

ALSO INCLUDES
Community News!
 STARTING ON PAGE 13

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 13, ISSUE 7

APRIL 2016

celebrating Our Achievements!

Middle School Students Lead Mindfulness Session at Anti-Bullying Conference

By Jaycie Puttlitz, Wellness Coordinator

On Tuesday, March 8th, members of the middle school mindfulness leadership team, "Peaceful Warriors," presented at an anti-bullying conference called, "Beyond Bullying--Creating a Culture of Respect in Learning Environments." This conference is hosted by the Vermont Association of Middle Level Educators specifically to provide middle school students from across Vermont a forum to discuss and learn techniques to reduce bullying. Students who attend then return to their schools to share what they have learned.

Denise Casey, a mindfulness teacher who has been working with Winooski students for the last two years, and Jaycie Puttlitz, Wellness Coordinator, brought four members of the Peaceful Warriors team to represent Winooski Middle School: 7th grader Siddhartha Dahal, his cousin, 6th grader Siddarth Dahal, 7th grader Kawther Hashim, and 7th grader Ashbin Mangar.

In the morning, these students

participated in a workshop lead by keynote speaker Colin Ryan that focused on creating a culture of kindness through telling personal life stories. Siddhartha said he enjoyed listening to Colin tell his story. "I thought it was good to hear him talk about when he was bullied, and how he learned from it," said Siddhartha.

"I liked when we were in small groups with other students. I liked learning from them and hearing about other people," said Ashbin.

In the afternoon, the Peaceful Warriors helped Ms. Casey lead a workshop that explored how mindfulness can help students build self-confidence and care for themselves and others. Kawther led the whole group in a mindfulness practice. She said she felt nervous, but she did it anyway. The experience gave her an opportunity to have self-confidence to do something new such as leading and teaching other middle school students.

Another activity that the students did during their workshop helped participants learn how mindfulness can be used to ignore negative thoughts. They discussed as a group how these negative thoughts might be something that



afflicts a bully, and what techniques can be used to both ignore the bully, and be more compassionate toward them. "The people in our workshop showed us a lot of respect and listened to us," remarked Siddhartha.

At the end, Siddhartha showed a Minecraft-based project that he has been working on as part of his project-based learning that will weave in mindfulness elements and can be used for mindfulness practice. Fourteen students from other schools that he talked to were interested in seeing the final project!

The Peaceful Warriors meet regularly to practice mindfulness and to be self-confident and learn how to lead mindfulness in their school and community. Their next demonstration of leadership will be in their classroom, and in hosting weekly Mindfulness Lunch sessions.

INSIDE THIS ISSUE

Notes from the Central Office 2-5

City and School Announcements 6

Notes From JFK Elementary 7-9

Middle and High School Highlights 10-12

Community News 13-18

Health Corner, Menu 19

District and Contact Information 20

SAVE THE DATE

Parent / Teacher Conferences!

April 7th (12-8pm) and April 8th (12-3pm)

Teachers in all three schools look forward to meeting with parents on **April 7th and 8th** to talk about your child's progress at school to date. Notices will be coming home with students, or you can call 655-0411 (JFK office) or 655-3530 (WMHS office) for more information.

A Promise of Nutrition, Safety and Early Care

By Sean McMannon, Superintendent of Schools

Vermont is a place that cares about its neighbors. People move here and stay here for the small town feel and strong sense of community. This sentiment leads to an expanded sense of responsibility for each other which manifests in care not only for one's family but for the broader community. I am very excited to report that Winooski is the recipient of this tremendous sense of community through a broad-based effort by the Winooski Health & Wellness Group, the Winooski Early Childhood Network (ECN) and Promise Communities.

Below are summaries of the three groups I have been describing:

- **The Winooski Health & Wellness Group** began on October 31st, 2013 with the following question: "The challenges of our community are complex and require an inclusive approach, a coordinated effort and collective creativity. We know that working together would greatly improve outcomes in our community. Would you be interested in coming together to discuss ways we can all support each other's work?" The group analyzed data, studied the tenets of Collective Impact, and resisted the temptation to jump to action. At each meeting we asked "Who else needs to be around the table?", practiced wellness and shared community successes. Last spring we met with Anera Foco, former Winooski Family-School Partnership Coordinator and Martha Maksym, United Way Chittenden County Executive Director to hear about their experience with canvassing as a means to get information from Winooski families about what they really need.
- **The Winooski Early Childhood Network (ECN)** was formed in 2013 so that organizations that invested in the well-being of small children and their families in Winooski would have a regular forum to coordinate,

collaborate, communicate/inform, avoid duplication of services and to maximize resources. The group has also organized a few community wide events including a "Family Fun Day", and community breakfasts for families with small children.

- **A Promise Community** is a coalition of people who are committed to supporting young children who live in the area of the local public school. In April 2015 Winooski was selected as a Promise Community. This initiative supports collaboration across the education, health care, human service, public, and private sectors to create an all-of-the-above, comprehensive approach to transforming communities to better support children with high needs. The coalition is comprised of representatives from school leadership, Building Bright Futures, Agency of Human Services, local childcare providers, libraries, city, families, law enforcement, faith-based organizations, business, and others. This is a 2-year grant. Year 1 is spent conducting the community needs-assessment and building a roadmap or action plan. Year 2 implements the roadmap with financial support of grants up to \$200K.

Recently, these three groups have combined their collective strength to intentionally target efforts and resources toward the three identified areas of: Nutrition, Safety of Children & Parents and Early Childhood Care & Education. In order to organize the work we will be employing the following three concepts:

- **Collective Impact** is a framework to tackle deeply entrenched and complex social problems. It is an innovative and structured approach to making collaboration work across government, business, philanthropy, non-profit organisations and

citizens to achieve significant and lasting social change. The 5 key elements are Common Agenda, Shared Measurement, Mutually Reinforcing Activities, Continuous Communication, and Backbone Organizations.

[\(http://www.collaborationforimpact.com/collective-impact/\)](http://www.collaborationforimpact.com/collective-impact/)

- **Strengthening Families Protective Factors Framework** is comprised of the these 5 factors; Parental Resilience, Knowledge of Parenting and Child Development, Social & Emotional Competence of Children, Social Connections, and Concrete Supports in Times of Need. <http://www.cssp.org/reform/strengtheningfamilies/2015/Core-Meanings-of-the-SF-Protective-Factors-2015.pdf>
- **Results Based Accountability (RBA)** is a disciplined way of thinking and taking action that communities can use to improve the lives of children, youth, families, adults and the community as a whole way of measuring what you are doing using questions like "How much are we doing?", "How well are we doing it?" and "Is anyone better off?" [\(http://resultsaccountability.com/about/what-is-results-based-accountability/\)](http://resultsaccountability.com/about/what-is-results-based-accountability/)

I will continue to update the community as this work progresses. If you are interested in participating please contact me at smcmannon@wdschools.org or 383-6000.

Thank you for working with WSD to benefit our students!

School Board Update

By *Tori Cleiland, School Board*

I don't think I would've bluntly stated I carried shame of myself and my abilities from my years in public education. I knew I didn't "think right" or in the way I was supposed too. I knew I felt stupid most of time, not able to pronounce words on a page I'd never heard before was one example in a sea of many. I also knew my well-crafted southern capacity to be kind, polite, compliant and complacent served me well. Smiling and nodding through classes I didn't understand or like kept me safe and ignorant.

I went to Lida Winfield's powerful performance, *In Search of Air: Growing Up Dyslexic*, in the PAC on March 14, hosted by WMHS and VSAC. I can now say with confidence my public school education taught me to feel shame for how I think, process, and interpret the world. It taught me to question my dignity and worth, and not ask questions for fear of revealing the depth of my ignorance. It's been 30 years since I graduated from high school. I have a BA in Biology and Education (age 32), and a Master's degree in Education (age 37). My pursuit in higher education has not erased the deeply planted shame I experienced K-12 in public education. I sat in my seat watching Lida's performance, sobbing silently as my shame rose to meet hers.

Winooski, and public school in general, are undergoing massive changes. Thankfully. Our archaic US educational system has determined for far too long who will succeed and who will not. The outcome of educational success and failure is directly connected

*The beauty in life is to
experience yourself
as you are RIGHT NOW*

to poverty, race and disabilities. This is one of the moral and social crisis' of our time. Public education MUST be redesigned for **equity** and **access** to an education that greets *all* students from a strengths-based, personalized approach and practice. Vermont took action with Act 77, legislating schools to make the change. Yay.

Here's what Winooski School District is doing to actively promote and practice equity and access for our students:

- **Prioritizing our Graduation Expectations (GX's):** Our students are practicing and celebrating habits of mind and learning. Colleges and businesses are clear that our GX's are what they are looking for in future students and employees.
- **Wellbeing** is a priority of our district and a GX. Physical, social and emotional wellbeing are at the heart of our school district. Being well from the inside out matters. Watch the faculty's presentation at the February board meeting on how Wellness is taught and practiced in our school, Food Security at the March board meeting.
- **Student-Centered Learning: Personalizing and Planning** - Our students will begin to have

more voice and choice for the topics they explore to demonstrate reading, writing, communication, mathematical, or scientific skills and knowledge. We learn what matters to us.

- **Proficiency-based learning and grading** - This means students will be given a map for how to learn, practice, and show essential habits, skills and knowledges. Teachers will provide multiple opportunities for our students until they are able "get it".

Twelve years of public education has a MASSIVE impact on the young life of a human being. It matters how our children, and the children of our community, are greeted, seen and heard for who they are and the value they bring with them AS THEY ARE RIGHT NOW. WSD is in the business of growing and expanding the lives of human beings, one precious life at a time. There can be no room for shame here, only supportive learning opportunities.

I imagine Lida and I are not the only students who left high school with educational shame. I challenge all parents and community members to look through the WSD's documents on the vision for change in our schools, located on our school's website: click **Middle/High School** tab and pull down menu, find **Teacher GX Resources**. Read through a few documents. Can you find educational differences from your experience? Can you imagine what your educational experience would've been like had this been in place you? I certainly can.



Miss a School Board Meeting? Watch it Online!

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



Second Preschool Parent Workshop: Building Blocks for Literacy

Preschool parents met on Wednesday, March 9th, where we had our second in a series of parent workshops taught by Brenda Buzzel from the Stern Center for Language and Learning. In this workshop parents explored phonological awareness to help their children understand that words are made up of smaller parts. They engaged in songs, games, and activities using rhymes, syllables, and individual sounds. Based on familiar children's songs and games, these play-based strategies help children to explore the sounds that make up our words and hear the sounds change to form new words. Many thanks to all of our wonderful preschool teachers who provided childcare or participated in the workshop. Offered at no charge this program is through a grant supported from the generosity of TD Bank, Macy's and the Cynthia Hoehl Institute for Excellence. If you are interested in learning more about our next workshop, please contact Maybeline Lopez, preschool coordinator, at 383-6063.

Champlain College Student Offers Networking Opportunities for Anti-Bullying Interventions

By Jessica LaRose

My senior Capstone Project on bullying has led me to create a Facebook page and a website that supports caregivers and provides facts about bullying and how to help the bullied child. My goal is to get people in the community involved and provide support and information to any who need it.

My project is to give caregivers of bullied children a platform to be able to share stories and ideas to assist their bullied child in what can sometimes be the hardest time during the course of their education. I want to be able to give to the community what I didn't have in my own childhood struggle through bullying; a place to be heard; and a platform to find ideas (locally) that make sense and help not hurt the bullied child.

I am 37 years old, and a single mother of two children. I am getting a Bachelor's degree in Psychology from Champlain College. I have sacrificed a lot to be able to attend college and through it all I maintain a 3.2 GPA overall. It has been hard work and of course as a Vermonter, mother and student, I would like to see that the time and money spend on my education doesn't go to waste.

Here is the link to my web page: <http://jessicalarose.doodlekit.com/>

Here is the link to my Facebook page: https://www.facebook.com/stopbullyingourchildren/?ref=aymt_homepage_panel.

I hope you will find my information helpful and I look forward to hearing from you.

Second Year of SBAC Testing

by Kirsten Kollgaard, Director of Curriculum and ELL

This year we will be giving the SBAC (Smarter Balanced Assessment Consortium) standardized test for the second time. This test is the official test that monitors students' proficiency in Mathematics and English Language Arts in grades 3-8 and 11. All students in Vermont public schools in these grades are required to take the SBAC test each spring.

Last year students were introduced to this new online test for the first time and we feel confident that students will be more comfortable with the technology this year. Teachers at all grade levels will be giving students opportunities to take the training and practice tests in the weeks before the formal assessment is given. Additionally, students are using more online learning platforms that familiarize them with using technology to show their learning in both Mathematics and English Language Arts.

Here are the dates students are scheduled to take the SBAC this spring:

Grades 6-8 and 11	Tuesday March 29 th – Friday, April 1 st
Grade 5	Tuesday, April 5 th & Wednesday, April 6 th , Thursday, April 14 th & Friday, April 15 th
Grade 4	Tuesday, April 26 th – Friday, April 29 th
Grade 3	Tuesday, May 3 rd – Tuesday, May 6 th

For more information on SBAC visit the Vermont Agency of Education's website at <http://education.vermont.gov/sbac> or contact Kirsten Kollgaard, Director of Curriculum and ELL at kkollgaard@wdschools.org or (802)383-6098.

The Winooski School District supports Act 166 Publicly Funded Prekindergarten for children between the ages of 3 and 5 who reside in the city of Winooski, Vermont

Complete an application for the 2016-2017 school year!

What is publicly funded prekindergarten education?

Publicly funded prekindergarten education is defined as:

Ten hours per week for 35 weeks of developmentally appropriate learning experiences that are based on Vermont's Early Learning Standards. Children who reside in Winooski and are between the ages of three – five are eligible. Prekindergarten education is limited to the academic year (September 2016 – June 2017).

Where are these publicly funded pre-kindergarten programs?

The Winooski School District's publicly funded pre-kindergarten programs are located in community private early care and education programs that meet specific quality standards. The community early care and education programs that Winooski School District currently partners with are:

- **Trinity Children's Center:** 656-5026
- **Lund Early Childhood Education Program:** 864-7467
- **Fletcher Allen Y's Time (located in Winooski):** 338-9208
- **Greater Burlington YMCA Preschool:** 862-8993 x148
- **The Children's School:** 862-2772
- **Stepping Stones Children's Center:** 860-1915
- **Burlington Children's Space:** 658-1500 x13
- **Robin's Nest:** 864-8191
- **Pine Forest Children's Center:** 651-9455
- **Williston Enrichment Center:** 846-9402
- **The Schoolhouse:** 658-4164
- **The Bellwether School:** 863-4839
- **UVM Campus Children's Center:** 656-2091
- **Adventures in Early Learning:** 985-9025
- **Heartworks:** 651-9343
- **VNA Family Room:** 777-8447
- **Lake Champlain Waldorf School:** 985-2827
- **Kid Logic Learning:** 660-3600
- **Children's Preschool and Enrichment Center:** 878-1060
- **Green Mountain Montessori School:** 879-9114
- **Early Learning Center at Saint Michael's College:** 654-2650
- **Little One's University:** 872-7444
- **Kids & Fitness Williston:** 864-5351
- **Little Feats Childcare & Preschool:** 238-1019
- **E.J.'s Kids Klub:** 860-1151
- **Early Learning Center Head Start (located at Winooski School District):** 651-4180 x204
- **Winooski Early Childhood Program (located at Winooski School District):** 383-6063
- **The Winooski Family Center (located at Elm Street, Winooski):** 655-1422

Is this 10 hour/week pre-kindergarten program tuition free?

The prekindergarten program offered in the public school is tuition free. The prekindergarten program offered through a partner program may charge families the difference between the actual costs of providing the 10 hour pre-kindergarten program and what the Winooski School District pays. Your child's preschool must deduct these public funds from your annual tuition bill. Families would continue to be charged fully for the care and education program the child needs beyond the 10 hours/week during the academic year.

Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2016 and resides in Winooski, then your child is eligible to participate.

How much will Winooski School District pay?

A statewide rate of \$3,092.00 per child was established by the Agency of Education. This covers 10 hours per week of high quality prekindergarten education for 35 weeks.

How do I apply?

Application forms may be picked up in the support services offices within the Winooski School District or printed off of the Winooski School District website (under Support Services, Pre-Kindergarten link).

Please return applications to Sandy Castle at the Winooski School District support services office at 60 Normand St. Winooski VT, 05404.

Please contact Maybeline Lopez at 802-383-6063 with any questions.

2016-2017 SCHOOL YEAR

Kindergarten Registration and Screening

Kindergarten registration and **screening for your child** at John F. Kennedy Elementary School in Winooski, VT, will take place on **Friday, May 6th** and **Monday, May 9th**.

Children who will be five years of age prior to **September 1, 2016**, should attend this screening. Please call the J.F.K. school office at **655-0411** to make an appointment for one of the two days. You must bring your child's **birth certificate, (or I-94 if your child was born in a country that doesn't issue birth certificates), updated immunization record** and his/her **Social Security number** to the appointment and **register your child while he/she is being screened**. Thank you.

CITY AND SCHOOL ANNOUNCEMENTS

Springing into Some Nice Winnings! – First Annual Spring Sale

By Linda Gregoire, Dollars for Scholars

Enter to win a GIFT CERTIFICATE from Papa Franks (dinner for two) and a \$40 Downtown Winooski Access card for a total value of \$65.

Buy your raffle tickets now — Deadline May 1st

- \$5 for 10 tickets (arms length)
- \$1 for one ticket
- \$2 for three tickets

You say – how can i get some tickets? Simply email us - Winooskidfs@gmail.com and let us know how many you want and how we can contact you. We will do the rest!

Brought to you by ---

Winooski
**Dollars for
SCHOLARS**SM
A Program of Scholarship AmericaSM



Quarter Two Honor Roll: Rice Memorial High School

Rev. Msgr. Bernard W. Bourgeois, principal at Rice Memorial High School in South Burlington, proudly announces the following Winooski residents achieved Honor Roll status for the second quarter:

First Honors

Kayla Corrigan

Second Honors

Madison Gorrigan
Cole Thornton

Winooski, You Are On TV!

Thanks to the hard work and extra effort of your public officials and volunteers, the city of Winooski is represented on your local cable government access Channel 17. Don't have TV? You can watch these programs online at www.Ch17.TV

Municipal Updates: Winooski City Update 03/07/2016 The Winooski City Council normally meets on the 1st and 3rd Monday of each month.

Winooski City Council 03/07/2016 The Winooski City Council normally meets on the 1st and 3rd Monday of each month. Meeting schedules, agendas and minutes can be found on the City's web site: www.winooskivt.org

Winooski 2016 Exit Voices 03/01/2016 Interviews with voters from Winooski during 2016 Town Meeting day. Taylor Williams and Ned McEleney

In the World of Winooski: Myers Memorial Pool - City Updates 01/26/2016 Winooski Public Works Operations Director Joe Shaw joins Winooski Mayor Seth Leonard in a discussion on the current condition of Myers Memorial Pool.

20TH ANNUAL

Winooski Spartan Hoop Camp



DATES: June 13-17 for students entering grades 2-5
June 20-24 for Students entering grades 6-8
June 27-July1 for students entering grades 8-10

COST: \$90 per student

For more information and the registration form go to: <http://www.wdschools.org/athletics/annual-winooski-spartan-hoop-camp/>

For questions contact camp Director Dennis Barcomb at 383-6096 or dbarcomb@wdschools.org

Join Us For Coffee and Socializing!

By Sister Pat McKittrick

Please join us Friday mornings from 9am-11am for a **free coffee hour** at the O'Brien Community Center. Friendly atmosphere, great way to meet your neighbors. Everyone is welcome.

We also provide blood pressure screenings on the first Friday of the month.

(Coffee and pastries are provided by our friends at Starbucks on Williston Road).

★ **PLAYING April 8th** ★

The 2nd Annual
**"CELEBRATING
WINOOSKI'S TALENT"
Show!**



Free Event!
April 8th at 6:00pm

PERFORMING ARTS CENTER, WINOOSKI SCHOOL DISTRICT

Featuring 20+ Talented Acts — All are welcome!

Presented to you by Winooski Parents (PACTS)
with support from the Winooski PTO

Educators never stop learning and growing

By Sara Raabe - JFK Elementary School Principal

The staff at JFK participated in, and prepared for, a lot of professional development during the month of March.

The staff came back to school before the students after February break. During one of the inservice days, all of our teachers and many of our Instructional Assistants spent a full day learning about Responsive Classroom. Responsive Classroom is a research based approach to learning that ensures high quality instruction, while supporting the social and emotional needs of students through strong community building.

In addition to learning about Responsive Classroom all day, the JFK Leadership Team also registered for the summer BEST Institute. This week long institute in June supports our new learning around Responsive Classroom, and integrates PBIS (Positive Behaviors Interventions and Supports), as well as allows us to build the platform to create a Multi Tiered System of Supports

including Behaviors (MTSSB). These professional development experiences will allow JFK to build capacity around building strong community in the classroom and school that supports all student learning.

One step in developing a strong, inclusive MTSSB system was having the Leadership Team attend Masons C.A.R.E March 23rd and 24th. This professional development trains educators on ways to work with and support students that are considered at risk, be it academic, behavioral, or abuse of any nature. This conference teaches educators to identify students that are at risk, recognize the individual student strengths, and create plans based on the student's individual strengths to ensure success for all students.

Simultaneously, JFK educators continue to build strong academic skills. Sara Raabe, JFK Principal, and Stefanie Hamble, JFK Math Coach,

attended the 2016 Leadership Seminar on Mathematics Professional Development, a week long math conference in March. At this conference, we learned about how to empower students to generalize their math learning, how to encourage high quality student discussions, designing high quality math routines, and enhancing school wide professional development. Our new learning will work in tandem with the studio math work our teachers are doing with Bill Feeley through Teachers Development Group to support our students math learning and growth.

The staff at JFK work incredibly hard to support all of our students and ensure that each student gets what they need to become a successful adult. The ongoing professional development support our students and families, and ensures that our staff continues to grow and develop as learners and educators.



Photo: Beltrami Studios

Congratulations to the talented cast and crew of "Mary Poppins!"

A group of 4th/5th graders did a wonderful job of telling the story of the magical and mysterious Mary Poppins. They sang all the great songs from the show and taught the audience to say the word, "Supercalifragilisticexpialidocious!" Many thanks to all our wonderful assistants who helped us put together the show! We couldn't have done it without you! And a special thank you to our very generous sponsors: The Winooski PTO and NorthCountry Federal Credit Union.



Happy Birthday Dr. Seuss

By Deb LaForce

On Wednesday March 3 Deb LaForce's kindergarten students went on their most enjoyable journey this school year!

Mrs. Smith's fourth graders invited their little buddies to a birthday extravaganza for Dr. Seuss. No expense was spared. The fourth graders worked diligently before winter break to assure everything would be ready for the big day. Treat

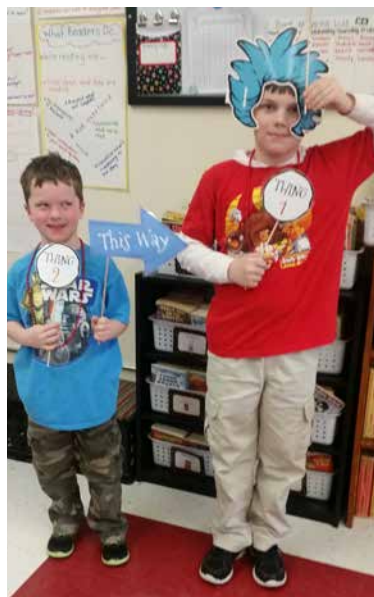
boxes were filled, birthday hats with stripes and hair were folded and giant chocolate green egg and ham lollipops were wrapped. As soon as the children entered Mrs. Smith's room, they began to enjoy the festivities.

The first event was listening to their buddies' favorite Seuss book, then continuing to make a bookmark in honor

of that

book. Next up, the photo shop, as individuals and groups were invited to act as silly as they could be. Now, no Dr. Seuss party is complete without the book *One Fish, Two Fish, Red Fish, Blue Fish* so with that said we had to make, decorate and glitter our unforgettable book plates.

We would like to thank Mrs. Smith and our big buddies. We will never forget the journey we went on this wintery cold day. *"Oh The Places You'll Go!"*



Edible Science: Science you can eat!

By Mag Thomas

There was a whole lot of shaking going on last week in Edible Science! The students were making homemade butter. They all got a chance to shake the jar, then they were able to taste the result, which was butter.

On Tuesday afternoons, students are taking part in cooking activities through science experiments. The students are learning how science can be used in the art of cooking. They discuss what they think will happen to the food that they are using in the experiments. The fun part is that after the experiments, they are able to taste the results!





2nd Grade Jumpers

By David Muir IV-2nd grade teacher

On March 9th, we got together for the annual Jump Rope for Heart event. Jump Rope for Heart raises money for heart research and promotes a healthier lifestyle for kids and their families. A Great way to get more information on this topic is to go to: http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp

The website will give you many ideas on being a healthier family and ways to motivate your child to get more exercise during the day.

Every year kids try to raise money and then we have a big jumpathon in the gym. The kids participated in jump relay races, double jump, speed jumping, and even partner jumping! The event raises a great deal of money for heart research each year and the kids have so much FUN!!!!



JFK Summer School

By Katherine Blair, Summer School Coordinator

We are happy to announce that we will be offering three weeks of summer school this year to any JFK student who would like to sign up.

The program will run Monday through Thursday (no school on Friday) during the following weeks:

- July 11 – July 14
- July 18 – July 21
- July 25 – July 28

The hours will be from 8:00 am–12:00 pm, with breakfast and lunch provided daily. There is no charge for the JFK program.

The Thrive summer program will run in coordination with the JFK summer school program during all three weeks. The daily hours for Thrive are from 12:00 pm–5:30 pm. On Fridays, Thrive will run a full day program from 8:00 am–5:30 pm. There is a separate application for the Thrive program which is available in the JFK Main Office.

Sign up sheets for summer school will also be available in the JFK Main Office and on our school website under the parent tab. The form will also be sent home on Friday, April 1st and will be available again at Parent Teacher Conferences on April 7th and 8th. Parents can call Katherine Blair with questions at 383-6039.

Mystery Readers in JFK preschool

By Lisa Dold



The morning preschool class at JFK, taught by head start teacher Sara Koski, has been doing a mystery reader program during this school year. Every month a different mystery reader from the school or community is chosen to come in and read a story to the class. Some of the readers have been family members or teachers that the students are familiar with. Before the reader enters the classroom the preschool students get to ask questions such as “do you have a son or daughter in class?”, “Are you a boy or girl?” Or “What color hair do you have?” Students ask as many questions as they need to in order to try to guess who the mystery reader is. They get very excited during this process! Once they guess the reader



comes into the class and gets to read one of their favorite stories. So far this year there have already been over 15 mystery readers and Sarah hopes to have more. If anyone from the community is interested in being a mystery reader they can contact Sarah Koski, Head Start teacher at 383-6062. Happy Reading!



MIDDLE/HIGH SCHOOL HIGHLIGHTS

Brighten Your Corner of Winooski

By Leon Wheeler, Principal, WMHS

Mahatma Gandhi once said, “Be the change you wish to see in the world.” Ina D. Ogden wrote a song with a similar message: “Brighten the corner where you are.” National Geographic photographer Dewitt Jones made it his life’s work to use his camera to “Celebrate what’s right with the world.” These three each speak to the power you and I have to illumine the good and hopeful around us, and in doing so to make our corner of the world a little brighter.

There’s plenty of beauty in our community, and many scars. There is an abundance of both kindness and carelessness; of both love and loss. The full spectrum of life experience is here in our city, in our neighborhood, in our school. Hope is renewed as we look for and build on what’s right and good and beautiful. So that’s where I’ll start as we celebrate the beginning of Spring!

Highlights of What’s Right at the Winooski Middle High School:

- On March 7th, two high school students and teacher Courtney

Poquette spoke about our business program to the Financial Literacy Task Force in Montpelier.

- On March 8th, Wellness Coordinator Jaycie Putlitz brought a group of middle school students to present their experiences with mindfulness in education at the Vermont Association Middle Level Education conference.
- On March 11th, five of our high school students represented Winooski at the Treasurer’s Cup Challenge competition in Montpelier, finishing 4th place among all the Vermont teams.
- On March 16th, our middle and high school chorus, band and orchestra students celebrated the beauty of music with their spring concert.
- On March 17th, one of our high school choral students traveled to New Hampshire for the three day All New England Music Festival.

The above list is representative of the many bright spots and good things

happening with our students, our staff, and our school. There’s so much worth celebrating here in Winooski. There’s also much to continue improving, strengthening, and clarifying as we build our learning systems for the future.

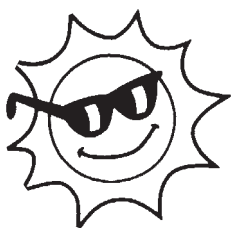
At the upcoming **student/parent conferences April 7th from 12 - 8pm, and April 8th from 12-3pm** there will be information about the shift from the traditional “credit-based” system to a “proficiency-based” system, and what the implications are for both middle school students (gateway expectations) and high school students (graduation expectations). We encourage all parents to come to the conferences, learn more your child’s progress, explore the work underway with the school, and join the conversations. It truly takes a community to educate a child, and it’s exciting to be part of that important work here in Winooski with each of you, students and parents alike.

Enjoy the return of Spring!

Time to Think About Summer Activities

By Tony Settel, High School Guidance Counselor

Attention all students! What are your plans for the summer? Interested in earning money, getting some credits, joining a program that prepares you for college? Maybe doing some sports or going to a summer camp? Stop in to see me! I have information on all of these activities and now is the time to sign up. Beat the rush! Secure your spot now.



Sisters In Sport

By Sue Messier

Winooski Middle School basketball players joined the Saint Michael’s College basketball team for a season-end celebration of the Sisters in Sport mentoring program on February 9. The

pizza party marked the close of a season-long exchange in which the teams visited each other’s practices and cheered at each other’s games. As part of the program, the middle school team also heard from a nutritionist about the importance of eating well for performance and a police officer about how playing sports continues to enrich her life and work. Sisters in Sport is a program of STRIDE: The Wright Foundation for Female Athletes, a Vermont-based non-profit focused on providing opportunities for girls and women through sports and sports mentoring.



Saint Michael's College and WHS Partnership

By Inge White, HS ELL teacher

Active participation is such an important aspect of learning, especially when it comes to education. Participation and interaction with our diverse population was one of the main goals that led to forming a partnership with Saint Michael's College and its aspiring education majors.

For the last seven years, each student from Professor Bedell's Adolescent Development class at SMC has been paired up with an ELL student at Winooski High School. Every fall and/or spring semester the SMC students in this class will get an introduction to the following topics before coming to WHS:

- major ethnic groups at WHS
- their cultural backgrounds
- possible obstacles ELL students have had to overcome
- variety of instructional supports during their partnership time
- 'Dos and Don'ts' of interaction with ELL partners

After these intro sessions, SMC students and WHS ELL students are partnered taking into account gender, content area specialty of SMC students, and ELL student availability and language proficiency. The first meeting of partners is during a 'Meet & Greet' hosted at WHS by Professor Bedell and her students.

This year's 'Meet & Greet' took place in the iLab space during lunch in early February. 13 SMC and WHS students welcomed each other and soon had some lively conversations going. It is always wonderful to see how, within a few minutes, these young adults accept each other and find ways to share their interests. It also gives the partners a chance to get to know each other in a less structured environment before meeting in the classroom.

At this point in the year, students are well acquainted with each other and have met for several weeks of classes. Although there have been quite a few disruptions to the scheduled meetings due to vacation and testing days, all students seem to have some great interactions and support systems going. The SMC students get hands-on experience teaching/tutoring and interacting with our diverse population— something a textbook cannot teach. The WHS students interact with college age students in a safe environment, and discuss possible career paths. They do not only get help during their classes, but are also exposed to higher education thinking and learning requirements. Our ELL students are always looking forward to the times with their SMC partners.



The photos show this semester's SMC group and our participating WHS students, except for 2 students that were absent that day.



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

Congrats to **Jason Truong** for being persistent and working really hard on his painting collaborative project! His classmates had so much faith in his painting skills and creative eye that they asked him to step up to the challenge of "painting the hardest part!" Jason has been a really great asset to painting class, as well as Art2 this year, and he continues to brighten the colors of Winooski too. :)

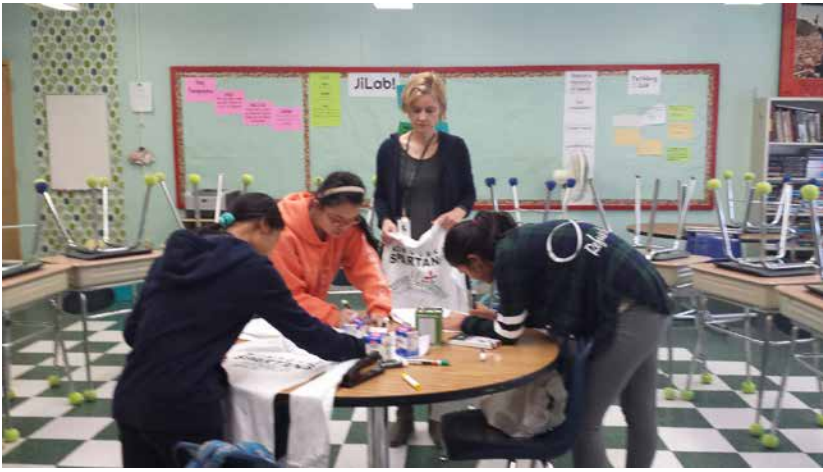
WHS Online Store Welcomes Donations

By Courtney Poquette

The Winooski Business Department students are starting their own online store to learn about business and to raise money for upcoming field trips.

We welcome donations of new and like new small household items. Books, video games, and DVDs are also great donations. We are also still in search of board games which may be sold or used for our Business of Board Games class.

Donations can be dropped off at the school during business hours. You may also contact Courtney Poquette at 383-6192 or cpoquette@wsdschools.org with questions about what we will accept. Thank you!



Afterschool and Summer Learning Day in Montpelier

By Suzanne Skaflestad, 21C Director

Winooski 7th grade students, Yatrika, Eh Ka Luu, and Dah Ler Moo served as Youth Ambassadors at the State House for the annual Vermont Afterschool and Summer Learning Day in Montpelier on Thursday, February 18th. Some of you may have seen them on Channel 3 news!

They met with Representative Bissonnette, Representative Gonzalez and Senator Lyons to talk about the value of afterschool and summer learning. When the students were asked what was the most memorable part of their day, they commented:

- “I enjoyed getting to know the Representatives and the Senators.”
- “I enjoyed sharing my stories with the legislators.”
- “I enjoyed talking with the legislators about why afterschool matters to us.”

In preparation for their day at the State House, the students were invited to share their afterschool and summer learning

story, which reflected on the following question:

- Think about a favorite activity or class that you have done in your afterschool program. What made it memorable for you? How did you learn and grow?

Their stories were published in a printed book that was delivered to the legislators as part of the Afterschool and Summer Learning Day.

Here is a sample of their stories:

- I will always remember how excited I was on the first day of Cooking and Community with the welcoming smiles. The afterschool and summer programs have given me the opportunity to experience things that I’ve never tried before. Here in these programs, I am able to make friends and enjoy my time learning. (Dah Ler Moo)
- I was a refugee in Thailand, but I’ve

been living in Winooski for six years. In my summer program, I learned about Vermont with excitement and joy. I had the time of my life. (Eh Ka Luu)

- It was hard to believe that I would be learning how to cook food that was new to me. It was a great opportunity for someone like me who wouldn’t have gotten to experience all the things I have if it wasn’t for afterschool and summer programs! (Yatrika)

If you want to read their entire stories, just ask Dah Ler Moo, Eh Ka Luu and Yatrika to share their published book with you. There are also copies in the Middle/High School office.

Winooski students have this advice for future Youth Ambassadors....

“Be calm and try your best, talk loud and be proud!”

Update from your City Council

By Brian Sweeney



First off I want to thank all of the residents of Winooski for coming out to vote on town meeting day. Both Brian Corrigan and I were reelected to two year terms for City Council. The city budget also passed, which we thank you for!

Construction will begin on the rotary Mid-April and expect to be completed in August. This construction is for very necessary safety improvements. Please keep an eye out for updates as construction schedules get released, and start planning on alternative transportation to minimize the impact of the construction. Start thinking about getting your bicycle tuned up, carpooling to work or using public transportation.

The Community Pool Committee had their first meeting! This first meeting was mostly for organizational purposes. Please keep an eye on Facebook and Front Porch Forum for upcoming public meetings. There will be ample opportunity for the public to weigh in and we look forward to the public input phase of this project!

The public works commission is working very hard on developing a Transportation Plan. Please keep an eye out for public meetings on this where they will be looking for public comment on street classifications and preferred uses.

The Winooski Community Partnership is beginning work on the renewing the Downtown Designation. This is required by the state for the TIF district. The WCP has also been preparing for a busy summer. They have been working with business owners to offer recommendations to city council on updating the paid parking ordinance, and planning the Winooski Farmers Market.

There are a lot of big issue on the horizon for our little city. Please come to city council meetings and participate whether you are passionate on an issue or just want to know more about what is going on. As always, if you have any questions or concerns please reach out to myself or any of the city council.

SAVE THE DATE

Green Up Day May 7th

By Paul Sarne, Community Engagement Coordinator // AmeriCorps VISTA

The City of Winooski will be providing volunteer opportunities on Green Up Day - May 7th 2016. We will have Green Up Day bags and supplies for the event and will be leading volunteers in areas of the City that need "Greening Up". We will have more info on our website (winooski.vt.org) soon. Please join us!



Mindfulness Continues, Available Online, Too!

By Jaycie Puttlitz, Wellness Coordinator

What: Guided Mindfulness Practice and Discussion

Where: Winooski Senior Center

When: Thursdays, 6:30-7:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor.

Since January, these sessions are being recorded and uploaded to the school website. You can listen to them by visiting this link: www.wdschools.org/mindfulness-in-winooski/

Have you been taking the "10-minute mindfulness challenge"? Guided mindfulness audio is provided on the website www.mindfulcities.org. Translations are now available in Somali, Nepalese, Arabic and Vietnamese.

The goals of the Mindful City Project are to increase student engagement and learning, make mindfulness a transformational force in Winooski, and create a model that can be replicated in other communities. You can follow the progress of this initiative by joining the Mindful City Facebook group, or joining the Mindful City email list on the mindfulcities.org website.

Sponsored by the Center for Mindful Learning, www.centerformindfullearning.org in Johnson, VT.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooski.vt.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooski.vt.org	802-999-9270
Councilor Nicole Mace	nmace@winooski.vt.org	802-363-7777
Councilor Robert Millar	rmillar@winooski.vt.org	802-238-0089
Councilor Brian Sweeney	bsweeney@winooski.vt.org	802-734-6902
City Manager Deac Decarreau	deac@winooski.vt.org	802-655-6410

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

Keep up to date with announcements and news:

LIKE US ON FACEBOOK We are "City of Winooski - Government"
FOLLOW US ON TWITTER We are @winooski.vt

Stay in Touch: Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within the neighborhood. Go to www.frontporchforum.com to sign up for this free community resource.

Thrive Program Starts Planning for Summer

By Kirstie Paschall, Children and Family Programs Manager (Thrive Program Director)

Happy April everyone! We hope everyone enjoyed our unusual winter, and is looking forward to spring! In the spirit of dreaming away the winter blues, we have begun planning the 2016 Thrive Summer Camp!

The Thrive After School and Summer Program is a state licensed program for children who have just completed Kindergarten-5th grade and are entering 1st-6th grade in the fall. Our summer program is a day-long program full of opportunities for children to explore personal interests and the community, while practicing important academic and social skills. In our classrooms we dance, play with science, reading, math, art and problem solving, play team building games and sports, and build connections with friends that carry into the school year. We take trips throughout the community including swim days at Landry park, and walks to the Winooski Memorial Library, the Intervale, the Riverwalk and Gilbrook Nature Area, to emphasize outside time and all of the great things happening in Winooski!

Throughout April, announcements will be made regarding our dates of operation, weekly schedule, rates, financial assistance, and enrollment information through our website, JFK, and Front Porch Forum. This year, we are also launching our new online registration and payment. Find us at www.WinooskiRec.com, click activities, and click on "Thrive Summer Program". You can register for camp and pay online all from home! We will also be hosting enrollment events in April and May in partnership with JFK Elementary, where staff will be on hand from JFK, Thrive, and Child Care Resource to assist with all your enrollment questions. In the meantime, feel free to reach out to Kirstie Paschall, Thrive Program Director, at thrive@winooski.vt.gov for more information!

We're looking forward to another exciting year! Hope to see you there!



Spring Break

By Scott D. McGivern, Lieutenant, Winooski Police Department

April is Spring Break time. It is time to get out of the cold and enjoy some sun and warmth. A lot of people take the opportunity during spring break to travel with the family. I wanted to provide some things to consider when preparing for the trip.

You are leaving your home for a period of time, make arrangements so that it does not appear vacant. Put your lights on timers so that they come on during hours of darkness and during times when someone would generally be awake. Placing a television or radio on a timer is also a good idea. Exterior lights that are motion censored are still a good tool to use to light up the exterior of your house. Park a vehicle in the driveway.

Let a neighbor know you will be away. If they know no one is to be at your home they will be more alert to activity at your home. You should stop your mail delivery while you are gone or have someone pick up your mail daily. Do the same with the newspaper if you subscribe for home delivery. Have a friend or family member come to the residence from time to time. If they were provided a key they could enter the home. This would make the house appear to still be occupied. If it happens to snow while you are away it may be good to have someone come and go from the residence so that footprints and tire tracks can be seen. Maybe contract with someone to plow or shovel the property.

When loading your vehicle with supplies, luggage, and things you will be bringing on your trip try not to prolong the loading process. If your vehicle is parked in the driveway or visible from the road people can see the luggage and volume of supplies making it obvious the house will soon be vacant.

Contact the local police department. One service offered is vacant house checks. Most forms ask for basic information on time you will be away, lights on, vehicles in driveway, and emergency contact information. When you return home notify the police department that you are home.

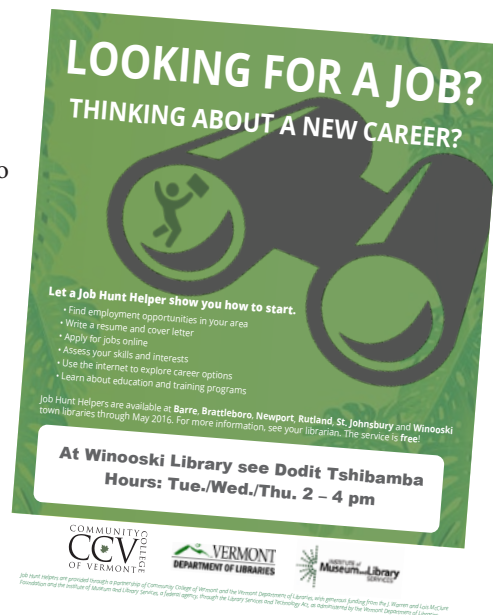
Looking for a job? Thinking about a new career?

Let a Job Hunt Helper show you how to start!

- Find employment opportunities in your area.
- Write a resume and cover letter.
- Apply for jobs online.
- Assess your skills and interests.
- Use the internet to explore career options.
- Learn about education and training programs.

Winooski's Job Hunt Helper, Dodit Tshibamba Buabua, is available Tuesday, Wednesday & Thursday from 2:00pm-4:00pm, through May 2016.

These services are made possible through funding from the J. Warren and Lois McClure Foundation and federal Library Services and Technology Act (LSTA) funding from the Institute of Museum and Library Services. Drop in or call for an appointment, 802-655-6424.



Free Family Movie Night – Thursday, April 14th

By Ethan Hausman, Recreation & Parks Manager

The City of Winooski's Community Services Department, in partnership with the Winooski School District Library, is sponsoring another Family Movie Night at Winooski High School on the evening of Thursday, April 14. Families are invited this time to come eat dinner together beforehand in the WSD Cafeteria. There will be plenty of pizza and various snacks served: the food will be FREE for all kids and low-cost options will be available for adults.

The main doors will open at 5:15 that evening for people to eat in the Cafeteria, and the movie screening will begin promptly at 6:00. The running time will be not more than 100 minutes so that families can plan on being home by 8:00 PM.

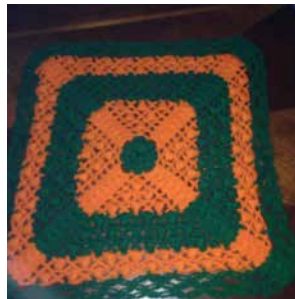
The family-friendly movie to be shown in the Performing Arts Center (PAC) that evening will be chosen based on community input. The selected title will be announced by April 8.

Please mark your calendars and keep an eye out for the announcement of the movie choice. Everyone is welcome, admission is free to all, and food will be available in the Cafeteria starting at 5:15. All kids eat free. No registration is required.

Contact AmeriCorps*VISTA Community Recreation Coordinator Jonathan Borden with any questions about this event at "parksvista@winooski.vt.org" or (802) 655-1392 ext. 10.

Free Snacks for Youth 18 and Under

The O'Brien Community Center will be offering free snacks for youth 18 and under on Tuesdays and Thursdays from 3:30 to 5:30. The O'Brien Community Center will also be offering activities for youth in conjunction with the snacks.



Mother & Daughter Embroidery Group for Somali/Somali Bantu Community

Please join several Embroidery Masters (led by Masiti Mohamed) and Danielle Jatlow, (Centerpoint YouParent Meet-Up organizer), for a unique and fun opportunity! Mothers and daughters, sisters, aunts and grandmothers from the Somali community are invited to learn the traditional craft of embroidery while also connecting with one another to support relaxation, health and wellness. Materials and light snacks will be provided.

What: All Embroidery Meet-Ups take place at the O'Brien Center, Winooski

Where: Large Community Room from 1-3pm.

When: Saturdays in April (2nd, 9th, 16th, 23rd and 30th)

This opportunity is part of the YouParent Meet-Up series, supporting parents and families to learn, share, and connect with each other.

Stay tuned for other mother/daughter crafting opportunities. If you are interested in joining a mother/daughter crafting opportunity, contact: Danielle Jatlow, 802-383-6093 or djabatlow@winooski.k12.vt.us or Masiti Mohamed, mmohamed@winooski.k12.vt.us

Winooski Historical Society Invites You to Join Us

The History of the O'Brien Family in Winooski, 1891-2016

A summary of six generations of the O'Brien family, presented by Michael O'Brien

DATE: Sunday, April 3, 2016

TIME: 1:30 pm

LOCATION: Winooski Senior Center, 123 Barlow Street

Coed Adult Rec Soccer starts Tuesday, April 19th

By Ethan Hausman,
Recreation & Parks
Manager



Winooski Recreation is excited to announce that COED ADULT SOCCER will start the week of April 18! The pickup-style games will be held regularly on Tuesday and Thursday evenings through the end of May on the Front Soccer Field at Winooski High School. Teams will be picked on the spot each evening based on the players who show up, and pinnies will be provided. Skill level of those playing will likely vary widely, but having fun and keeping it friendly will be prioritized over competition. Players must register in advance at www.winooskirec.com and can sign up separately to play either one or both evenings weekly.

The one-time registration fee (\$10) covers the cost of participation for the full 6-week Program. Those who register can show up and play in as many of the six scheduled games (choosing either Tuesdays or Thursdays) as they wish. Those who wish to have the flexibility to play both Tuesdays and Thursdays will need to sign up for each separately. Please contact AmeriCorps*VISTA Community Recreation Coordinator Jonathan Borden (655-1392 x10 or parksvista@winooski.vt.org) for more details or help getting signing up.

News from the Winooski Coalition for a Safe & Peaceful Community

By Sarah Petrokonis



Upcoming Events

Please join us for our next community dinner on **Thursday, April 14!** The dinner will take place at the O'Brien Community Center, from 5:30 to 7 PM. The Family Center is hosting and featuring their annual preschool art show. Work created by the young children under the theme of "animals in their habitats" will adorn the walls of the community room. Come to share a free meal and meet your neighbors both little and tall!

Programming Update

The Winooski Above the Influence (ATI) groups have been spending time this year raising awareness about tobacco's negative impact on children, pets, and the community on a whole. Students visited the Chittenden County Humane Society to speak with staff and provide educational materials about keeping pets safe from second-hand smoke, too and attended a city council meeting to provide information on the benefits of clean-outdoor-air in city parks. ATI students also participated in Kick Butt's Day by sharing reasons that they are not replacement smokers. We are continuously impressed and inspired by our local youth's insights and passion. Way to go, ATI!

Useful Information

Dispelling Myths and Talking to Your Kids

The decriminalization of marijuana and talk of legalization in Vermont has brought to light our perceptions of marijuana's impact on youth, substance use, and the idea of rites of passage. Parents may hear that "everyone is doing it" and think that if marijuana use is common, it probably isn't dangerous.

According to the Youth Risk Behavior Survey administered by the Centers for Disease Control, only 1 in 5 teens (22%) smoked marijuana in the last 30 days. Another way to look at this is that 78% of teens *aren't* using. We've also heard that marijuana is not an addictive drug. However, according to the National Institutes on Drug Abuse, marijuana today contains 3 times the THC (the chemical in marijuana that causes the "high") as compared to that of the early 1990's, more so if you look further back.

Another statistic worth considering: 90% of Americans who are currently addicted to tobacco, alcohol, or other drugs started using before age 18 (The National Center on Addiction and Substance Abuse (CASA) at Columbia University).

Setting clear expectations and creating open avenues for dialogue between adults and teens are among the most important actions we take as a community to support healthy development of our youth.

For more information about ways to talk with your child, please contact the Winooski Coalition for a Safe & Peaceful Community.

Find us at 802.655.4565 | 32 Malletts Bay Ave, Winooski, VT 05404 | wpcspc.org

Join Us for Two Panel Discussions on Human Trafficking

By Sister Pat McKittrick

There will be a panel discussion on increasing awareness about Human Trafficking on **April 7th at 6:30 pm** at St. Michael's College in their Pomerleau Conference Room: "What we know and what we can do". Speakers will include representatives from Giveway to Freedom, Healthcare, Law Enforcement, and Faith Communities.

There will also be a panel on Human Trafficking at the O'Brien Community Center on **April 26th at 6:30pm** titled "An overview of Human Trafficking: What we know and what we can do." Speakers will include representatives from: Giveway to Freedom, Healthcare, Law Enforcement, and Faith Communities.

Girl Scouts Celebrate World Thinking Day

By Amy Lothrop

"Troop 30187 Juniors celebrated World Thinking Day and Sisterhood with a Williston Senior troop. They built a banner, played games, made jewelry and took a group picture.

World Thinking Day has been celebrated annually on 2/22 since 1926 to encourage all scouts to think about their connections to their local and world communities then take action on issues important to them. Girl Scouts and Girl Guides from 146 countries representing 10 million girls celebrate it. The Daisies made "Flat Juliettes" in honor of Juliette Gordon Low, the founder of Girl Scouts. We wrote a letter and mailed them to Seattle, WA to connect. We cannot wait to see what adventures "Flat Juliette" has had!

It is never too late to be a Girl Scout. If you are interesting in volunteering or joining, please contact Amy Snow Lothrop at 802-373-7288 or amylothrop@comcast.net.

Dog Park Season Opening Event Friday, April 1

The Winooski Dog Park's 2016 Season Opening and Doggie Social will be held at the new West Allen Street Dog Park on Friday April 1 from 5:30-7:00 pm, weather permitting. All are invited to come that evening to enjoy the park with their dogs, meet their neighbors (and their furry friends), and learn more about the range of canine products and services that exist locally. Information and materials about the Dog Park, the City's dog registration requirements, and local agencies' adoption opportunities will be available. Family-friendly drinks for both dogs and people will be served, and doggie product samples may be offered to those who attend.

This event is sponsored by the Winooski Recreation & Parks Department.

Please be sure to register your dog by the City's April 1 deadline and join us to celebrate the Dog Park Season Opening that day.

Winooski Food Shelf Schedule for April

By Linda Howe

Here is our pickup schedule for April:

Saturday, April 9th	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, April 13th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, April 23rd	9:30 a.m. to 12 noon	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, April 27th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies

Food Shelf policy: Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill.

Any Winooski resident in need is welcome. You might have just lost a job, become ill or injured and can't work, had a new baby or have large medical bills. We all have experienced sudden life changes. The Food Shelf is here to help support you. For questions call 318-0460.

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home.



Community College of Vermont (CCV) Winooski News

By Amy Stuart, Coordinator of Academic Services

REGISTER NOW!
Classes start May 23rd!

www.ccv.edu
(802) 654-0505

Free College Credits are a Terrible Thing to Waste!

Do you know that you may take college classes as a high school student? The Community College of Vermont (CCV) offers several opportunities to current high school students free of charge.

1. Introduction to College Studies (ICS) is a free class designed to prepare high school students to be successful in college. You will learn how to search for and apply to the right college, pick up a few good study habits and explore career options connected to your academic interests.

ICS (DEV 0280 vu01) • Mondays & Thursdays June 27th – August 1st • 10:00 am – 12:30 pm

ICS (DEV0280 vu02) • Tuesdays & Thursdays June 28th – August 4th • 4:00 pm – 6:00 pm.

2. Juniors and seniors are also eligible for **Dual Enrollment** vouchers, each good for **one free college course**. The free credits earned at CCV may also count as credit toward your high school graduation – that's why it is called Dual Enrollment.

- Wouldn't it be interesting to take Forest Ecology (BIO 1240 vu01Z) spending time making observations and learning about the woods in your neighborhood and beyond? The accelerated course meets on select weekends between May 27th and July 3rd.

- How would you like to get creative this summer? Try Introduction to Studio Art (ART 1020 vu01) which meets Mondays 5:30 pm – 9:00 pm.

3. Rising seniors can apply to CCV's **Early College program** which allows you to spend your final year of high school at CCV earning college credits that help you graduate and get a jump on your college degree, tuition free!



Contact your guidance counselor or the Community College of Vermont for more information.

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

As we enjoy our spring weather, let us all realize the importance of rebirth! At the Winooski Senior Center we continually enjoy re-inventing ourselves through our events, programming and our mission.... "empowering seniors for personal independence, healthy aging, social connections and life long learning".

Special thanks to the Winooski School District's ELL Program for providing us with an amazing International Lunch on February 19th. Aftaba Mezetovic and many ELL students and families created a feast for the seniors, and the students shared their talents of song and dance. The seniors enjoyed the passion and energy of the folks who presented us with such a wonderful gift. We are so grateful for our friends and neighbors at the school district. We always look forward to this joyous annual event!

Whatever the weather, stop by and join us for one of our many programs and events. At the Winooski Senior Center, we love to live like it's spring!

.....
"Despite the forecast, live like it's spring!"

— Lilly Pulitzer
.....



COMING UP:

- AARP Tax Aid - M/W/F Call for an appointment (ends April 8th)
- April 5 - Senior Lunch & Meeting
- April 21 - Earth Day BINGO!
- April 26 - Last Tuesdays Lunch & Learn
- May 3 - Senior Lunch & Meeting
- May 5 - Cinco de Mayo BINGO!
- May 31 - Last Tuesdays Lunch & Learn



EVERY MONTH

- Do Drop In - (Mon 9-11am) Join us for coffee, treats and great conversation! FREE!
- Tai Chi - Mondays 10-11am advanced class, 11-12pm for arthritis, 5:30-6:30pm for wellness FREE!
- Exercise Class - (Tues & Thurs 10-11am) Great for stretching and balance. FREE!
- Open Art Studio - (Wed 9-12pm) Join us and try a new skill and be creative with fellow art & craft lovers. Snacks provided. FREE!
- Community Lunch - (Thurs 11:30am) Join us for a great lunch and great company! \$4.00 RSVP
- BINGO! - (Thurs 12:30pm) Always a blast! Free Popcorn while you play! \$10.00
- NEW! Last Tuesdays - Join us at 11am for activities, 11:30 lunch, 12:15 programs and speakers on current Senior issues. \$4.00 lunch RSVP
- Van rides to Shaws, Hannaford's & the Mall and the Winooski Memorial Library. Call for times. FREE!

The Winooski Senior Center.... the most exciting place in Winooski! We are located at 123 Barlow Street. Office hours are Monday - Friday 8:30am - 12:00pm, and on Thursdays until 2:30pm. You can reach us by phone at 802-655-6425 or by email at: seniorcenter@winooskivt.org

Congratulations, CYO Basketball Champs!

By Jeff Brosseau

Congratulations to St. Francis Xavier Parish Boys 6 and 8 teams on capturing the Vermont CYO Basketball State Championship on March 13th.

6 team defeated Christ the King 40-28, 8 team defeated Mater Christi 45-35. Teams advance to the championship game with their semi final victories March 12, 6 team defeated St. John Vianney 41-10, 8 team defeated Christ the King 8 56-17. Teams advance to the New England Regional's Tournament in Bridgeport, CT April 1-3, Boys 6 quarter final game April 2nd 1:00 pm vs. Diocese of Hartford, Boys 8 semi-final game April 2nd 2:15 pm vs. Diocese of Providence/St. Marks-Bridgeport winner.

In other tournament games

- SFX Boys 5 team lost to St. John Vianney 31-26
- SFX Girls 5/6 team lost to Nativity of the Blessed Virgin Mary - St. Louis 27-17
- SFX Girls 7/8 team, lost to Christ the King - Rutland 31-22

Looking for a Rewarding Job?

Give yourself a skill that will set you apart from the rest of the pack. Become a trained lifeguard.



The Greater Burlington YMCA offers American Red Cross lifeguard training and recertification several times a year. The next opportunity to take the full lifeguard course is over the April school break, April 18th to the 21st. This course includes accident prevention, lifeguarding techniques, emergency systems, and rescue skills. It also includes CPR for the Professional Rescuer with AED and First Aid.

To find out more or to enroll, visit www.gbymca.org/ARC/.

HEALTH CORNER

Health Office News

By Liz Parris, RN BSN, Health Office Coordinator

April is finally here and hopefully that means sunnier days will be as well. Please remember to apply sunscreen to your children whenever they play outside. Encourage your children to drink plenty of fluids to keep them well hydrated. Help keep your children's smile intact by having them wear mouth guards whenever they play contact sports. On behalf of the health office we want to wish all of you a happy spring break!

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Now that Winter sports are finished, Spring sports are starting up! REMEMBER to ALWAYS wear your Mouth Guard during ALL sports. If a tooth accidentally gets knocked out, seek immediate treatment with your dentist within 30 minutes. DO NOT clean the tooth, DO NOT touch the wound site and keep the tooth WET. Put it in a glass of milk, cool water or a wet cloth. FLOSS, brush and see your Favorite Dentist regularly!

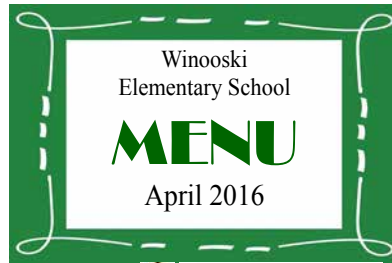
If you are in need of Dental Care or have not been seen by a dentist within the past year, Vermont Dental Care now offers a ride program for dental appointments! Please visit www.wdschools.org or stop by the Health Office for more information. Any dental questions or concerns, please contact me at 383-6094.

DOLLARS FOR SCHOLARS

Would you like to sponsor a Winooski High School graduate and help make their dreams come true?

DONATE NOW to Winooski Dollars for Scholars at www.winooski.dollarsforscholars.org/.

ELEMENTARY SCHOOL LUNCH MENU — APRIL



Local Products Used on when available
Items in bold and italicized are Local Products
Items in Bold and Underlined are Harvest of the Month & Feed Items
 All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED
 This institution is an equal opportunity provider.

DAILY BREAKFAST OPTIONS	
MONDAY	Whole Grain Breakfast Bun
TUESDAY	Whole Grain Bagel w/ Cream Cheese
WEDNESDAY	Assorted Cold Cereal, String Cheese
THURSDAY	Healthy Breakfast Round
FRIDAY	Fruit Filled Muffin w/ String Cheese
Each Meal is served with: 100 % Juice, Fresh Fruit and Milk	

Meet Kate.
 Kate represents the thousands of Vermont children who struggle with hunger. This year, the Vermont Foodbank will provide 10 million pounds of food to 153,000 Vermonters, 22% of whom are children under the age of 18 - that's nearly 34,000 children.
 The Vermont Foodbank has a number of programs focused on ensuring every Vermont child has enough food to eat.
 The **BackPack Program** provides bags of kid-friendly, nutritious food to children when other resources, like school breakfast and lunch, are not available, such as weekends and school vacations.
 The **Summer Food Service Program** provides wholesome breakfasts and lunches to children in low-income communities five days per week during the summer. The Vermont Foodbank secures funding so the sites can provide educational and recreational activities in a safe, fun and welcoming environment.

1 in 4 children like Kate will receive food from the Vermont Foodbank. Your donation of \$1 can provide 3 meals to Vermont children in need. [Please give to the Vermont Foodbank today.](http://www.vtfoodbank.org)

Fri., April 1
Chicken Fajitas <i>Chicken, Sautéed Onions & Peppers, Soft Flour Tortilla, Salsa, Cabot Sour Cream</i>
Rice Pilaf
Creamy Coleslaw

DAILY LUNCH OPTIONS	
Entrée Options	
Main Meal or Cabot Yogurt Parfait or Deli Sandwich or Chef Salad	
Offered with all Meals	
Fresh Fruit	
Fresh Hood Milk	

Community Eligibility Provision	
Meals to all Students are Free	
Adult Breakfast \$1.75	Adult Lunch \$3.50
Milk \$0.50	
Pay for meals on-line For free on-line service go to http://www.abbeygroup.net Search for Your School and Click the R12 Payment Center link	

Mon., April 4	Tues., April 5	Wed., April 6	Thurs., April 7	Fri., April 8
Dress Your Own Burger on A Bun <i>Lettuce, Tomato, Ketchup & Mustard</i>	Spaghetti w/ Meat or Marinara Sauce	Taste Test Event Maple Dill Carrots Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Taco Bar w/ Soft Shell Tortilla <i>Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla</i>	April Birthday Celebration Roasted Sweet Potato Wedges
Oven Baked French Fries	Spinach Salad Italian Bean Salad	Broccoli Salad	Rice Pilaf	BBQ Pulled Pork Sandwich
	Garlic Breadstick	Steamed Green Beans	Marinated Black Bean Salad	Fresh Celery Sticks
Mon., April 11	Tues., April 12	Wed., April 13	Thurs., April 14	Fri., April 15
Maple Fest Sweet & White Home Fries	Maple Fest Creamy Macaroni & Cheese	Maple Fest Beef Nachos <i>Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips</i>	Early Release Maple Fest Chef's Choice Pizzas Pepperoni, Cheese Or Veggie Pizza	Early Release Maple Fest Oven Baked Chicken Nuggets w/Dipping Sauce
Pancakes w/ Real Maple Syrup	Steamed Green Beans Caesar Salad	Rice Pilaf	Maple Dill Carrots	Garden Pasta Salad
Sausage Links	Maple Muffin	Steamed Corn	Celery Sticks w/Hummus Dip	Maple Seasoned Parsnips
Carrot Sticks		Maple Sundaes		Baked Beans

We Support Local New England Companies	
Koffee Kup Bakery/VT Bread Co. - Breads & Rolls	Cabot Cooperative - Yogurt, Sour Cream
King Arthur Flour - Dinner Rolls, Pizza Dough	Chappelle's Potatoes
Georgia Mtn. Maples Syrup - VT. Maple Syrup	Sunrise Orchards-Apples
Mazza Farm Stand - Local Produce	Green Mtn. Farms - Cream Cheese
Hood-Milk	Green Mtn. Farm Direct-Local Produce

Mon., April 18	Tues., April 19	Wed., April 20	Thurs., April 21	Fri., April 22
No School	No School	No School	No School	No School
Mon., April 25	Tues., April 26	Wed., April 27	Thurs., April 28	Fri., April 29
Hand Cut French Potatoes	Homemade Shepherd's Pie <i>Ground Beef, Mashed Potato & Corn</i>	Corn, Potato, & Cauliflower Soup	Taco Bar w/ Soft Shell Tortilla <i>Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla</i>	Grilled Cheese Sandwich
Dress Your Own Hot Dog On a Bun	Hearty Cornbread	Melt in you Mouth Cheesy Breadsticks Marinara Sauce	Rice Pilaf	Chicken Noodle Soup
Roasted Chic Peas	Steamed Carrots	Caesar Salad	Warm Black Beans	Celery Sticks w/ Hummus Dip

Harvest of the Month Carrots

People first grew carrots as medicine, not food, for a variety of ailments.

Carrots can be traced back to about 5,000 years through historical documents and paintings. No one knows exactly when the first carrots appeared, because many people mistook them for parsnips, a close relative of the carrot.

A medium-size carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. The veggie is an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A. The deeper orange the carrot, the more beta-carotene you're getting.

We think of carrots as orange, but they can also be white, yellow, red, and purple.

Maple Dill Carrots (4 Servings)

3 cups peeled and sliced carrots
 2 Tbsp butter
 2 Tbsp Maple Syrup
 1/2 Tbsp chopped fresh dill
 1/2 tsp salt
 1/2 tsp black pepper

Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender. Stir in butter, maple syrup, dill salt, and pepper.

PLEASE NOTE:

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

ALSO: 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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BURLINGTON, VT
PERMIT #361

POSTAL PATRON
*****ECRWSS**
WINOOSKI, VT 05404

WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wdschools.org

John F. Kennedy Elementary School

Principal: **Sara Raabe**
802-655-0411, 802-655-3530
sraabe@wdschools.org

Winooski Middle and High School

Principal: **Leon Wheeler**
802-655-3530
lwheeler@wdschools.org

Board of School Trustees

Mike Decarreau, President: 310-4032
mdecarreau@wdschools.org

Mohamed Abdi, 343-6281
mabdi@wdschools.org

Tori Cleiland, 655-7678
tcleiland@wdschools.org

Jen Corrigan, 233-7642
jcorrigan@wdschools.org

Julian Portilla, 399-0241
jportilla@wdschools.org

WSD ENDS STATEMENT

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

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 410 students attending JFK Elementary (grades PreK-5), 161 attending Winooski Middle School (grades 6-8), and 234 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