

ALSO INCLUDES  
**Community News!**  
STARTING ON PAGE 10

# WINOOSKI SCHOOL DISTRICT NEWS!

JANUARY 2018

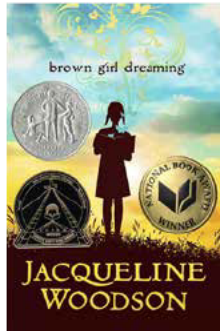
*celebrating Our Achievements!*

## Winooski School District and St. Francis Xavier School To Organize Book Discussion Events

Have you heard about the book *Brown Girl Dreaming* by Jacqueline Woodson?

Students from both schools will be collaborating in book discussions, poetry reads and other interesting community activities.

The Winooski Memorial Library has multiple copies of the book available for your enjoyment. Please read the book and join in the discussions. You will see how creative Winooski youth are. Your participation is a means of building community.



## SoulCollage

By Sr. Patricia E. McKittrick

Have you ever heard of SoulCollage? It is a great self-knowledge and community building activity.

According to Seena B. Frost, "SoulCollage® is an accessible collage process with practical applications. It's easy to learn and inexpensive. Best of all, it inspires individual creativity and encourages good communication in families and groups." Her book *SoulCollage® Evolving* has received two book awards. You can find many more details on the internet. If you don't have access to a computer, there's public access at the Winooski Memorial Library.

In November a group of people from Winooski gathered at Our Lady of Providence where two facilitators guided the process. The group enjoyed a peaceful, safe atmosphere with refreshments and companionship.

SoulCollage inspires creativity and communication in families and groups while offering a fun, relaxing activity.

Following the event, participants suggested that this would be a beneficial event for community members. If you are interested in learning more about "SoulCollage" or participating in a group, please contact Sr. Pat: 847-6534 or email [pat.mckittrick@uvmhealth.org](mailto:pat.mckittrick@uvmhealth.org)



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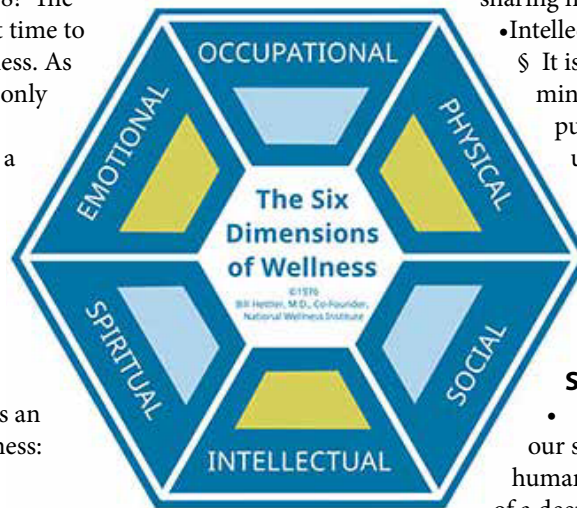
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## Winooski Wellness

By Sean McMannon, Superintendent of Schools

Happy New Year and welcome to 2018! The beginning of a new year is always a great time to revisit, restart and rejuvenate one's wellness. As Allan Lokos says "Your actions are your only true belongings." I would recommend using the Six Dimensions of Wellness as a framework to reflect on your individual and family wellness. Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), developed the Six Dimensions of Wellness. I have found them very useful when taking inventory of the different aspects of my life and planning for improved wellness. Below is an overview of the Six Dimensions of Wellness:



### Occupational

- The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.
- Occupational wellness follows these tenets:
  - § It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
  - § It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

### Physical

- The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption.
- Physical wellness follows these tenets:
  - § It is better to consume foods and beverages that enhance good health rather than those which impair it.
  - § It is better to be physically fit than out of shape.

### Social

- The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.
- Social wellness follows these tenets:
  - § It is better to contribute to the common welfare of our community than to think only of ourselves.
  - § It is better to live in harmony with others and our environment than to live in conflict with them

### Intellectual

- The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for

sharing his or her gifts with others.

- Intellectual wellness follows these tenets:

- § It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- § It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

### Spiritual

- The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.
- Spiritual wellness follows these tenets:
  - § It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
  - § It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

### Emotional

- The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.
- Emotional wellness follows these tenets:
  - § It is better to be aware of and accept our feelings than to deny them.
  - § It is better to be optimistic in our approach to life than pessimistic.

([http://www.nationalwellness.org/?page=Six\\_Dimensions](http://www.nationalwellness.org/?page=Six_Dimensions))



Lastly, with WSD's focus on wellness as a path to increase student's readiness to learn we have experienced the following growth in wellness indicators:

### **Vermont Youth Risk Behavior Survey (YRBS) Report for Winooski High School in 2011, 2013 & 2015**

7.06 The percent of students who agree that teachers really care about them and give them lots of encouragement

	2011	2013	2015	VT 2015
Total	63%	59%	77%	62%

7.08 The percent of students who report that they will probably or definitely complete a post high school program

	2011	2013	2015	VT 2015
Total	Not Asked	64%	69%	80%

6.01 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days

	2011	2013	2015	VT 2015
Total	26%	27%	34%	24%

6.03 The percent of students who ate vegetables 3 or more times per day, past 7 days

	2011	2013	2015	VT 2015
Total	18%	18%	25%	18%

2.01 Percent of students who ever drank alcohol other than a few sips

	2011	2013	2015	VT 2015
Total	40%	42%	32%	56%

2.02 Percent of students who drank alcohol, past 30 days

	2011	2013	2015	VT 2015
Total	20%	21%	12%	30%

4.01 Percent of students who have ever had sexual intercourse

	2011	2013	2015	VT 2015
Total	46%	36%	28%	41%

(<http://www.healthvermont.gov/health-statistics-vital-records/population-health-surveys-data/youth-risk-behavior-survey-yrbs>)

These data points are just a handful of examples of the many measures we have available to reflect on the safety, health and overall wellness of Winooski children and the broader community. I believe in the collective power of community. In my time as your superintendent I have already experienced the shared strength of Winooski through the Back to School BBQs, Winooski's Got Talent!, Spring Into the Arts, STEM Family Fun Nights and supporting each other through family tragedy. Whether we come together in celebration or hardship it is of infinite importance that we continue to stay connected. I would humbly suggest that if we, as a community, continue to embrace the concept of wellness we could become an even healthier city. Each of us can start by looking within. Please join me in making Winooski a city where every child is safe, healthy and feels like they matter! Thank you for working with WSD to benefit our students!

### **Can We All Just Get Along?**

*By Hal Colston, Director, Partnership for Change*

In April 1992 the Rodney King verdict was announced in Simi, CA. Rodney King was the African American who was filmed while being brutally beaten by Los Angeles police after a traffic stop. Four officers, three of them White, were acquitted and Los Angeles exploded into one of the worst riots in recent history.



Today, California along with the rest of our country is very segregated with respect to race, ethnicity and socio-economics. We may ride on the bus together, but we don't connect by sharing our stories that usually reveal similar values. A few years ago the Public Religion Research Institute conducted a national study and one of the stark findings revealed was that 75% of White Americans do not have a friend of color. 75%! How can we get along if we don't know one another?

A few years ago Robert Putnam gave the keynote at the VT Community Foundation annual meeting. He talked about his new book, "Our Kids - The American Dream in Crisis." It is the culmination of a national field study looking at the impacts of our educational system today. Mr. Putnam's sobering conclusion is that success in PK-12 is based on two factors: income and wealth. These very depressing findings are supported by the many scissor graphs he has amassed in his book. He describes wealth as being solid middle and upper-middle class, not the 1%. The other disturbing finding is that kids from wealth and kids lacking wealth are no longer crossing paths building relationships, but live in separate worlds.

How can we begin to reverse this trend for our students? I feel that teaching and engaging our students in authentic dialogue will lead to understanding one another's story. This style of conversation leads to empathy. We may not always agree with another's position in life, but understanding why people feel the way they do is missing today. Through dialogue we can lead our students to a place where they know one another and all can just get along.

# School Board Update

By Matt MacNeil, Board of School Trustees

Happy New Year! It's budget season again and the board and administration are again at work trying to maximize the education experiences and opportunities for our community. As a board, we share a vision with school staff and administration for an innovative education system that holds Winooski as an educational destination for families. At the same time we constantly attempt to balance attainment with those goals while at the same time keeping an eye toward maintaining the affordability for life in our great city.

In a letter to educational leaders across the state, Governor Scott noted three daunting numbers facing Vermont: Six – Three – One. Every day in Vermont there are six fewer workers in our state workforce, there are three fewer students in our K-12 schools and nearly one baby born exposed to opiates. His letter also goes on to talk about increasing needs of children with regards to things like severe emotional needs, nutrition and poverty. It also talks about the need for fiscal responsibility citing rising per pupil costs.

So the state wishes to maximize the role schools in reshaping Vermont's future and at the same time also wishes also to

save costs for taxpayers. Both of those goals are important. But needless to say, no easy task to accomplish. Part of the motivation for the governor's letter is that, in general in Vermont, the cost of schools has gone up while the student population has gone down.

As is so often the case, Winooski School District does not fit the mold of a "general" Vermont District. Most notably, our student population is NOT going down. In fact, enrollment increased by 3.6%! Current predictions based on demographic models suggest that we'll likely steadily increase for many years to come. As a board we see that as great news in that it shows more and more families are recognizing the fantastic gains in the district. As enrollment grows, the challenge lies in maintaining our wonderful trajectory whilst managing the costs related to an expanding school population.

So as the budget process unfolds, know that the board never takes its eyes off of our Ends Statement. Every decision we make is guided by the unrelenting motivation to create a conditions in the district that all students will graduate from WSD college and career ready at

a cost supported by a majority of the Winooski community and that WSD students will lead healthy, productive and successful lives and engage with their local and global community. And we recognize that achieving this vision can't happen in a vacuum. We welcome your feedback and wisdom. Please feel free to reach out to myself or any board member with any thoughts, ideas and questions you may have.

**PLEASE SAVE THE DATE:** At the February 14 School Board meeting, we want to hear your thoughts regarding the Winooski School District's areas of strengths and areas for improvements. We really want to hear from all community members (i.e., students, parents, business owners, community members with no kids, senior citizens) in trying to understand whether we are accomplishing the goals of college and career-ready graduates that will lead healthy, productive and successful lives and engage with their local and global community. We look forward to this engaging conversation.

## CITY AND SCHOOL ANNOUNCEMENTS



### Miss a School Board Meeting? Watch it Online!

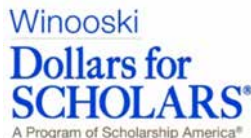
Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit [www.retn.org](http://www.retn.org) and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

### Congratulations!

By Linda Gregoire, Dollars for Scholars

Congratulations to the Winooski graduates of 2017 who were awarded their scholarships

for college at our Winter Awards Ceremony. We are very proud to offer these annual merits to our fine young men and women. Their determination to succeed is due in part to their supportive families and community. We thank Winooski for raising such a great generation. Keep Winooski strong by staying involved and maybe join our team. To learn more contact us at [winooskidfs@gmail.com](mailto:winooskidfs@gmail.com). Our futures depend on you!



### Volunteer Opportunity

Are you 55+? Do you enjoy working with children and have time to give? We're looking for older adult volunteers for our programs!

RSVP Read to Me volunteers serve 1-2 hours a day, 1-2 times a week in preschool settings. RSVP School Buddies volunteers work 1-2 hours a day, 1-2 times a week, supporting elementary aged school children who need extra assistance in one or more academic areas. Foster Grandparents help with early literacy and math. Foster Grandparent volunteers work a minimum of 15 hours per week. They receive a small non-taxable hourly stipend, a free daily meal at site when available, and more!

Contact Danielle 802-861-7821 or [daniellew@unitedwaynwvt.org](mailto:daniellew@unitedwaynwvt.org)

## Knights of Columbus Sunday Breakfast

The Knights of Columbus St. Stephen's Council #2284's world famous breakfast will be held Sunday January 21 from 8-11am at the Winooski Senior Center (123 Barlow Street, Winooski). Charge is \$6 per person, maximum \$20 per family, and children under 5 years of age eat for free.

For more information, contact Greg Clairmont, Worthy Grand Knight, at 802-343-8446.

## Preschool Registration & Skills Screening

By Maybeline Lopez, M.Ed., District Evaluator Birth-6yrs & Early Learning Coordinator

- **Friday, February 16, 2018**
- **9:00 am – 2:00 pm**
- **Preschool Room, JFK Elementary School**

Quality early childhood experiences are the foundation for school success and lifelong learning. If your child is or will be 3 by September 1st, 2018 please come to register for preschool and complete a preschool skills screening. If you have concerns about your child's development, our Winooski Early Childhood team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play based and free for 3 and 4 year old children, living in Winooski.

Please call Maybeline Lopez at 383-6063 to schedule an appointment for you and your child to come to the screening.

Teachers will also be filling out applications for all Winooski preschool slots at this time:

- Early Learning Center Head Start (located in Winooski School District)
- Winooski Early Childhood Program (located at Winooski School District)
- The Winooski Family Center (located at Elm Street, Winooski)

The Winooski Early Childhood team will also be assisting families with the ACT 166 application process.

## Act 166 Publicly Funded Prekindergarten

*For children between the ages of 3 and 5 who reside in the town of Winooski, Vermont*

### Publicly funded prekindergarten education is defined as:

Ten hours per week for 35 weeks in a community private early care and education programs. These pre-approved programs meet specific quality standards and provide developmentally appropriate learning experiences that are based on Vermont's Early Learning Standards. Children who reside in Winooski and are between the ages of three – five are eligible. Prekindergarten education is limited to the academic year (September 2018 – June 2019).

### Some of the community early care and education programs that Winooski School District partners with are:

- Trinity Children's Center -656-5026
- Lund Early Childhood Education Program -864-7467
- Greater Burlington YMCA Preschool -862-8993 x148
- The Children's School -862-2772
- Burlington Children's Space -658-1500 x13
- Robin's Nest -864-8191
- Pine Forest Children's Center -651-9455
- Williston Enrichment Center -846-9402
- The Schoolhouse -658-4164
- UVM Campus Children's Center -656-2091
- Heartworks -651-9343
- VNA Family Room -777-8447
- Lake Champlain Waldorf School -985-2827
- Children's Preschool and Enrichment Center -878-1060
- Green Mountain Montessori School -879-9114
- Early Learning Center at Saint Michael's College -654-2650
- E.J.'s Kids Klub -860-1151
- Burlington Forest Preschool L3C -310-7028
- Frog & Toad Child Care & Learning Center -871-5309
- Kids & Fitness: Essex-879-7734, So. Burl. -658-0080, Williston-864-5351

- Discovery Preschool -860-4370  
As well as many other programs.

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

The prekindergarten program offered in the public school is tuition free. The prekindergarten program offered through a partner program will charge families for the care and education program the child needs beyond the 10 hours/week during the academic year. Your child's preschool must deduct these public funds from your annual tuition bill.

### Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2018, and resides in Winooski, then your child is eligible to participate.

### How much will the Winooski School District pay?

A statewide rate of \$3,267.00 per child was established by the Agency of Education. This covers 10 hours per week of high quality prekindergarten education for 35 weeks.

### How do I apply?

Application forms will be at the Preschool Skills Screening, may be picked up in the support services offices within the Winooski School District, or printed off of the Winooski School District website (under Support Services, Pre-Kindergarten link). Families interested in participating need to fill out a new application each year and provide a copy of their child's birth certificate and proof of residency (a utility bill or mortgage/lease).

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

Please contact Maybeline Lopez at 802-383-6063 to schedule a time for the preschool screening and with any questions.

## January Update

By Sara Raabe, JFK Principal

Once again, the JFK Winter Performance was amazing! The students did a fantastic job singing the songs and fully participating.

A huge thank you to Sara Poland, JFK's music teacher. This is Sara's first year at JFK, and she did a fantastic job with the concert. She picked songs, choreographed them, worked with classes to master the songs, put together the rehearsals, and managed to get the details for the show all done. From the rehearsals to the staging to the final performance, she is a dedicated individual that helps our students to shine during this big event.

Also a huge thank you to the teachers and staff at JFK. Having students ready to perform takes a huge effort from all of the students and all of the adults. Our staff at JFK practiced the songs with the students in classrooms, at recess, at lunch, walking down the halls - wherever they can! Everyone worked together towards the common goal of an amazing concert by supporting each other and the students.

The week of December 4th was Hour of Code. Hour of Code is a global movement to introduce students of all ages to coding and computer science. Each class spent an hour working on coding together. Students were able to build their own online mazes that they had to maneuver a character through, build a galaxy with code, create their own Google logo using scratch, or create their own Flappy game. Go to [hourofcode.com](http://hourofcode.com) for more information and activities you can do at home.

Winter has come to Vermont. At JFK, we are always looking for cold weather clothing donations. As you clean out closets, if you come across warm jackets, snowpants, or boots that you no longer need, we would love to give them to students to use.

Happy New Year!

## Intro to Coding

By Mag Thomas

We have a group of students from Kindergarten, 1st grade and 2nd grade who may be future computer programmers!!

They meet once a week to get a head start in the world of coding. The students are getting familiar with sending commands to the computer and thinking like a coder.

With help from Mr. Affinati, the students are using specialized apps that allow them to build and work on on the fundamentals of coding without having any prior experience with computers or programming.



# Learning About Healthy Foods

By Jaycie Puttlitz, Wellness Coordinator



*A student records information from a label*

Do you know how to read a Nutrition label? 4th grade students at JFK Elementary do!

Good nutrition is an important part of living a healthy life. Winooski fourth graders are learning what are healthy foods and, most importantly, how to make smart decisions about the foods they choose to eat.

Over the past month, fourth graders have learned about the different food groups and why it is important to eat a variety of foods at each meal or when snacking during the day. They have also

learned how to read the Nutrition Facts label printed on packaged foods. Then, they decide what foods might be healthier based on ingredients and information they read.

Here are some thoughts these fourth graders have about nutrition!

- “I learned that vegetables are foods that are the leaves, stalks and roots of the plant, and fruits have seeds! You should eat more vegetables than junk food. Vegetables and fruits will make you healthier!” — Albina
- “I didn’t know that some vegetables came out of the ground like carrots and potatoes.” — Leyla
- “You have to eat more vegetables than other foods. Don’t eat chips all the time. If you eat more vegetables you get vitamins that will give you more power to read and write.” — Alisa
- “Now, when I go home and open a bag of chips, I look at the label to see how much of it I should eat. I try to eat less of it. If I ask my mom to get me something when we stop for gas, I’ll think about the healthy foods. But if I want something like chips that I have not had in a long time, I’ll get a healthy drink with it.” — Kenadi



*4th Graders sort foods into food groups*



*Ms. Puttlitz talks about foods with students*



*Learning about nutrition is fun!*



*Students read nutrition labels*



*Students discuss food groups*



## SMC Buddy Program 2017

By Sarah Forbes, K-1 ELL Teacher

Friday, December 8th, marked the end of another great year of JFK's partnership with SMC's Peace & Justice class. For several Fridays throughout the fall, Saint Michael's College freshman arrived for an hour of learning with our first grade students. JFK first graders looked forward to their visits with great excitement. During their hour visit, buddies played math games, practiced fact power (fast math), read books, and got to know each other. This time gives JFK students extra individual and small group attention, and we see growth in their understanding of key math concepts in their work with buddies. Saint Michael's students shared that they loved watching students accomplish math goals, and they appreciated having an impact on their lives. Others said that they were always in a good mood on Friday because of this opportunity to be in schools, working with students who were excited to see them every week.

JFK students had much to say about the partnership too. The program always kicks off and ends with a pizza party, with pizza delivered by SMC buddies. Of course, the first graders enjoy that! While buddies are classroom buddies, shared by all students, their individual attention is also a great asset to our English language learners, who are exposed to and practice their growing English skills in small buddy groups. One English learner, when asked why she liked having buddies in her classroom said: "I like when buddies color with me and do math games with me...we are having fun!" Other students echoed the sentiment. On the last day, Miss. Johnson's first grade class had a circle share, where each student was able to voice something they liked about the partnership, and buddies shared too. Several JFK students said they liked doing math with their buddies. This enthusiasm for math is something to celebrate.

## MIDDLE/HIGH SCHOOL HIGHLIGHTS

### Changes to January's Expo Week

By Kate Grodin, Co-Principal, Winooski Middle High School

For the past few years, the middle and high school has participated in Expo Week in January, fondly called "JanPo." The week is designed to be a celebration and a demonstration of learning. Students prepare speeches and presentations as well as displays of their learning from the past semester. This practice replaced mid-term or final exams for many classes. High school students will continue to participate in JanPo and celebrate in this way!

This year, however, middle school students are working on Expeditions. These are interdisciplinary units on compelling topics that all end with a culminating event, which does not necessarily coincide with the semester. Therefore, middle schoolers will not participate in JanPo or in the June Expo week (JunePo).

Please consult the schedule below for your high school student. All middle school students will have regular classes on January 12.

Date	School Day Information
<b>Monday 1/8</b>	8:00-3:00 - Regular schedule
<b>Tuesday 1/9</b>	9:15-3:00 - All students attend January Expo Days. Students giving a morning speech arrive at 8:45.
<b>Wednesday 1/10</b>	8:00-12:15 - Early Dismissal day.
<b>Thursday 1/11</b>	9:15-3:00 - All students attend January Expo Days. Students giving a morning speech arrive at 8:45.
<b>Friday 1/12</b>	8:00-12:15 - Only students who missed one or both of their presentations attend school.



# High School Students Plan for the Future

By Lindsey Cox, Winooski High School Advisory Coordinator

Winooski High School students have been thinking about the future in advisory to close out 2017. Thanks to support from VSAC and the work of art teacher, Jessica Bruce, and guidance counselor, Heidi McLaughlin, each student received a blank “brick” that they painted according to an aspiration they have for their future. The bricks are being installed in the high school stairwell as reminder for what is possible.

Long term aspirations then made way for short term goal setting as students learned about SMART goals. SMART is an acronym that stands for specific, measurable, attainable, relevant, and timely. The activity started with a game that required students to have fun with goal setting by stacking up the candy, Smarties. Then, each advisory engaged in a discussion about setting goals to draw out the lessons learned from the game. Last, students identified two goals for their classes and two personal goals. These goals were recorded and added to their Personal Learning Plan (PLP). In a few months, students will return to their goals and reflect on their progress.

Advisors enjoyed meeting many high school parents during the November parent/teacher conferences. Advisors are working hard to build strong relationships with their advisees and that includes strengthening the connection between school and families too. We will continue to hone our conference structure, and look forward to meeting more of you in the spring.

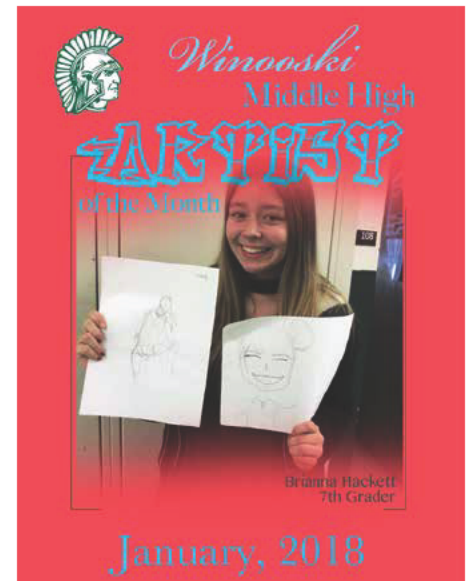
Advisory Challenge is going strong after a group photo contest in November and a faculty baby photo trivia game in December. Check out the new advisory bulletin board right next to the main lobby to see the photo entries. Contests aren't the only way that advisories earn points. Students can perform at a community meeting or contribute to the school/community in a meaningful way. The Bundy advisory ran a food drive during December



to donate to the food shelf. The Crowley advisory brought in Winooski Legislative Representative, Diana Gonzalez, for an informal, lunchtime conversation with students. Both examples are helping high school students engage with their school and learn more about their community.

On December 13, high school students participated in activities to deepen their foundational knowledge about the practice of Circles. Advisories do a circle every Monday. Advisories worked together to develop their own circle topics and questions. Every circle created will be used by the entire high school at some point during the spring semester. We are always looking for more ways to give students voice in their learning and the December half-day came out of a conversation with the advisory representative group about how to make circles more engaging for more students.

As we look ahead to the new year, students will be focused on scheduling their learning for next year by signing up for classes, hearing from the regional tech centers, and taking a big picture look at the proficiencies they need to graduate. If you have any questions about the program, please contact advisory coordinator Lindsey Cox: lcox@wdschools.org.



## January Artist of the Month

By Jessica Bruce, Visual Arts Teacher

Please join me in congratulating Brianna Hackett as the Winooski Middle High Artist of the Month for January, 2018!

Brianna worked really intently on her assignments in the first quarter of art class, and wanted to stay to continue making art in comic book illustration for the second semester. She has shown a tremendous work ethic, is polite and always get's right to work. During our recent figure drawing unit, Brianna was always willing to be our model and she is really helpful with assisting other students in the class.

From a Graduate Proficiency stand-point, Brianna is exhibiting proficiency at a level 9 in Visual Arts, which states: “I can use an established set of criteria to evaluate my artwork. I explore and invent artistic techniques in my artwork. I can emulate aspects of other’s artwork in my own. I can develop vocabulary to evaluate artistic work.”

Great job, Brianna!

Above: Students in the Mason advisory stack Smarties to learn about goal-setting.

Left: Winooski Rep. Diana Gonzalez speaks to WHS students during lunch.

**City Council Update**

*By Eric Covey*



Hi Winooski neighbors!  
Budget season is in full swing! At our December 4th meeting the Council was presented with staff recommendations for the Fiscal Year 2019 (FY19) budget. Input from Winooski residents like you is critical to ensuring that the budget we put forward to voters on Town Meeting Day is representative of our values as a community.

Our municipal budget is the vehicle that we use as a city to move forward our collective community vision for an affordable, livable and diverse Winooski. Over the next month we will be considering budget priorities that invest strategically in our municipal infrastructure, work to create economic vitality, and foster a connected community through safe, healthy environments and programs that engage community members from all walks of life, while being fiscally responsible with taxpayer dollars.

I want to give a big shout out to our passionate and dedicated City staff who work remarkably hard to move this vision forward, and who leverage an incredible amount of outside resources in addition to our municipal budget to provide exceptional programs and services for Winooski residents.

While this echoes last month's Council update, the budget process is such a significant driver of how we develop as a community, it's important to touch on again and ensure that all community members are able to stay informed about the budget process, and that you have the opportunity to have your voice heard as we work to craft a budget that meets these goals.

You can view the FY19 proposed budget that was presented to the Council on the City's website: <http://www.winooskivt.org/city-budgets/>.

As a reminder from last month's update, the Council will be working through individual budget groupings on the following schedule, with all meetings starting at 6pm:

- Tuesday, January 2: Community Services
- Monday, January 8: Public Works
- Tuesday, January 16: Public Safety
- Monday, January 22: Capital Budget
- Monday, January 29: Budget Approval Vote & Set Warrant

**Important Dates from City Hall**

*By Carol Barrett, City Clerk*

- Tuesday, Jan. 2, City Council meeting
- Monday, Jan. 8, City Council meeting
- Tuesday, Jan 16, City Council meeting
- Monday, Jan. 22, City Council meeting
- Monday, Jan. 29, City Council meeting

Monday, January 15, Holiday, Martin Luther King Day

**Your input is needed at these meetings!**

They're a chance to contribute your ideas and values to help shape the budget that will be voted on during the Town Meeting Day election, Tuesday March 6th. If you have any questions, or want to share your thoughts but can't attend any of these meetings, please contact us using the contact information on

this page. We'd love to hear from you!

You can also watch these meetings on Channel 17, or view the video from past meetings online: <https://www.cctv.org/watch-tv/municipalities/winooski>.

Not only is it budget season, but as I'm sure you're well aware, it's snowstorm season! To stay up to date on Winter parking bans you can text 'Winooski' to 888-777 or visit [local.nixle.com/](http://local.nixle.com/) register to sign up for automatic updates. You can also call 802-655-3908 to check if a parking ban is in effect.

This time of year also serves as a reminder that many of our Winooski neighbors are homebound, or may have physical challenges shoveling themselves out after a snowstorm. Community is all about pitching in and supporting each other, so if you're able to give a helping hand to neighbors who may be in need please do so! If you, or someone you know, may need a helping hand shoveling out during these winter months please reach out to your community on Front Porch Forum, and feel free to contact me, or others you know who may be willing to pitch in.

Happy New Year! Thank you for making Winooski such an amazing place to live.

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

## Join us for the MLK Day of service: Monday, January 15th, 2018!

By Aphaia Lambert-Harper

Through a partnership with the AmeriCorps VISTA program, The City of Winooski provides an annual opportunity to celebrate the legacy of Martin Luther King Jr. through community service opportunities.

This year, we encourage community members to sign up for one of these volunteer activities:

- **Build a little free library / 1:30 pm – 3:30 pm**

Through a generous donation and partnership with ReSource, we'll have materials available to build little free libraries at the Winooski Fire Department building (120 Main Street, Winooski VT 05404) for future distribution.

- **Revamp the Winooski Food Shelf / 1:30 pm – 3:30 pm**

Our friends at the Winooski Food Shelf (24 West Allen Street, Winooski VT 05404) need help with a clean-up and reorganization effort to keep their program running well.

- **Make greeting cards for military veterans / 1:30 pm – 3:30 pm**

Join us at the Winooski Senior Center (123 Barlow Street, Winooski VT 05404) to make greeting cards for military veterans and their families. Volunteers will provide materials and company for this crafty project.

- **Community Meal / 4:00 PM – 6:00 PM**

End a day of service by joining us for a free community meal at the Winooski Senior Center. Meet your neighbors, make a new friend, and share your story of service.

Sign up for any of these service activities at [bit.ly/2yOVayb](http://bit.ly/2yOVayb) or join the Facebook event at [bit.ly/2BgMF1i](http://bit.ly/2BgMF1i)

Questions regarding the MLK 2018 event or our Volunteer Program can be forwarded to Aphaia Lambert-Harper, Community Engagement & Volunteer Coordinator (AmeriCorps VISTA) / 802 655 6410 / [alambert@winooskivt.org](mailto:alambert@winooskivt.org)

Thank you!

## Access Winooski

By Maura O'Neill

The 2018 Access Winooski cards are available for purchase!

This year-long event showcases the best of what Winooski has to offer. The proceeds from the purchase of the cards benefit Downtown Winooski. With an incredible list of member-only deals, card holders can save money, support programming such as Onion Fest, The Winooski Farmers Market, Summer Meals Program, Halloween in Winooski, and get amazing deals on food, drink, gifts, and services. You can see all the discounts at: [www.downtownwinooski.org/access](http://www.downtownwinooski.org/access)

Access Winooski cards are good for the entire calendar year, and are available in the Winooski Block building at the top of the roundabout at Scout & Co., Birdfolk Collective, and online at [www.downtownwinooski.org/access](http://www.downtownwinooski.org/access).



## Want To Get Involved in City or School Government?

By Carol Barrett

Petitions are available in the clerk's office or on line for School District Trustee, Mayor, City Council Members and Champlain Water District. **The last day to file a petition is Monday, January 29, 2018 at 5:00 p.m.**

The following positions are up for re-election:

**Mayor:**

3 Year Term – Seth Leonard

**City Councilors:**

Two 2-year terms:

Brian Corrigan and Brian Sweeney

**Board of School Trustees:**

One 2-year term: Alex Yin

One 3-year term: Tori Cleiland

**Champlain Water District:**

One 3-year term: Jonathan Stockbridge

*If you have any questions about running for these positions, please contact Carol Barrett or Janet Brouard at 802-655-6419 or email [cjbarrett@winooskivt.org](mailto:cjbarrett@winooskivt.org) or [jlbrouard@winooskivt.org](mailto:jlbrouard@winooskivt.org).*

## Free Throw Contest

By Jeff Brosseau

Winooski Knights of Columbus Council # 2284 and St. Francis CYO are once again sponsoring a free throw contest on Saturday, January 13, 2018 at 12:30 PM for boys and 1:30 PM for girls at the Winooski High School gym. The contest is open to all local girls and boys ages 9 through 14. Proof of age (as of January 1, 2018) is required for participation. For more information please contact George Ashline at 654-2434 or Jeff Brosseau at 233-5530.

## Playgroup for Families

Please join us on Tuesdays and Thursdays from 9:30AM-11:30AM. Families with young (0-5years old) will be able to meet at the O'Brien Community Center (32 Malletts Bay Avenue) to play, sing songs and enjoy a healthy snack.

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



# Winooski Girl Scouts Update

By Amy Lothrop

November was another amazing month.

**DAISIES 58806:** Our group is having fun getting to know one another better! The Daisies learned about the importance of being Honest and Fair. We discussed how we feel when someone isn't honest, and explored ways to be fair by sharing our snack mix with each other, voting on what game to play together (musical chairs was the clear winner!) and practiced following the rules as we played.



*Daisies learning about being honest and fair*

**BROWNIES 52013:** We completed several badges in November. Celebrating Community was an opportunity to learn about Winooski. Representative Diana Gonzalez joined us to talk about her role in government and how the girls can become more involved. They also went to the Winooski School Board Meeting



*Brownies learning the Heimlich maneuver*

to lead the Pledge of Allegiance. Household Elf taught them about living in a green home plus energy and water conservation. They made homemade air fresheners to take home - an easy way to reduce the amount of chemicals in your home. They want you to know:

- Reducing your shower by 5 minutes will save 25 gallons of water
- Standby power might be adding \$20-30 every month to your bill

We challenged ALL the Brownies to reduce water or electrical usage at home. They embraced it. Here are some of the new habits they are forming:

- Water -- shorter showers, using cold water not hot in the washing machine
- Electricity -- unplug chargers, coffeemakers, microwaves, etc when not in use

**JUNIORS 30948:** We earned our First Aid badge. Jen and Trena helped the girls build their own portable first aid kits. Several girls have already used them to help their friends with minor cuts. They learned the importance of Check, Call and Care in any emergency situation. In order to earn their Safety Pin, they learned to identify hazards in their meeting areas and ways to mitigate them. They had to develop a home evacuation plan for their families. We also continued to develop plans for the Bronze Award.

**CADETTES 30187:** We focused on our Netiquette badge by exploring “wow” and “whoops” moments on social media. We dug into the harm that can be caused by acting before thinking. The girls were very surprised to learn how often people “spoke” too quickly and the serious harm that was caused to themselves and others. We looked at commenting on blogs, social media threads and public forums. Many of the comments were demeaning which opened our conversation to ways that they can “THINK” before speaking. THINK stands for True, Helpful, Inspiring, Necessary and Kind. Dan Higgins joined us to take a troop picture. It was cold and windy but we headed to Rotary Park anyway. They wore their vests to represent their troop unity and held personal objects to express their individuality. Thank you Dan for a great photo!



*Cadettes*

If you would like to join, it is never too late. We are open to all girls from Kindergarten to 12th grade. Contact Amy Snow Lothrop at AmyLothrop@Comcast.net or (802) 373-7288 anytime. Cookie season kicks off in January 2018! Look for us out in the community! We appreciate all this community does to support our troop's mission to develop girls of courage, confidence and character who make the world a better place.



*Troop fundraiser*

## Police Update

By Scott McGivern, Lieutenant, Winooski Police Department



The beginning of a new year is always full of excitement and anticipation of what lies ahead. That applies to the police department. We are anticipating some change in personnel. There will be retirements which will create an opportunity for people to join us. It is an exciting and rewarding occupation. If anyone is interested

to learn what being a police officer, please contact me.

The police department does have a ride along program. It allows a person to be with an officer for a period of time. This allows for a unique, firsthand experience to help a person make the decision to become a police officer. A form needs to be completed and a brief background check is done prior to getting into a cruiser with an officer.

The police department will be continuing with community outreach projects. If anyone has any ideas for an event which would bring the police and the community together I would be more than happy to hear from you.

The Winooski Police Department hopes everyone has a safe and exciting 2018.

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## Winooski Memorial Library

By Elsie Goodrich, Youth Services Coordinator

Greetings from the Winooski Memorial Library!



- **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 home chess, Settlers of Catan, Jr. Ticket to Ride and other fun new games!
- 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.
- Looking for a job? Our **Job Hunt Helper** is here every Tuesday 2:30PM to 5:30PM and Saturday 11:00AM to 2:00PM. Get help from a trained CCV student finding work, updating your resume, or help with your computer or phone. Call to set up a free appointment or drop in.
- **Free nutritious meals** for anyone 18 and under offered Monday through Thursdays.

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).

## January is Human Trafficking Awareness Month

“Human trafficking is the process of compelling a person to perform labor through force, fraud or coercion. Often described as modern day slavery, human trafficking exploits people’s dreams, robs them of their dignity, and violates their basic human rights.

No industry or form of labor is immune — human trafficking happens in manufacturing, agriculture, domestic work such as nannies or maids, the sex industry, and many others. Traffickers use a variety of methods, including and especially psychological coercion, to control victims.

US Federal law The United States’ Trafficking Victims Protection Act uses the term Severe Trafficking in Persons, which is defined as The recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purpose of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age; The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services through the use of force, fraud or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery.

The United Nations, with the “Protocol to Prevent, Suppress, and Punish Trafficking in Persons Especially Women and Children” defines trafficking as: “The action of recruitment, transportation, transfer, harbouring, or receipt of persons by means of the threat or use of force, coercion, abduction, fraud, abuse of power or vulnerability, or giving payments or benefits to a person in control of the victim for the purposes of exploitation, which includes exploiting the prostitution of others, sexual exploitation, forced labour, slavery or similar practices, and the removal of organs. Consent of the victim is irrelevant where illicit means are established”.

**Give Way to Freedom can provide you with more resources:** <http://givewaytofreedom.org/Human-Trafficking/what-is-human-trafficking.php>

15 Ways You Can Help Fight Human Trafficking - <https://www.state.gov/j/tip/id/help/>

For more information contact Sr. Pat: [pat.mckittrick@uvhealth.org](mailto:pat.mckittrick@uvhealth.org) or call: 847-6534.

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## 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).

# Join Us for our Monthly Community Dinner

By Jackie Hoy, Communications Coordinator

Please join the Winooski Partnership for Prevention at our next community dinner, which will be on Wednesday, January 17th from 6:00 to 7:30 p.m. at the O'Brien Community Center. The dinner is free and everyone is welcome, so come and brave the cold and snow for a warm, delicious meal!

## 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

## 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 in January! 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.

## Youth and Marijuana: Facts for Teens and Parents

While youth use rates for alcohol and tobacco have been decreasing over the years, it appears as if youth marijuana use has remained flat. However, youth use rates in states where marijuana has not been legalized is actually on the decline, while rates of youth use in states where marijuana has been legalized are increasing.

In fact, for minors (the 12-17 age group), the user rate in Colorado increased by 9.53% in the first two years after legalization, and in Washington State by 3.18%. The average change in minor user rate for all U.S. states in that time period was a decrease of -2.21% (from the National Survey on Drug Use and Health).

Did you know that the brain is still developing until around the age of 25? Using substances, including marijuana, can have a major impact on brain development. Talking to kids about substances can help prevent substance use.

For tips on how to talk to your kids about marijuana, visit ParentUp at [www.parentuptv.org](http://www.parentuptv.org).

# Youth Basketball

By Alicia Finley, Parks & Rec. Manager

The 2018 Youth Basketball season starts soon – the program includes skills-based clinics, games, halftime minigames, and an end of season pizza party.

## Program info:

- **Skills-Based Clinic** (Grades K - 2): \$20 early / \$25 late • Jan. 20 - Feb. 24 • Saturdays, 9:30 am - 11:00 am @ JFK Cafeteria
- **Skills-Based Clinic & Games** (Grades 3 - 6): \$30 early / \$35 late • Jan. 6 - Feb. 24 • Saturdays, 9:30 am - 11:00 am @ JFK Gymnasium
- **3rd - 6th Grade Varsity Halftime Minigames:** Jan. 31st @ 7:15 pm • Feb. 2nd @ 7:45 pm • Feb. 9th @ 7:45 pm • Feb. 16th @ 7:45 pm • Pizza Party on Feb. 24th!

For more information and register today: [www.winooskirec.com](http://www.winooskirec.com). Questions about the 2018 Youth Basketball Program can be forwarded to Alicia Finley, Recreation & Parks Manager: [Afinley@winooskivt.org](mailto:Afinley@winooskivt.org) or call 802 777 1621

If you are interested in being a volunteer coach, please visit [www.winooskivt.org/volunteer/](http://www.winooskivt.org/volunteer/).



# Winooski Food Shelf Schedule for January

By Linda Howe, Winooski Food Shelf Coordinator

<b>Wednesday, January 10th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
<b>Saturday, January 13th</b>	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, January 24th</b>	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
<b>Saturday, January 27th</b>	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items

**Volunteers needed:** 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.

**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. 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.

*The Winooski Food Shelf volunteers are most grateful for all the kind donations made by local businesses and residents. It is only through the generosity of the community that we are able to provide help and hope to our low income residents. Thank you!!*



## Community College of Vermont (CCV) Winooski News

Jen Garrett-Ostermiller, Coordinator of Academic Services

**REGISTER NOW!**  
for Spring and  
Summer 2018!  
**www.ccv.edu**  
**(802) 654-0505**

### Class Registration

It is not too late to enroll in **Spring 2018 classes**, including **Introduction to College & Careers** (for 9th through 12th graders) and Dual Enrollment (for 11th and 12th graders). Talk with Heidi McLaughlin in the Guidance Office or call 802-654-0505 to learn how to get started at CCV.

### Study Tip of the Month from CCV

Try making a "Know/Don't Know/Do" chart next time you are reviewing information or studying for an exam. Ask your teachers for help if you want ideas about how what to do in order to learn what you don't know.

Examples	What I Know	What I Don't Know	What Will I Do to Learn
Example from American History:	The Jim Crow Era was after the Civil War and before the Civil Rights Movement.	There were U.S. Supreme Court cases that were important, but I don't know what they were or why they were important.	I will use my history textbook to learn about two important U.S. Supreme Court cases during the Jim Crow Era. I will draw a storyboard showing who was involved with each case, what were the major arguments, and what was the outcome.
Example from Biology:	Plants use photosynthesis to create energy for themselves. Most other organisms consume plants for energy.	I don't understand the relationship between photosynthesis and "cellular respiration."	I'm going to go to Khan Academy and watch a video on "cellular respiration." I also will watch a YouTube video on "primary producers."

# Winooski Senior Center January Update

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

There are some great new opportunities waiting for you at the Winooski Senior Center this new year! As a result of the survey we conducted this fall, we've created some new activities to provide interest-driven programming that follows our mission — to empower seniors for personal independence, healthy aging, social connection and life-long learning. Make a resolution to come by and join us!

## NEW ACTIVITIES:

**Tuesday Lunch & Learn** - Every Tuesday we'll serve up a delicious and nutritious senior meal from Age Well along with our own salad & fixin's bar. Call for a reservation by noon on Monday. \$5.00 meal by donation. Doors open for socializing at 11am, lunch is served at 11:30am, and activities begin at Noon. Check our online calendar for the menu and activity specifics.

**Open House Time** - Twice a month, we'll open the doors on Wednesday afternoons from 1-3pm for social activities. Play board games and cards, try out our new ping pong table, work on an art project or just chat over coffee and snacks. This is a great time to catch up with friends and find out what is coming up at the Senior Center. Check our online calendar for specific dates.

**Brown Bag BINGO!** - Every Thursday doors open at 11am. Bring your lunch or try out our new Senior Snack Bar - now serving up McKenzie's Artisan Angus hot dogs and other tasty treats at affordable prices. BINGO! begins at 12:30pm sharp. Pull tab tickets and plenty of free popcorn. Special theme days once a month. Join us for an exciting afternoon of food, friends and fun! (You must be 18+ to play)

## UPCOMING ACTIVITIES:

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

**Tai Chi** - with Elizabeth Wirles:  
Monday 10-11am Sun 73 Long Form  
Monday 11am-Noon Seated Tai Chi

## Senior Exercise Program:

Tues/Thur 10-11am

## BINGO! Theme Days:

- Jan 18 - Squirrel Appreciation Day
- Feb 22 - Chinese New Year
- March 15 - St. Patrick's Day
- April 19 - April in Paris

## Senior Lunch & Activity Reports:

- Jan 9 • March 13 • April 10

## Senior Planning Meetings:

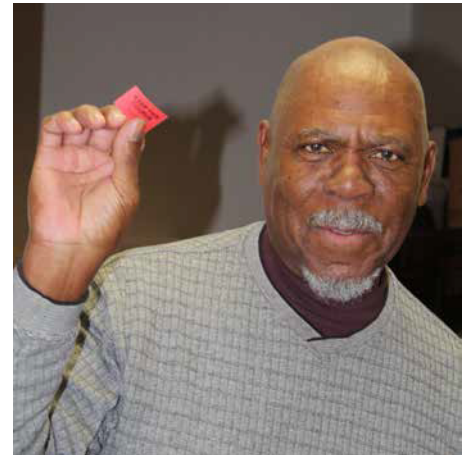
- Jan 3 • Feb 7 • March 7 • April 4

## SPECIAL EVENTS:

- Jan 5 - International Peace Meal
- Jan 17 - Make & Take Fairy Gardens
- Feb 2 - International Peace Meal with WSD's ELL Program
- Feb to April - AARP Tax Aide on Mondays & Wednesdays
- Feb 13 - Senior Valentine's Party
- March 2 - International Peace Meal
- May 8 - Senior Brunch 4 Lunch Spring Party

Reservations for all meals are required. Call us by NOON the day before the meal to make your reservation. Special event meals require prepayment.

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible. Office hours are 8:30am - Noon (Monday - Friday). You can reach us by phone at: 655-6425 or email at: [seniorcenter@winooskivt.org](mailto:seniorcenter@winooskivt.org)



Stay up to date! Visit us on Facebook at: <https://www.facebook.com/winooskiseniorcenter/>  
OR see our live online monthly activity calendar at: [www.winooskivt.org/seniorprograms/](http://www.winooskivt.org/seniorprograms/)



# HEALTH CORNER

By Liz Parris, School Nurse, Health Office Coordinator

Happy New Year! As many of you know by now, we have officially opened our School Based Health Center (SBHC). The SBHC is open to all Winooski children currently enrolled in preschool-12th grade. There are currently over 400 students enrolled in the program. The SBHC is designed to keep the students in school as much as possible. Since October we have had Dr. Andrea Green from UVM-MC-Pediatrics and Dr. Terry Hetzler from CHCB here in the office once a week seeing students for acute illnesses such as ear infections, upper respiratory infections, rashes etc. The SBHC has been full almost every week since it opened with either scheduled appointments or walk ins.

If you are interested in signing up your child to be seen in the SBHC, please let one of the nurses know. If you have already signed your student up for the SBHC, there are 2 additional forms that we need filled out in order for Dr. Hetzler from CHCB to see the students. Please stop by the health office as soon as possible to fill out these forms.

## Tooth Tutor Update

By Diane Polson, RDH, Tooth Tutor

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

Good Oral Health MEANS Good Overall Health!

# ELEMENTARY SCHOOL LUNCH MENU — JANUARY

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

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
<b>No School</b>	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., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
Turkey Sausage & Cheese Biscuit Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release K-12 Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Mon., Jan. 15	Tues., Jan. 16	Wed., Jan. 17	Thurs., Jan. 18	Fri., Jan. 19
<b>No School</b>	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., Jan. 22	Tues., Jan. 23	Wed., Jan. 24	Thurs., Jan. 25	Fri., Jan. 26
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., Jan. 29	Tues., Jan. 30	Wed., Jan. 31		
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		

### Winooski Elementary School Breakfast In The Classroom January 2018

**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 Vc 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/careers>




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

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
<b>No School</b>	Chicken Patty Sandwich w/Lettuce & Tomato Seasoned Potato Wedges Baked Beans	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Fresh Carrot Sticks w/Hummus Dip	Spaghetti w/ Meat Sauce Garlic Breadstick Spinach Salad	Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Celery Sticks
Mon., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
Chicken & Biscuits Mashed Potato Steamed Peas & Carrots	Chicken Fajitas w/Onions & Peppers Rice Pilaf Steamed Corn	Early Release K-12 Chef's Choice Pizzas Pepperoni, Cheese or Veggie Roasted Broccoli Fresh Carrot Sticks	Oven Baked Goulash Garlic Breadstick Caesar Salad	Meatball Sub Baked Potato w/Sour Cream & Chives Steamed Broccoli
Mon., Jan. 15	Tues., Jan. 16	Wed., Jan. 17	Thurs., Jan. 18	Fri., Jan. 19
<b>No School</b>	Taste Test Event Nachos Supreme Rice Pilaf Steamed Corn	Cheesy Breadsticks w/ Marinara Sauce Minestrone Soup Fresh Celery Sticks	Macaroni & Cheese Combread Chopped Green Salad w/Buttermilk Ranch Dressing Caesar Salad	Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Dinner Roll Baked Beans
Mon., Jan. 22	Tues., Jan. 23	Wed., Jan. 24	Thurs., Jan. 25	Fri., Jan. 26
Oven Baked Chicken Nuggets w/Dipping Sauce Garden Pasta Salad Baked Beans	8th Day Celebration Taco Bar w/Hot Selt Tartar Rice Pilaf Creamy Coleislaw	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Chopped Green Salad w/Buttermilk Ranch Dressing Green Beans	Hot Turkey Sandwich w/ Gravy Mashed Potato Steamed Peas	Grilled Cheese Sandwich Chicken Noodle Soup Fresh Carrot Sticks w/ Hummus Dip
Mon., Jan. 29	Tues., Jan. 30	Wed., Jan. 31		
Winter Beach Party Burgers & Hot Dogs w/Fixings Garden Pasta Salad Baked Beans Chilled Watermelon Frozen Sidekick	Chicken & Cheese Quesadilla Rice Pilaf Steamed Corn Roasted Chick Peas	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Caesar Salad Carrots Sticks w/Hummus Dip		

### Winooski Elementary School Lunch January 2018

**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 January 16, 2018  
Featuring Buttermilk

**Harvest of the Month January**  
Buttermilk  
Ranch Dressing

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  
Chopped & Potatoes  
Georgia Mtn, Maple 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

#### 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  
kgrodin@wdschools.org /  
lwheeler@wdschools.org

#### Board of School Trustees

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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*