

ALSO INCLUDES
Community News!
 STARTING ON PAGE XX

WINOOSKI SCHOOL DISTRICT NEWS!

OCTOBER 2017

A Great Start to a Great Year!



WINOOSKI BACK TO SCHOOL BBQ 2017



INSIDE THIS ISSUE

Notes from the Central Office	2-4
Welcome New Staff	5
Announcements	6-7
JFK Elementary News	8
Middle and High School Highlights	9-12
Community News	13-18
Health News	18
Menu	19
District and Contact Information	20



SAVE THE DATE
PTO Holiday Craft & Vendor Fair
 Raffles, Bake Sale,
 & Green Meadows
 Catering offering
 Breakfast and Lunch.
Saturday Nov. 18th
 from 9-4.

NOTES FROM THE CENTRAL OFFICE

The Opiate Addiction Crisis

By Sean McMannon, Superintendent of Schools

What are opioids? According to the Vermont Department of Health (VDH), opioids such as prescription painkillers and heroin are powerful drugs. They slow breathing and heartbeat, and act on the brain to relieve pain and increase feelings of pleasure. Drug-related deaths involving opiates such as prescription painkillers, heroin and fentanyl in Vermont has more than doubled from 2012 to 2016, growing from 50 to 106 deaths.

In 2014, five New England governors agreed to work across state borders to address a surge in drug overdoses, promising to better monitor the prescription of opioid painkillers and to expand access to addiction treatment. Vermont Governor Peter Shumlin stated “I don’t think there’s a discussion more essential to preserving our quality of life than the one we’re having now. None of us have the answers, but all of us are trying. But we have made it possible to talk about addiction and recovery, to talk about what we’re doing well and not doing well, and what Vermont needs to do to get things right.” (Rutland Herald, June 17, 2014) In addition, former Executive Director of the United Way of Northwest VT Martha Maksym remarked in 2014 “As Governor Shumlin has said, we can’t arrest our way out of this challenge. Communities need to come together to address public education, prevention, intervention and treatment strategies.”

This past week, Vermont state leaders say there are no more waiting lists in Chittenden County at opioid addiction treatment facilities. Authorities say at the Howard Center in Burlington

there were over 750 people on the list in 2013.

“Addressing the waitlist for treatment in Burlington and across the state is an outstanding milestone, but we all know we have much more work to do across all 14 counties. This epidemic touches nearly every Vermont family. It has stolen the lives of those suffering from addiction, and any sense of peace from those who love them. But we will continue to address this like the public health crisis it is and, together, we can end this epidemic,” said Governor Phil Scott.

Officials say the opening of a new program in St. Albans and the Howard Center’s expanded services has helped close gaps statewide. (<http://www.mychamplainvalley.com/news/officials-no-more-waiting-lists-in-chittenden-county-at-opioid-addiction-treatment-facilities/811341679>)

So, what can we do as Winooski community members to combat this health crisis? I have the following suggestions:

Engage in prevention activities

- *Volunteer as a mentor:* United Way: Email- info@unitedwaycc.org or Phone: 802-864-7541
- *Talk with your children:* Children who learn about the risks of drugs and alcohol from their parents are half as likely to use than those who do not. <http://parentupvt.org/>, http://kidshealth.org/parent/positive/talk/talk_about_drugs.html

PROGRAM	SERVICES PROVIDED*	ADDRESS	PHONE NUMBER
Community Health Center www.chcb.org	O	617 Riverside Avenue, Burlington	802-864-6309
Day One www.uvmhealth.org	I, O	UHC Campus, 1 So. Prospect Street, Burlington	802-847-3333
Howard Center, Act One/ Bridge Program www.howardcenter.org/need-help-now	D, PIP, R	184 Pearl Street, Burlington	802-488-6425
Howard Center, Centerpoint Adolescent Treatment Services www.howardcenter.org/All-Programs	A, I, O	1025 Airport Drive, South Burlington	802-488-7711
Howard Center, Chittenden Clinic www.howardcenter.org/All-Programs	HUB	75 San Remo Drive, South Burlington	802-488-6450
Howard Center, Mental Health & Substance Abuse Services www.howardcenter.org/All-Programs	A, I, O, IDRP	855 Pine Street, Burlington	802-488-6100
Howard Center, The Chittenden Center www.howardcenter.org/All-Programs	HUB	UHC Campus, 1 So. Prospect Street, Burlington	800-413-2272 (toll-free)
Lund Family Center lundvt.org/treatment	A, O, W	Cornerstone Drug Treatment Center, P. O. Box 4009, Burlington	802-864-7467
RISE IV www.phoenixhouse.org	H	37 Elmwood Avenue, Burlington	802-463-9851
Spectrum Youth and Family Services www.spectrumvt.org	A, O	31 Elmwood Avenue, Burlington	802-864-7423
Turning Point Center of Chittenden County turningpointcentervt.org/programs/12-step-programs	RC	191 Bank Street, Burlington	802-861-3150

School Board Update

By Mike Decarreau, Board of School Trustees President

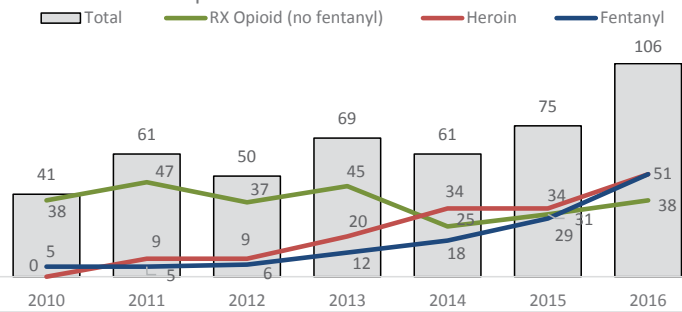
Welcome to fall! As we head into another school year we have several focus items on our agendas for this year. As you have seen over the month of September the round of Teacher/Support Staff negotiations this year have been challenging. At the time of this writing we have another session with our teachers and support staff team this evening. Due to the changes in the Health care benefits that were done state-wide this year we are all in an interesting position to find a middle ground. I am proud of our team on both sides during this contentious time. We have been getting through these talks in a climate of trust and a culture that has allowed open and honest dialogue. Outside forces not withstanding, we hope to have this closed shortly.

On our work during this year we have several main topics to focus on. We recently had our annual retreat to discuss our direction. First, and foremost, is our **communication efforts** from the Board out to the community on the changes and direction of our school. We are leaders in the state as we move to Personalized learning methods as well as Project-based learning. Our next priority is to finalize and begin reporting our **internal metrics** on progress of the entire system. We hear regularly about the Standardized test score metrics. These are interesting but do not nearly tell the entire story. We have metrics for some specific areas of our learning, reading and math skills, for example. We are also looking at 4, 5 or 6 year graduation rates. As we move from a learning model based on “seat time” (you will learn this in 12 years then you ready to go out into the world) to a model where students must show proficiency in a subject matter in order to move on, we are challenged on two ends that will become our new reality. On the “short” end, can we accommodate a student that is at the high end of the learning curve and move them on in 10 years if they have mastered all they need in order to move on? The other end will likely prove to be a bit more of a challenge. For the students that need more time to master the skills outlined, can we, as a district, provide an environment where graduating in 5 years or 6 years is not considered a bad thing? The focus is on the *graduating* not on the 12 years. From the student’s and parent’s perspective, can we build an environment where there is no stigma attached to coming back for a 13th or 14th year? Retention strategies then become important in our school’s path forward.

One path we will be taking to get these discussions started will be to host a **parent forum**. We talked about inviting a group of parents from across the city to talk about our system and how we all interact with, and in, it. We will then work with this core group to reach out to an extended group for more communication about what we are doing and conversation about how things are going. We are looking forward to these challenging but much needed conversations.

Last note: Budget season will begin in early November. As always, we would love to have community input as we talk about what do we have now, where do we want to be, and what, if any, changes do we need to make to get there? Given that as a baseline, how do we put a budget together for the next school year while still looking 5 to 8 years out at our main goals. If you would like want more information please give me a call in the evening at 802-310-4032.

Figure 2: Number of Accidental and Undetermined Opioid-Related Fatalities in VT



Advocate

- Post info about treatment and recovery services: <http://www.wdschools.org/parents/parent-resources/>
- Speak up at community events about substance abuse: <http://wcspc.org/>
- Join a regional partnership or local coalition by contacting local VDH District Office: Burlington: AHS.VDHOLHBurlington@state.vt.us, Phone: 802-863-7323 option 5

Help struggling addicts get treatment...

- See the chart at left for programs available in our area.

Please consider joining the effort to mitigate the effects of opioid abuse and all substances so our community is safe and healthy for all!

*KEY TO SUBSTANCE ABUSE PROGRAM SERVICES AVAILABLE

CODE	POPULATION SERVED
A	Adolescents
H	Halfway House
D	Detox
HUB	Opioid Treatment Hub
I	Intensive Outpatient
PIP	Public Inebriate
O	Outpatient
RC	Recovery Center
IDRP	IDRP: Impaired Driver Rehabilitation Program (formerly Project CRASH)
W	Women Only
R	Residential

Implicit Bias – To See, or Not to See

By Hal Colston, Partnership for Change

Have you ever wondered why you may have treated two different students exhibiting the same behavior differently? Are you even aware of this behavior on your part? Probably not since the majority of our decisions are influenced by our implicit bias. All people have biases that allow us to perform ordinary functions to keep us safe and productive. I have a bias against bears believing they present a threat so I carefully avoid them in the wild. This is a good bias. But when are biases not good?

Locally, regionally and nationally students of color are disproportionately suspended or expelled more often than their white peers. African American boys experience this disparity the most severely. Out of school suspensions put the student at a greater risk of falling behind in classes. Suspensions send the message that the student does not belong, and two or three suspensions can trigger a student to drop out of school.

Last year was the first time in our history when more children of color were born in the United States than white children. This will be the new trend as our schools will have a growing number of students of color while the majority of educators continue to be white. The Harvard Implicit Association Test has compiled data that shows that well-meaning white educators show surprising bias along racial lines when making routine decisions with their students. How can this behavior be interrupted?

The Kirwan Institute based at Ohio State University has proven that mindfulness is a very effective strategy that can provide an awareness of our implicit bias. Being aware allows us to observe and manage this behavior. As mindfulness allows us to be fully present, we can see what we typically do not see. And, you can be sure that our students see implicit bias in action.



The Adolescent Brain Cognitive Development (ABCD) Study will enroll 10,000+ healthy children and follow them from ages 9 to 10 into early adulthood to understand how children's experiences affect brain development and other aspects of their lives—including academic achievement, social development, and behavioral and overall health.

Who can participate?

ABCD Study sites span the continental U.S. and Hawaii, ensuring that results will be relevant to people across races, ethnicities, genders, education and income levels, and living environments.

Qualified participants will be:

- Age 9-10
- Male or female
- In good health

In the study, your child will:

- receive a brain MRI
- earn up to \$70 for each annual visit
- Parents earn up to \$150 for surveys, interviews.

What will study participants do?

The ABCD Study begins with 1-2 visits in the first year. During these visits, you and your child will be asked to complete interviews and questionnaires.

In addition, your child will be asked to:

- Play games and puzzles and complete computer tasks
- Undergo safe, non-invasive brain imaging
- Give biosamples (such as saliva)

Some of these assessments will be repeated each year, with brain imaging occurring every other year.

Interested? Call (802) 847-4562 • Email: ABCD@uvm.edu • www.ABCDstudy.org

Community Outreach

By Infinite Culcleasure, Parents and Youth for Change

This coming Fall PYC is supporting high school students in Chittenden County to lead community forums in their district.

Winooski High School Community Forum

Date: Monday, October 16 4:30-7:30

Location: Winooski school cafeteria

Topics include: White Supremacy, Immigration, Travel Bans, Islamophobia, Public Education, Health Care.

Burlington High School Community Forum

Date: Wednesday, October 18 5pm-7:30pm

Location: Burlington high school cafeteria

Topics include: Immigration, Health Care, North Korea, Domestic and Foreign Terrorism, Natural Disaster Relief efforts... LGBTQA+ issues, economic issues.

South Burlington High School Community Forum

Date: Monday, November 6th 5pm-7:30pm

Location: Middle school Library

Topics include: Polarization and its effects on discussions/public education/Intolerance in American Society.



WELCOME NEW STAFF!



Welcome New JFK Staff

Left to right: **Savanna B. Bechard**, Behavior Interventionist; **Livingstone Lohia**, Instructional Assistant; **Kellie Colasurdo**, LTS, 5th grade; **Sarah J. Lothrop**, Teacher-Kindergarten; **Grace M. Holcomb**, Teacher/Guidance & Home School Coordinator; **Anthony R. Locicero**, Teacher-Special Ed.; **John Berry**, Instructional Assistant; **Bridgette A. LaFond**, Instructional Assistant; **Sara A. Poland**, Teacher-Music; **Kari Bohlen**, Teacher-Grade 3; **Tiffany E. Demore**, Teacher-Grade 3; **Theresa Fox**, Teacher-Grade 1

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 – JFK (left to right): **Natasha L. Lincoln**, Instructional Assistant, JFK; **Claudine Nkurinziza**, Instructional Assistant, JFK; **Ben Rice**, Instructional Assistant, JFK; **Sophia N. Chamberlain**, Instructional Assistant, JFK

Photos row 2 – WMS (left to right): **Margret K. Doemland**, Instructional Assistant; **Kaitlyn Letourneau**, Instructional Assistant; **Jacqueline M. McLavey**, Instructional Assistant; **Jason D. Smolensky**, Instructional Assistant

Photos row 3 (left to right): **Derek Demers**, Teacher-Driver Ed.; **Kyendamina Cleoplace Mukeba**, Translator-Swahili; **Ronald D. King**, Custodian; **Ronald J. Mack**, Support Staff-IT

Photos row 4: **Robert M Schamroth**, Accounts Payable/Payroll;

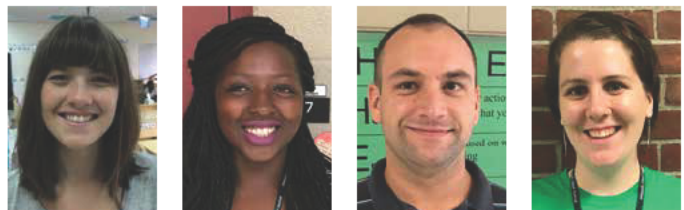
Missing: **Kathleen M. O'Keefe**, Admin Assistant, Special Ed.; **Jurkuch Atem**, Instructional Assistant, WMHS



Welcome New Middle/High School Staff

Top photo, left to right: **Daryl M. Coutts**, Instructional Assistant; **Isabella R. Boorey**, Instructional Assistant; **Jason Mayo**, Instructional Assistant

Bottom photo, left to right: **Heidi E. McLaughlin**, Teacher/Guidance; **Luke Dorfman**, Teacher-Math; **Elizabeth Payeur**, Teacher-English; **Kirsten Carlson**, Teacher-Spec. Ed.; **Tiffany W. Gold**, Teacher-Spec. Ed.; **Sona Iyengar**, Teacher-ELL



CITY AND SCHOOL ANNOUNCEMENTS

2017 Homecoming Festivities Night

By Dennis Barcomb,
Winooski Athletic Director

On Friday **October 6**, we will celebrate homecoming with a special event. At 6:00pm the Winooski Boosters will have free food for the players on the JV and Varsity boys and girls soccer teams. At 6:15pm the four fall teams will then be introduced over the loud speaker. Finally we will have a Co-ed Scrimmage mixing the Boys and Girls JV and Varsity teams. The homecoming games are on Saturday **October 7th**, vs Danville. The boys' game is at 1:30pm, followed by the girls' game at 4:00pm.

Please come out for this special night to celebrate homecoming 2017!

GO SPARTANS!

Early Release Days for 2017-2018 School Year

By Sean McMannon, Superintendent,
Winooski School District

Grades K-12 will be released at 12:15pm on the following days in the upcoming school year:

- Oct 18 • Nov 8
- Dec 13 • Jan 10
- Feb 14 • Mar 14
- May 9

Please follow us on twitter at @WinooskiLearns.



front porch forum™
HELPING NEIGHBORS CONNECT

Stay in Touch: Join Front Porch Forum!

District and city administrators post information about events happening in our city, neighbors share stories, people offer their services. Go to www.frontporchforum.com to sign up for this **free community resource**.

Walk To School Day Is October 11

By Jaycie Puttlitz

Winooski schools will celebrate healthy, active kids with its annual Walk-to-School day on Wednesday, October 11th. Students and families that wish to walk to school with teachers that morning should meet in the parking lot of Rite Aid at 321 Main Street in Winooski. The walk to school will begin from Rite Aid at 7:35am. Law enforcement will be present along the route to school on October 11th. See you then!



Paying for College Night with VSAC

By Heidi McLaughlin

October 16 is Paying for College Night with VSAC. Get help completing College Financial Aid forms. We will meet in the Winooski High School Library from 6 to 8. We will have volunteers from VSAC along with snacks to help support families to complete all the necessary financial aid forms by the end of the evening. Please join us for this free event!

Fall Learning with Circus Smirkus

Thanks to the very generous "Integrating Expanded Learning Opportunities Grant" from the Vermont Agency of Education, the splendid Circus Smirkus will be taking up residency for daily classes during our 6th Grade Expeditionary Learning Unit this fall at Winooski. Stay tuned, and get ready to be AMAZED!



Join Us For Coffee and Socializing!

By Sister Pat McKittrick

The WCSPC UVM Medical Center and Starbucks sponsor:

- Free coffee hour at the O'Brien Community Center every Friday from 9 AM-11 AM
- Blood pressure screening on the 1st Friday of the month from 9 AM -11 AM.

It's a great opportunity to meet and greet your neighbors, and we hope you'll join us!

Richmond Offers Mentorship Program for New Americans in Winooski

By Mary Ann Debay

The community of Richmond Vermont is looking to match New American students from the Winooski School District with Richmond families. You can link to this information from the Winooski School District website through the Parent/Comm. Section. Mentors strive to make relationships and to make a positive impact! All mentors will have a criminal record check. Please email or call Mary Ann Debay at 383-6013, or mdebay@wsdschools.org. You can also go to the website directly at <https://mdebay.wixsite.com/richmondmentors>. Thank you!

Rice Homecoming 2017: The Party of the Century!

By Christy Bahrenburg

Friday, October 6 at 7pm through Sunday, October 8 at 2pm

This year, Rice Memorial High School celebrates 100 years of Catholic education in the Diocese of Burlington. To commemorate this historic milestone, friends of Rice-Cathedral are encouraged to attend several special events planned for Homecoming, October 6-8, including:

- A Knight to Remember: A Rice Community Party under the Stars
- Book group discussion of Motherland, a novel by Maria Hummel '90 inspired by stories from her father and long-time Rice teacher Manfred Hummel's youth in WWII Germany
- 17th Athletic Hall of Fame Induction and Dinner
- Return of the Great Cow Maneuver
- Alumni Memorial Mass
- RJ's Rice Run/Walk and Kids Fun Run
- Home athletic events and much, much more!

For more information including how to purchase tickets, visit www.rmhsvt.org/riceturns100 or call the Rice Advancement office at 862-6521 ext. 200. Register for these events by October 3 at www.rmhsvt.org/riceturns100.

Winooski
Dollars for SCHOLARS®
A Program of Scholarship America®

**Our Famous
Calcutta
Is Here Again!**

Don't Miss This Fabulous Chance to Win \$1,000

**Friday, October 20, 2017 at the RVA In Winooski
Happy Hour Begins At 5:30 pm • First Ball At 6:30 pm**

Each ticket admits (2) two
and is the same price as last year — \$50

Appetizers served during Happy Hour

Don't worry if you can't make the event, **You Can Still Play!**

FOR MORE INFORMATION

To buy a ticket or to get involved, contact us -
Website - www.Winooski.dollarsforscholars.org;

or find us on Facebook!

Email us at winooskidfs@gmail.com

*We Look Forward To Helping Our Graduating Students
Succeed With Your Support!*

DFS of Winooski is one of the two chapters in Vermont!

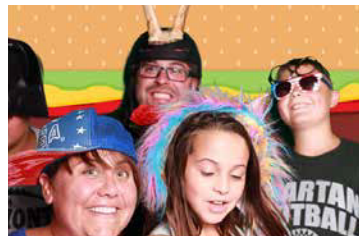
Welcome Back From the Winooski PTO

By Lydia Bourgeois Mongeon, PTO President

Welcome to another year within the Winooski School District. The PTO is honored to be a part of an amazing new year with many exciting events lined up! Speaking of events, the Winooski Back To School BBQ on August 24th was a big hit. This event starts the school year off with a bang. All the teachers and staff were there to greet kids back after a nice summer break and get acquainted with new kids coming into the district or moving up.

Along with all the wonderful things the school does for this BBQ, the PTO decided to add a Photo Bus to the mix. Our thought behind this was to give these kids and the staff some amazing memories to start the year off right! We also wanted to get amazing shots of kids interacting with their families, friends, teachers and staff to use throughout the school year to promote a happy engaged community within the school. This directly coincides with what we are all about within the PTO.

We as the PTO want our community to feel engaged and know that we are excited about each and every one of these families that has children at our school. The PTO recognizes the benefits of community, as it helps shape our identity. The sense of community within our school also builds the conditions for mutual aid and prosperity. Together we can work to be more effective; to strengthen the connections of the families within our district, and to provide inclusion for all. So many people jumped in the bus and the line was so long throughout the whole BBQ, I'm sure Sean thought it would never end! All the 'thank you's



and 'this is amazing, what a great idea' were wonderful to hear, because that is what we're here for; to enrich the lives of these kids throughout the school year. We actually had to turn people away at the end because we only paid for a certain amount of time, and he stayed well beyond that agreed time (Thank You!!), but we did let everyone know we will definitely be doing this again! So stay tuned!

Please like our Winooski PTO facebook page (www.facebook.com/winooskipto) for all of our events and the next photo bus sighting. We would also love to give a shout out to Sean at Friendly Lens Photoboos for providing this amazing bus, and working with us to bring this and more photo fun to our district. His contact info is friendlyphotoboos@gmail.com and their website is www.friendlylens.net.

Here is to another great year ahead and we look forward to seeing you all at our future events.



**WINOOSKI BACK TO
SCHOOL BBQ 2017**

October Update from JFK Elementary

By Sara Raabe, JFK Principal

It has been a fantastic start to the school year at JFK. Our students and staff came back energized and ready to learn.

During pre-service, the entire staff participated in a full day of training about developmental trauma. This is an immense topic, and a vital one for all schools. Throughout the year, we will be having three follow up trainings during three of our half day releases. It is vital that all the adults in the Winooski School District participate in these follow up trainings, just as they all participated in the full day training. Because of this, the three early release days when this training will occur means that there will not be any early release activities for students those three days:

- October 18th
- December 13th
- February 14th

On the other early release days there will be optional early release activities that families can sign students up for. Those early release dates are:

- September 13th
- November 8th
- January 10th
- March 14th
- May 9th

If families do not sign their student(s) up for an early release activity for these days, then their student(s) should be picked up at 12:15.

At JFK, the only homework that students receive is nightly reading. At the community BBQ in August, we put out tables of free books for students and families to take home to support the expectation of nightly reading. During the week of September 18th, we had our bi-annual Scholastic Book Fair. This event is another opportunity for our families to get high quality, low cost books into their students hands.

This is our second year with PBiS. Within the first three weeks of school more than half of our classes had filled their class heart jars and added their hearts to the whole school heart monitor. When students follow our school wide expectations; Honest, Engaged, Appropriate, Responsible, Timely (HEART). When a class fills their class jar, they get a classroom celebration. Then they add their hearts to the JFK Heart Monitor. When the monitor is full, we have a school wide celebration. The students are doing an amazing job following the expectations this year!

Enjoy the beautiful Vermont fall weather!

Filling the Heart Monitor – A Small Moment Story

By Mrs. Moulton's Second Grade Class

“It was a cold, sunny, summer morning at JFK Elementary School. It was our eighth day of school this year. Yeah! We got to have a school hallway heart dumping celebration in the hall by putting our hearts into the Heart Monitor. Nine classes in all were dumping their hearts. It was a loud crowd cheering for us all. We could hear the sound of hearts pouring in like water spilling, shhhhh. We felt so very excited and proud. When all of the classes had finished putting in their hearts we saw it was already filled nearly 3 inches! We just can't wait until our first whole school celebration. Let's keep on earning hearts JFK!”

Small moment stories stretch out events that are true that we experienced. We are working on taking the things we do at school and making them into stories. We include how we felt, what we heard, when and where the story happened. Take the time to stretch a story with your child at home!

Second Grade Feelings

Welcome back to a new school year! Second graders in Room 6 have some pretty awesome feelings about our return to school. We are slowly building routines and expectations and learning about each other. It is wonderful to be back and truly amazing to see the smiles of learners around the school.

The list below shows how we are feeling after our first week! (quotes from our students)

- Tip -top
- Joyful
- Delighted
- Glad
- Better than great!
- Hopeful and positive
- Grateful
- Great
- Happy-happy
- Satisfied
- Delighted
- Joyous
- Good

PE Fun in 2017

By Kyle Blindow

Kyle Blindow and Dennis Barcomb run the JFK PE program. This year, we are embarking on year two of implementing Responsive Classroom techniques into our teaching. Additionally, we will incorporate interactive modeling and guided discovery strategies to help our students improve cognitively in physical activities and sports. Students will not only have PE twice a week just for physical activity, but we will also try to foster the knowledge of how using teamwork and personal strategies, can benefit them in and out of the physical education setting.

These are just a few of the underlying principles that we will install into our PE curriculum. The first 6 weeks, students will be involved in: introductory ice breakers, responsive classroom behavior practicing, name games, energizers, team building activities, and modified class games. Our units in the curriculum are all varied based on age and level of experience. The autumn will consist of learning the fundamentals of soccer and fitness testing. Kindergarten and 1st will have an added motor skills unit, throwing and catching, and balancing unit. The winter will entail basketball, floor hockey, jump roping, and volleyball. The spring will bring Base sports, Disc throwing, tennis, and track and field. We are hoping to have a very fun year in PE at JFK!

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Proficiency-based Grading

By Leon Wheeler, Principal

All public schools systems in Vermont are required to implement proficiency based grading systems by the year 2020. We've been at the forefront of this work in Vermont as for the past 5 years we've shifted to personalized, student-centered, and proficiency-based learning. The power of this approach is that it keeps growth in essential skills and knowledge at the center of all we do, and ensures that each student is best prepared for college and the high-skill careers of today and the future before receiving a WSD diploma.

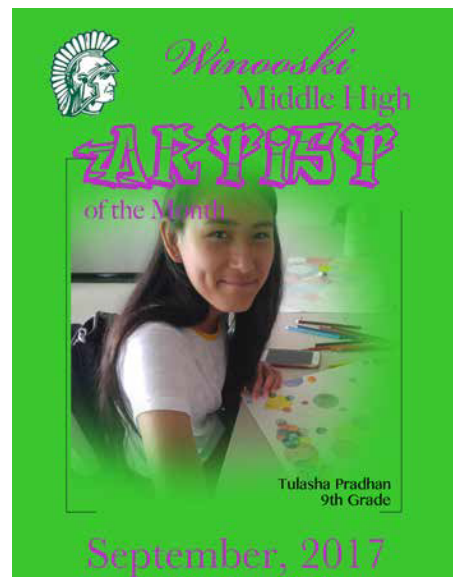
During the past 6 months we've been redesigning our grading and reporting systems to reflect our transition toward demonstrated skill levels, and away from traditional grades. This is a multi-year effort, as we must build new structures, then continue to refine and improve them over time.

Here are a few changes you will see in the middle and high school related to grading this year.

- Every 3 weeks teachers will update Web2School with the assignments given and the student level of completion of the assignment. If you need help accessing your child's Web2School information contact the tech help desk at 383-6024.
- Progress Reports will be provided twice a semester. For each class there will be:
 - » Three work habit ratings: "Timely" (*being on time to class*); "Responsible" (*completing class assignments and turning it in on time*); and "Engaged" (*trying your best in class*). Work Habits ratings indicate how often the student is doing these things: Consistently; Usually; Sometimes; or Rarely.
 - » Teacher Comments providing additional useful information to the student and parent/guardian.
- Report Cards at the end of each semester will provide:
 - » Ratings on each of the work habits (above) for the most recent marking period;
 - » The Graduation Expectation(s), or GXs, taught in the class, and skill level demonstrated on the final project;
 - » The Graduation Proficiency(s), or GPs, taught in the class, and the knowledge level attained during the semester;
 - » Both GX and GP ratings indicate the skill/knowledge level demonstrated by the student at the end of the semester. These will be explained more over the course of the semester. The ratings come from an 11 column description, or progression, that defines the skills/knowledge levels for each GX and GP.
 - » Teacher Comments.

The changes in grading and reporting are an essential part of improving communication about each student's learning and growth, and identifying areas to continue growing in order to be ready for college, career, and citizenship. At the same time they can be confusing. During the coming months we will use a variety of approaches to inform, discuss, and help you understand and use the reporting systems and support continued learning.

If you have immediate questions or needs, I welcome you to contact the school office.



Artist of the Month

By Jessica Bruce, Fine Arts Teacher

Please join me in congratulating Tulasha Pradhan as September's Winooski Middle High School Artist of the Month!

Tulasha is being recognized for showing growth in the Creativity GX, and Visual Arts GP in Art1 class. We are working on color theory drawings using circles, and Tulasha has shown that she can apply relevant criteria to her work, evaluate, experiment and practice art-making skills and techniques, and is quickly developing her own style already!

Great job, Tulasha!

October Calendar

By Heidi McLaughlin, WHS Guidance Counselor

For High School Seniors and College students

- October 1 is the first day to file your Free Application For Federal Student Aid (FAFSA) and Vermont State Grant (VSAC Grant) Applications.

For High School Sophomores and Juniors

- October 11 is the PSAT. Sign up in Guidance. The PSAT is 8 to 12 at CCV.

For all students grade 9 to 12

We have scheduled an October 14 college visit to Castleton University. Bus departs Winooski High School at 8:00 am. Join us for a campus tour, lunch on campus and college fair. Bus will return to Winooski at 4:00. Parents are welcome to attend.

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.



Full-Day Of Hands-On Exploration In Health Science and Technology*

By Carlinne DeLima, AHEC Health Careers Counselor

The HERO (Health Education Resource Opportunity) program is offered for free and is open to students in grades 9 through 12.



- **Location:** The Larner College of Medicine at the University of Vermont
- **Date and time:** October 21st from 9:30 am-5:00 pm
- Tour the microscopy imaging lab and build a digital microscope!
- Make friends and meet mentors who share your interests in science and medicine.
- Lunch and snacks are included.

Students in grades 9 & 10 can sign up to be part of AHEC HERO year-round health science enrichment club. AHEC HEROs explore jobs in health care and health sciences and learn how the human body works in health and disease.

Students in grades 11 & 12 may be qualified to participate in a research study with the Vermont AHEC and earn \$100!

To learn more and register go to NVTAAHEC.org. Still have questions? Call Carlinne DeLima, AHEC Health Careers Counselor, toll free at 1-877-215-3921.

Our deadline to receive your form is October 18, 2017. Limited number of spaces available so don't wait to register!

HERO is a program of the Vermont Area Health Education Center (AHEC) Network.

*sponsored by Northern Vermont AHEC

Core Support - Homework Help

By Suzanne Skaflestad, Afterschool Program Director

SESSION 1: SEPT 11TH-NOV 10TH

Afterschool homework help from 3-4:00 for high school students. Free meal provided!

Monday

- Math support with Ms. Mellen (room 206)
- Technology support with Ms. Poquette (room 211)

Tuesday

- Science support with Ms. Bundy (room 201)
- *Academic support with Ms. Hackett (room 209)

Wednesday

- Science support with Mr. Crowley (room 200)

Thursday

- Academic support with Ms. Hackett (room 209)

No Core Support On Following Days: Wednesday Sept 13th, Week of Oct 16th or Wednesday Nov 8th

If you have any questions, please contact Suzanne Skaflestad at 383-6015

WHS Soccer Update

By Coach Stephen E. Feiss



The Winooski Varsity Boys' Soccer Team is off to its best start in its history. We have scored 25 goals and allowed only 2 in our first 4 games to earn an undefeated record so far in the young season.

We love seeing fans on our sidelines come on out and cheer for us. We have lots of home games in October against some of our traditional rivals. We hope you'll join us!

UPCOMING HOME GAMES

- 9/29 7:00pm vs Richford
- 10/7 1:30pm vs Danville
- 10/21 6:00pm vs Enosburg

Playoffs start 10/24. We hope to see you on the sidelines!

Sewing Program

By Suzanne Skaflestad

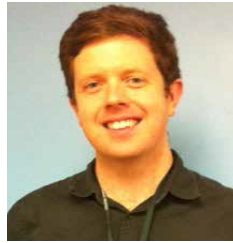
21st CCLC afterschool classes are in full swing with a high number of students interested in programs. There are students already waiting to take the next sewing class as the first one has filled up!



WMHS Offers Support Services to Students and Families

By Declan McDaid, LICSW, Student/Family Assistance Program Coordinator, Winooski Middle/High School

Hello Winooski students and families! I hope that you had an enjoyable summer. This is my first year at the Winooski MS/HS and I am looking forward to meeting you and working with you this school year.



I have been working with youth and families in Chittenden County for 7 years now. I am constantly impressed by how hard youth and families are working every day. In my free-time I enjoy spending time with family and friends, running, and watching soccer ("football").

I am located at Winooski MS/HS through a partnership between Winooski School District and Centerpoint Adolescent Treatment Services. In my role at the school, I have the opportunity to:

- Provide health promotion and substance use prevention education in classrooms
- Offer brief intervention and student support
- Conduct assessment services on site
- Support easy and swift access to treatment services
- Offer individual, group, and family counseling
- Coordinate parent support services

I am looking forward to being in touch about some upcoming parent Meet-Up opportunities later this Fall. I welcome your ideas about topics for these Meet-Ups. If you have any questions, thoughts, or would like to talk about ways to engage your child or family in supportive services, please give me a call or send me an email or communicate with your child's teacher. I look forward to hearing from you.

I can be reached at dmcdaid@winooski.k12.vt.us. My phone number is 802-383-6093.

High School Homework Help at the Winooski Memorial Library

Offered in Partnership with the Winooski School District 21st CCLC Afterschool Program

Are you looking for help on your homework? Do you want to work with a tutor on math, science, English, or history? Do you want help with your college applications? **Come to the Winooski Memorial Library** from 6 to 9 pm for Homework Help. There are computers, school supplies, and friendly tutors ready to help you!

In addition, free meals are provided to youths 18 and under on Tuesdays - Thursdays starting September 12th, and on Mondays starting October 2nd.

The Winooski Memorial Library is located at 32D Malletts Bay Ave, Winooski VT 05404. (802) 655-6424.



Strengthening Relationships through Exploration at WHS

By Lindsey Cox

Having a strong sense of community and feeling safe and known in school helps support academic gains for high school students. At Winooski High School, one of the stated goals for this year is creating collaborative learning communities for students to connect with each other. Advisory is one main way we are working towards this goal. Another is on our once-a-month, Wednesday half days. On Sept. 13, the entire high school heading out on a relationship building field trip of their choosing to Shelburne Orchards, Mazza's Corn Maze, or Niquette Bay State Park.

The day started with community breakfast in the cafe and an advisory vs. advisory trivia competition. After a strong victory by the Webb advisory, students and teachers left campus to enjoy time together in a few of our area's choice, fall adventure locations.



Students at Shelburne Orchards enjoyed picking apples, touring the orchards, and a picnic lunch on site. The visitors to Mazza's Corn Maze explored the multiple miles of maze, attempted to solve a maze puzzle, and finished the day back at school with choice activities such as card games, soccer, and frisbee. The group at Niquette Bay State Park hiked many miles of trails along cliffs that provide beautiful views of Lake Champlain.

For the October half day, our activity will support another main goal of providing all students with college and career exposure and support. Through generous support from VSAC, high school students will be touring a local college campus and learning more about the post-secondary options available to them.





High School Advisory is Off and Running...

By Lindsey Cox

The purpose of the Winooski High School advisory is to cultivate healthy and caring relationships within the school community while fostering academic and personal growth and wellbeing. This year, WHS is strengthening our advisory program through the implementation of new curriculum.

The philosophy of the advisory curriculum is for each student to feel connected, competent and contributing. Each piece of the advisory program is based on this philosophy: community-building activities (both within the advisory and across the school), 1:1 check-ins between the advisor and students, goal-setting and reflection activities, life skills such as advocacy, discussions, and community meetings. The four advisory strands that interweave to create the curriculum are:

- Building Strong Relationships
- Exposure and Support for College/Career Readiness
- Strengthening Culture and Community
- One-on-One Academic Advising

Weekly, advisory follows a predictable schedule. To support advisors and students in working toward WHS's advisory

program goals, the schedule typically includes two days of advisory curriculum and two days of one-on-one check-ins. The fifth day is a choice day for the advisory. This creates opportunity for advisors to have one-on-one check-ins with students approximately every four weeks.

Paramount in the success of advisory is creating rituals and following routines. For the 2017-2018 school year, WHS's shared ritual for connecting and conducting some activities will be "Circles." The practice of circles is grounded in restorative practices and will help us to develop student voice. Community Meetings will still bring our entire school together for celebration, and new this year, Advisory Challenge, an ongoing competition with a monthly event for the entire year. Trivia in September and Spirit Week competitions the first week of October will kick off the challenge.

If you have any questions or feedback about the WHS advisory program, please contact advisory coordinator Lindsey Cox (lcox@wsdschools.org or (802) 363-2342).

Food Science Kids Find Out How Their Food Grows

By Shannon Bundy

The Food Science students made their way to the Vermont Youth Conservation Corp (VYCC) Farm in Richmond for a place-based exploration of the systems that drive food production. Members of the Farm plant, grow, harvest, and deliver organic vegetables and poultry.

The food on the Farm is raised primarily for the Food and Farm Program, which empowers youth to unite with their community to address the complex issues of hunger, nutrition, food access, sustainable agriculture, and responsible land use. Our goal in attending the Farm was to learn how they are raising the food sustainably, in a way that will produce the desired yields, all the while managing the pollution created from the substances that enter the ecosystem as a result of farming practices. Students were exposed to not only the science of raising crops and livestock, but also how the crops and livestock produce the food they need in order to survive.

Did you know that cows don't get their nutrients from the vegetation they eat? WHAT?!? No! They get their nutrition from digesting the microorganisms that are in their "stomach", who feed on the grass the cow eats. Who knew? Our hope is that the



early on-site exposure to the topics we will be covering over the course of the semester permeated the students' minds so that they can make connections for the rest of the semester. Thanks VYCC!

COMMUNITY NEWS

City Council Update

By Brian Sweeney

The kids are back at school and the leaves are starting to change. City staff is starting preparations for the upcoming budget season. As the liaison to the Community Services Department and Winooski Community Partnership, I wanted to make sure you are aware of some accomplishments and upcoming events.

The Thrive After School and Summer Program has been awarded a third "STAR" in the State of Vermont's "Step Ahead Recognition System" which awards these ratings based on indicators of program quality. This means Thrive is now officially recognized by the State as a "high quality program". For more information and to register your child for Thrive, visit <http://www.winooski.org/thrive/>. The first year of Winooski Wednesdays was a great success and was even extended into October! We look forward to seeing this event grow in the future. Here are some highlight of other programs that you might be interested in taking advantage of.

Free Car seat fitting at the O'Brien Community Center. By appointment only. Contact Kirstie Paschall kkpaschall@winooski.org 802.233.8188

The Winooski Memorial Library has many great programs including free meals for all youth 18 and under are available from 3 - 9 PM every Monday - Thursday at the Winooski Memorial Library throughout the school year., free story time for young kids on Friday mornings, resume/ job hunt help available, free driving permit practice tests, oh and they have books too! More details at <https://winooskilibrary.wordpress.com>.

The Senior Center is also bustling with activities like mindfulness practice, senior exercise groups, lunch and bingo, and our very own Councilor Nicole Mace will be at "Tuesday Talks" from 9am-11am on October 24th. More details at www.winooski.org/senior-programs/

As the school year starts up, we are **seeking volunteers** for everything from driving seniors in our mini-bus to supporting youth basketball. Visit www.winooski.org/volunteer to see opportunities, or email volunteer@winooski.org to learn more.

Lastly, we are seeking applicants for **open seats on the Community Services Commission**. To apply, or for more information, please visit <http://www.winooski.org/community-services-commission/>

The Winooski Community Partnership (Downtown Winooski), will be sponsoring trick or treating around the rotary the Saturday before Halloween. Get dressed up and get plenty of treats from the businesses around the circle. Check the WCP website for more details. <http://downtownwinooski.org/>

As always, if you have any feedback or want to have a conversation about what is going on in our community I encourage you to attend city council and commission meetings. Or reach out to any one of us on the council.



Important Dates from City Hall

By Carol Barrett, City Clerk

Please be aware of the following important dates:

October 2, 2017 @ 6:00 p.m. City Council Meeting

October 9, 2017 Closed In observance of Columbus Day

October 16, 2017 @ 6:00 p.m. City Council Meeting



Winooski Wednesdays

By Paul Sarne, Winooski Communications Coordinator

Extended one more month! The City of Winooski Parks & Recreation Department will continue Winooski Wednesdays: a **free summer concert series** in Rotary Park!

The next Winooski Wednesday will be **October 4th** at 6 pm. We'll be featuring the **Devon McGarry Band**, a beer garden by the Monkey House, and free meals for kids!

Visit winooski.org for more info and connect with us on Facebook (@WinooskiVT) for news and event updates. Huge thanks to Downtown Winooski, The Monkey House, and Waterworks Food + Drink for helping us with these amazing events. We'll see you soon!

Join us for Sunday Breakfasts

The Knights of Columbus St. Stephen's Council #2284's world famous breakfast returns beginning **Sunday, October 15**, 8-11am, at the Winooski Senior Center. Charge is \$6.00 per person, maximum \$20.00 per family, children under 5 years of age complimentary. Breakfast menu includes Irish potatoes, scrambled eggs, blueberry pancakes, Vermont made maple syrup, French toast, bacon, sausage, piping hot coffee, orange juice, hot chocolate, tea, and great comraderie and fellowship! Kinney Drugs will be providing FREE flu shots for guests in attendance!

The remaining breakfast schedule is: Nov. 19, Dec. 17, Jan. 21, Feb. 18 and March 18, 2018. Please call Greg Clairmont, Worthy Grand Knight, at 802.343.8446 with questions.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooski.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooski.org	802-999-9270
Councilor Eric Covey	ecovey@winooski.org	802-825-8789
Councilor Nicole Mace	nmace@winooski.org	802-363-7777
Councilor Brian Sweeney	bsweeney@winooski.org	802-734-6902
City Manager Jessie Baker	jbaker@winooski.org	802-655-6410

Visit the city website at winooski.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

Winooski Girl Scouts Update

By Amy Lothrop

Our Girl Scout troop has been growing over the summer. We are thrilled to welcome in our new members as scouts and leaders. Leaders have met several times to plan for the new year. We are making changes behind the scenes to be more efficient. Parents and girls will not see any major difference in how the troop operates. Our leadership team will continue to work with all levels to provide all girls with an excellent scouting experience. Many thank yous to these amazing ladies: Amy, Annaliese, Becky, Bethany, Emily, Jen, Melissa, Pam, Tabatha, Tay and Trena. We could not do this without the supporting cast of parents and friends who consistently step up for us: Ashley, Brianna, Brittany, Holly, Jessica, Josh, Kim, Marie, Mark, Shane and Susan.

While we will continue to be one troop, each level will meet at different times and places to serve our scouts the best. We will work together for fundraising, community service and leadership.

- Daisy level (K-1) will meet once a month on Saturday from 9:00-10:15am at 85 Winooski Falls Way. Their first meeting will be on October 14.
- Brownie level (2-3) will meet every Wednesday from 5:30-7pm at the JFK Elementary school art room starting on October 4.
- Junior level (4-5) will meet every Wednesday from 5:30-7pm at the JFK Elementary school art room starting on October 4.
- Cadette level (6-8) will meet once a month on Saturday at 85 Winooski Falls Way. Their first meeting will be on October 14. They will usually meet immediately after the Daisies. However on October 14, they will meet from 2:30-6:30pm.

On October 25 from 6-7:30pm in the Winooski Performing Arts Center, we will hold an official Investiture, Rededication and Bridging ceremony for all returning and new Girl Scouts and leaders. Investiture is when we welcome each girl or leader to scouting for the first time. We give them with their level pin but upside down. Each girl or leader must then do three good deeds to turn it right side up. The Girl Scout slogan has been "to do a good turn daily" since 1912. Rededication is for girls and leaders to rededicate themselves to scouting by saying the Girl Scout Promise and Law. Bridging is when a girl leaves her old level behind and moves up to her next adventure.

We are happy to have Aili, Aissa, Alexis, Amira, Amoni, Ariana, Ashley, Aundrea, Bayley, Bella, Carmen, Charley, Ciara, Claire, Elizabeth, Esme, Eurzulie, Fatuma, Gabriella, Gloria, Hailey, Hailie, Isabella E, Isabella S, Khadija, Kiannalee, Kira, Marissa, Nadia, Netalya, Ocean, Olivia, Rita, Sale, Sonyeh, Taraji, Taylor P, Taylor R, Tayshia, Thera, Tianna, Yasmina and Zoe as part of our troop.

If this sounds like an adventure of a lifetime, contact Amy Snow Lothrop at AmyLothrop@Comcast.Net or 802-373-7288 for more information. Our mission is to build girls of courage, confidence and character who make the world a better place. All girls from grades K-12 are welcome to join us anytime throughout the year. It is never to late!"

Police Update

By Scott McGivern, Lieutenant, Winooski Police Department



I wanted to send a quick reminder about the children being back in school. When driving, please be vigilant. Recently we did investigate an accident where a pedestrian was struck by a motor vehicle. Be aware of the environment around you. Parked cars block line of sight if someone is crossing the street, especially if they are attempting to cross outside of a cross walk.

The ride into work this morning was difficult due to the sun just coming up over the horizon. Even if you do not have to look into the sunrise, the sunlight at low angles causes glare which reduces visibility.

On the flip side it is getting darker earlier in the evening. Pedestrians are not necessarily good about wearing bright, reflective clothing. I am often seeing pedestrians wear earphones or looking at their cell phones so they can be distracted when stepping onto the roadway.

Halloween comes at the end of the month. Please remember the reminders above. If your children do go trick or treating, please have someone walk with them. Also, check the candy they receive. Any damaged packaging to candy should be thrown away as it could have tampered with. I believe there are websites you can report instances of tampering with candy.

Winooski Memorial Library

By Elsie Goodrich

- **Story Time** is every Friday at 10:30. Join Elsie for songs, rhymes, stories and crafts ages baby to 6 years old.
- **Lego Club** meets every Tuesday from 3PM to 6PM, take the weekly Lego challenge and see your creation featured on our Facebook page. Family Game day is every Wednesday from 3PM to 6PM, learn a new game, or take one of ours home to enjoy with your family or friends!
- **Need help with your homework?** Have a college essay or application due soon? Cramming for the SATs and need a tutor? Homework Help is Monday-Thursday nights 6PM to 9PM. Students of all ages can come in for friendly, knowledgeable tutors, computers, wifi, and project supplies.



The Winooski Memorial Library is located at 32D Malletts Bay Avenue, Winooski VT 05404. Telephone: (802) 655-6424 We are open Tuesday-Friday, 10am to 6:30pm and Saturday from 10am to 2pm. Closed on Sundays and Mondays. Find us online at winooskilibrary.wordpress.com.

Winooski Senior Center

By Barb Pitfido, Winooski Senior Programs Manager

Reasons Volunteerism is Great for Seniors:

Volunteerism isn't just beneficial for those being helped — research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society.

It helps bridge the generation gap.

- It helps change the way people think about older adults.
- It is good for mental health and can help prevent Alzheimer's
- It helps prevent senior isolation and depression.
- It promotes healthy physical activity.

(For more information go to: www.aplaceformom.com)

Ways to be involved with the Senior Center:

- Be a Volunteer (many positions are available)
- Come to planning meetings
- Sign up for our email calendar
- Come to events and programs
- Stop by and check us out!

We are still actively seeking your thoughts about future programming. Please take our survey! Go to: www.winooski.org/senior-programs/ and click on the survey link OR stop by the Center and pick up a copy.

NOTICE: The Center will be closed October 9th in observance of Columbus Day, November 1st for Cleaning and November 10th for Veteran's Day.

October Activities:

Do Drop In - Coffee & Discussion:

Mondays 9-11am

Crafting for a Cause:

Wednesdays 9am - 12pm (No program Oct 4)

Tai Chi on Mondays:

10am - Sun Long Form

11am - Seated Tai Chi

Tai Chi on Thursdays:

6:45-8pm - Sun Long Form

Senior Exercise Program:

10-11am Tues/Thurs

Theme Lunches & BINGO!:

- Oct 26 - Halloween Costume Theme

Special Senior Lunches:

- Oct 10 - Age Well Lunch & Advisory Meeting

Tuesday Talks:

- Oct 3 - Coffee with a Winooski Cop
- Oct 24 - Coffee with Councilor Nicole Mace

Special Events:

- Oct/Nov - "Quotable Autumn" art exhibit
- Oct 6 - International Potluck Lunch
- Oct 4 - Senior Planning Meeting
- Nov 3 - International Potluck Lunch
- Nov 8 - Senior Planning Meeting

Memberships are now due! Your \$5.00 yearly membership donation is an investment in a mission to keep seniors active, connected and engaged in growing!

The Winooski Senior Center offers low cost community meals and many free ways to participate and learn.

We offer van trips to grocery stores, the mall, the Food Shelf and the library. Every Thursday we offer an Age Well Community Lunch for \$4.00 at 11:30am and BINGO!

at 12:30pm. Reservations for all meals are now required. Call the Center by NOON the day before the meal to make your reservation. Call 655-6425 for the menu.

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. You can reach us by phone at 802-655-6425 or by email at seniorcenter@winooski.org.



Check out the Senior Center monthly calendar at:
www.winooski.org/senior-programs/

Free Community Dinner and WCSPC Update

By Jackie Hoy, Communications Coordinator

Join us and Vermont Works for Women on Wednesday, October 18th from 6:00 to 7:30 p.m. for our next community dinner. Come out to share a delicious meal and meet your neighbors. Everyone welcome!



Welcome Back, Students!

School is back in session, and we want to send a thank you to all the teens, parents, and teachers who make health and wellbeing a priority. Physical activity, intellectual stimulation, and mindfulness are important as kids ease back into the structured lifestyle of the school year.

Tips for Teens

Influences can come from many places—family, friends, and movies to name a few. Stress can also play a role in influencing our behavior, and being able to effectively manage stress can lead to a healthy mindset about school, family, and peers. As the school year begins and the workload mounts, keep these tips in mind:

- Know yourself and your limits so you can prepare in advance
- Partake in activities that help you diffuse stress, like exercise or meditation
- Take breaks
- Eat healthy and get plenty of sleep
- Socialize with close friends and peers
- Ask for help when you need it

Tips for Parents

Any major transition period in your child's life is a great opportunity to talk to them about the consequences of using drugs and alcohol. Research shows that the brain isn't fully developed until well after the teenage years, around age 25 in fact. Addiction often starts in the crucial years before the brain is developed: 99% of all tobacco users report starting to smoke before the age of 26.

Facts about Youth Drinking

Alcohol is the most widely used substance of abuse for youth, and over 90% of all the drinking that is done before the age of 21 is in the form of binge drinking. Underage drinking can lead to further alcohol problems in adulthood, and it can alter the brain's development.

Teens and Non-prescribed Medications

Drugs such as Adderall and Ritalin require a prescription for a reason, and if misused, they can be dangerous. While students may think they're aiding their ability to focus and study, they may be harming their health if they take medication that was not prescribed to them. In fact, they are also hindering their chances at succeeding academically; studies show that using non-prescribed stimulants is actually linked to lower GPAs, not higher.

Encouraging kids to do well and talking to them about the risks involved with misusing prescriptions and alcohol can

help them succeed. Get to know their friends, verify all social activities are supervised by a responsible adult, and connect with other parents about sending clear messages about the importance of not drinking. For information on how to talk to your kids about substance use, please visit ParentUp.

Join Us for Winooski's Above the Influence After School Program

In the Winooski Above the Influence (ATI) group, students will have fun, meet other students, gain public speaking skills, and increase their knowledge. Students will spend time looking at some of the many types of messages they are faced with on a daily basis, and will be provided information and experience to decide for themselves what is true and right and what they value.

Students will learn and practice these skills in many ways, including:

- Art and graphic design projects
- Community service
- Recording public service announcements
- Attending and speaking at public meetings
- Making decisions
- Contributing positively to the health of their community

Students will also have opportunities to travel and increase their skills in these areas both around the state and to regional conferences, free of charge.

ATI is coordinated by the Winooski Coalition for a Safe and Peaceful Community (WCSPC) in collaboration with the Winooski School District 21st CCLC after school program. ATI will be under the supervision of Whitney Keefner, the youth engagement coordinator at WCSPC. The WCSPC has been providing youth programming in Winooski since 2003. If you have any questions or concerns, please contact Whitney Keefner at wkeefner@wcspc.org or Suzanne Skaflestad at sskaflestad@wsdschools.org.

- Who: 5th-8th grade students
- Where: Winooski School Room 103
- When: Mondays, 3-4 PM

Playgroup for young children (0-5 years old)

Please join our playtime on Tuesdays and Thursdays from 9:30-11:30AM at 32 Malletts

Bay Avenue. We play, sing songs and read stories. Call 655-1422 for more information.



A Free Community Event –for patients, survivors, health care providers, family members and all others interested in women's health.
For more info: www.VermontCancer.org



Women's Health & Cancer Conference Friday, October 6, 2017 8AM-4:30 PM

Presented by the University of Vermont Cancer Center
Sheraton Burlington Hotel & Conference Center, Burlington, Vermont

*Hope Works - Ending sexual violence through Healing,
Outreach, Prevention and Empowerment*

**24 HOUR HOTLINE 802-863-1236
or toll-free 1-800-489-7273**

If you are in an abusive relationship, remember:

- 1.) You are not alone.
- 2.) It is NOT your fault.
- 3.) Help is available.



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Steps to End Domestic Violence	Offers hotline, shelter and housing program, children's program, and legal advocacy program to women, men, and children experiencing domestic violence.	https://www.stepsvt.org
Chittenden Unit for Special Investigations	Provides criminal investigation services in response to reports of sexual assault, child sexual abuse, and other serious child abuse and neglect. For more information see http://hopeworksvt.org/what-to-do-after-an-assault.html .	http://www.chittendencac.org
The University of Vermont Medical Center Sexual Assault Nurse Examiners	Available in the emergency department to administer sexual assault forensic evidence kits and give medical assistance. For more information see http://hopeworksvt.org/what-to-do-after-an-assault.html .	https://www.uvmhealth.org/medcenter/Pages/Departments-and-Programs/Sexual-Assault-Nurse-Examiners-SANE-Program.aspx
SafeSpace at Pride Center of Vermont	Works to end physical, sexual, and emotional violence in the lives of lesbian, gay, bisexual, transgender, queer, and questioning Vermonters.	http://www.pridecentervt.org/programs/safespace
Outright Vermont	Works to build safe, healthy, and supportive environments for gay, lesbian, bisexual, transgender, queer and questioning youth ages 13-22.	http://www.outrightvt.org
Saint Michael's College Women's Center	Promotes awareness of women's and gender equity issues to Saint Michael's students, faculty, and staff.	http://www.smcvt.edu/studentlife/womenscenter
The UVM Women's Center	Supports study, faculty, and staff of UVM who have experienced gender violence.	http://www.uvm.edu/~women
Spectrum Youth and Family Services	Empowering youth at risk	http://www.spectrumvt.org
Howard Center	Mental health and human services provider helps people with emotional crises, substance abuse issues, mental illness, and developmental disabilities.	http://www.howardcenter.org
Community Health Center	To improve the health of all within the communities we serve.	http://www.chcb.org
For Chittenden County Family Courts	please call 802-651-1709	
For Relief From Abuse Clerk	please call 802-651-1809	

Winooski Food Shelf Schedule for September

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, October 11	2 p.m. to 4:30 p.m.	Pantry staples, meat, and eggs
Saturday, October 14	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, October 25	2 p.m. to 4:30 p.m.	Pantry staples, meat and eggs
Saturday, October 28	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items

Driver, vehicle and helpers are needed two Saturdays a month to pick up food at the 2 South Burlington Hannaford stores. The 85 year old driver that has done this work for 18 years is in declining health. We are hoping to find a service group or maybe a family that has a pick up truck with a cap or a good sized van to take over this mission. Please contact Linda at 318-0460 with any questions.

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. The church phone number is 802-655-7371.

Cash donations needed: The Food Shelf is growing rapidly. More and more food must be purchased since current food donations cannot meet the demand. Checks can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. Thank you!

Donation drop off location: Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Pets are also family members and we are always grateful for pet food donations. We especially need cat food.

HEALTH CORNER

Health Office News

By Katharine Monje, RN, Health Office

Happy Autumn from the Health Office! School is back in full swing! We have so enjoyed seeing your kids back at school!

The School Based Health Center (SBHC) is scheduled to start this month in the health office. A medical provider will be available twice a week for acute illnesses such as ear ache, sore throat, rash ect. If your child(ren) are students at the school and you would like to register them for the SBHC please contact the health office at 802 383 6094 or stop by the office.

Vision and hearing screening has started! We screen all students in grades K,1,3 and 5 for vision and hearing, grades 7,9,12 for vision, and as needed with referral from the teacher. If your child(ren) needs further assessment we refer to your PCP and/or optician and will mail the referral letter to your home.

We hope that you have a happy and safe Halloween! Katharine and Liz

Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Welcome Back Students! I hope all had a Great summer and are energized for a new year. My goal is to make sure all students have a dentist and are seen at least once every year for preventive care. Remember the School Based Dental Program - Check it out on our web site for more information and to see if your child qualifies. If you are in need of dental care or have not been seen by a dentist in the past year, please stop by and see me. I work out of the Health Office and am available for any dental questions or concerns.

Remember: Good Oral Health means Good Overall Health!

Mindfulness Continues, Available Online, Too!

What: Guided Mindfulness Practice and Discussion

Where: Winooski Senior Center

When: Thursdays, 5:30-6:30 pm

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

Since January of 2016, these sessions have also been recorded and uploaded to the school website. You can listen to them by visiting this link: www.wsdschools.org/mindfulness-in-winooski.

For questions, please contact Andrea at workingwellvt@comcast.net.

ELEMENTARY SCHOOL MENUS — SEPTEMBER



This Institution is an equal opportunity provider
Menus are subject to change

Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	No School	No School
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Mon., Oct. 30	Tues., Oct. 31			
Sausage & Cheese Bagel Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk			



Winooski Elementary School Breakfast In The Classroom October 2017

Breakfast in the Classroom:

100% Juice or Fresh Fruit

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

Hood Milk: Skim, 1% white or Fat-Free Chocolate

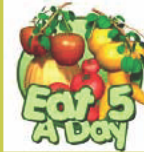
Prices

Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included

Adult Breakfast \$1.75	Milk \$.50	Adult Lunch \$3.50
------------------------	-------------	--------------------

Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the K12 Payment Center link

Questions or Comments regarding your School Meal Program?
Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!! Go to the link below. You can download an application or see what we have available through Careerbuilder.
<http://www.abbeygroup.net/careers.php>



Why is it important for a child to eat lunch?

When choosing what to eat for lunch, making a healthy choice is really important. Here's why: Eating a variety of healthy foods gives you energy to do stuff, helps you grow the way you should, and can even keep you from getting sick.

Think of your school lunch as the fuel you put in your tank. If you choose the wrong kind of fuel, you might run out of energy before the day is over.



This Institution is an equal opportunity provider
Menus are subject to change

Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Oven Baked Fish Sticks Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar Hard or Soft Shell Rice Pilaf Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Broccoli Salad Fresh Fruit & Veggie Bar	Cheesy Ravioli Bake Garlic Breadstick Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich From Scratch Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
Chicken Patty Sandwich w/lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Taste Test Beef Nachos Supreme Spanish Rice Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Kale Chips Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Garden Pasta Salad Dinner Roll Fresh Fruit & Veggie Bar	Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Harvest Fest Shepherd's Pie w/Local Potatoes Roasted Local Root Vegetables Dinner Roll Harvest Desert Fruit & Veg Bar	Early Release Minestrone Soup w/Fresh Kale Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	No School	No School
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub Kale Pesto Pasta Fresh Fruit & Veggie Bar	Birthday Celebration Creamy Macaroni & Cheese Cornbread Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Local Corn on the Cob Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar
Mon., Oct. 30	Tues., Oct. 31			
Dress Your Own Burger Hand Cut French Fries Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Rice Pilaf Dinner Roll Fresh Fruit & Veggie Bar			



Winooski Elementary School Lunch October 2017

Daily Lunch Offerings:

Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad

Offered with all Meals:

Fresh Fruit
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices

Community Eligibility Provision
Meals to all Students are Free
Snacks & Snack Milk not included

Adult Breakfast \$1.75	Milk \$.50	Adult Lunch \$3.50
------------------------	-------------	--------------------

Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the K12 Payment Center link

Taste Test Event
Tuesday
October 10, 2017
Featuring
Kale Chips

Harvest of the Month
October
Kale



Local Products Used when available

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



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
sraabe@wdschools.org

Winooski Middle and High School

Co-Principals: **Kate Grodin/Leon Wheeler**
802-655-3530
lwheeler@wdschools.org

Board of School Trustees

Mike Decarreau, President: 310-4032
mdecarreau@wdschools.org
Tori Cleiland, 655-7678
tcleiland@wdschools.org
Jen Corrigan, 233-7642
jcorrigan@wdschools.org
Matthew MacNeil, 802-999-3218
mmacneil@wdschools.org
Dr. Alex Yin
ayin@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 256 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