging software that allows students to manage their project's work, while achieving points and badges along the way (think of a Cub scouts den led by Steve Jobs). We are very excited about trying out this new system, and we think it will contribute to the power of the iLab.

We are planning on having our first Acceptance Night, where students show their project ideas to the school and community, on September 30th at 6:30pm in the iLab. We'll report more on innovative student work in future issues of this newsletter.

If you have any questions, or want to make connections with the iLab email Will Andrews at WAndrews@wsdschools.org or check out our Facebook page, just search Winooski iLab. You can also reach me by phone at 383-6174.

Partnership for Change Implementation Teams engage in school change

By Megan Behrend, Partnership for Change

Last month, more than 100 people from Winooski and Burlington schools and communities joined the Partnership for Change for the first Implementation Team (I-Team) meeting of the school year. Thanks to all who came out to participate in the work being done to remodel our schools.

I-Team meetings are a place where our whole community can learn about the positive change taking place in Winooski and Burlington schools and work on projects that create connections between school and community. Our five teams provide an opportunity for authentic engagement in school change and are critical to making sure all voices are heard in this process. I-Team members are expected to participate in one 90-minute meeting per month, be responsive to the needs of our work and team members' interests, and share information about the work with family, friends, and colleagues.

Each of our five I-Teams used this first monthly meeting to set the stage for another year of progress toward creating more student-centered schools. The teams discussed their goals for the 2013-2014 school year and began to identify projects and strategies to meet those goals.

- The **Family-School Partnerships** I-Team is investigating ways to give families a voice in education. This year, the team will continue strengthening relationships between parents and teachers, explore student-led conferences, and think critically about how our schools communicate with families.
- The **Community Based Learning** I-Team is looking to expand service learning opportunities and create new opportunities for schools to partner with the community. In particular, the team hopes to further work started last year around design thinking and to increase college counseling support for all students.



The Youth I-Team outlines their goals for the year at last month's meeting.



- The **Personalized and Proficiency Based Learning** I-Team is identifying new ways to assess student learning and connect learning to student interest and the real world. The team will continue supporting the Graduate Expectations (GX) teams and teachers as new Graduate Expectations are piloted in both high schools. The team will also work to promote community understanding of student-centered learning.
- The **Youth Engagement and Leadership** I-Team is working to empower student leaders in our schools and communities and bring student voice to the school redesign process. The team is excited to connect with students in the Winooski iLab and the BHS School Innovation Seminar to explore how to increase youth involvement in this work.
- The **Teaching and Learning Environments** I-Team is excited to continue thinking about the time, space, and resources that contribute to learning. This year, the team will consider how people and school culture/mindset can shape teaching and learning. This work will connect to various programs in our schools, including the BHS 9th Grade Academies and the Winooski iLab.

For more detailed meeting minutes, visit www.partnershipvt.org/progress.

Please join us at our next Implementation Team Meeting

Do you want to get involved in any of the projects described above? **Come to our next Implementation Team meeting on Thursday, October 10** from 6 to 7:30 pm at Burlington High School. Please arrive early to sign in, take advantage of free childcare, and enjoy light refreshments. Interpretation in Somali/Maay Maay, Nepali, Arabic, and French will be provided. Bring your friends, family, neighbors and colleagues. All are welcome!

Save the date for a Community Learning Conversation

Last February, more than 300 students, educators, family members, and community partners from Winooski and Burlington gathered at BHS to discuss what our graduates need to succeed. Since then, based on the input of our whole community, teams in both cities have drafted and revised new Graduate Expectations for the high schools, which are being piloted this year. This November, we invite you to continue the conversation and join us in moving this work forward. Mark your calendars now for **Saturday, November 2** from 9:30 am to 1:00 pm at Winooski Middle/High School.

WELCOME NEW STAFF!



Welcome New JFK Staff

Left to right: **Allison Smith**, Grade 4 Teacher; **Shanon Chalmers**, Special Education; **Genevieve Gallagher**, Learning Media Center; **Hilary Sales**, Music Teacher; **Besima Mostarlic**, Instructional Assistant; **Lauren Muir**, Grade 2 Teacher; **Melissa Wellinger**, Instructional Assistant.



Welcome New Middle/High School Staff

Left to right: **Elise Deflaminis**, Instructional Assistant; **Lucas Dunn**, French Teacher (Long-Term Sub for Veronica Saffo); **Kate Grodin**, Assistant Principal; **Callie Reinker**, Math Teacher WMS; **Scott Brown**, Instructional Assistant

Welcome Other New Staff

NOTE: some new staffers were hired after school started or were not available to be included in the group shots above.

Photos row 1 (left to right): **Colin Alfred** Instructional Assistant WMS Special Education; **Mary Kate McDonald** Instructional Assistant WMS; **Jessica Tuttle** Long-Term Sub for Lauren Gilhooly, Family & Consumer Sciences Teacher; **Whitney Dubie** Instructional Assistant

Photos row 2 (left to right) **Mary Ann Villemaire**, Instructional Assistant WMS; **Todd LaPlant**, Custodian; **Joe Driscoll**, Maintenance; **Lois Fuller**, EEE Teacher

Photos row 3 (left to right) **McKay Steady**, Instructional Assistant, JFK; **Manny Robertson**, Instructional Assistant, JFK



ANNOUNCEMENTS

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.

Winooski School District Child Find Procedures

Winooski Public Schools is required by Federal Law to locate, identify, and evaluate any child ages 3 and up who may require special education and related services in order to access and benefit from public education.

The federal special education regulations define a child **with a disability** as a child having mental retardation; a hearing impairment including deafness; a speech or language impairment; a visual impairment including blindness; emotional disturbance; an orthopedic impairment; autism; traumatic brain injury; a health impairment; a specific learning disability; deaf blindness; or multiple disabilities, and who requires specialized instruction or related services.

If you know of a child who resides in the City of Winooski who might have a disability as described, please contact the principal of your school, or contact Robin Hood, Director of Support Services, at 655-9575. This includes individuals who are homeless, migrants, home schooled, and/or individuals attending private schools.

Evaluations will be conducted in accordance with the procedures described in Section 300.530.300.535 of the Federal Regulations for Special Education and in accordance with the State Regulations for Special Education outlining the procedures for special education evaluations.

Congratulations, and Thank You!

On Monday, August 27th, the following awards were given in recognition of service to the School District:

10 Years of Service:

Katherine Blair, Angela Moulton, Lisa Basille, Casey Hogan, Joanna Hayes, Stefanie Hamble, Inge White

15 Years of Service:

Aftaba Mezetovic, Rebecca Goulet, Jessica Perrotte, Cathy Mander-Adams

25 Years of Service:

Karen Greene, Sally Bissonette

35 Years of Service:

John Malcovsky

40 Years of Service:

Glenn Willette

Support Staff of the Year:

Sandy Metivier

Outstanding Elementary School Teacher of the Year:

Kristen Brown

Outstanding Secondary School Teacher of the Year:

Sue Messier



Sandy Metivier



Sue Messier



Kristen Brown

YouthBuild Program Offered to Winooski Residents

By Elana Horwitz,
AmeriCorps Community Partnership Coordinator

ReSOURCE YouthBuild serves 16-24 year old men and women in Chittenden

and Washington counties who are no longer in high school and need comprehensive development and job training. Youth are trained in construction skills while building affordable housing and learning weatherization skills.

YouthBuild participants have the opportunity to graduate with their high school diplomas or GED, earn certificates in OSHA 10, PACT, and First Aid & CPR Training. YouthBuild participants are enrolled as AmeriCorps members and engage in community service projects twice each month. Upon graduating YouthBuild, students earn a generous education award to further their education and training.

While successfully enrolled in YouthBuild, participants have the opportunity to earn a monthly financial stipend. Graduates have access to resources and support to assist them as they advance their careers, go to college, build assets, and become role models.

YouthBuild is starting a new group of students on October 14th. For more information and a link to our application, check out our website at www.retrainvt.org/retrain/youthbuild. Please feel free to call with any questions at 802-658-4143 x 27.



Automated External Defibrillators Installed in Gym and Central Lobby

By Joseph Clark



Have you noticed the new cabinets hanging in the gym and central lobby? Each cabinet contains an Automated External Defibrillator (AED).

What's an AED and why does the school have them? An AED is a medical device used to "shock" an individual whose heart is suffering from Sudden Cardiac Arrest (SCA). Approximately 380,000 people experience SCA in the United States every year and many do not survive the event. Luckily,

Cardiopulmonary Resuscitation (CPR) and the rapid use of an AED can dramatically improve the odds of survival, up to 90% in some cases! Over the last year or so the Winooski Education Association (WEA), school nurses and school administration have worked together to obtain these life saving devices.

In addition, the Winooski School District administration

recently approved a Medical Emergency Response Plan (MERP) to better address medical emergencies that occur at school. Part of the MERP was the development of a Medical Emergency Response Team (MERT), comprised of Winooski School District employees trained by the American Heart Association in Heartsaver First Aid and CPR/AED. The MERP also introduced specific protocols for staff members to follow when a medical emergency does occur during the school day.



These measures were taken in order to bridge the medical care time gap that occurs from the onset of an emergency to the arrival of an ambulance, providing a consistent response and level of care to students, staff and visitors that require Emergency Medical Services (EMS).

JFK ELEMENTARY SCHOOL NEWS

K-5 News

By Mary O'Rourke, JFK Elementary Principal

During our August in-service, the teachers participated in a week-long course called "Best Practices in Mathematics." After a few years of professional development in math content, we were finally ready for pedagogy or how we should teach mathematics.

The course ties to our goal increase student engagement through best instructional practices and it ties to the graduate expectation engagement in learning. Teachers were engaged the entire week as they learned about best practices in instruction. While the focus was on mathematics, these practices can be used in any content area. As I observe in classrooms, I am seeing this new learning as teachers use it with the students. I am seeing an increase in student engagement and students are persistent and working hard to figure out the mathematics presented to them. A week before school, with lots on their minds, I saw teachers working hard, being persistent, never giving up and embracing this new learning. And now we are at the beginning phase of implementation and I continue to be impressed with the way they are applying this in a thoughtful, intentional, step-by-step way.

Another goal is collaboration and we continue to have partnerships with St. Michael's College, UVM students who come and observe in classrooms and our partnership with the UVM women's soccer team who was here on Sept 23 for a whole-school community gathering.

This first month has been highly engaging on the part of both teachers and students. It is so nice to see students striving for excellence and working hard at being safe.

October NECAP Testing Dates

Students in grades 3, 4 and 5 will be participating in the NECAP assessment from October 8th-October 17th. More information is available on the district website at www.wdschools.org.

Focus on Elementary Math

By Glenn Willette

During the week of August 19-23, the JFK faculty attended daily math workshops which are significantly changing the culture around teaching and learning math. Students are seen and expected to work like mathematicians where...

1. Students first take **Private Reasoning Time**,
2. then students **Explain...**
3. and as one mathematician explains, others **Listen to Understand...**
4. Students then **Ask Genuine Questions**
5. and then **Explore Multiple Pathways**
6. Students then **Compare the Logic of our Reasoning**
7. and **Critique and Debate**
8. ...and finally students recognize **Math Reasoning as the Authority**

During the weeks' workshop teachers were equipped with strategies, routines and ideas to facilitate this approach of teaching and learning. The tone, engagement levels and striving to understand deeper "core math ideas" is becoming the powerfully energizing focus of instruction and learning.

Greetings from New Music Teacher at JFK Elementary School

Hello from the JFK Music Room! My name is Hilary Sales and I am the new General Music, Chorus and Band teacher here at JFK. I have recently moved to Northern Chittenden County with my family after years of teaching in Central Vermont. I am thrilled to be working with the kids here at JFK and have been having many “green” thoughts while singing and dancing with them so far.



The focus of the first six weeks of music class is really getting to know each other and working together. One of my goals is to learn ALL of the children’s names by the end of September. I love to be able to greet children in the hall by name and building connections. In grades 3, 4 and 5, we’ve done some name game songs and movement activities, round singing and moving to music, both classical and popular. In grades K, 1 and 2, we’ve learned songs of greeting, we’ve explored our voices and done LOTS of singing and moving.

Kids in grades 4 and 5 can sign up for Chorus! I’ve had several kids sign up already and I’m excited to get started. 4th grade Chorus meets Tuesdays at 8:15, 5th grade Chorus meets Wednesdays at 2:25 and the combined 4th and 5th grade group will meet on Fridays at 12:30. If your child has not signed up yet but is still interested, please have them come to see me in the Music Room. We always have room for one more voice! The Chorus will be singing in the Performing Arts Center for a Winter concert and a Spring concert.

Kids in 5th grade can choose to play a Band (flutes, clarinet, saxophone, trumpet, trombone or percussion) or an Orchestra (violin, cello) instrument. Randall Argraves, Band and Orchestra teacher in the Middles/High School, will be teaching the orchestra instruments while I will be teaching the Band instruments. We will meet the kids in small groups for instrumental lessons and will eventually see them together as a Band and an Orchestra. If your child is interested in playing an instrument and has not yet signed up, please feel free to have them visit me in the Music Room and we can get them started! The Band and Orchestra will be playing in the Performing Arts Center for a Winter concert and a Spring concert as well.

Please feel free to be in touch with me if you have any questions, concerns or if you have a special talent that you may be able to share with us. I love having parents and people from the community connecting with us through music. So, if you play an instrument, dance or sing and want to come share with the kids at JFK, please let me know! Thank you to all of the families and children for making me feel so welcome. The kids here at JFK truly are STARS!

Making Music with Violins!

By Mag Thomas

The first session of afterschool programs at JFK Elementary is up and running! We are excited to be able to offer Making Music with Violins again this year! We are partnering with the Vermont Youth Orchestra Association (VYOA) to offer the exciting program for students playing violin or wanting to learn how to play the instrument. Violins for the students to use during this seven-week session are provided by the VYOA. We have some new students participating along with some who took part in this program last year. So if you are at JFK Elementary on Wednesday afternoons, you will have a chance to listen to some future violinists!



ELL Teacher Gets WIDA Certified

This summer elementary ELL (English Language Learner) teacher Kirsten Kollgaard attended a weeklong certification training at the WIDA offices in Madison, Wisconsin.

WIDA, (which stands for World Class Instructional Design and Assessment), is the organization that creates the ELL standards and assessments for the state of Vermont and 31 other states. ELL teachers in Vermont give the WIDA ACCESS, an English language assessment, to all ELL students once a year to monitor their English language development. Both mainstream and ELL teachers use the WIDA standards to differentiate their curriculum to support ELL students at all language levels.

The training Kirsten attended allowed her to become a certified trainer for the Winooski School District so she can now train other teachers on how to use the standards to support ELLs, how to give the ACCESS test and how to use the information on the ACCESS score reports for planning.

The district is planning to have Kirsten offer an after school class for mainstream and ELL teachers K-12 this year to train teachers in how to use the new version of the standards in their planning and instruction. The course will cover aspects of how students learn language, how the WIDA standards differentiate for students with different language levels and how teachers can use a variety of scaffolds to support ELLs in the classroom.



We have a new challenge at recess!! Students receive stars for being safe at recess. The class that earns the most stars at the end of the week gets to keep the Recess Trophy in their room for the week. Here are the grade level winners from week one!!

—Mary O’Rourke, Principal, JFK School

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Persistence and Determination

By Leon Wheeler, Middle/High School Principal

In a recent conversation with a group of educators in the high school the topic turned to our senior project, which truly is an inspiring, rigorous, and engaging requirement for graduation. This experience is a real bright spot for our school, and aligns beautifully with our new, community-driven Graduation Expectations. The essence of the project is that seniors, following clear guidelines a) identify something they're interested in, b) spend the year connecting with experts in the community, gathering and analyzing information, and drawing conclusions based on what they discover, c) write a paper about their learning, and d) present their project to peers, staff, and community members. It's an incredible demonstration of student-centered and proficiency-based learning, with strong emphasis on written communication skills.

During the conversation this week the complexities of our responsibility and commitment as Winooski educators were underscored. We've developed learning expectations for our students based on community input gathered during the past 12 months (see the July 2013 Newsletter, linked to the "District" page of our Winooski School District website). Some students are tremendously skilled writers, and are very uncomfortable when they have an assignment that is extended and requires persistence. Other students are amazingly persistent in their learning, and struggle with the writing process.

Persistence. Good written and oral communication skills. We hear and agree with the community that our students must develop both skills. At the same

"Press on. Nothing in the world can take the place of persistence. Talent will not; nothing in the world is more common than unsuccessful men with talent. Genius will not; unrewarded genius is a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

— President Calvin Coolidge, Plymouth, VT

time, Calvin Coolidge's words above resonate with my own experience. As we place increased value on hard work and persistence, our students will continue to grow in all areas. How are we going to teach and measure persistence? That won't be simple, but the community has clearly stated that it needs to happen, and we agree.

We will persist.

Have a great Fall.

NECAP Testing

All Middle School students (grades 6-8) & 11th graders will take the NECAP exams in the month of October. Please check the school website at www.wdschools.org for further details.

Can You Help?

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



September's Artist of the Month:

Kylie Bryant

Kylie is a senior at Winooski, and has an amazing eye for creative solutions. She is a great illustrator, and has recently shown off her great photography skills in Visual Communication class. She is to be recognized for her talents and hard work! Congrats, Kylie!

Guidance News

By Emmy Charron

- October 3rd: Last day to register for the November 2nd SAT's
- October 7th @ 1:00 : College visit - St. Joseph's College
- October 9th @ 4:00 : TOEFL test @ St. Michaels College
- October 14th @ 12:00: College Visit - Southern Vermont College
- October 16th @ 8:00 : PSAT's location tbd
- October 26th: ACT test date
- October 28th @ 1:00: College visit - Burlington College
- October 30th @ 11:30: Visit from the Army

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.

Important Yearbook Deadline for Seniors!

Senior pictures are due to Jessica Bruce by **November 1st**. Professional photo studios can either send files digitally (jbruce@wdschools.org), or you can drop off a paper print to her at school.

After November 1st, students will NOT be able to submit photos, leaving their spot in their final yearbook blank. The deadline is VERY IMPORTANT.

Here are some suggestions for local studios: Beltrami Studios, Olan Mills, Portrait Gallery, Winooski High School Visual Communication class

Please contact Ms. Bruce for more information: jbruce@wdschools.org or 655-3530.



JiuJitsu Enthusiasm!

by Nancy Keller

Visit Winooski's school cafeteria on a Thursday afternoon and see twenty energetic middle and high school students practicing the martial art of Brazilian JiuJitsu! Each fall and spring, the 21C Afterschool Program offers students the opportunity to join the JiuJitsu Club taught by Sensei David Quinlan of Martial Way Self-Defense Center and Winooski Middle School teachers, Dana Gore and Nancy Keller!

Since September, students have been practicing their martial arts skills of takedowns and holds. This training will culminate in tournament participation on **November 9, 2013**, to be held at Winooski Middle/High School's gymnasium. However, learning the moves of JiuJitsu is not just about the competition: it's about setting goals, developing persistence towards achieving these goals, and improving one's overall well-being while having fun!

Middle and high school students will have another chance for fun when the Afterschool JiuJitsu Club returns in March 2014. Mark your calendars now!

Reflections on Syria

By Amy Sherrer

As part of their Current Events program, some students on Team Journey are studying the crisis in Syria. Abdisalan Sheikh-bile, an 8th grader, wrote the following poem.

Abdisalan is now considering turning his work into a rap song.

Struggle

Feeling abandoned without resources

Having to leave home with forces

Children living without their parents

Persevering without guardians

The fear of remaining in Syria is strong

Without having anything to eat for long

Bashar al-Assad attacking innocents

Working through struggles without sharing voices

Waiting for that help call from foreign places

Until their tears are running down fearful faces

Having to see them struggle really does hurt

Being a person who's treated like dirt

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 are available to work with students after school at Winooski High School! The Session I after school core support schedule, which runs from September 9-October 25, 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!



Update from your City Council

By Mike O'Brien, Mayor

Well, fall is here and we hope everyone had a wonderful summer. Fall is a wonderful time of year with lots to do before we bundle up for winter. The fall sports season is here, so why not get out and cheer on our young athletes at a soccer or football game.

The City is in the process of beginning work on a strategic plan to guide us into the future. We will be holding public meetings to gather input from all community members. We hope to hold our first meetings by the end of the year or early in 2014. We will be creating four main committees, including the Planning Commission, and will be looking for volunteers to serve on the other three committees. This process can only succeed if we all get involved and participate, so please plan to attend these important meetings.

The city council and school board have a good, positive working relationship and we continue to work together on common issues. Each year we hold several joint meetings to discuss items of common interest. We held our most recent joint meeting in September at the school where a new Memorandum of Understanding (MOU) was approved. The City and School have had an MOU for several years that formalizes various agreements between the two boards including collection of taxes, the School Resource Officer (SRO), use of facilities, bulk purchases, snow plowing, and co-operative work on various programs. The City and School have been working together on these and other issues over the years, and we look forward to



continuing to work co-operatively with the school on issues of common interest.

Work continues in our downtown. We are awaiting information from the Vermont Agency of Transportation (VTrans)

related to traffic flow in the traffic circle. The 72 unit Riverhouse apartment project is nearing completion with some of the units occupied. Spinner Place has signed a new tenant who will open a wine bar in the space adjacent to the Winooski Welcome Center along Main Street, and we are looking forward to other tenants occupying space in the coming months.

Halloween will be here soon and there are a number of activities planned here in Winooski. Season's Greetings will again decorate Smith Park with hundreds of jack-o-lanterns. They need your help. Can you donate your own carved pumpkin for display? Or candles to light up the pumpkins? How about helping out with carving? Carving is scheduled for the Senior Center on Saturday October 26 from 9am until 6 pm and Sunday October 27 from 9am until carving is complete. Candles can be dropped off at Sally's Flower Shop on Main Street.

Like other communities, we are experiencing crime. Our police department works hard to keep us safe and to stop criminal activity, and to apprehend those who choose to break the law. But they need your help. Please call the police department if you see anything that seems suspicious, even if it turns out to be nothing.

As we approach winter, and assuming we get a normal amount of snow, please

keep an eye out for neighbors who may need help with snow removal. If you would be interested in volunteering to help shovel snow for folks in need, or if you need help shoveling, let us know. You can respond to mayor@winooskivt.org. We'll do all we can to get those in need and volunteers together.

In the meantime, if you have any questions or suggestions, please feel free to contact me by phone at 655-4879 or email at mobrien@winooskivt.org. Or you can contact any of your city councilors. You can find our contact information below or on the City website at www.winooskivt.org.

A special invitation from the Winooski Fire Department to you!

By Matt Walker

Everyone is invited to our community firehouse on Main Street for a fun-filled day which will include:

- Games and Activities
- Fire Safety Information
- Station Tours
- Aerial Apparatus Rides
- Training Demonstrations
- Refreshments
- Fire Truck Tours
- *and more!*

So come on over to join us on the day of our annual **Open House** from 10:00am-2:00pm on **Saturday, October 12th.**

Also, if there is anyone out there in the community who has questions about volunteer opportunities this would be a great time to ask.

We hope to see you there!

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.		

Save the Date!

The Winooski Coalition for Safe and Peaceful Communities will sponsor the O'Brien Community Center open house and community dinner on October 16. We're planning food, activities, information to welcome you to another year of good things at the community center.

Winooski Community Partnership News

By Lisa Condon

The **Winooski Community Partnership (WCP)** is committed to a long-term comprehensive growth and revitalization effort and seeks to make Downtown Winooski a better place to live, visit, work, shop, do business, dine and be entertained. There are many opportunities for community members to become involved.

This time of year, there is a lot happening with the WCP. First, be on the look-out for sponsored scarecrows around the downtown area in the month of October to celebrate the coming of Autumn.

Second, the WCP is also dedicated to offering unique educational opportunities.

October 28th: Project

Management Fundamentals: PMI CV has partnered with us to provide this course near the time of the Tech Jam. We have engaged Vijay Desai, MBA, PMP, P. Eng. of Desai Management Consulting, a leading advisor in Project Management methodologies, to deliver a 1-day project management fundamental training that leads the industry in quality and results. To register, visit http://pmicv.org/index.php?option=com_content&view=article&id=148&Itemid=0

November 4-6: PMP Boot Camp:

PMI CV has partnered with us to provide this course near the time of the Tech Jam. Class will run from November 4th thru 6th from 7:30 – 4:30 PM daily

To register, visit http://pmicv.org/index.php?option=com_dtregister&Itemid=104

As always, you can visit our website, www.downtownwinooski.org to learn more about these events or the WCP.

Winooski Teen Center Reopens for the 2013-2014 School Year

Hey, Winooski! Ben McShane here, and I am the new AmeriCorps VYDC member at The Winooski Teen Center. To introduce myself to you quickly, I enjoy reading, writing (especially poetry), playing all kinds of sports, hiking, skiing, and experiencing new opportunities. I recently graduated from Champlain College with a degree in Education and Human Studies and wanted to remain a part of this beautiful and welcoming community I have come to love over the years. I worked at The Teen Center during my college years and really enjoyed the fun-filled atmosphere generated inside the O'Brien Community Center. Since being hired, I have come to really appreciate not only the fun but the hard work that so many of the kids in the community put into bettering themselves. Please feel free to contact me through email (americorps@winooski.vt.org), as I am always seeking to learn more about our wonderful community.

As for The Teen Center, our doors are now re-opening, and this year we are implementing some new and exciting changes. We are now offering Open Hours to 5th through 8th graders on Tuesday, Wednesday, and Thursday afternoons. We have computers, couches, air hockey, foosball, video games, a basketball court, homework help, art projects, board games, keyboards, an array of books, and a fun, safe environment for youth to play, grow and develop. Our weekly schedule will be:

Mondays	Homework Help: 6:00-9:00	
Tuesdays	Open Hours (Middle School only): 3:00-5:30 Homework Help: 6:00-9:00	Free Dinner (all youth welcome) 5:30-6:00
Wednesdays	Open Hours (Middle School only): 3:00-5:00 Open Hours (High School only): 5:00-6:30 Homework Help: 6:00-9:00	
Thursdays	Open Hours (Middle School only): 3:00-5:30 Homework Help: 6:00-9:00	Free Dinner (all youth welcome) 5:30-6:00
Fridays	Open Hours (High School only): 7:00-11:00	

Come visit our Facebook Page (<http://www.facebook.com/winooski.teencenter>) for scheduling updates, information on special events, and descriptions of our various programs.

The much-loved Sarah Campbell, who has signed on for a second year of service through AmeriCorps, will be returning to the Teen Center team this year. As a staff, we're ready to build on the success of past years, as well as implement some new and exciting projects. Keep in mind that the Teen Center's main goals are: 1) Have Fun! 2) Develop eager and passionate community members, and 3) Provide a safe environment which fosters positive ideals and behaviors. Come join us, and we are always willing to have community volunteers help out in any ways they can.

GO SPARTANS!

Time for The 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 or we can pick them up.

To volunteer to help carve and decorate pumpkins in advance, please join us at the Senior Center on Barlow Street on Saturday Oct. 26th from 9:00 to 6:00 or Sunday October 27 from 9:00 until we're done. Students must be accompanied by an adult. For more information, call Sally at 655-3894.



HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

This month our health office wants to encourage you to get your flu vaccines! Sometimes people are skeptical and don't believe they need the flu shot or that it causes the flu. So this month our office became flu mythbusters (with the help of WebMD) and dug up the 7 most common flu myths to help make believers out of you!

- Myth 1.** The flu is harmless. FALSE-the flu hospitalizes more than 200,000 people in the U.S. each year and kills between 3,000-49,000 people each year.
- Myth 2.** The flu vaccine gives you the flu. FALSE-the flu vaccine is a dead virus and because it is dead it cannot harm you. The nasal mist flu vaccine is a live virus however it is engineered meaning the people who make it take out the parts that make you sick.
- Myth 3.** Antibiotics can cure the flu. FALSE-antibiotics only fight bacteria infections. The flu is a virus.
- Myth 4.** I am too young and healthy to get the flu. FALSE-young children and the elderly are the most susceptible to getting the flu. Children under 2 have the highest rate of hospitalization and babies under 6 months are too young to get vaccinated. It is important that families with small children get vaccinated.
- Myth 5.** So what if I do get it? It will only be a one time thing. FALSE-in any given flu season there are several different types of the virus going around so if you get it once there is always a chance you could get it again.
- Myth 6.** I got vaccinated last year so I can skip a year. FALSE-the types of flu change year to year and vaccine developers work hard every year to make the vaccine specific to what types are out there.
- Myth 7.** If I don't get the flu vaccine by November it will be too late. FALSE-Vaccines are available all through November and into December. The flu

doesn't reach its peak until February and March so get vaccinated!

So there you have it! Are you a believer yet? Contact your doctor's office to get your flu shot today!

P.S. On a completely different note, we recommend that all students in Kindergarten and 1st grade have an extra set of clothes in their backpacks (or lockers)— just in case they are needed!

ELEMENTARY SCHOOL LUNCH MENU — OCTOBER

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

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

PRICES:

Breakfast
 Regular \$1.25
 Reduced \$FREE
 Adult \$1.75
Lunch
 Regular JFK \$2.00
 Regular WMHS \$2.25
 Reduced \$FREE
 Adult \$3.25
Beverages
 Milk \$0.50
 Juice \$0.50

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


Tooth Tutor Update

By Diane Polson, RDH

Did you know your ORAL HEALTH can affect your overall health? Problems in your mouth can create problems elsewhere in your body. Researchers have found a possible link between Gum Disease and conditions like Diabetes, Heart Disease and Pre-Term low birth weight babies. FLOSS, Brush and see your Favorite Dentist regularly!

PLEASE NOTE:

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

	Tues., October 1	Wed., October 2	Thurs., October 3	Fri., October 4
	 Fish Nuggets w/ Tarter Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Green Pepper Sticks Bread Slices Fresh Fruit Fresh Milk	Cheesy Breadsticks Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Marinara Dipping Sauce Caesar Salad Taste Test Raw Broccoli & Cauliflower Fresh Fruit Fresh Milk	Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Black Bean & Corn Salad Fresh Fruit Fresh Milk	Meatball Sub Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Roasted Sweet Potatoes Cheesy Cauliflower Chocolate Chip Cookie Fresh Fruit Fresh Milk
Mon., October 7	Tues., October 8	Wed., October 9	Thurs., October 10	Fri., October 11
Hidden Cheeseburger Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Roasted Zucchini Sticks Fresh Fruit Fresh Milk	Mini Sea Shell Pasta w/Cheese Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Chopped Green Salad Fresh Broccoli Sprigs Oatmeal Cookies Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Caesar Salad Carrot Sticks Hummus Dip Fresh Fruit Fresh Milk	Buffalo Chicken Wrap on Soft Flour Tortilla Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Warm Black Beans Steamed Corn Fresh Fruit Fresh Milk	Pancakes w/ Warm Syrup Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Twin Sausage Links Sweet & White Home Fries Celery Sticks Fresh Fruit Fresh Milk
Mon., October 14	Tues., October 15	Wed., October 16	Thurs., October 17	Fri., October 18
National School Lunch Week Pig in a Blanket Hot Dog wrapped in Bread Dough Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Oven Baked Homemade French Fries Baked Beans Fresh Fruit Fresh Milk	National School Lunch Week Cheese Ravioli w/Marinara Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Garden Salad Garlic Breadstick Fresh Fruit Fresh Milk	National School Lunch Week Early Release 6-12 Mini Individual Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Chopped Green Salad Steamed Broccoli Fresh Fruit Fresh Milk	National School Lunch Week Taco Bar w/ The Works Seasoned Taco Meat, Cheese, Salsa, Lettuce, Salsa & Soft Flour Tortilla Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Rainbow Slaw Taste Test: Roasted Broccoli Fresh Fruit Fresh Milk	No School
Mon., October 21	Tues., October 22	Wed., October 23	Thurs., October 24	Fri., October 25
Oven Baked Chicken Nuggets w/ Dipping Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Roasted Sweet Potato Wedges Baked Beans Dinner Roll Fresh Fruit Fresh Milk	Spaghetti w/ Meat or Garden Marinara Sauce Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Garden Salad Garlic Breadstick Fresh Fruit Fresh Milk	Delayed Start K-5 Cheesy Breadsticks Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Hearty Homemade Soup Marinara Dipping Sauce Fresh Cauliflower Fresh Fruit Fresh Milk	Chicken Fajitas Chicken, Sautéed Greens & Peppers, Soft Flour Tortilla, Salsa, Cilantro Cream Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Black Bean & Corn Salad Happy Birthday Cake Fresh Fruit Fresh Milk	French Toast Sticks w/ Warm Syrup Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Scrambled Eggs Sweet & White Home Fries Green Pepper Strips Fresh Fruit Fresh Milk
Mon., October 28	Tues., October 29	Wed., October 30	Thurs., October 31	
Hot Ham & Cheese Bagel Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Spinach Salad w/ Apples & Maple Vinaigrette Red Roasted Potatoes Fresh Fruit Fresh Milk	Macaroni & Cheese Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Roasted Broccoli Homemade Cornbread Fresh Fruit Fresh Milk	Homemade Pepperoni, Cheese or Veggie Pizza Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Side Garden Salad Carrot Sticks w/Hummus Dip Fresh Fruit Fresh Milk	Chicken or Bean Enchiladas Or Yogurt Or Sunbutter & Jelly Or Deli Sandwich Or Salad Rice Pilaf Seasoned Black Beans Steamed Corn Fresh Fruit Fresh Milk	Looking for a job that lets you be at home when your family needs you there? Come Join our Team! Got to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php

PLEASE NOTE: Middle and High school menu information is available at www.abbeygroup.net/schoolmenus. You can also learn about options for managing your child's account at the website.

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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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.