

ALSO INCLUDES 8 PAGES OF
Community News!
 STARTING ON PAGE 11

WINOOSKI SCHOOL DISTRICT NEWS!

APRIL 2018

Celebrating Our Achievements!

Joan Chittister: Her Story, My Story, Our Story

By Sister Pat McKittrick



Joan Chittister: Her Story, My Story, Our Story is a play about the Benedictine nun-turned controversial spokesperson for international peace and social justice - written and performed by Verde Valley resident Teri Bays.



The play introduces the audience to two women: Sr. Joan and the playwright herself. Bays has long been fascinated, and influenced, by Chittister, whom she calls “a prophet for our time. Bays says, “By ‘prophet’ I don’t mean a predictor of the future. I mean someone who offers a countercultural voice and says the things that are not easily heard. Sr. Joan charges all of us to ask questions and challenge each other.”

Throughout the performance Bays speaks in both women’s voices, moving back and forth across the simple set, literally shifting between the perspectives of Sr. Joan, the public advocate for humanity, and herself, an everyday modern woman searching for her professional and spiritual place in the world.

The Winooski Peace Initiative supports this event. Free and open to the public. Donations accepted.

Date: April 5th at 7pm

Location: St. Michael’s College, in the Recital Hall

Cost: Free

For information, please email pat.mckittrick@uvmhealth.org, or call 802-847-6534.

2nd Annual Spring Vendor/Craft Fair



**Raffles, Bake Sale &
 Food Vendors**

Saturday April 7th

9am – 3pm

Winooski School

60 Normand St.

Brought to you by the Winooski PTO

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Thrive’s April Vacation Camp

By Kirstie Paschall, Children and Family Programs Manager



Registration is now open for our Thrive After School April Vacation Camp, which starts on **April 24th**.

Thrive After School is a state-licensed childcare/enrichment program partnered with the Winooski School District.

Our daily structure provides children with opportunities to expand on the learning that takes place during the school day and allows them to explore and grow through play-based, hands-on learning. We have opportunities for outside time, art, literacy, skill-building activities, and exploring hobbies and interests!

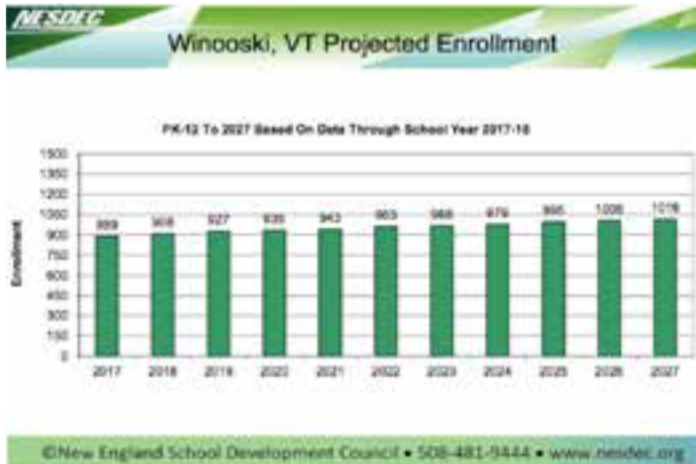
4/24-4/27 (Tues. - Fri. 8 am - 5:30 pm) at the Winooski School District. Visit winooskirec.com and sign up today!

Questions regarding this program can be forwarded to Kirstie Paschall, Children and Family Programs Manager: kkpaschall@winooskivt.org / 802 233 8188

Beautiful Environments Create Beautiful Children!

By Sean McMannon, Superintendent of Schools

Bill Strickland, social innovator, arts-lover and native of Pittsburgh, PA coined the phrase “Beautiful Environments Create Beautiful Children!” In the spring of 2013 when I was interviewing to become your superintendent I did my homework on several aspects of the organization to assess where the strengths, immediate needs and long-term needs existed. It was clear that the board and staff had been good stewards of the facility and had addressed various needs over the years through a number of projects. At the same time, our building was constructed in 1964 so it is over fifty years old. Instructional practices, how students learn, and family and community needs have shifted dramatically since the 1960s. In addition, our student population has grown and is projected to continue growing as demonstrated in the chart below:



Last spring the school board provided an initial investment from the Capital Reserve Fund to conduct a feasibility study which is an assessment of the practicality of a proposed project. Basically, we had an engineer work with our Facility Supervisor to determine the overall system needs (e.g. HVAC, security) and where and how we could add additional space. Following this study we started a WSD Capital Project Committee (CPC) made up of stakeholder representatives and partnered with architecture and interior design firm from Burlington, TruexCullins. Managing Principal David Epstein and Associate Cam Featherstonhaugh from TruexCullins are guiding our committee through a comprehensive process to determine our needs, produce designs and communicate the possibilities to the broader Winooski community.

Since the fall WSD Capital Project Committee (CPC) has been hard at work! We began with building a project schedule, researching modern learning environments, conducting a visioning workshop using the Design for the Whole Child Framework, developing Guiding Statements, assessing programming needs and concept designs will begin this spring.



Our Guiding Statements are:

Wellness:

The Winooski School District is committed to creating a school that supports the academic, social, emotional, and physical well-being of all students, families and staff.

- The design of the school shall embody a student-centered approach that is focused on calmness and tranquility, to promote an optimal level of student readiness to learn.
- All spaces occupied by students and staff shall have access to clean and fresh air, and natural light, either directly, or borrowed from a space with direct access to natural light.

Learning:

The Winooski School District shall encourage maximum potential for learning through the use of flexible, student-centered learning spaces.

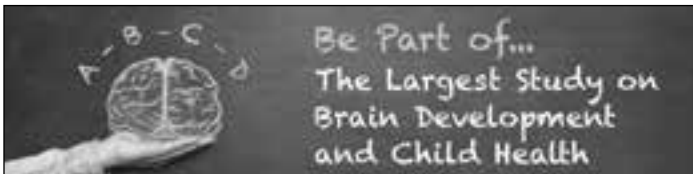
- The design shall support the school’s team-based approach by providing space that integrates members of the primary instruction and support team, including ELL, Special Education, and Instructional Assistants.
- The school design shall provide technology-rich environments that celebrate student learning and life.

Engagement:

The Winooski School District seeks to create a welcoming learning environment that is safe and functional with access to a variety of services for student and families and the broader Winooski community.

- The design of the school should promote community integration and include spaces for learning, socializing, reflection and gathering of students, faculty & staff, and community members.
- The design of instructional and administrative spaces should encourage collaboration between students, staff, and community members.

More detailed information will be available on our website www.wdschools.org by clicking the Parent/Community tab on the homepage and monthly updates in the District Newsletter will continue. Also, please feel free to contact me directly at smcmannon@wdschools.org or 383-6000. Thank you for working with WSD to benefit our students!



The Adolescent Brain Cognitive Development (ABCD)

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

Who can participate?

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

Qualified participants will be:

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

In the study, your child will:

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

What will study participants do?

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

In addition, your child will be asked to:

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

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

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

- www.ABCDstudy.org

Parents & Youth for Change

By Zoe Morris

Happy April! On March 30th, the Winooski Winter Transportation Pilot wrapped up, followed by a celebration for all the folks involved; parents, students, volunteers and PYC staff. Volunteers enriched the mornings for students with activities such as reading and arts and crafts, as they waited to take the bus at the O'Brien Community Center. Thank you to the fantastic volunteers who helped an average of 180 students every day arrive to school on time and ready to learn.

Students Neesha Monger and Elli Nahimana of Winooski have documented the Transportation Pilot program, with the support of teacher Lindsey Cox, for their Proficiency Based Graduation project. They will be presenting their project to the Winooski School Board. Congratulations to both of them for their hard and thoughtful work.

Parents and Youth for Change wants to hear from you this spring! You are the center of our work. If you would like to bring your energy, concerns, or thoughts to one of our upcoming meetings please reach out to our organizer Zoe Morris at zmorrispyc@gmail.com. Zoe is available every Thursday from 6:00 to 8:00pm. Give her a call at 978-335-9396 or swing by our office at 294 North Winooski Ave., Burlington, VT 05401.

Community meetings take place every second Friday of the month at 6:00pm. Please reach out if you would like to attend, we would love to have you join us. Happy Spring!



VT Foodbank Dates for 2017-18 School Year

For the 5th year, the Winooski School District is partnering with the Vermont Foodbank to host Veggie VanGo onsite, providing fresh produce and food directly to our school community.

On the **FIRST** and **THIRD** Friday of each month of the school year*, the program distributes produce on school grounds, thereby providing a more accessible source of fresh food to our community.

PLEASE NOTE: Starting in the 2017-18 school year, only students will be allowed in line for produce from 8:45am – 9:30am. Family members who are not attending school will be allowed in line starting at 9:30am. The truck will pack up at 10:00am.

Here are the dates (all Friday mornings) that Vermont Foodbank trucks will be on site distributing produce from 8:45am – 10:00am in 2018:

- **April 6** and **April 20**
- May 4 and May 18
- June 1

CITY AND SCHOOL ANNOUNCEMENTS

Election Results

By Carol Barrett, City Clerk

For Mayor:

To elect a Mayor for a term of three (3) years.

Seth Leonard: 851



For Councilors:

To elect two (2) City Councilors for a term of two (2) years each.

Kristine Lott: 607

Hal Colston: 537

Ebony Nyoni: 347

For Water Commissioner:

Jonathan Stockbridge: 805

Article Three: City Budget

Shall the voters of the City of Winooski approve the budget for the Fiscal Year for 2019 in the amount of Six Million, Six Hundred Ninety-Seven Thousand, Nine Hundred Eighty-Eight Dollars and Seventy-Seven Cents (\$6,697,988.77)? The amount to be raised from property taxes is Five Million, Three Hundred Eighty Thousand, Five Hundred Twenty-Nine Dollars and Thirteen Cents (\$5,380,529.13)?

Yes: 701

No: 232

Article Four:

Shall the City Council be authorized to apply for and accept funds from sources other than property taxation, and to expend the same for the benefit of the City in addition to sums for which budget appropriation has been made? (Approval of this article will not impact property taxes.)

Yes: 854

No: 80

Article Five: Bond Vote

Shall general obligation bonds of the City of Winooski in an amount not to exceed One Million, Four Hundred and Fifty Thousand Dollars (\$1,450,000) be issued for planning, design, and construction of capital improvements to the City's wastewater treatment plant, including a new headworks structure housing a mechanical screen and grit

removal system and a garage building, at a total estimated cost of \$1,450,000? Of this funding One Million, Two Hundred Thousand Dollars (\$1,200,000) is expected to be eligible for funding from the State Revolving Loan Fund for the new headworks improvements. Repayment is intended to come from the enterprise fund, subject to any reduction for applicable state and federal grants-in-aid and any applicable general funds.

Yes: 823

No: 110

Article Six:

Shall the City of Winooski enter into an agreement for the formation of a union municipal district to be known as the Chittenden County Public Safety Authority, for the purpose of providing regional emergency dispatch?

Yes: 638

No: 234

For School Trustee:

Two Year Term

Tori Cleiland: 542

Alexander Yin: 192

Three Year Term

Alexander Yin: 226

Voting Statistics:

- Total Voters on Checklist: 4884
- Total voted: 952
- Percentage Voted: 19.49%



Winooski School District has HEART

By Tori Cleiland

Come learn what that means and provide feedback by chatting with school board members at **Scout and Co.** (1 East Allen Street, at the top of the roundabout) at the following times:

- **April 14** (8:30 am to 11:00 am)
- **May 19** (2:00 pm to 5:00 pm)
- **June 9** (8:30 am to 11:00 am)

If you are willing to host a community conversation (i.e., you host 8 to 10 people in your home and we help facilitate the conversation) please contact Tori Cleiland (tcleiland@wsdschools.org) or Dr. Alex Yin (ayin@wsdschools.org) for more information.

Time to get licenses for four-legged friends

Dog Licenses expire on or before April 1, 2018. The Clerk's Office needs to have a current rabies certificate on file.

Fees before April 1, 2018

- Neutered Male \$13.00 • Spayed Female \$13.00
- Male \$17.00 • Female \$17.00

Fees after April 1, 2018

- Neutered Male \$15.00 • Spayed Female \$15.00
- Male \$21.00 • Female \$21.00

If you have any questions, send an email to cjbarrett@winooski.vt.org or call 802-655-6410.

★ **PLAYING April 20th** ★

The 4th Annual
**"CELEBRATING
 WINOOSKI'S TALENT"
 Show!**

Free Event!
April 20th at 6:00pm

PERFORMING ARTS CENTER, WINOOSKI SCHOOL DISTRICT
Suggested donation of \$2 per person or \$5 per family

Presented by the Winooski School District.
 Proceeds support the Winooski PTO.

MONKEY HOUSE
 30 South St. Winooski VT
 574-881-1111

FUNNY GIRL

Comedy Night

TRUTH: VITRUVIUS REPTERIA REFRACTORUM

FEATURING
 MORGAN SMITH
 JIMMY BLISS
 JEFFREY BUCKING
 JEFF

Winooski
 Dollars for
 SCHOLARS

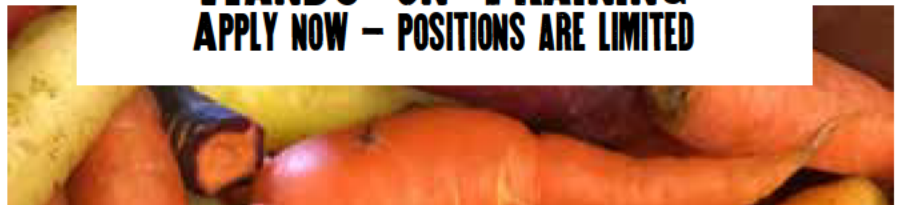
Golf Event Fundraiser

By Greg Clairmont

The Knights of Columbus Saint Stephen's Winooski Council #2284 are honored to present the 8th Annual Monsignor Thomas J. Ball Memorial Open on **Saturday, May 12** at the West Bolton Golf Club. Four person team entry fee of \$400 includes: Greens fees with cart, welcoming continental breakfast, great on-course luncheon, delicious hors d'oeuvres reception and embroidered commemorative golf polo! Hole-In-One on the 14th hole wins a 2018 C 300 Mercedes Benz! Hole-In-One on the 6th hole wins \$10,000 Cash! Hole-In-One on the 3rd hole wins a \$10,000 New Kitchen! Post tournament festivities include the Reverend Joseph F. McCarthy \$80,000 Shootout and the Monsignor Richard G. Lavalley Million Dollar Shootout!

Registration at 8:00 AM, Shotgun start at 8:30 AM. For more information on signing up to play in the tournament, becoming a sponsor for the event or volunteering for the day, please contact Greg Clairmont, Worthy Grand Knight, at 802.343.8446, or email listandsellvt@gmail.com. Please make checks made payable to the Knights of Columbus Saint Stephen's #2284. All proceeds benefit the seminarians in the Roman Catholic Diocese of Burlington.

HANDS-ON TRAINING APPLY NOW – POSITIONS ARE LIMITED



Step In To Work
 Work readiness skills training
 On the job work experience
 Job search & placement support
 Ongoing support for continued success



Vermont Commodity Program
 Monday - Friday work schedule
 Stipend & completion bonus provided
 Food processing and manufacturing training
 Industry recognized certifications

*93% of graduates find employment within 30 days!
 Help farmers feed your community!*

**For information and to apply:
 Join Vermont Works for Women
 Mondays at 10:30 am
 at their Winooski office**

Questions?
 Missy Mackin
 mmackin@vtworksforwomen.org
 802-655-8900 ext 503

Heather Newcomb
 hnewcomb@vtworksforwomen.org
 802-655-8900 ext 114

Jake Kornfeld
 jake@salvationfarms.org
 802-888-4360



April News from JFK Elementary

By Sara Raabe, Principal

Congratulations to second grade teacher **Andy Schlatter** for raising the most money for the Big Change Roundup. Andy wore the T-Rex outfit at school today as a reward for winning. Andy went to classes, participated in middle school band, tried to jump rope, and brought the coins to the bank to be changed into dollar bills. JFK raised a total of \$1655.81 for the Vermont Children's Hospital!

Students and staff were on vacation from February 23rd to March 2nd. The teachers came back to school on Monday, March 5th. All of the teachers had time to work on their Project Based Learning (PBL) units. Each grade level is doing

two PBL projects this year and are doing amazing work. In the afternoon on the 5th, Outright Vermont came to do a training with the teachers around gender and allyship. This fantastic professional development was an opportunity for the teachers to talk about ways to support all of our students.

On **April 20th**, the PTO will be hosting the 4th annual **Celebrating Winooski Talent Show**. This is a wonderful community event, and the students have a fantastic time participating in it. The Talent Show is open to all community members, so come out and enjoy the show!





First Grade Reading and Writing

by Nan Johnson

Students learn about fiction and nonfiction in first grade. Our nonfiction reading and writing unit was a big hit! Readers loved examining books about a variety of topics from weather to animals. Students learn to gather information from all sources on the page. Authors use photographs, diagrams, labels, maps, and more to help get the information to the reader. And the best part of reading nonfiction books is discussing them with friends! Miss Johnson's class shared some of their favorite nonfiction books with Miss Bushey's kindergarten class.

Writing nonfiction teaching books is exciting too! Students wrote books to teach about Somali words, all kinds of sports, Nepal, gymnastics, and all sorts of animals. After working for several weeks on writing teaching books and adding features to help teach information, Miss Johnson's class invited Mrs. Mouton's second grade class in and had an author share.

JFK ELL Newcomers Head to Leddy Ice Arena for First Time Ice Skating Experience

By Elizabeth Wood

Just in time for the opening of the XXIII Olympic Winter Games held in Pyeongchang, South Korea, JFK ELL newcomers in grades 2-5 took to the ice for their very first time. Every year students in the newcomer program, many of whom have been in the United States for less than a year, get a taste of what it's like for those Olympic athletes when they take a field trip to the Leddy Park Ice Arena in Burlington.

To get excited for their trip and its connection to the Olympics, students were shown videos of some figure skating, speed skating, and ice hockey competitions from previous Olympic games. Then students learned important

vocabulary for their day rinkside- skates, blades, sharp, helmet, etc. Upon arrival, the staff at the arena taught students first and foremost about safety- helmets on, safe distance from each other, and hold on to the milk crates for balance as needed.

This year's students were anything but timid, and despite their inexperience, held nothing back- some of them careening across the ice at full speed! Though some may have spent more time horizontal on the ice than standing up, afterward there were smiles all around. Who knows- maybe one of these students will compete on Olympic ice one day.



Letting go



Learning to skate



Skating like a pro

MIDDLE/HIGH SCHOOL HIGHLIGHTS

“Shine”

By Leon Wheeler, Co-Principal

On February 14th a 19 year old entered Marjory Stoneman Douglas (MSD) HS in Parkland, FL and killed 17 students and staff. But unlike previous school shootings, following this terrible tragedy the students of Parkland stood up and shouted out for the entire world to hear, “Enough!” Inspired by their courageous stand, youth in schools across the country, including here in Winooski, organized events to speak out for change to laws and policies in order to make our schools safe while honoring our rights as citizens. As an educator I am inspired as students of Winooski, and Parkland, and throughout our country, outraged over our legislators’ inability to engage in authentic and reasonable debate on this issue, demand action.

On February 21st the students of MSD High School’s Drama Club performed before a national audience a song they wrote following this horrific event: “Shine.” Here are their words.

SHINE

You, you took my beauty away.
You tore down the walls
And opened up all the gates.

You, you’ve ruined this town
You burned all of the bridges
Then you slowly let us drown.
[Refrain]

We’re, we’re gonna stand tall
Gonna raise up our voices
So we’ll never, never fall

We’re done with all your little games
We’re tired of hearing that
We’re too young to ever make a
change.
[Refrain]

*We can hug a little tighter
We can love a little more
Laugh a little harder
We can stand up and roar
If we all come together
It will be all right
Stand up for one another
And we’ll never give up the fight*

*We refuse to be ignored by those who
will not listen
There are so many things you can do to
become involved
Reach out to your Congressman. Mail, call
or Tweet
The smallest of words can make the biggest
difference
Be the voice for those who don’t have one.
Together we have the power to change the
world around us.*

*But you’re not gonna knock us down
We’ll get back up again
You may have hurt us
But I promise we are stronger and
We’re not gonna let you win
We’re putting up a fight
You may have brought the dark
But together we will shine the light*

*We will be something special.
We will shine!*

As this snowy winter gives way to spring, I am hopeful that the seeds planted by the students of Parkland take root and blossom, and our youth increasingly find their voice. As they study the challenging problems of our city, state, nation, and world and bring their needs and insights to the conversations, maybe we will find better solutions...and a new era of civil discourse and respect will take root.

Penguin Plunge Pizza Contest Winner

By Tim Rich

The advisory who won this year’s Penguin Plunge Pizza Contest is **Sona Iyengar**. Sona’s advisory had the largest number of students from one advisory participating in this year’s Penguin Plunge.

The Penguin Plunge helps support athletes with intellectual disabilities compete in Olympic style events. In addition, the Plunge supports the Winooski Unified Sports program, which pairs students with and without disabilities to compete in an annual statewide bowling and bocce tournament. Their motto is “On the field we’re teammates, off the field we’re friends.”



*“Thank
you to the
**Cardboard Teck
Institute** for your
donation of two pinball
machines to the
6th grade
team!”*

Vermont Afterschool and Summer Learning Day 2018

By Alia Ross, Winooski Middle School

On February 16, 2018 over 50 students from Vermont got together at the Vermont State House to present the Vermont Youth Declaration of Rights to Vermont legislators. This Declaration was the result of the Youth Summit that was held in October 2017, where Vermont youth came together to create the Declaration of Rights. The Declaration included what was most important to the students. During the Afterschool and Summer Learning Day on February 16, students who had taken part in the Youth Rights Summit joined other students to talk about what the Youth Declaration meant to them. When students arrived at the State House, they attended a youth voice workshop where they heard from Lieutenant Governor Zuckerman, then discussed the Youth Declaration of Rights and practiced what they would talk to legislators about. Afterwards, students met with their legislators and told them what the Vermont Youth Declaration of Rights was, and why it was important to them. They told the legislators how the Declaration was created and the process that it went through to become what it is now. The students told the legislators which rights spoke to them the most, and why. After speaking with their legislators the students all came back together for lunch and had a chance to talk about their meeting. Before heading back to their schools, students were able to visit the History Museum.



Eric enjoys visiting the Vermont State House



Alia talks about the first ever Vermont Youth Declaration of Rights that she helped create



Representative Bissonnette meets with Alia and Eric about the Vermont Youth Declaration of Rights



Alia talks to Representative Gonzalez about the youth summit she attended in October



Representative Gonzalez meets with Winooski Middle School Students Eric and Alia in the State House cafeteria



Representative Bissonnette and Representative Gonzalez with middle school students Alia and Eric



Vermont Reads

By Lisa H. Italiano, Reading Specialist,
Winooski Middle School

Recently students from Saint Francis Xavier School and the Winooski Middle School had a wonderful opportunity to collaborate on a Vermont Reads project.



Under the guidance of Saint Francis teachers Kathleen Finn and Cathy Richards and Winooski reading specialist Lisa Italiano, these students spent time reading and discussing Jacqueline Woodson's award winning book, *Brown Girl Dreaming*. The students then attended a gathering hosted by Physicians Computer Company (PCC) at the company's workplace in the Winooski Mill. While there, the students recited poems from the book and participated in a group discussion with employees from PCC and Marathon Health.

Author Jacqueline Woodson is a National Book Award winner, Newbery Honor winner, and the 2018-2019 National Ambassador for Young People's Literature. Woodson was raised in South Carolina and New York and in *Brown Girl Dreaming*, she shares what it was like to grow up as an African American in the 1960s and 1970s, living with the remnants of Jim Crow and her growing awareness of the Civil Rights movement.

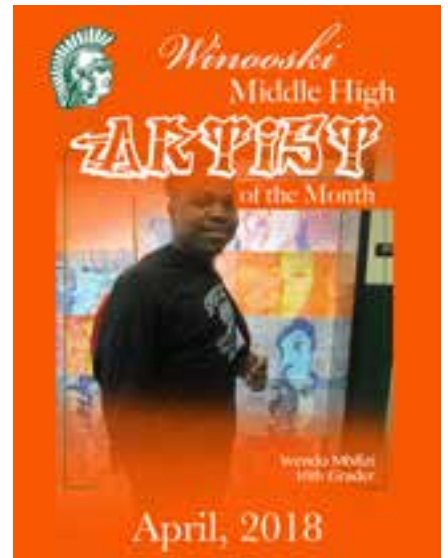
This Vermont Reads endeavor was supported in part by the Winooski Peace Initiative.

WMHS March Artist of the Month

By Jessica Bruce, Visual Arts Teacher

Congratulations to Wendo Mbilizi as Winooski Middle High School's Artist of the Month. Wendo has exhibited High School Proficiency in the Visual Arts by demonstrating that he can: analyze, interpret, and select a piece of his artistic work for presentation using relevant criteria.

[He] can create and refine his artwork using learned techniques. [He] can use his artistic style to convey meaning through his art work. And, he can apply content specific vocabulary to evaluate and interpret artistic work. (taken from the Visual Arts Proficiency Rubric). Congrats, Wendo! Way to go!



Winooski Students Meet With Governor and Legislators on VSAC-Sponsored Trip

By Bill Clark

On a day that reached a record-high 70 degrees, 35 Winooski High School students traveled to the State House in Montpelier to meet with legislators and observe business in the House and Senate.

"It was just a great day," said Heidi McLaughlin, the school's guidance counselor. "We packed the balcony in the House chamber, and the students learned incredible amounts about how Vermont works."

The students toured the building and heard about the history of the three structures that served as homes to the General Assembly. The latest structure was dedicated in 1859, and displays in the corridors attest to Vermont's involvement in the Civil War.

"I loved seeing where the representatives worked," said junior Ubah Hussan. "And I asked Representative Gonzalez how the President affects the government. She told me that taxes decreased and fewer immigrants are arriving because of what the President has done."

"Why are those two carrying signs in front of the State House?" asked sophomore Maryam Alchaderchi. Her question opened a discussion about the Bill of Rights and how anyone can assemble and petition the government.

After the tour, which included details about the House and Senate chambers, the students met with Governor Phil Scott in the Cedar Creek Room.

The recent events in Parkland, Florida, and the student demonstrations in Tallahassee and Washington, D.C. were on the minds of students and legislators alike.

"I wanted to know how Mr. Scott feels about gun control," said sophomore Kai Daud. "He told us he was a hunter and believed in owning guns but he said we should expect a different position when it comes to school safety. That made me feel better."

Students joined the legislators in the State House dining room for lunch, and then were introduced to the House membership. Six schools participated in VSAC day at the State House, with 85 students attending overall.



City Council Update

By Nicole Mace

A big thank you to all Winooski residents who voted on Town Meeting Day to support the City's proposed FY 2019 budget! This budget makes critical investments that allow us to maintain the staffing levels we need to accomplish the City's strategic vision, increase mental health supports through a partnership with our neighboring communities and the Howard Center, purchase a new fire truck, and support our staff through professional development and training.

In addition to the budget, residents supported a bond for infrastructure improvements to our wastewater treatment facility and regional collaboration on police and fire dispatch. The improvements to the wastewater treatment plant will allow for the removal of non-organic materials earlier in the process, improving plant/staff efficiency, and saving money in the long term by increasing the lifespan of other plant components.

Voters in Burlington, Colchester, Milton, South Burlington, and Williston also approved the formation of the Chittenden County Public Safety Authority, which will provide regional emergency dispatch. We believe this joint venture will improve services for residents, minimize response times and increase mutual aid coordination, resulting in safer communities. We look forward to working with the five other communities on the structure and funding for this new entity, and will be sharing information and updates as the Chittenden County Public Safety Authority begins to take shape.

Thank you for engaging in the democratic process and supporting the direction and vision of the City.

I would also like to welcome the two new members of the Council – Kristine Lott and Hal Colston! Kristine and Hal have each made tremendous contributions to the City through their previous service on Commissions and Committees and have already hit the ground running in their roles as Councilors. As a newly-formed Council, our first task will be to revisit and recommit to the strategic vision and priorities for the City.

If you have any perspectives to share on future priorities and vision for the City, please let us know by calling or emailing us using the contact information at right.

Finally, a big thank you to all the staff and the Board of Civil Authority for their work in making Town Meeting Day run smoothly and successfully. Winooski residents are fortunate to have such a committed group of individuals working so hard to make our small city with a big heart a fantastic place to live.



Winooski Small Business Loans Now Available

By Heather Carrington, Community & Economic Development Officer

Have you been dreaming about starting your own business in Winooski? Are you seeking to expand your existing Winooski business? If so, now is the ideal time!

The City of Winooski is pleased to announce that the Winooski Small Business Loan Program is currently accepting applications. This program expands the City's commitment to economic vitality by providing access to financing for new and existing businesses in Winooski. The \$250,000 small business revolving loan fund will be serviced by Opportunities Credit Union, and offers loans from \$5,000 to \$75,000. The program is designed to financially assist any new or existing small business in Winooski that will:

1. create or stabilize employment opportunities;
2. reduce commercial vacancy rates in the City;
3. provide desired goods and services for our community; and
4. contribute to the economic vitality of the City.

The purpose of the Winooski Small Business Loan (WSBL) program is to assist Winooski businesses in obtaining financing for a wide range of business needs including, but not limited to, equipment purchases, leasehold improvements, and major repairs. For more information about the program, please contact Heather Carrington, Community and Economic Development Officer at hcarrington@winooskivt.org or 802.655.6410.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooskivt.org	802-777-3381
Councilor Hal Colston	hcolston@winooskivt.org	802-655-6410
Councilor Eric Covey	ecovey@winooskivt.org	802-825-8789
Councilor Kristine Lott	klott@winooskivt.org	802-766-1988
Councilor Nicole Mace	nmace@winooskivt.org	802-363-7777
City Manager Jessie Baker	jbaker@winooskivt.org	802-655-6410
Visit the city website at winooskivt.org or call 802-655-6410.		

Keep up to date with announcements and news:

  **LIKE US ON FACEBOOK** We are "City of Winooski - Government"
FOLLOW US ON TWITTER We are @winooskivt



Congratulations Saint Francis Students!

By Greg Clairmont, Knights of Columbus

Saint Francis Xavier School students participated in the Knights of Columbus Substance Abuse Awareness Poster Contest. The winners pictured here from left to right are:

- Evelyn Quinlan: 2nd place for ages 8-11
- Ava Cifrian: 1st place for ages 12-14
- Divine Zabali: 2nd place for ages 12-14
- Kaitlyn Zierak: 1st place for ages 8-11

All of the artists received Ben and Jerry's gift cards and their posters will be entered in the state competition.



Winooski Family Center has a Preschool Opening!

The Winooski Family Center Preschool currently has an opening. This FREE preschool slot is Monday through Friday from 8am-2pm. The child must have turned 4 by September 1, 2017 and be "income eligible".

Please reach out to us, if you have questions or want more information: 655 1422 or by email at mkerkering@howardcenter.org.

EVERYONE IS WELCOME!



Got Reptiles?

By Elsie Goodrich,
Winooski Youth Librarian

The City of Winooski Memorial Library has partnered with 802 Reptiles to provide a special opportunity where guests can learn about exotic reptile species through hands-on and visual learning. 802 Reptiles creates a fun environment for everyone - join us for this free and exciting event! For all ages, **Friday, April 27th, 1:00pm** at the Winooski Memorial Library (32 Malletts Bay Ave.)



Police Outreach

By Scott McGivern

I wanted to write about what to do in a right-of-way situation to avoid being involved in a motor vehicle accident. There are two roadways in the City of Winooski where these situations can occur, East Allen Street and the Main Street roundabout. Both of these roadways have two lanes of traffic traveling in the same direction. *The vehicles traveling on these roadways have the right of way to proceed unimpeded by motorists trying to merge onto the roadways.*

A fair amount of Vermont drivers are courteous. They will stop their vehicles on the roadway to allow a vehicle to merge into the traffic lane. On roadways with only one lane of traffic this is generally not a problem to pull out in front of the vehicle that stopped in traffic. On these two roadways it can be very dangerous and often leads to motor vehicle accidents.

If you find yourself trying to merge into traffic please consider the entirety of the situation. A driver who stops on the roadway to allow you to enter onto the roadway is putting themselves at risk of being rear ended. The result of that impact could push the vehicle that stopped into your vehicle when you pull onto the roadway.

If you choose to enter onto the roadway you need to remember there is a second lane of traffic traveling in the same direction. The vehicle that stopped for you to allow you to enter the roadway often obstructs the view of the driver trying to merge onto the roadway. It also blocks the view from any driver who may be traveling in the other lane of traffic. Always stop before proceeding onto the roadway to ensure you and other drivers are safe.

This situation presents itself to me when I am working in a fully marked police cruiser, I generally will not pull out onto the roadway. I politely wave the courteous driver to continue on their way and wait until I can see the entire roadway and know that it is safe to proceed.



Legislative Report

From Representative Clem Bissonnette

Gun Violence Prevention in Vermont:

When Jack Sawyer was arrested in Fair Haven for plotting a school shooting, we learned that Vermont is not immune. We learned that even in Vermont, a state looked to as a beacon of safety and hope, we faced a similar threat against a school. Thanks to the hard work of our local and state police, the threat was intercepted before tragedy could strike. Schools are a place of learning, a place to explore and grow and experiment. Children should not be afraid to go to school and parents should not be afraid to put their children on a bus. We should have the freedom to be safe in our homes, our neighborhoods and at work, without the constant threat of gun violence hanging over our heads. We've heard a variety of root causes of gun violence: irresponsible gun ownerships, mental health issues, and destabilized families. To make our families, our schools, and our communities safer, we need to change a few laws...now. That's why we are working hard and taking action to pass gun safety laws to prevent gun violence. We are working with the Governor and the Senate to take swift action.

Workforce Development: There is a general consensus that Vermont needs to do a better job in attracting people to the state in order to fill existing and anticipated job openings, and to find a way to not only recruit them here, but to find a way to keep them here. We're looking at legislation proposed by the administration to increase our already successful first-time home buyer down payment assistance program, and to create a more sophisticated and savvy marketing campaign to entice people to relocate here. We are reviewing the proposals to ensure the funds are well spent, and that there is a quantifiable return on the investment.

Special Education Reforms: We are proud of the work we've done over the years to make sure students who need special forms of education are provided with those services. We know, however, that it is a huge expense, and that the reporting requirements have become burdensome. House Education is working on a proposal that will provide schools



with the flexibility to be creative in the way they approach special education, the professional support to help students, and do so with significantly less paperwork. We are confident our reforms will result in better outcomes with students and great savings on special education.

Tackling Climate Change through Efficiency Standards:

Last year the House passed a bill to protect the efficiency standards that exist at the federal level but were threatened by the Trump Administration and certain members of Congress. This year's legislation (H.410) takes a step further by adding eighteen new products to the State energy efficiency standards. In so doing, the State of Vermont joins thirteen other states in moving energy and water efficiency standards forward nationally. Additionally, this bill will cut Vermont's carbon dioxide emissions by 33,000 metric tons each year, which is the equivalent to the emissions of approximately 7,000 passenger cars per year. This supports Vermonters and our economy by increasing average household savings in energy costs by over \$660 each year.

We know that climate change is the greatest threat to Vermont's economy and to Vermonters' health and safety. We also know we have an opportunity to take a measurable step forward that helps Vermonters and helps our state address emissions. Adopting these efficiency standards is a triple win because we lower energy use and decrease our carbon footprint while saving families and businesses money.

Protecting Health Care From The

Trump Administration: As part of its attempt to dismantle the Affordable Care Act, in October 2017, the Trump Administration cut off federal funding for health insurance Cost Sharing Reductions (CSRs). CSRs are federal payments to

insurance companies used to reduce the cost of insurance for families making less than 250% of the Federal Poverty Level (about \$62,000 for a family of 4). CSRs reduce deductibles, copayments, & out-of-pocket maximums for an insurance policy. In 2017, approximately 14,000 Vermonters benefitted from the CSR subsidy.

While Trump ended federal funding for CSRs, insurance companies are still required to provide the benefit to qualifying customers. Vermont created Silver Loading plans, a workaround to the Executive Order, in place in 37 other states. Silver Loading replaces the CSR funding by inflating a different federal subsidy used to subsidize middle and low-income families.

The 2019 Budget: Every year, we strive to craft a budget that supports a healthy economy, strong families and gives communities the resources they need to thrive, now and in the future. Over the last several years, we have adopted changes that have allowed us to focus on smart budgeting - including reserving revenue that will help us weather the uncertainty in DC - so that we can continue to make the kind of investments that give Vermont's working families a fair shot.

Halfway through the budget year, we were able to expand our investment in our most vulnerable by providing ongoing funding for local communities for outreach and to combat homelessness. We helped by providing support with the help of local communities for outreach services. The success of this kind of investment has been piloted successfully and should be expanded, because we know this kind of investment saves real money, which allows us to invest in other promising or proven services.

Appropriations does not make policy, but they try to find the funds for the promising policy that is passed to us every year. Smart budgeting, results-based accountability and innovative programs are the result of a team effort.

For additional information on bills or actions taken by the House or Senate or standing committee please visit: www.leg.state.vt.us.

Spring 2018 Programming Brochure Available

By Ray Coffey, Community Services Director

The Community Services Department is excited to share our Spring 2018 programming brochure! In it, you'll find program offerings from the Department of Recreation and Parks, the Winooski Memorial Library, the Winooski Senior Center, Children and Family Programs, volunteer opportunities and community events.

Download your copy today at www.winooskirec.com or pick one up at Winooski City Hall, the Winooski Senior Center, or the Winooski Memorial Library.

For more information, contact Ray Coffey, Community Services Director: rscoffey@winooskivt.org, 802 655 6410.



Winooski Community Garden – Plots Offered

By Alicia Finley, Parks & Rec. Manager

The 2018 Winooski Community Garden season approaches and we are now accepting plot reservations!

The Winooski Community Gardens program offers five unique spaces for seasonal gardening:

- The Landry Park Community Garden
- The O'Brien Community Center Garden
- The O'Brien Community Center Green House
- The West St. Community Garden
- The Winooski Senior Center Garden

Our opening work day is on April 1st, 2018. Visit winooskirec.com to sign up for any of our amazing plots today.

Questions regarding the Winooski Community Garden Program can be forwarded to the Department of Recreation and Parks: recreation@winooskivt.org / 802 777 1621

Access Winooski

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

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.



Winooski Memorial Library



By Elsie Goodrich,
Youth Services
Coordinator

Greetings from the Winooski Memorial Library!

It's almost April vacation fun week! Come in for crafts, games, and stories all week long!

- On **Friday, April 27th** at 1pm **802 Reptiles** will be at the library with snakes and lizards. Learn about reptiles in a safe and entertaining way. Free and fun for ages 3 and up.
- Join the Winooski Family Center and the Library for a **Friday morning playgroup** 9:30-10:30 families with kids 0-6 are invited to come play, sing, and work on crafts together. 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.
- **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.

Winooski Girl Scouts Troop Update

By Amy Lothrop

Thank you to everyone for helping our Girl Scouts during this cookie season. We have been door to door and at booths. Our season was very successful with nearly #7,800 boxes sold. We appreciate the hospitality from Tradewinds, Gadue's Dry Cleaning, Vermont Bagel Company, UVM Davis Center, University Mall, Dunkin Donuts and Redstone Property. We were able to host booths successfully at each location.



Girl Scouts
Where Girls Grow Strong™

Cookies are only one part of what a girl can do. Learning business skills are fundamental and vital to her long term success. When you buy a box of cookies, you help her learn the skills of business ethics, customer service, goal setting, money management and decision making. We have used cookie proceeds to send a girl to school for a year, make cards for veterans and Meals on Wheels recipients. Those funds helped 13 Girl Scouts earn their Bronze Award, the 3rd highest honor in Girl Scouting. We will be using these funds to go camping, ice skating, Get Air, Seacoast Science Center, Harlem Globetrotters and hiking. Our Cadettes (6-8th grade) are actively saving for a service trip to Costa Rica.

If you bought a box of cookies anywhere in VT or NH, you supported all Girl Scouts of the Green and White Mountains. All the money stays local after we pay the baker. You have helped us to maintain our summer camps, develop badges, offer programming and so much more.

Girls can be scouts from Kindergarten all the way through to 12th grade when they transition to being adult scouts. We welcome all girls from K-12 who are interested in Girl Scouting. Our mission is to build girls of courage, confidence and character who make the world a better place. If you'd like to be a part of it all, please contact Amy Snow Lothrop at AmyLothrop@Comcast.net or (802) 373-7288 mobile. **THANK YOU!**



Partnership for Prevention Update

By Jackie Hoy, Communications Coordinator

Community Dinner – April 18

Spring is here, and it's a great time to get out and meet community members over a delicious meal. Please join us and the Winooski Family Center to see some wonderful preschoolers' art at our next dinner.

For a free meal and a fun art show, come join us!

Where: O'Brien Community Center

When: Wednesday, April 18

Time: 6:00 to 7:30 PM



Prevention Day at the Statehouse

We were excited to participate in Prevention Day this year to help advocate for state-level funding for prevention, and also to recognize the hard work of local community prevention champions. We were able to see a presentation, "The Risks of Marijuana," we met with the Lt. Governor, took a tour of the statehouse, and attended the news conference. We look forward to advocating for prevention in the future!

Smoke-Free Housing Summit

We had a successful turnout of property managers and landlords at the smoke-free housing summit hosted by the Chittenden County and Franklin Grand Isle coalitions. The summit was a great opportunity to provide resources and advice on creating a new tobacco-free policy, or working with an existing one. The panel included property managers who have experience with tobacco-free policies, a tobacco and health specialist, and a legal expert.

We were grateful to host the event in the space at Community College of Vermont in Winooski, thank you CCV for providing the space, and thanks to all who participated!

Highlights from the Winooski Partnership for Prevention

The Winooski Partnership for Prevention works to prevent substance abuse by educating and empowering Winooski. Thank you to everyone who helps make our work possible; we're looking forward to meaningful collaborations this year to help us give kids a healthy foundation to begin their futures. We would like to share with you what we've been up to lately:

Above the Influence

The Winooski Above the Influence group has been having a fun and productive session. One meeting in February, ATI kids learned about how savvy tobacco and alcohol companies can be with their advertisements to make their products seem fun. Students learned about how e-cigarettes are marketed as the attractive and healthier alternative to traditional cigarettes. When asked how they can make positive change in their community, one member said that if there were less products available, then "less people would be smoking, and we could change people's perspective."

2018 Winooski Police Dept. Community Survey

The Winooski Police Department needs your help. Please take a brief moment and fill out our 2018 WPD Community Survey. This questionnaire is part of an ongoing effort to solicit feedback regarding police services in an effort to help us develop our strategic plan and provide the best police services for the residents of Winooski. Your responses are completely anonymous – feel free to reach out with any questions.

Go to www.winooskivt.org/2018-winooski-police-dept-community-survey to respond.

Questions regarding this survey can be directed to Rick Hebert, Chief of Police: rhebert@winooskipolice.com, or call 802 655 0221.



Join the Winooski Front Porch Forum

It's a free and easy online way to get on the local grapevine, connect with neighbors, and build community. You can post and read about block parties, neighborhood watches, lost dogs, plumber recommendations, helping neighbors in need, free furniture, and all kinds of good stuff. Check it out at www.frontporchforum.com.



Winooski Food Shelf Schedule for April

By Linda Howe, Winooski Food Shelf Coordinator

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

The Methodist Church is undertaking a capital campaign for painting and repairs in anticipation of this year's 100th anniversary of the existing building. A terrible fire in 1917 destroyed the original church building. Through the generous contributions of local businesses, individuals and Buffalo Soldiers that had been stationed at Fort Ethan Allen, the church building was rebuilt. The building currently houses the Winooski Food Shelf, English as a second language classes for New Americans, a self help group, and African and Nepalese churches. We also provide a concert venue for Waking Windows each May. We could use your support to fund the project, provide building or painting supplies, volunteer your labor to help make repairs or volunteer to cook for and feed volunteers who will be coming in late June into July if we can raise the funds for materials. Donations can be mailed to Winooski United Methodist Church, P.O. Box 53, Winooski, VT 05404. Our phone number is 655-7371. We are most grateful for community support over the years to feed our neighbors. Now, we need to assure that this work can

continue in a building that is structurally sound, safe, attractive and ready to serve the needs of this community for another 100 years.

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.

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 Summer 2018!
www.ccv.edu
(802) 654-0505

Summer and Fall Classes at CCV – call to schedule a registration appointment

View the great summer course options at <https://tinyurl.com/CCVSummerClasses>. Several classes are scheduled to start in late June, after high school ends.

Fall registration begins April 2 and will continue throughout the summer. Whether you're starting a high school student, starting a college degree, or taking classes to build skills for employment, CCV has many great options.

Don't forget, starting the summer before your junior year of high school, you have access to 2 FREE vouchers to take college classes.

Early College Information Night

April 16 at CCV Winooski (Room 401) from 6-7pm

Food will be provided

The advising staff will present information about how to join the Early College program and complete your entire 12th grade year enrolled at CCV for free tuition. Students and families are

welcome to this FREE event. Current Early College students will talk about their experiences in the program, as well.

Study Tip of the Month from CCV

Try breaking large assignments into small pieces. It's easier to get started when you just need to complete one small task. This approach will also provide a realistic perspective of time needed.

For instance, if you have to research a famous person and make a presentation for class, your list might look like this:

1. Brainstorm five people I might want to research.
2. Choose my research subject (narrow list from 5 to 1)
3. Find six credible sources of information.
4. Read 2 sources and take notes.
5. Read 2 more sources and take notes.
6. Read final 2 sources and take notes.
7. Make an outline of presentation.
8. Build presentation.
9. Have someone give feedback on presentation (practice).
10. Refine presentation.

Senior Center Update

By Barb Pitfido, Winooski Senior Programs Manager

Aging isn't what it used to be, and neither are today's senior centers. With a focus on wellness, lifelong learning, and volunteerism, senior centers are modernizing to meet the needs of today's older adults. Just as no two communities are alike, no two senior centers are alike. We all offer a diverse array of programming, events and activities dependent on our community's resources and capacities.

Whether you are 50 or 90, there are many ways to celebrate LIFE (Learning, Independence, Friends, and Energy)

Learning—Expand your knowledge: It's never too late to learn a new skill, and senior centers offer a wide range of stimulating educational activities to keep your mind sharp. There's no lack of opportunities to stay engaged and pursue your passions.

Independence—Live on your terms: Senior centers offer ways to conveniently access multiple public services in one location, including meal and nutrition programs, transportation services, benefits counseling, employment assistance, and more.

Friends—Enjoy life: Senior center participants have higher levels of social interaction and life satisfaction than their peers. Having great friends is one of life's most wonderful rewards, and senior centers can be a perfect place to meet new people in your neighborhood.

Energy—Discover health and vitality: Senior centers have expanded their health and fitness offerings in recent years, holding traditional group fitness classes as well as evidence-based health programs that have been scientifically proven to make people healthier.



UPCOMING ACTIVITIES:

Senior Lunch & Learn: Tuesdays
- Lunch at 11:30am (\$5 by donation - RSVP) Free Activity at Noon

- 4/3 - Dessert with City Manager, Jessie Baker
- 4/10 - Monthly Reporting Meeting
- 4/17 - Watch TED Talks on Aging
- 4/24 - AARP Presentation - "Weapons of Fraud"
- 5/1 - Watch "Flight of the Butterfly"
- 5/15 - CarShare Vermont Presentation

Open House Time:

- Wednesdays 1-3pm Free Activities - cribbage, games, crafts & fun!

Do Drop In - Coffee & Conversation:

- Tuesdays (Feb-April) 9-11am
- Mondays (May - Jan) 9-11am

Tai Chi - with Elizabeth Wirls:

- Mondays 10-11am Sun 73 Long Form & 11am-Noon Seated Tai Chi
- Thursdays 6:45pm-Long Form

Senior Exercise Program:

- Tues/Thur 10-11am

BINGO! Theme Days:

- April 19 - April in Paris
- May 17 - Back to the 60's

Senior Planning Meetings:

- April 4 • May 2 • June 6



SPECIAL EVENT:

- May 8 - Senior Brunch for Lunch Party. Reservations for all meals are required. Call us by NOON the day before the meal to make your reservation. Special event meals may 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

Stay up to date! Visit us on Facebook at: <https://www.facebook.com/winooskiseniorcenter/> OR see our live online monthly activity calendar at: <http://www.winooskivt.org/senior-programs/>

HEALTH CORNER

By Katharine Monje RN BSN, School Nurse

Happy Spring from the Health Office. Summer is right around the corner! If your child(ren) will be participating in camps or sports, and documentation of their last physical is required, call your PCP for this information.

Although the days are longer and the cold weather subsides, it is still FLU SEASON!

Flu symptoms often mimic cold symptoms with nasal congestion, cough, aches, and malaise. The common cold rarely has symptoms of fever above 101 degrees.

With flu symptoms, you will probably have a fever initially and you will feel miserable. Body and muscle aches are also more common with the flu.

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose, or mouth. Germs spread this way.
 - Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- If you haven't already, GET your flu shot and please do not hesitate to call the health office if you have questions.

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.

ELEMENTARY SCHOOL LUNCH MENU — APRIL

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

Mon. April 2	Tues. April 3	Wed. April 4	Thurs. April 5	Fri. April 6
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
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	Early Release Whole Grain Breakfast Round Fresh Fruit Milk	Early Release Egg & Cheese English Muffin Fresh Fruit Milk
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
No School	No School	No School	No School	No School
Turkey Sausage & Cheese Biscuit Fresh Fruit Milk				

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

Mon. April 2	Tues. April 3	Wed. April 4	Thurs. April 5	Fri. April 6
Oven Baked Chicken Nuggets w/Dipping Sauce Garden Pasta Salad Baked Beans	Pizza Festing Taco Bar w/ Soft Shell Tortilla Rice Pilaf Steamed Corn	Cheesy Breadsticks w/ Marinara Sauce Chicken Noodle Soup Caesar Salad	Homemade Shepherd's Pie (Ground Beef, Mashed Potato & Corn) Cornbread Celery Sticks w/Dip	Hot Turkey Sandwich w/Gravy Hand Cut French Fries Steamed Carrots
Chicken Patty Sandwich Lettuce & Tomato Oven Baked French Fries	Taste Test Event Chicken & Cheese Quesadilla Rice Pilaf Warm Black Beans	Holiday Celebration Chef's Choice Pizzas Pepperoni, Cheese or Veggie Fresh Carrots w/Dip	Early Release Bag Lunch Turkey or Sunbutter & Jelly Sandwich Veggie Sticks Sun Chips Fruit & Milk	Early Release Bag Lunch Turkey or Sunbutter & Jelly Sandwich Veggie Sticks Sun Chips Fruit & Milk
Dress Your Own Burger w/Lettuce & Tomato Homemade Potato Salad	Nachos Supreme Rice Pilaf Confetti Corn Salad	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Maple Dill Carrots	Spring Dinner Seasoned Roast Pork Mashed Potato w/Gravy Steamed Peas Dinner Roll Spring Dessert	Pancakes w/ Local Maple Syrup Sausage Links Sweet & White Home Fries Fresh Green Pepper Strips
No School	No School	No School	No School	No School
Meatball Sub Kale Pesto Pasta Steamed Broccoli				

Winooski Elementary School Breakfast In The Classroom April 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 \$1.50 Lunch \$3.60
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

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.
My: www.abbeygroup.net/careers.php

Winooski Elementary School Lunch April 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 \$1.50 Lunch \$3.60
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 April 10, 2018
Featuring Carrots

Harvest of the Month Carrots

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
Chappel's Potatoes
Georgia Mt. Maples Syrup- VT, Maple Syrup
Sunrise Orchards-Apples
Mazza Farm Stand- Local Produce
Green Mt. Farmer-Cheese
Hood-Milk
Green Mt. 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. 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

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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 884 students attending JFK Elementary and Winooski Middle/High School (grades PreK-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