

ALSO INCLUDES  
**Community News!**  
 STARTING ON PAGE 8

# WINOOSKI SCHOOL DISTRICT NEWS!

DECEMBER 2017

*Celebrating Our Achievements!*



Sponsored by the Champlain Valley Chapter of the National Railway Historical Society

## TRAIN SHOW

**SATURDAY  
 DECEMBER 2nd  
 10am - 3pm**

Benefits The Winooski Dollars for Scholars Program

**All Gauges • Appraisals  
 Railroadiana  
 Dealer Tables • Advice  
 Lego Trains • Toys  
 Operating Layouts**

### ADMISSION

Adults: \$5.00 Under 12: \$1.00  
 Under 6: FREE! Family: \$10.00

Concession to benefit WHS Activities

Winooski Educational Center



“Cinderella” was performed at the Winooski School District on Friday November 10th and Saturday November 11th by an enthusiastic group of middle and high school students. Director Lisa Goetz thanks everyone who helped make this an amazing production that offered students a chance to work and grow together!



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## Exciting Prekindergarten News!

By Sean McMannon, Superintendent of Schools

In May 2014, then Vermont Governor Shumlin signed Act 166, the Universal Prekindergarten bill, which entitles all 3, 4, and 5-year-old children not attending kindergarten to publicly funded prekindergarten education in a pre-qualified program. Each prekindergarten child whose parent or guardian enrolls the child at the child's district of residence is entitled to no less than ten hours per week for 35 weeks annually of publicly funded prekindergarten education at an available pre-qualified prekindergarten education program operated by a public school or private program (<http://education.vermont.gov/act-166-draft-rules>). Due to the outstanding work led by WSD Director of Special Services & Early Learning, Robin Hood, and Early Learning District Evaluator Maybeline Lopez, we are positioned well to grow our Prekindergarten opportunities.

In December 2014 I reported the following Winooski statistics:

- Average of 110 births per year
- 220 three and four year olds in our city
- Only 58 students were enrolled in Prekindergarten
- 28 three and four year olds in our city are on a waitlist for preschool

Three and a half years later I am very excited and proud to report that **107 Winooski children are currently accessing prekindergarten programs**. This is primarily due to the 65 children attending preschool on the school campus through our two classrooms running four half-day programs.

One of the important local changes to note is that currently WSD allows students to enter kindergarten if they turn 5 by December 31st. The majority of Vermont school districts use September 1 as the cutoff date. Looking into the history, WSD chose the later date so we could get students into the school system early. So, students must be 5 years-old by September 1st to be eligible to attend Kindergarten. Younger 5 year-olds will be directed to prekindergarten opportunities.

The data at right shows the growth in Winooski and Vermont's children's readiness for kindergarten for 2015-16 and 2016-17.

## 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:

- Dec 13
- Jan 10
- Feb 14
- Mar 14
- May 9

Please follow us on Twitter! We are @WinooskiLearns.

## Percent Ready by Demographic Compared to the State

Source: Ready for Kindergarten! Survey (RAKIS)

	Winooski 2015-16 Percent Ready	Winooski 2016-17 Percent Ready	State 2015-16 Percent Ready	State 2016-17 Percent Ready
All	79.55	81.25%	81.79	83.83%
Boys	77.27	73.08%	77.42	79.40%
Girls	81.82	90.91%	86.58	88.60%
Free and Reduced Lunch Eligible	76.19	75.00%	73.23	74.58%
Not Free and Reduced Lunch Eligible	82.61	87.50%	88.13	90.47%
Attended Publically Funded Pre-K	94.74	83.78%	85.38	84.53%
Did Not Attend Publically Funded Pre-K	68.00	72.73%	77.52	82.25%

(<http://education.vermont.gov/student-support/early-education/assessment>)

So, why all the action related to prekindergarten? 90% of a child's brain is developed by age five. The brain connections made during this time lay the foundation for a lifetime. (<http://www.urbanchildinstitute.org/why-0-3/baby-and-brain>) Children who are given quality early experiences have better relationships with their classmates and friends, and develop better language, math, and social skills. They score higher on school-readiness tests, are 40% less likely to need special education and 70% less likely to commit a violent crime. (*National School Readiness Indicators Initiative, 2005*)

A child's cognitive, social and emotional skills are all interconnected. Children need specific early experiences from day one to be prepared for school and for life. Foster a love of reading and learning in your home. Create a routine of reading a bedtime story at night, and work on learning letters and numbers. But don't just focus on the academics. Play with your child often, and make play-dates so your child has times to build those social-emotional skills with his or her peers. And whenever possible, try to grow their independence by giving them space to be on their own during play-dates or nights with a babysitter. If we keep the focus on creating a safe and stimulating environment in the early years, we can help all of our babies and toddlers develop into successful, independent kindergarteners who are well-prepared for life. (<http://www.letsgrowkids.org/blog/what-kindergarten-readiness>)

I hope you will join me in raising awareness in Winooski about the importance of early learning! Thank you for working with WSD to benefit our students!

## Are You Shaking It Up?

By Hal Colston, Partnership for Change

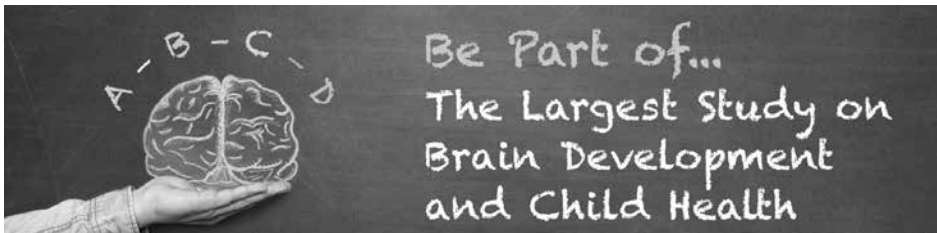


People don't wake up and want to be poor. They don't plan to use public assistance because it provides more income than a livable wage job. People are in poverty because they struggle with a lack of resources. I have learned that the word "poverty" is loaded with stigma. Hence, I describe it as the struggle due to a lack of resources.

Years ago I was in a packed ballroom at the Sheraton Hotel in Burlington to hear the pied piper of "Bridges Out of Poverty," Dr. Ruby Payne. She engrossed the mainly middle and upper-middle class audience to have many "aha" experiences to understand why our neighbors are poor. Payne, an upper-middle class white woman, shared her learning through her marriage to a Mexican-American who grew up poor. Her presentation was an engaging and eye-opening experience into the lives of people struggling with a lack of resources.

I have been challenged by this approach for two reasons. Payne's body of work is based on stereotypical anecdotes and not data. It is also expressed through the eyes of a privileged, upper-middle class white woman. I have always wondered how this analysis would look like if it were through the eyes of people struggling with a lack of poverty. Not about us without us!

As educators, how do you shake up this poverty paradigm? How do you learn from your students who struggle with a lack of resources? What are you doing to shake up the myth of people struggling with a lack of resources?



**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](mailto:ABCD@uvm.edu) • [www.ABCDstudy.org](http://www.ABCDstudy.org)



## Come one, come all to the 2017 Winooski Train Show!

The event is being held on **Saturday, December 2nd**, from 10 am to 3 pm at The Winooski Educational Center.

Enjoy browsing the displays, talking to the experts, and buying trains and parts. The cost is \$5.00 for adults, \$1.00 for children under 12, and \$10.00 for families. There will be a concession stand for delicious snacks.

This event is sponsored by the Champlain Valley Chapter of the NRHS to benefit Winooski Dollars for Scholars.



## 802Quits Vermont Quit Partners offer:

- Group cessation classes - a forum for peer support, encouragement, and goal setting.
- Tools, such as distraction putty (to relieve stress and keep hands and minds busy) and pedometers (to track steps between cigarettes).
- Free nicotine replacement therapy - including gum, patches or lozenges

The Tobacco Treatment Specialists working as Quit Partners in our area can be contacted through the UVM Medical Center's Community Health Improvement Office at 802-847-2278 or [CHITTS@vtmednet.org](mailto:CHITTS@vtmednet.org).

People can find a Quit Partner near them and learn about other ways to quit at [802quits.org](http://802quits.org).

## CITY AND SCHOOL ANNOUNCEMENTS

### A Big Thank You to the Winooski Community

By Linda Gregoire, Dollars for Scholars

The Winooski Dollars for Scholars team would like to thank everyone who supported our Calcutta in October at our local RVA.

We are so grateful to have a supportive community that always come together for our children's success. We can't thank you enough for keeping our organization happening for over 20 years.

If you would like to join our team or simply help out at our future events coming soon, please let us know by emailing us at [winooskidfs@gmail.com](mailto:winooskidfs@gmail.com). Thanks again!

### Got Yogurt Cups?

By Jessica Bruce, Fine Arts Teacher, WMHS

The Art Department is in need of plastic 2 liter bottles and small plastic yogurt cups for upcoming projects.

Please drop off your clean bottles and cups to the WMHS office or send them in with your child. Thanks in advance!

### 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](http://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.

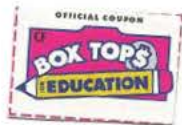
### Please Help!

The PTO is continuing to collect Box Tops this year. Please have your child bring them to school.

Last year we earned \$1,795!

**Please note: We no longer collect Campbell's Soup Labels.**

Thank you!



### The Winooski PTO

By Melissa Gonyon, Vice President

We are a group of parents, teachers, and community members working together for ALL of our children – pre-kindergarten through twelfth grade. The group's efforts make it possible for all the school's children to participate in field trips, and recent contributions have included funding the new basketball courts, publishing the WSD cook book, and making Spartan gear available! During this upcoming school year, we are planning multiple craft fairs and LuLaRoe events, and we're looking forward to supporting next year's golf tournament (sponsored by McKee's Pub and Grill) to help raise additional funds. While we know everyone's time is short, especially during the school year, there are many ways for families to help out. Joining the PTO is also a great way to get to know people!

- **Who we are:** Lydia Mungeon, President; Melissa Gonyon, Vice President; Jessica Audette; Sarah McGowan-Freije, Treasurer; Kate Simone, Secretary.
- **When we meet:** The PTO meets on the third Wednesday of each month, 5:30-7:30, in Room 14 in the JFK building.
- **More info:** Please see the PTO page on the WSD website and like our Winooski PTO Facebook page for more info and to keep track of us.

### Two Great Events, One Great Cause

LuLaRoe

Multi Consultant Sale

Raffles & Bake Sale

Saturday

December 9th

10:00am – 2:00pm

Winooski School Cafeteria

All Proceeds to

Help Support

Dollars for Scholars

This is a don't miss event!!



simply comfortable



ZUMBAthon®

Saturday

December 9th

2:00pm – 3:30pm

Winooski School Gymnasium

\$12 Adults

\$8 Students

All Proceeds to

Help Support

DOLLARS  
FOR  
SCHOLARS



Presented by  
Winooski PTO

### December Update

*By Sara Raabe, JFK Principal*

JFK is in full swing. Students are actively learning and engaged, and the adults are doing a fantastic job building relationships with students and facilitating deep learning.

December at JFK means the annual **Winter Concert**. Each year, our music teacher and classroom teachers work incredibly hard with the students to put on a school wide evening performance. The entire school sings a few songs together, and each grade sings a song on their own. The performance is an evening performance that takes place in the Gym.

This event is incredibly well attended and it is the gym is the only space that will hold all the families and community members that come to support our students. The acoustics in the gym mean that people who are talking in the audience can be heard by everyone. In years past it has been difficult to hear some of the performances. It is tempting for the adults to have side conversations if their student(s) are not performing at that moment. Keep in mind that each student has someone there to watch and support them, and your side conversations takes away from the experience of others. Please support our students' hard work by showing appropriate audience behavior, and ensuring that all children that are not performing are well supervised. This way we can all enjoy their hard work!

The performance is **December 14th**. Students that are performing should arrive at 6pm, and brought to their classrooms. The performance starts at 6:30.

We hope to see many of you at the performance. It is a wonderful event that brings the community and school together in a positive, supportive way.

### Workshop Fosters a Love for Reading in Students

*By Sarah Lothrop, Kindergarten Teacher*

In Room 32, we are SUPERSTAR readers! We LOOK, we THINK, we LEARN, and we READ! Young readers are developing a love for reading through the Reading Workshop model. We begin our literacy time with an accountable talk read aloud, where students are encouraged to use sentence stems such as "I think" or "This part reminds me of..." through whole group and turn and talks. This time ultimately provides young readers to develop early comprehension skills and really think about the story being read. It also fosters peer collaboration, communication skills, and self-confidence. We use book talk throughout our Kindergarten Reading Workshop. It is so wonderful to hear students using "I agree with you because..." or "I'm noticing..." while reading on their own or with a partner!

During Reading Workshop, we began our Partner Reading time using "Learn about the World" (non-fiction) books. Students can be seen listening, taking turns flipping the pages of the book, and sitting (or laying!) side-by-side with one book in the middle during this time. Kindergarten readers can be heard reading the pictures, sharing what they notice or think, as well as sharing what they learned. Partner reading gets students excited about books and continues to foster positive peer learning and communication! We are always working on communicating with one another in a positive way, so why not use books to help us do so!

We love to read in Room 32! HAPPY READING TO ONE AND ALL!

## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Update on Proficiency-Based Grading and Reporting

*Leon Wheeler, Co-Principal, Winooski Middle High School*

Parent/Teacher Conferences were held Monday, November 20th. This year, in addition to the middle school's student-led conferences, each high school advisor called their advisee's home to invite parents/guardians to attend. That call included an invitation for the parent and advisor to meet and get a list of their child's classes and teachers. As our advisory process becomes more robust, we are intentionally working to improve communication between the school and home.

Three matters middle and high school teachers addressed with parents during November's conferences were 1) our shift to proficiency-based learning for students graduating in 2020 and beyond, 2) what that will look like on report cards, and 3) parent access to their child's "Canvas" account with detailed information about class records.

One of the significant changes that happen with proficiency-based learning is that work habits are reported separately from demonstrated skill and knowledge. In traditional grading,

habits have been averaged in with class assignments and tests to determine a grade. "Hard working" students would often pass a class even though their skill and understanding had significant gaps. We want to make sure that each student graduates being able to do the most important skills needed to succeed in life. Work habits are reported separately from content knowledge and skills.

For that reason, the first progress report, mailed on October 20, was all about how the student engaged in our three work habits: being Timely, Engaged, and Responsible. Every student consistently practicing these habits will demonstrate learning and growth. "We are what we repeatedly do. Excellence, then, is not an act but a habit." (Aristotle) We believe that is true.

At the end of the semester, the report card will provide information about 1) work habits, 2) the level of understanding demonstrated by the end of the class, and 3) the graduation

*(continued on next page)*

**LEON WHEELER** (continued from page 5)

expectation skills practiced. Reporting each of these separately will provide more accurate information about a student's strengths and challenges, and help parents, students and teachers best support learning growth toward graduation.

These are significant changes, and revisions will be needed in order to work well. Please contact us with questions, comments, or other feedback to ensure our continued improvement.

Have a great December!

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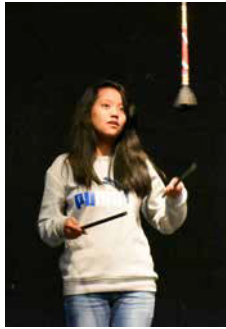
## Cue the Circus Music!

By Lisa Italiano

Winooski Middle School sixth grade students have had a great start to the year. A generous "Flexible Pathways" grant was awarded to Winooski Middle School from the Vermont Agency of Education. Those funds helped us to create a 6-week residency with the FABULOUS and AMAZING Circus Smirkus!

Students have worked to learn circus performance skills and have spent time learning "Circus Secrets" with Circus Smirkus performer and consultant, Josh Shack. This work was designed to dovetail with the literacy work already included in our Expeditionary Learning unit for the fall, "Rules to Live By." Within that unit we've read and studied the Newbery Award winning book, *Bud, Not Buddy* by Christopher Paul Curtis as well as other short, related texts.

The Spartan Circus took place on Wednesday, November 29th with three MARVELOUS performances for students, faculty and families. Look for more great Expeditionary Learning celebrations as the year progresses!



## WHS Students Attend Student/Athlete Leadership Conference

By Winooski Athletic Director Dennis Barcomb

Winooski is always looking for strong leaders for its athletic teams. On November 6 and 7, four WHS students attended the annual Vermont State Student Athletic Leadership Conference at the Sheraton Conference Center.

Sa Me Lar, Azee Zar, Milan Magar, and Anderson Viyizigiro represented the WHS athletic program. JV boys basketball coach Kyle Blindow also attend as a facilitator. Students were able to connect with other students and coaches from around the state. In addition they learned important skills from amazing guest speakers.

Kyle Blindow adds "Students from all over the state collaborated with fellow coaches and athletic directors to problem-solve and leadership-build. They also featured multiple guest speakers and motivational speakers, one of which was Travis Roy, an All-American high school hockey player that became a quadriplegic in his first 11 seconds of college hockey. He talked about how you only live once and need to make the best of your life. Another speaker was Ed Gerety, who travels all over the world delivering powerful and interactive speeches that promote taking control of your life and building dreams. All played a key part in the leadership building conference, and hopefully our Winooski participants learned a lot to bring to our Spartan athletic programs!"

Go SPARTANS!



Association  
of Vermont  
Credit Unions  
hosting  
#realityfair



## WHS Spartan Soccer Report

By Coach Stephen Feiss

The WHS Boys' Varsity Soccer Team finished the 2017 regular season undefeated and ended the year as winners of the NVAC Mountain-League, and State Semi-Finalists. The team's tremendously successful season was full of scoring (90 total goals scored) and impressive defense (only 12 total goals allowed). Both of those totals are school records. The Burlington Free Press called the team "the most fun soccer to watch in the entire State."

In addition to the overall team success there were numerous individual records broken and honors received, highlighted by the 5 selections to the **All-State Team** (the most of any team in the State):

- **Elli Nahimana** - (Also selected as NVAC Mountain-League Player of the year)
- **Lek Nath Luitel** - (Also broke the single-season scoring record with 26 goals)
- **Abbas Abdulaziz** - (Also broke the single-season assist record with 14)
- **Abdi Ali Mohamed** - (Program leader in shutouts with 19)
- **Wendo Mbilizi** - (14 goals this season)

The team would like to thank all the fans that came to watch and support.



## WMS Season Summary

By Coaches Chris Magistrale & Emmy Charron

The Winooski middle school girls soccer team ended their 2017 season with heads held high.

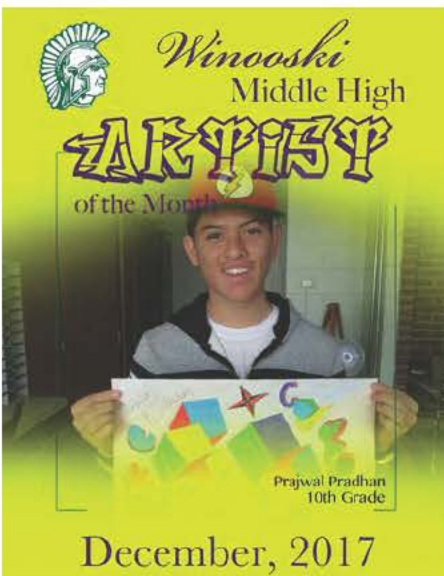
This team was made up of primarily NEW middle school girls soccer players. In fact, to start the season it was unknown if we'd even have enough girls to run a team. And yet, this group made some of the largest gains out of any season in recent memory. Sandwiching the season with two wins in the first and last game, we finished 2-8-3.

But this record really doesn't tell the story of the effort, persistent and fun we had as a team this year. The girls learned a lot and improved with their soccer skills on a weekly, if not, daily basis.

We ended the season with a fun awards ceremony and pizza party banquet. This spring they will join Coach Emmy Charron and Coach McMannon for more touches and fun on the soccer field.

## Athletic Schedules are Online

For full details of all athletic schedules for the academic year, visit our website at [www.wdschools.org](http://www.wdschools.org) and click on the "Athletics" tab.



## November Artist of the Month

By Jessica Bruce, Visual Arts Teacher

Please join me in congratulating our December, 2017 Winooski Middle High School Artist of the Month, Prajwal Pradhan.

Prajwal's productivity, willingness to keep pushing, and friendly nature with his peers in class has been very beneficial in his ability to create cool artworks while learning basic elements and principles in art class.

He is developing relevant criteria to evaluate his artwork, experiment and practice artistic skills using multiple art-making techniques, and is developing an artistic style using learned skills.

Great work, Prajwal!

## City Council Update

By Nicole Mace

As we head into the final weeks of 2017, City Council is preparing for a busy budget season. This year the Council will be reviewing all budgets – general fund, enterprise funds, special revenue funds, and the capital budget - simultaneously. This process should allow Council to have a more comprehensive picture of the City’s finances and operations in order to fully understand the impacts of the budget decisions we make.

This new process will require grouping budgets that in the past were reviewed separately, at different times of the year. The budget groupings and presentation dates approved by Council are as follows:

- **Monday, December 4:** City Manager’s Budget Presentation – the City Manager will provide an overview of the FY 2019 budget
- **Monday, December 18:** General Government – this includes Administration, the TIF district, the Parking fund and the Community Development fund
- **Tuesday, January 2:** Community Services – this includes Recreation and Parks, Library, Senior Center, Pool, Thrive, and the O’Brien Community Center
- **Monday, January 8:** Public Works – this includes the Public Works, Water, Wastewater, and Stormwater budgets
- **Tuesday, January 16:** Public Safety – this includes Police, Fire, Code Enforcement, Rental Registry and the Community Justice Center
- **Monday, January 22:** Capital – this includes Capital budgets across all departments and funds
- **Monday, January 29:** Budget Approval Vote – Council will vote to approve a budget amount and warning for Town Meeting Day vote.

As City Council is asked to consider budget priorities in our growing City, we will be focused on our vision statement, which states:

Winooski will be an affordable, livable, diverse community where the roles of the government will be to foster and guide the following:

- **Economic Vitality:** Maintain and expand our economic development to ensure a long term vibrancy and small town feel.
- **Municipal Infrastructure:** Invest in the City’s transportation infrastructure in order to make our City safe and accessible to residents and visitors while recognizing the critical role we play in the region’s system.
- **Housing:** Ensure a mix of quality, affordable housing stock that maintains the character and aesthetics of our neighborhoods.
- **Safe, Healthy, Connected People:** Foster relationships across generations and cultures by providing safe, healthy environments and opportunities to connect and engage.



The municipal budget is the blueprint for investing in this vision for our City. It determines what resources we will provide to the City’s hard working and dedicated staff to provide services to our residents. It also sets the course for how we will develop and maintain the city’s infrastructure. We encourage you to attend and inform the budget process with your perspectives and priorities.

In other Council news, the Housing Commission has begun meeting in order to evaluate the City’s Housing Needs Assessment and make recommendations for updates to Winooski’s zoning ordinances to ensure we maintain a balanced mix of housing that is consistent with our vision statement. We have a terrific group of volunteers with the experience and expertise to pull off this task on a tight timeframe! The Commission is expected to deliver its initial recommendations to the Planning Commission and Council at the end of January.

We are pleased to welcome a new tenant to the O’Brien Community Center – Snap Fitness and the City have signed a Letter of Intent. Over the next few months Snap will be doing fit-up construction work to the space previously occupied by the YMCA and anticipate opening in the spring. They will continue to share the space with the University of Vermont Medical Center’s rehabilitation pool, and are looking forward to becoming a part of the Winooski community!

Speaking of our community, a big thank you to Season’s Greetings and the many volunteers, businesses and city staff who made Halloween in Winooski a wonderful event. As is the case every year, it was a great opportunity for Winooski residents to explore our City, connect with each other, and build a true sense of community.

Happy Holidays!

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooskivt.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooskivt.org	802-999-9270
Councilor Eric Covey	ecovey@winooskivt.org	802-825-8789
Councilor Nicole Mace	nmace@winooskivt.org	802-363-7777
Councilor Brian Sweeney	bsweeney@winooskivt.org	802-734-6902
City Manager Jessie Baker	jbaker@winooskivt.org	802-655-6410
Visit the city website at <a href="http://winooskivt.org">winooskivt.org</a> 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 @winooskivt



## Important Dates from City Hall

By Carol Barrett, City Clerk

Please be aware of the following important dates:

### City Council Meetings

December 4, 2017  
December 18, 2017

### Holiday Schedule for City Hall

Friday, December 22, ½ day  
Monday, December 25, full day  
Friday, December 29, ½ day

## Annual Winter Parking Ban Reminder From the City of Winooski:

By Paul Sarne, Communications Coordinator

On-street parking is prohibited during winter parking bans in Winooski. **To receive up-to-date winter parking ban advisories, text 'Winooski' to 888-777 or visit [local.nixle.com/register](http://local.nixle.com/register) to sign up.**

When issued, winter parking bans remain in effect until further notice via NIXLE. Note: landline users must regularly retrieve their updates by calling the dedicated parking ban line: 802-655-3908.

Additionally, winter parking ban signs located at multiple points in the City will flash when a winter parking ban is in effect.

Overnight street parking is prohibited in Downtown Winooski from 2:30 AM – 6 AM (Dec. 1st – Mar. 31st) regardless of notification.

The City of Winooski reserves the right to tow vehicles at the owner's expense. Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at the kiosk) from 6 pm to 7 am.

If you have questions regarding winter parking bans, please call 802 655 6410 or visit the City's website parking page: [winooskivt.org/parking](http://winooskivt.org/parking)

## 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.wdschools.org/mindfulness-in-winooski](http://www.wdschools.org/mindfulness-in-winooski).

THE WINOOSKI HISTORICAL SOCIETY PRESENTS:

## Founding and Early History of the Society of St. Edmund

Rev. Stephen Hornat, SSE, Superior General of the Society of St. Edmund will give a Power Point presentation on the "Founding and Early History of the Society of St. Edmund".

**WHERE:** Winooski Senior Center, 123 Barlow Street

**WHEN:** Sunday, December 3, 2017

**TIME:** 2:00 p.m.

**Free and open to the public • Handicap accessible  
FREE PARKING**

## Parks & Rec. Hosts Zumba with Angel

By Alicia Finley, Parks & Rec. Manager

Starting Tuesday, November 14th Winooski Parks & Rec. will be hosting Zumba classes (instructed by Angel Herrera, Vermont's first male Zumba instructor!) at The O'Brien Community Center.

Come join the party! ZUMBA® is a fusion of Latin and International music/dance themes that create a dynamic and exciting workout that is based on the principle that it should be fun and easy to do! Zumba routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Save time and purchase classes online today at [www.winooskirec.com](http://www.winooskirec.com)! You can buy as many classes as you want. Cash payments will be accepted at the door. Please, enter the gymnasium by the Parks & Rec office found near the back of the building. Help Angel track attendance and class popularity by signing in every class. It is recommended to bring water, but a water fountain is located right outside of the gym by the Parks & Rec office.

**Schedule: Tuesdays from 5:30-6:30 PM**

Dates: November 14, 21, 28, December 5, 12, 29 (No class December 26th due to holiday breaks), January 2, 9

Price: \$10/Class

Visit Angel's website at: <http://angelherrera.zumba.com>.

For questions and comments, call/ e-mail Alicia Finley at (802)777-1621/ [afinley@winooskivt.org](mailto:afinley@winooskivt.org).



# Winooski Girl Scouts Update

By Amy Lothrop

October was a busy kick off month. We completed a community service project for Winooski Dollar for Scholars' annual Calcutta. We decorated bags for their raffle with our career aspirations. We had a lot of different dreams such as singer, dancer, teacher, tattoo artist, contortionist, chef, veterinarian, author, photographer, actress and athlete. We also celebrated our Bridging, Investiture and Rededication ceremony. Investiture is taking the Girl Scout oath for the first time. Rededication is for returning scouts to reaffirm their desire to live by the Promise and Law. Bridging is our recognition of a step up to a higher level. Congrats to everyone.

**Daisies (K-1)** have worked on getting to know each other since most of them are new to Girl Scouting. They discovered that they all had a lot in common with each other. They learned the Girl Scout Promise (On my honor, I will try to serve God and my country, help people at all times and to live by the Girl Scout Law). They made a trefoil with the promise to take home to aid their memorization. They will be working on the Girl Scout Law throughout the year.

**Brownies (2-3)** began to learn the Heimlich maneuver as part of their First Aid badge. They learned how to use 9-1-1 appropriately and to take steps to prevent outdoor injuries as well as build first aid kits. Lastly, they learned about treating minor injuries from our very own leader and nurse, Jen. While learning about the impact of trash on our water ways, they challenged their fellow scouts to stop using straws whenever possible. Check out Shelby O'Neil's Girl Scout Gold Award project for more information: <http://www.jroceanguardians.org/no-straw-november>

**Juniors (4-5)** have begun their journey to earn the Bronze



Award. They will start with the Agent of Change journey which will challenge them to learn about girls their age who have changed the world. It will also help them develop teamwork skills and learn how to use it to accomplish real change. The Juniors would like to tackle the issues of hunger. We will begin to take field trips in our community to learn about the causes of hunger, who is making a difference and how we can participate in making the world a better place.

**Cadettes (6-8)** meetings are once a month to accommodate their busy schedules. They completed an aMaze journey whose goal is to help them learn how to navigate different types of relationships in their world. It encourages them to think about busting stereotypes and teaching others how to build strong, healthy connections. Their Take Action Project will be to display their anti-bullying posters publicly. They have also begun to work on their Service to Community and Service to Girl Scout bars. Each one requires a minimum 20 hour investment. If that wasn't ambitious enough, the Cadettes are also working toward their Silver Torch Award by demonstrating leadership in their community and outside of scouting.

If this sounds like an offer that you cannot refuse, contact Amy Snow Lothrop at AmyLothrop@Comcast.Net or (802) 373-7288. It is never too late to be a part of our journey. We are a diverse group of Girl Scouts K-12 open and welcoming to all. We encourage adults to join us in sharing their talents and passions. Our mission is to build girls of courage, confidence and character who make the world a better place.

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## Girl Scout Troop 30167 December Update

By Sarah McGowan-Freije

At the end of Girl Scout cookie selling season last year, the girls voted on which non-profit they would like to donate a portion of our cookie proceeds to. They chose All Breed Rescue in Williston.

All Breed Rescue is a compassionate, non-profit rescue dedicated to saving highly adoptable dogs from high kill shelters and placing them in loving homes in the Northeast. All Breed Rescue was established in 1996, and has rescued over 6,000 dogs from high kill shelters and grown a vast network of volunteers and fosters in the process.

An employee with All Breed Rescue came to our meeting on October 26th, and brought Twitter, one of their current rescue dogs. The girls learned about the work that All Breed Rescue does and got to ask questions. They were surprised to learn that most of the rescue dogs come from North and South Carolina. They all fell in love with Twitter, and he enjoyed the hugs and attention. At the end of the meeting, we gave All Breed Rescue our donation.

The girls also continued working on their Detective badge. They learned a lot of facts about fingerprints; such as that there

are three different types, arch, whorl and loop. They put their fingerprints on balloons, and then blew them up to see an enlargement of their fingerprint.



They also learned that fingerprints get left behind on surfaces due to the oils our bodies secrete. They put lotion on their fingertips to draw out the oils, and then left a fingerprint on a table. They used cornstarch to dust the fingerprint, then created an imprint with masking tape. Finally, they got to compare fingerprints left at a "crime scene", and determined if Sarah or Kristen was the culprit.

To finish the Detective badge, the girls will be learning about Graphology and going on a scavenger hunt.

The Girl Scouts in Troop 30167 are in fourth grade. For more information about our troop, please contact Sarah McGowan-Freije at 802-598-4280.

# Happy Holidays from the Winooski Partnership for Prevention!

By Jackie Hoy, Communications Coordinator



## Winooski Parents, Please Help Us Out!

As a parent of a middle or high school student, you can make a difference in the lives of all students by filling out our brief, anonymous survey. Take the survey on our website or email Kate Nugent for information on obtaining a paper copy.

Let us know if you took the survey, and get a free tote bag to thank you for your time!

Website: [www.winooskiprevention.org](http://www.winooskiprevention.org)

Email: Kate Nugent at [katenugent@winooskiprevention.org](mailto:katenugent@winooskiprevention.org)

Phone: 802-655-4565

## Did You See Winooski's Above the Influence Kids in the Winooski Rotary?

Last session in the Winooski Above the Influence Group, kids got the opportunity to help raise awareness about the dangers of secondhand smoke. Five businesses in Winooski said they would love it if the ATI kids came and chalked outlines for smoke-free zones.



We set out to draw chalk outlines at all five businesses, but we were only able to get to three with the time permitting. We hope you were able to see our work at Scout, Mule Bar, and Tiny Thai, and thank you to all of the businesses who agreed to be a part of our project!

Do you notice more smoke-free zones in Winooski? Students were able to take a piece of chalk home with them so they could use it around their own homes and neighborhood. Cheers to Winooski students for making a difference in the health of the community!

## Join us for Our Next Session of Above the Influence!

We had a blast in this semester's Above the Influence Group, and we're excited to be starting up again after the holidays! Please join us at the Winooski School for more ATI sessions.

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 Partnership for Prevention 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. The Winooski Partnership for Prevention has been providing youth programming in Winooski since 2003. If you have any questions or concerns, please contact Whitney Keefner at [wkeefner@winooskiprevention.org](mailto:wkeefner@winooskiprevention.org) or Suzanne Skaflestad at [sskaflestad@wsdschools.org](mailto:sskaflestad@wsdschools.org).

Who: 5th-8th grade students

Where: Winooski School room 103

When: Mondays from 3-4 pm.

## This Holiday Season, Safely Store Alcohol and Medications

The holidays are a great time to come together and celebrate the past year. In the midst of gathering and celebrating, we can often overlook common safety measures in the home to avoid accidental ingestion of substances. When socializing and hosting gatherings this season, keep these tips in mind to stay safe and healthy:

- Keep alcoholic beverages locked and out of reach
- Empty out beer cans, wine glasses, and drink glasses when finished
- Lock prescription medications in the home and safely dispose of them when done using
- When using your prescription, completely secure the child safety cap every time after use
- If you're interrupted while taking medications, such as answering the phone, bring young children with you
- For safe disposal of unused or expired medications, the Winooski Police Department has a disposal unit located in the front entryway, available 24 hours a day, 7 days a week.

## Please Join Us for Christmas Cheer!

The United Methodist Church, located at 24 West Allen Street, invites the community to attend our Christmas celebration on Sunday, December 24th. We will have a coffee hour from 10 a.m. to 11 a.m. on the first floor (use the Follett Street entrance) followed by a festive church service from 11 a.m. to noon upstairs in the Sanctuary. We will be singing Christmas carols. The first floor meeting room has been repainted and redecorated, so come over and check us out. The stained glass windows really look amazing with the new interior paint colors.

# Winooski Memorial Library

By Elsie Goodrich



Greetings from the Winooski Memorial Library!

Friday December 1st the Winooski Family Center and the Winooski Memorial Library would like to invite you to a **Clothing Swap** in the Community room of the O'Brian Center. Coats, pants, shirts, shoes and Halloween costumes still in good condition

can be dropped off at the Library, or at City Hall anytime in advance or the day of. Stop by 8:30-9:30 or 2:30-4 to get some warm clothing for the winter!

Starting December 1st, join the Winooski Family Center and the Library for a **Playgroup** every Friday from 9:30 to 10:30 at the library before Story Time.

**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](http://winooskilibrary.wordpress.com).



## Community College of Vermont (CCV) Winooski News

Jen Garrett-Ostermiller, Coordinator of Academic Services

### REGISTER NOW!

for Spring and  
Summer 2018!

[www.ccv.edu](http://www.ccv.edu)  
(802) 654-0505

#### NEW: Introduction to College & Careers

CCV's free class for high school students has NEW options. With a deeper focus on career exploration plus insider understanding of college, this class is great for any 9th through 12th grader. Meet other area HS students, develop your skills, and prepare for Dual Enrollment or transition to college/career. Weekly spring classes begin in January and twice-per-week summer classes begin June. Register now to get the section you want!

#### Class sections (DEV-0270) offered at CCV Winooski:

<u>Spring (Jan – May)</u>	<u>Summer (Jun – Aug)</u>
Mondays, 4pm-6pm	Mondays & Thursdays 10am-12:10pm
Wednesdays, 4pm-6pm	Mondays & Thursdays 4pm-6:10pm

There will also be Spring section of **Intro to College & Careers** offered at the Winooski High School; talk with Heidi McLaughlin if you are interested in taking the class at the high school.

#### Earn Credit for HS and College at the Same Time

Vermont HS juniors and seniors have 2 vouchers to take free Dual Enrollment courses, earning both HS and college credit. Popular courses include English Composition, Intro to Psychology, and Statistics. Students may also choose specialized courses such as Interpersonal & Small Group Communication, Adobe Creative Cloud, or Current Environmental Issues. Start

by talking with Heidi McLaughlin, Winooski High School Guidance Counselor.

Vermont high school students can also enroll in Foundations-level (pre-college) Math and English classes for free at CCV.

**Senior Citizens!** Any senior (aged 65 years or older) has the opportunity to take CCV classes tuition free. Keep arthritis at bay (or reduce arthritic pain) working with clay in Ceramics I, or explore big life questions in Introduction to Philosophy, or prepare to impress family and friends after taking Fundamentals of Singing. There are many more courses to choose from. Just complete CCV's online application or come into our center to complete a paper application; then, register for classes!

#### Study Tip of the Month from CCV

Do you feel stressed when taking tests? To reduce anxious thoughts and increase performance, when you first get a test, spend 1 minute looking ahead at the upcoming questions. This activity engages your working memory and decreases negative thoughts. Students who use this strategy perform better on their tests! If you are interested in learning more about how the brain works, consider taking an Introduction to Psychology class.

References: Mavilidi, M., Hoogerheide, V., & Paas, F. (2014). *A Quick and Easy Strategy to Reduce Test Anxiety and Enhance Test Performance*. *Applied Cognitive Psychology*, 28(5), 720-726. doi:10.1002/acp.3058

# Winooski Senior Center November Update

Barbara Pitfido, Senior Programs Manager, The City of Winooski Senior Center

Time is the most precious gift.

During the Holidays we tend to focus on material things and get wrapped up in shopping and spending money on gifts for others. But if you thought about your time, could you be generous and give some of that precious gift to others?

Becoming more generous and compassionate will have real tangible benefits in your own life. Generous people report being happier, healthier, and more satisfied with life than those who don't give. Generosity produces within us a sense that we are capable of making a difference in the world, that we are actively addressing the needs of those around us, and that we are shaping our community into a healthier one.

If you are looking to give a gift of time, we would love to see you at the Senior Center! Your gift could be a shared talent, an hour of talking, walking or listening, or maybe you have some time to be a community partner! Call us and see what your time could do.

**NOTICE: The Center will be closed: Dec 25 for Christmas, Jan 1 for New Years, and Jan 15 for MLK Day. No lunch or BINGO on 12/21 & 12/28.**

## UPCOMING ACTIVITIES:

**Do Drop In** - Coffee & Discussion:  
Mondays 9-11am

## Tai Chi:

Monday 10am - Sun 73 Long Form  
Monday 11am - Seated Tai Chi  
Thursday 6:45pm - Sun 73 Long Form

## Senior Exercise Program:

Tues/Thur 10-11am

## Theme BINGO!:

- Jan 18 - Squirrel Appreciation Theme
- Feb 22 - Chinese New Year Theme
- March 15 - St. Patrick's Day Theme

## Senior Lunch & Activity Reports:

• Jan 9 • March 13

## Senior Planning Meetings:

• Dec 6 • Jan 3 • Feb 7

## SPECIAL EVENTS:

- Dec 12 - Senior Holiday Party
- Feb 13 - Senior Valentine's Party

## PEACE MEALS:

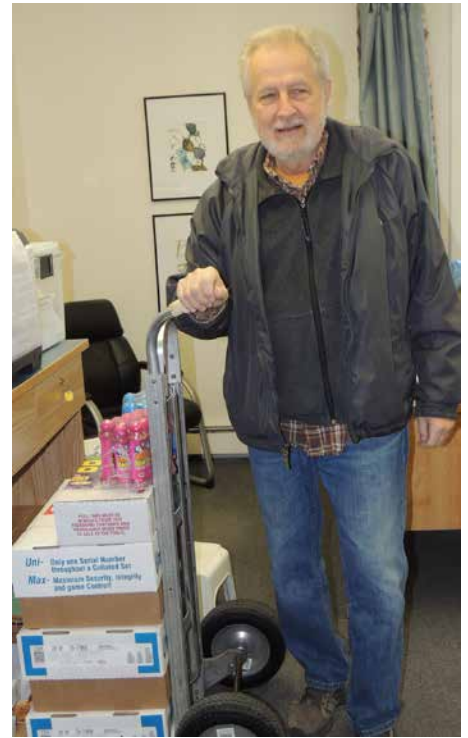
- Jan 5 • Feb 2 w/ WSD • March 2

## CURRENT SENIOR GALLERY SHOWS:

- The Colors of Vermont - photos by Althea Garceau
- Autumn Art - mixed media by New Americans

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@winooskivt.org](mailto:seniorcenter@winooskivt.org).

Check out the Senior Center monthly calendar at: [www.winooskivt.org/senior-programs/](http://www.winooskivt.org/senior-programs/)



Check out the Senior Center monthly calendar at:  
[www.winooskivt.org/senior-programs/](http://www.winooskivt.org/senior-programs/)

## Police Update

By Scott McGivern, Lieutenant, Winooski Police Department



It is the holiday season so I wanted to send out information on crimes that seem to occur more frequently this time of year.

We are already receiving report of delivered packages being stolen from homes. If you are ordering packages to be delivered to your residence try to be home when they are expected to be delivered. Most shipping companies use a tracking system that will tell you when a package is en route and when it was delivered. If you cannot be home maybe ask a neighbor or friend to watch for the package and

to take it in for you. If you have a package that has been delivered that comes up missing, please report it to the police. This type of activity is theft.

Telephone scams increase as people try to take advantage of people who are in a giving frame of mind. If you receive telephone calls asking for money, personal information, or financial account information do not release it to the caller. Again call the police, we can help you to try to determine if the call is legitimate or a scam. We did have a subject scamming people in person. If someone asks you for money and you feel compassionate enough to give it to them; it is not a crime if they do not repay you.

The Winooski Police Department would like to wish everyone a safe and happy holiday season.

## Winooski Food Shelf Schedule for December

By Linda Howe, Winooski Food Shelf Coordinator

<b>Saturday, December 9th</b>	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, December 13th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
<b>Saturday, December 23rd</b>	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, December 27th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies

### We now have a dedicated driver to go pick up produce on Saturdays! This is huge!

For Christmas, one of the items we will be offering will be hams, so if anyone wants to donate one they can bring it to Sally's Flower Shop, and we will be giving out the fixings to go with the meat. Those too can be brought to the flower shop.

**A big THANK YOU** to My Web Grocer and other businesses at the Champlain Mill for a wonderfully successful Halloween Haunted Mill! All the proceeds went to the Food Shelf to feed financially stretched members of this community. **And another big THANK YOU** to My Web Grocer and other members of the community for providing the turkeys and fixings sent home with each food shelf family so that they could enjoy a nutritious home cooked meal. This is incredibly generous.

**Cookie bakers needed:** We always appreciate being able to offer our clients coffee, tea and other refreshments. If you are baking, maybe you could bake another batch and drop off during Food Shelf hours or drop off at Sally's Flower Shop on Main Street.

**Volunteers needed:** We are always in need of volunteers. Anyone wishing to work out of their home could help hand write thank you notes to our generous donors. Those that would like to help out at the food shelf itself could help put away food deliveries. The third Wednesday of each month around 10:30 a.m. we receive our food order from the Food Bank. This can take 2-3 hours to put on shelves or in freezers. We can always use help during food shelf hours to serve clients, make coffee, or register clients as they walk in the door.

## 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.

**Why join playgroup? Socializing is important for your children. They learn to communicate, to share and to take turns.**

Please call if you have questions or want more information: 802-655 1422 or [mkerkering@howardcenter.org](mailto:mkerkering@howardcenter.org).

*We appreciate the continued support of the community.*

**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

## Season's Greetings from the Health Office!

Here are some resources that can help you get through the holidays and cold winter months:

- 1. Champlain Valley Office of Economic Opportunity** (seasonal fuel assistance - SFA)- 1 800 479 6151 or [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov)
- 2. Crisis Fuel Assistance** (must have qualified for SFA) - 1 800 287 7971
- 3. Vermont Catholic Charities** - 1 877 250 4099
- 4. Burlington Salvation Army** - 802 864 6991
- 5. Joint Urban Ministry Department (JUMP)** - Located at the First Congregational Church in Burlington (must apply in person)
- 6. Joseph's House** - 113 Elmwood Ave., Burlington 802 951 4290

- 7. Chittenden Food Shelf** - 228 Winooski Ave., Burlington - 802 658 7939
- 8. Hilltop Light Ministries** - 421 Shelburne Road Burlington 802 863 0524

**9. Winooski Family Center** - 87 Elm Street Winooski - 802 655 - 1422

**10. Vermont 211** or 802 652 4636  
As always please call or stop into the Health Office any time!  
—Happy Holidays! Katharine and Liz

## Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

Diet and Nutrition - Your diet needs to include a variety of foods in order to have good overall health and good Oral Health. Poor choices (sugary snacks, all sodas and sports drinks) can cause dental problems. Even sugar-free sodas contain acid which, with each sip, cause a 20 minute acid attack that may harm your teeth. Enjoy your winter break but ALWAYS remember to FLOSS, Brush and visit your Favorite Dentist regularly!

# ELEMENTARY SCHOOL LUNCH MENU — DECEMBER

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




Mon., Dec. 4	Tues., Dec. 5	Wed., Dec. 6	Thurs., Dec. 7	Fri., Dec. 8
Turkey Sausage & Cheese Biscuit 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., Dec. 11	Tues., Dec. 12	Wed., Dec. 13	Thurs., Dec. 14	Fri., Dec. 15
Turkey Sausage & Cheese Biscuit Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Mon., Dec. 18	Tues., Dec. 19	Wed., Dec. 20	Thurs., Dec. 21	Fri., Dec. 22
Turkey Sausage & Cheese Biscuit 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., Dec. 25	Tues., Dec. 26	Wed., Dec. 27	Thurs., Dec. 28	Fri., Dec. 29
No School	No School	No School	No School	No School

### Winooski Elementary School Breakfast In The Classroom

December 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 \$0.50	Adult Lunch \$3.60
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Pay for meals on-line  
For free on-line service go to <http://www.abbeygroup.net>  
Search for Your School and Click the \$12 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](mailto: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/salesrep>

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




Mon., Dec. 4	Tues., Dec. 5	Wed., Dec. 6	Thurs., Dec. 7	Fri., Dec. 8
Dress Your Own Hot Dog Garden Pasta Salad Baked Beans	Taste Test Event Taco Bar w/WG Soft Shell Tortilla Rice Pilaf Steamed Corn Warm Black Beans	Cheesy Breadsticks w/Marinara <b>Butternut Squash Soup</b> Caesar Salad	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Steamed Peas	Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Green Pepper Strips
Mon., Dec. 11	Tues., Dec. 12	Wed., Dec. 13	Thurs., Dec. 14	Fri., Dec. 15
Chicken Patty Sandwich w/Lettuce & Tomato Hand Cut French Fries Roasted Chick Peas	Nachos Supreme Rice Pilaf Black Bean & Corn Salad	Early Release Chef's Choice Pizzas Pepperoni, Cheese or Veggie Broccoli Salad Carrot Sticks	Spaghetti w/ Meat Sauce Garlic Breadstick Chopped Green Salad	Holiday Luncheon Seasoned Pork Roast Mashed Potato w/ Gavy, Dinner Roll Winter Squash Holiday Dessert Fresh Fruit & Milk
Mon., Dec. 18	Tues., Dec. 19	Wed., Dec. 20	Thurs., Dec. 21	Fri., Dec. 22
Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Dinner Roll Fresh Celery Sticks	8th Day Celebration Fish Tacos w/Coleslaw Rice Pilaf Warm Black Beans	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Winter Squash Smiles</b> Caesar Salad	Macaroni & Cheese Cornbread Green Beans Fresh Carrots Sticks	Dress Your Own Burger Oven Baked French Fries Baked Beans
Mon., Dec. 25	Tues., Dec. 26	Wed., Dec. 27	Thurs., Dec. 28	Fri., Dec. 29
No School	No School	No School	No School	No School

### Winooski Elementary School Lunch

December 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 \$0.50	Adult Lunch \$3.60
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Pay for meals on-line  
For free on-line service go to <http://www.abbeygroup.net>  
Search for Your School and Click the \$12 Payment Center link

Taste Test Event Tuesday December 5, 2017  
Featuring Winter Squash

**Harvest of the Month**  
November  
Winter Squash

Local Products Used when available

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



**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](http://www.abbeygroup.net/schoolmenus). You can also learn about options for managing your child's account at the website.

## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

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### WINOOSKI PUBLIC SCHOOLS

[www.wdschools.org](http://www.wdschools.org)

#### **Superintendent of Schools**

**Sean McMannon:** 655-0485  
[smcmannon@wdschools.org](mailto:smcmannon@wdschools.org)

#### **John F. Kennedy Elementary School**

Principal: **Sara Raabe**  
802-655-0411  
[sraabe@wdschools.org](mailto:sraabe@wdschools.org)

#### **Winooski Middle and High School**

Co-Principals: **Kate Grodin/Leon Wheeler**  
802-655-3530  
[lwheeler@wdschools.org](mailto:lwheeler@wdschools.org)

#### **Board of School Trustees**

**Mike Decarreau**, President: 310-4032  
[mdecarreau@wdschools.org](mailto:mdecarreau@wdschools.org)  
**Tori Cleiland**, 655-7678  
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**Dr. Alex Yin**  
[ayin@wdschools.org](mailto: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](mailto:aelston@wdschools.org)*