

## WINOOSKI SCHOOL

## **DISTRICT NEWS!**

**MAY 2018** 

# Celebrating Our Achievements!

## **Chittenden County Youth Gather for Prevention Retreat**

By Jackie Hoy, Partnership for Prevention

In March, over 40 kids from Chittenden County gathered at the O'Brien Community Center for the Chittenden Prevention Network youth

retreat. The retreat was a great chance for kids to meet peers from Chittenden County who support their choices and values, and to hear from other kids about how to protect their goals and advocate for their own wellbeing.

A group of high school students from the Dover Youth to Youth program in New Hampshire led the retreat and presented on the history of tobacco companies' lies. Kids from Chittenden County left the day-long retreat with new knowledge, new skills, and new faces and friends. Thank you, Dana Mitchell and Dover Youth to Youth for hosting a successful retreat!

Chittenden Prevention Network (CPN) is a group of five community coalitions focused on preventing substance abuse and misuse. With representation from Burlington, Charlotte, Essex, Hinesburg, Milton, Saint George, Shelburne, Williston, and Winooski, our organizations join together using collective impact to foster greater change and support healthy communities.

#### **Local Businesses Supporting the Prevention Cause**

The Winooski Partnership for Prevention has recently completed local store audits to assess the availability and prices of alcohol and tobacco in Winooski, made possible by the Vermont Department of Health. Businesses allowed us to come in to see

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how the tobacco and alcohol companies market their products in the stores, and how they use certain tactics that have been proven to target youth.

One business owner remarked that he used to advertise tobacco products on the outside of his store but stopped, stating that "kids have enough



pressures facing them every day, they don't need someone selling them cigarettes on top of it all."

Kids in Winooski are

exposed to tobacco advertisements regularly: 41% of Winooski students reported that they see advertisements for tobacco in stores "at least most of the time" (Youth Risk Behavior Survey). In doing these store audits and talking to store owners, we were grateful to meet one business owner who recognized the problem and made steps to change, and we are excited for how this small step can be an inspiration for all of us to support community wellbeing.

#### Upcoming Community Forum: Seeking Feedback

The Winooski Partnership for Prevention will be hosting a community forum in May that will address parenting topics in the community. We'd like to hear from you about what will be the most useful ways we can connect with each other to provide information and support for Winooski parents. We're asking community members: What information or resources would you like to see at a community forum that address the parent/child relationship?

You can help us provide useful parenting dialogue by answering this question in a survey by typing in this link: goo.gl/nHghfZ, or by emailing Jackie Hoy at jhoy@winooskiprevention.org.

#### Keeping the Conversation Going...

Thank you to the Winooski Police Department for another successful Prescription Take-Back Day in April! Take-Back day is a great opportunity to discuss medicine and substance abuse and the small steps we can take to prevent it. Let's keep the conversation about preventing substance abuse going.

Locking all substances in the home is an easy way to ensure proper use and to prevent child poisonings and youth experimentation. That includes alcohol as well as prescription medications. Having a get-together? Kids are naturally curious, and they may want to try what adults are drinking. Dispose of any unwanted beer, wine, and liquor when the gathering ends, and lock up the rest.

#### NOTES FROM THE CENTRAL OFFICE

## Read, Read, Read and Read Some More...

By Sean McMannon, Superintendent of Schools

Billionaire businessman Warren Buffett estimates that he spends 80 percent of his working day reading and thinking. You might say "Well, he's a billionaire so he can afford to spend all this time reading!". However, he claims that his success has, in large part evolved from getting smarter through reading, sometimes up to a 1000 pages a day!

It's never too early to start reading with your child! Ideally, the importance and love of reading should be cultivated during pregnancy.

"Researchers have performed case studies involving following babies from before birth through their infancies. Babies in the test group were read and spoken to on a regular basis throughout pregnancy and then after birth. Researchers found the babies in the test group to be more responsive to language, more aware of books and print language and further along in language development than those babies who were not read and spoken to regularly." (Jeanne W. Holland. Reading Aloud with Infants: The Controversy, the Myth, and a Case Study. Early Childhood Education Journal. Volume 35, Issue 4, pp 383-385.)

Reading aloud with your child from birth to age 5 provides 600 hours of essential pre-literacy preparation before entering school. (http://readingfoundation.org/the-solution/for-parents/) This is a simple as 20 minutes per day! For parents who are struggling to meet their daily family needs and cannot find the time to read to their child(ren) each day there are other avenues to pursue such as preschool, public library reading activities and coordinating time with neighbors and extended family members. We know that children who are not read to from birth to 5 have great difficulty reaching grade-level reading proficiency.

We also know that reading has other benefits in addition to academic success:

- It Might Help Prevent Alzheimer's Disease: A study
  in the Proceedings of the National Academy of Sciences
  found that older people who read regularly are 2.5 times
  less likely to have Alzheimer's. The study isn't saying that
  reading will in fact prevent Alzheimer's, but it does seem
  to show it can help. Wouldn't it be great if Winooski
  seniors read to our children on a regular basis!
- It Makes You Smarter: Anne E. Cunningham and Keith E. Stanovich found that reading helps you retain information. Also, it can improve your vocabulary at the same time.
- 3. **It Can Reduce Stress:** A 2009 study by the University of Sussex found that reading for just six minutes can reduce stress levels by up to 68%. It's an escape from your busy, anxious life
- It Can Improve Your Memory: Similarly to #1, reading allows you to "exercise" the parts of the brain that get less action as you grow older.



5. It Can Make You a Better Writer: According to a study by Karen Daniel from the University of California, Riverside, a high reading ability can be predictive of a high writing ability. Which means, the more you read, the better you'll write. (http://andygibson.us/2015/02/theimportance-of-reading/)

If there is one thing we can all do for our children to improve their opportunity to be successful in life it is to make Winooski a community that believes in reading as an essential daily activity that should be started as early as possible. Thank you for working with WSD to benefit our students!

### 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:

- 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.



#### **School Board**

By Mike Decarreau, Winooski School Board President

As we continue in our transformation from a traditional sit, listen and repeat educational model to one in which the education is delivered in a more personalized manner we will be bringing opportunities to you to become more familiar with this new model. As I think about this, we have educated our students for over a hundred years in the same basic model, that is essentially a manufacturing model. We taught our students to be able to do Math and English at a level that would allow them to be able to be taught the repetitive tasks necessary to keep the US economy humming. Of course, we have always needed the more advanced skills to keep this moving forward: engineers, teachers, doctors, etc.

Over the past 30+ years we have seen an ever increasing reliance on robotics to do these repetitive tasks as companies have incorporated them to improve productivity (robots can work around the clock and not get fatigued!) and profits. With personalized learning the focus is much more on teaching our students how to learn and how to push through tough challenges. Learning how to learn, not learning by memorizing what we tell you is important, is a key skill. In two separate forums held several years ago the business community stated they needed employees that could work in teams and solve complex problems while the higher Ed community stated they needed students that could work well with others and solve complex problems. The interesting item here was that the Higher Ed community put content knowledge third behind these other skills.

Given these two skills being sought by both the business and higher ed communities we are directly in line with our new direction. We are allowing students to pick topics of interest to them and they are breaking their own learning barriers to develop new skills. Our staff has put together an incredibly focused path for our students to follow and to measure their progress as they move on multiple paths to graduation. For parents there will continue to be opportunities to more deeply understand how these changes are affecting your children as we move forward so please take the time to learn as well. Report cards look different but are much more detailed to give a deeper understanding about where your child is along their educational continuum. Please ask questions of the staff as they arise so you become acquainted with these new features.

Have a great month!



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

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

### **Passion Portrays Purpose**

By Hal Colston, Partnership for Change

The recent horrific school shooting at Stoneman Douglas High



School in Parkland, FL has sent reverberations throughout the world. This is because the students who survived the tragedy are speaking out like never before. Their passion has been infectious with leaders in power to seriously consider the inevitable: how might our gun laws better protect the safety of our students? These suburban, privileged students have also become a voice for students of color of less means whose everyday lives are filled with gun violence. Their sense of solidarity has been very impressive.

Movements begin when a few people band together who have become sick and tired of the status quo. Their passion for making change becomes their purpose in life. There is something very hopeful about this process when it is our students who mobilize one another to bring about change for the common good.

How are we as educators and community members allowing our students to connect with their passions? And, how are we providing them with the tools to act on their passions? At Stoneman Douglas many of the students that have taken to the national stage so eloquently articulating their movement are applying the skills they learned in their journalism class. They are now living their education.

What are we doing or can do to give our students the opportunities to live out their passion and find their purpose? Is it a classroom and/or a community experience where they can discover this kind of learning? How are they able to amplify their voice? This is the essence of education.

## 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:

- May 4 and May 18
- June 1

## How Can I Help Prevent My Kid From Using Substances?

By Sean McMannon, Superintendent of Schools

According to the National Institute on Alcohol Abuse and Alcoholism, teens with authoritative parents (those with a consistently healthy balance of discipline



and support) are most likely to be influenced by their parents' messages. It's wonderful to know that parents are the greatest influence on their teens substance use decisions, however it's not particularly actionable. That knowledge, while important doesn't arm one with the skills and information necessary to prevent teen substance use. The truth is, all teens are at risk of use, and there are clear actions you can take to reduce the chances that they will engage in high risk behavior.

#### Keep the lines of communication open

- Schedule fun activities to do together
- Ask questions that can't be answered with a one word response
- Spend time doing things your teen enjoys doing, even if it's not your favorite pastime
- Schedule regular family meetings

#### Be a source of encouragement

- Remind them of their strengths and past successes
- Encourage them by sharing how they have dealt with challenges
- Ask them for input concerning family plans and events
- Ask them for ideas to solve family problems
- Let them know that they are thinking about them when they can't be with them
- Display things they have made and recognitions they receive from school or the community

#### **Boundaries & Monitoring**

- Always ask where your kids are going, with whom, and when they'll be home
- The next time your child lashes out at you, try responding with love rather than anger, such as, "I'm sorry you're feeling that way right now. I love you, but it's not okay to act this way."
- Learn to be flexible when setting boundaries and to take the long view. Trends come and go and always will

Vermont parents know it's important to have conversations with their kids about alcohol and other drug use. But starting the conversation can be hard. Watch videos, and get more tips designed for Vermont parents on how to keep teens on the right track with it comes to alcohol and other drug use at parentupyt. org. (Chittenden County Opioid Alliance Prevention Team)

### More Talk, Less Tech

By Catherine Lavigne, Speech Language Pathologist

May is National Better Hearing and Speech Month. Parents and guardians often ask me for "good apps" that their children can use on a device to improve their speech or language. My response is "you are the app."

Many children are around or use at least 1-2 tech devices at home (examples: cell phones, laptop computer). Families should be careful to not let screen time interfere with quality talk time with children. Children learn how to understand and use language by talking in person with other people. Talking with your child teaches them the back and forth, turn-taking of conversation. It helps the child to learn to wait, listen and respond to social communication. Help build your child's vocabulary by using and explaining new words during daily routines. Talking and sharing with children also helps them feel important and loved.

Here are some good times to set aside the tech devices and talk to your children for a few minutes:

- Car rides or walks this is good time to talk and interact.
- Meal time at home or at a restaurant, make this a time for conversation, not devices.

Title and some content adapted from the American Speech-Language Hearing Association (ASHA) More Talk, Less Tech series 2015

The American Academy of Pediatrics gives the following recommendations about tech/screen time (using media) and children:

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should view the media with the children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

Remember, talking is teaching. More talk, less tech. You are the app.

#### CITY AND SCHOOL ANNOUNCEMENTS

## Kindergarten Registration & Screening for 2018-2019 School Year

Children who will be five years of age prior to September 1, 2018, should attend this screening. Kindergarten registration and screening will be at John F. Kennedy Elementary School on Monday May 7th and Tuesday May 8th.

Please call the J.F.K. office at 655-0411 to make an appointment. All appointments are 90 minutes.

Please be sure you are on time for your appointment and you must bring these items and we will register your child while he/she is being screened:

#### ITEMS TO BRING WITH YOU

- your child,
- child's birth certificate, (or I-94 if your child was born in a country that doesn't issue birth certificates),
- updated immunization record
- and his/her <u>Social Security number</u> and <u>proof of residency</u>.

#### 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.

#### **SWIMMING & WATER SAFETY EVENTS**

April 4, May 2, June 6 & July 11

at the GREATER BURLINGTON YMCA, 266 College Street

#### FREE! Open to all ages and families!

Join the Greater Burlington YMCA and Burlington Parks, Recreation & Waterfront for an evening of safety focused swim programming.

#### 6:00P-6:45P

Enjoy snacks and a presentation about how to keep yourself & your family safe around the water.

#### 7:00P-8:00P

Join our instructors in the pool to learn basic swim techniques focused on safety.

Maximum of 20 families for each session. Please Register at the Y:

gbymca.org | 802-652-8143





Presented by:







## **Afterschool Funding Approved!**

By Suzanne Skaflestad, CCLC Director

Winooski School Districts' 21st Century Community Learning Centers application was funded in one of the most competitive competitions in the history of the 21st CCLC program in Vermont.

The 21st CCLC initiative is the only federal funding source dedicated exclusively to afterschool programs.

The median score for all applications was an 82. Winooski's proposal received a score of 98, the top score among all applications across the state. The guidance, support and expertise received from school and community members were instrumental in building a strong grant proposal.

It is exciting to be able to continue the important work that happens afterschool to support students and families. Winooski's extended learning opportunities provide another place for students to build connections and relationships with caring adults and make new friends. It helps students find their passions and develop their 21st century skills so they can lead healthy and productive lives.

Thank you to everyone who contributes to the success of Winooski's afterschool programs and ultimately the academic success, health and well being of our awesome students!



















#### JFK ELEMENTARY SCHOOL NEWS

## **May News from JFK Elementary**

By Sara Raabe, Principal

JFK Elementary has been chosen as one of ten elementary schools in Vermont and New Hampshire to the awarded the Children's Literacy Foundation (CLiF) Year of The Book Grant for the 2018-2019 school year. The grant is designed to promote literacy for students in the school, and in their homes. At JFK, the grant will be aimed at grades Kindergarten through 3rd grade.

JFK will receive \$25,000 in literacy support, including new books for all Kindergarten - 3rd grade students, the Winooski Public Library, and the WSD library. We will also be able to bring exciting literacy events to the school and families such as presentations and workshops by local authors, illustrators, and storytellers.

Susan Greenlaw, Library Media specialist at Bethlehem Elementary School in Bethlehem, N.H. (2016-2017 Year of the Book school), says, "Being a recipient of the \$25,000 Year of the Book grant has opened many doors to literacy for our children. Author and illustrator visits helped our children to realize the accessibility of words and the power that they possess ... Year of the Book ignited a love of books and words at our school ... As a school which strives to celebrate literacy every day, we now have access to any book a child might desire!"

Since 2011, the CLiF Year of the Book program has served 60 schools across Vermont and New Hampshire. JFK is very excited for this amazing opportunity to help promote literacy for our students and families.

## **Jump Rope for Heart Event**

By Dennis Barcomb, Athletic Director and Kyle Blindow, Physical Education teacher

JFK held its annual Jump Rope for Heart event on Tuesday, March 29th. JFK students help to raise \$2,421 to benefit the American Heart Association and to help save lives!



Our leading fundraisers for 2018 were:

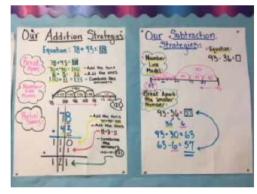
- 1st- Jenny Wright's: Ashlyn Parris \$300
- 2nd- Joan Benjamin's: Amelia Slade \$275 (The winner in 2016 and 2017)
- 3rd- Sarah Haynes: Alexis Blend \$130 AND Tiffany Demore's: Phoebe Krcmar \$130

Thank you to everyone who helped make the event wonderful and for helping us save lives!

## **News From Mrs. Hogan's Second Grade!**

Happy Spring! We are so excited to enjoy the sunshine and hopefully earn ourselves a little extra recess over the next few weeks! Our class has been so busy learning. One of the big topics we are focusing on right now is investigating different math strategies for adding and subtracting numbers. We began this school year working with one-digit numbers, moved on to two-digit and can you believe it ..., we are now learning to add and subtract numbers with three digits! The kids are so proud of this accomplishment and love working together as groups to solve these more complex problems.

Ask your second-grader to teach you how we use a number-line model, a breakapart strategy or the partial sums method. You will surely be impressed with your mathematician. It has been amazing as their teacher to see this progression. I can't wait to continue this journey and see how much more we can learn together!













#### MIDDLE/HIGH SCHOOL HIGHLIGHTS

## **May Report from WMHS**

By Kate Grodin, Co-Principal

In springtime we are thrust into transition. As nature is (hopefully) waking up and extending its hours of sunlight, students are crunching until the end, anticipating summer and celebration of their growth and progress this year. It often feels like everything is on the move!

One major transition worth celebrating is **Moving Up** from 8th grade to 9th grade. This year we are proud of our 8th graders who will have participated in two Expeditions. Expeditions are exciting, interdisciplinary units of study where intense collaboration among teachers results in well crafted lessons aligned across discpilines and centered on an exciting topic. Expeditions are also where the Graduate Expectations are practiced in middle school. Additionally, middle schoolers must demonstrate proficiency in four Graduate Proficiencies: critical

"In the spring
I have counted one
hundred and thirtysix different kinds of
weather inside of four
and twenty hours."

MARK TWAIN

reading, writing, mathematical reasoning and scientific reasoning. Although middle schoolers will be exposed to additional graduate proficiencies, these four are the focus of their three years to best build a foundation for high school. Lastly, students must show a year's growth in reading and math as demonstrated by local reading and math assessments.

If middle school students are struggling to meet the above expectations or identify as needing more support, we have options. For the first time, this year we are offering Project Checkpoint in collaboration with Centerpoint. This is a comprehensive school wellness approach that offers students help with a variety of skills from decision-making to reducing stress to resiliency! Academically, the Burlington-Winooski Middle School Summer Program is also designed to support student growth in the Graduate Expectations. These programs are a great way for students to engage in learning over the summer since there are so many options to choose from! With our new proficiency-based system, we are more confident that ever that students are better prepared to meet with the demands of high school.

## Student Science with Vermont EPSCoR — One Year Investigating 2 Streams

By David McNally

On Tuesday, March 20th, Tatum Duba and Richard Vincent from Winooski High School presented a year of their research results from participating in the Vermont EPSCoR program. What is EPSCoR you ask? EPSCoR ("ep score") stands for the Experimental Program to Stimulate Competitive Research. This is a program funded by the National Science Foundation (NSF) to promote scientific progress nationwide. It involves 28 states (including Vermont) as well as Puerto Rico. This past summer, Winooski High School officially joined

Tatum and Richard presented a poster of their findings at the EPSCoR Symposium at UVM Davis Center on Tuesday May 20th. This first year of our research focused on investigating the ecological characteristics of two local streams - Morehouse Brook (Winooski) and Sunderland Brook (Colchester). The first stream is in a heavily impacted urban setting while the second stream is a more

the EPSCoR program.

natural, forested environment. Tatum and Richard collected and analyzed data on total suspended solids, phosphorus and temperature in the streams and compared these impacts on macroinvertebrate biodiversity (aka "bugs" living in the stream bottom). It was a challenging but satisfying first year.

Tatum wrote:

During my experience I learned about how total phosphorus and total suspended solids could affect the streams' water quality and macroinvertebrates. I never had a better understanding of what type of macroinvertebrates lived where and why. We noticed that our Winooski stream - Morehouse Brook - had garbage surrounding the area that could of been the factor of the poor habitat there. In this stream we found a Gastropoda macroinvertebrate and that indicates poor habitat quality. Throughout the project I had many ongoing questions on how we could help clean up our waters or how the poor habitat quality could get better. I



haven't answered many of my questions, but I do know that this program has changed the way I think about the new science tools we could use to protect and improve our surrounding community.

If you are a high school student possibly interested in learning more about EPSCoR or would like to become involved in our team for the summer 2018 program including a week at St. Michael's college - send an email or talk to Mr. McNally (dmcnally@winooski.k12. vt.us).



#### **Annual All Star Basketball Classic**

By Dennis Barcomb, Athletic Director

Winooski High School was represented well at the Annual Vermont Basketball Coaches Association All Star event on Sunday, March 25th. Senior Lydia Nattress played for the North All star team for Division 3/4 Girls. Abdullahi Sadik played for the North All star team for Division 3/4 Boys. Winooski Head Coach Tom Obbagy and Volunteer Assistant Coach Jason Mayo coached the Boys squad. Congrats to all involved!

## **WMS Students Win in Bridge Building Contest**

By Gina Krol

Heirloom Luong, Izzi McMillan and Carter Irish made a good showing at the 4th annual Vermont Tech Bridge Building Competition, held on April 12 at Vermont Technical College in Randolph. Their bridge won third place for structural efficiency, which is the ratio of strength to weight. Their team was one of 78 middle-school teams from all over Vermont.

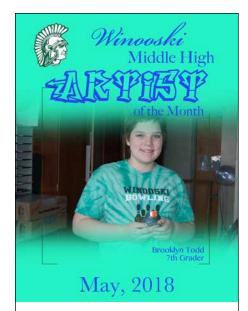
Their bridge was constructed to meet exact specifications using only popsicle sticks, toothpicks, dental floss and Elmer's school glue. The team began meeting after school in February two times a week. During the last three weeks before the competition,

they increased their time to four times a week. The completed structure incorporated a Warren truss design, which uses equilateral triangles to spread out the loads on the bridge. Their bridge, which they named Angelina, weighed in at 3.8 pounds and withstood 312.6 pounds.

Congratulations to Heirloom, Izzi and Carter on outstanding STEM design work!



Izzi putting on some last minute touches three days before the competition.



## WMHS May Artist of the Month

By Jessica Bruce, Visual Arts Teacher

This month's artist to be recognized is Brooklyn Todd. While arts rotation has just begun, Brooklyn has already shown a knack for creativity and thinking like an artist. She has demonstrated that she can use an established set of criteria to evaluate her artwork, explore and invent artistic techniques, and emulate aspects of other's artwork in her own. Her latest piece, a clay gargoyle named Larry, is a wonderful example of her artistic skills and creative thinking.

Congrats, Brooklyn!



The boys ran into former Winooski student, Pacal Siki (in the back), who is studying civil engineering at Vermont Tech. Pictured left to right in the front are Carter Irish, Izzi Mcmillan and Heirloom Luong.

## An Advisory that Plays Together, Stays Together

By Lindsey Cox, Advisory Coordinator

Advisories have been busy since our last update in March. Spring is scheduling season at the high school and students in 9th and 10th grade have been hard at work learning the new Graduation Requirements. In advisory, there have been one-on-one conversations to help guide students towards the best educational opportunities that align with their interests and their requirements. Each student is filling out a map of the courses they completed, the courses they are currently enrolled in, and the courses they would like to take in the future. It is great to be able to have individual conversations with each student and support them to take more ownership of their learning journey.

In March, a snow day threw a wrench into our half-day, but we proceeded with our agenda the following day so that all middle and high school students could hear Mark Seguin speak on digital literacy and responsible use of social media and digital platforms. There was also a group of students who planned a demonstration to honor the victims of the Parkland shooting and facilitated discussions, in advisory, about fostering a safe and inclusive environment in our school.

One of the main goals of advisory this year is build strong relationships between advisor and advisee and peers. Back in February, advisories were asked to go through a team-building exercise to plan a field trip for their advisory to take together that would help foster stronger relationships. In April, all seventeen high school advisories embarked on their personalized field trip. From bowling at Spare Time to sharing a meal at Sneakers, students came back with a foundational shared experience. Students performed acts of service and cleaned up the school grounds, some went ice skating, broke out of The Escape Room, and flew through the air at Get Air. Both advisors and students have reported that advisory feels more friendly and students are more willing to engage with one another since the field trips.

April was also financial literacy month and the high school





business teacher, Ms. Poquette, organized a month-long advisory challenge that included trivia, raffle drawings, and a financial literacy themed dance. All advisories are earning points toward the year-long advisory competition and simultaneously learning about managing their money. Stay tuned in June to learn the 2017-18 advisory competition winner!

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





## **Jiu-Jitsu Accomplishments**

By Nancy Keller

Since February, almost twenty Winooski Middle/High School students have met for weekly hour-long classes to learn the martial art, Brazilian Jiu-Jitsu (BJJ), taught by Sensei David Quinlan of Martial Way Self-Defense Center.

Students practiced holds, take-downs, sweeps, passes and throws that are unique to this grappling art, and then, in April, tested their skills for their belt promotion.

Congratulations to the following students on passing your test, earning your new rank, and working on your proficiency in Winooski School District's Graduate Expectation for Wellbeing!

#### White Belt - 1st Degree

Sherihan Abdulaziz Kyle Gaudet Amisha Gurung Subisha Gurung Apolina Mbeleci Bhumika Magar Damian Stoddard

#### White Belt - 3rd Degree

Aden Jelle Fan Kai Mohamed Yussef

#### **Yellow Belt**

Eric Buker Ryan Charboneau Shamir Ramal

We hope to see everyone on the mat for the next session of the After School Jiu-Jitsu Club in the Fall of 2018!





Students display their certificates of promotion at the end of their final Jiu-Jitsu class at Martial Way's studio in Colchester, Vermont. Front Row: Apolina Mbeleci, Sherihan Abdulaziz, Subisha Gurung, Amisha Gurung, Bhumika Magar. Back Row: Mohamed Yussef, Shamir Ramal, Eric Buker, Aden Jelle, Damien Stoddard, Fan Kai. Missing: Kyle Gaudet and Ryan Charboneau







#### **COMMUNITY NEWS**

## **City Council Update**

By Mayor Seth Leonard

On **Tuesday, May 8th** the voters of Winooski will have an opportunity to move forward a \$23 million dollar project aimed at revitalizing Main Street. As communities move through time, there are naturally areas that need investment and attention – they need to be given new life and have their vitality restored. In Winooski, we have one of the most successful examples of this in our Downtown Revitalization Project.

After extensive public feedback and undergoing a community visioning process around our form-based code implementation and multi-modal transportation planning efforts, we have focused the city's next revitalization efforts on Main Street. The

corridor into our city has aged, houses 130+ year old water and sewer infrastructure, and functions more as a pass-through our City that the neighborhood center our residents deserve. Main Street is the gateway to our community and a key artery in every Winooski resident's experience. Parents reading this know they must drive on main street, or their children either bus or walk up main street to get to school each and every day.

We are proposing that voters authorize the City Council to pursue a funding package that will support a \$23 million dollar complete modernization of main street between rail bridge just before the circulator to the Winooski city line just past the school. The work would include new water, stormwater and wastewater utility infrastructure, improved pedestrian and bike amenities, undergrounding the telecom and cable lines, and rebuilt sidewalks and streetscapes. This work would result in a more functional main street that will support Winooski's future generations need for sustainable infrastructure and create a more welcoming and pedestrian/multi-modal friendly corridor.

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



\* DO YOUR PART \*

VOTE!

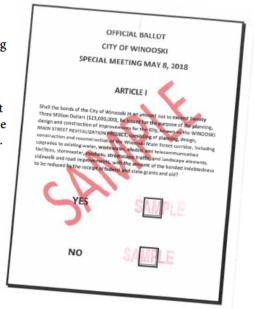
MAY 8, 2018

To pay for the \$23 million dollar project, we are working to blend state and federal grant and low interest loan options with alternative tax revenues. While we know the anticipated cost of the project, we do not know the exact blend of funding that will be available. A "yes" vote on the bond will help us leverage outside dollars and

determine the final impact to taxes. There are many financial advantages for the city to advance the project now, however we cannot benchmark the exact tax rate impact at this time. Modeling has a minimum of a 4% increase at this time in addition to an impact to water/wastewater fees, but it could be higher depending on how the other funding

streams line up and how Council decides to balance the city's portion of the funding.

If the Council is authorized to move forward on putting together a final funding package, there would not be another public vote required so the final call on the impact to the tax rate would be up to the City Council. We hope you will engage in the number of public outreach events or reach out to me at sleonard@ winooskivt.org or 802-777-3381 if you would like to learn more about the project and the potential funding



sources. Please check the city website and social media for opportunities to learn more.

On May 8th, we will hold a special vote. Voting in the special vote will look exactly the same as a town meeting day vote – visit us at the Senior Center at 123 Barlow Street between 7:00am and 7:00pm on Tuesday, May 8th and vote on the next step of the Main Street Revitalization Project. Starting April 16th, voters can vote early at City Hall or vote via an absentee ballot. And join us at City Hall at 6:30 on May 7th to learn more before you vote the next day.

## Winooski Memorial Library

By Elsie Goodrich, Youth Services Coordinator



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.

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!

Free meals Mondays through Thursdays for anyone 18 and under. We will have these meals all summer long too!

Speaking of summer, have you heard about the Summer Reading Program? This year's theme is Libraries ROCK! All summer long we will have instruments, crafts, computer and programming activities, outdoor games and a team reading challenge to celebrate how much reading ROCKS! Stop by the library to find out more.

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.

## Justice, Peace, and Equality

By Sr. Pat McKittrick, RN, Community Health Coordinator

On April 5th and 6th over 300 people attended the Joan Chittister Play at St. Michael's Recital Hall and at Trinity Episcopal Church in Shelburne. Teri Bays proclaimed the message of Justice, Peace and Equality especially for women loudly and clearly. The Winooski Peace Initiative with the support of many community partners sponsored the play.

Winooski is the most diverse community in Vermont in terms of income, country of origin, language, age, religion and gender. The Winooski Peace Initiative brings residents together, face to face, in ways that lift up common values, encouraging people to reach out, even if just a little, to those seen as "others".

"Compassion
reduces our fear, boosts
our confidence, and opens us
to inner strength. By reducing
distrust, it opens us to others and
brings us a sense of connections
with them and a sense of purpose
and meaning in life."

- DALAI LAMA

We believe it is easier to understand a person when you get close. Our programs and projects help people move toward each, rather than away, building Winooski's sense of community and fostering peace.

What is our responsibility to continue to build a strong, supportive community, and how will we do this? We need to listen to all the voices in our community and to the voices within ourselves. Together we will find ways of responding. Together we seek truth, justice and equality.

Who are the people who help us to see life differently? We need all voices. What opportunities do we have to listen to one another?

Please contact us with your ideas, or if you would like to volunteer: Pat.mckittrick@uvmhealth.org or 802-847-6534.

## Thrive Summer Program Enrollment Now Open

By Kirstie Paschall

The City of Winooski is now accepting registrations for our Thrive Summer Program!

The Thrive Summer program is a state-licensed, 3 STAR childcare/enrichment program. Thrive Summer serves children who have completed grades K-5, and will operate 6 weeks, starting Monday, June 25 through Friday, August 3rd.



All classrooms are lead by licensed teachers and children will participate in hands-on learning and play-based opportunities including fencing for 3rd-5th graders, walks through the community to Landry Park, Gillbrook Nature Area, the Riverwalk and the Intervale, STEM activities, team building games, art and music, and lots of opportunities for social learning with friends!

Click here to learn more and register today: http://bit.ly/2E53utg

The Thrive Summer Program accepts Vermont Childcare Subsidy to cover registration costs. If you receive full or partial Subsidy, you will pay no additional fees.

Call or email the Department of Children and Family Programs with questions regarding this program: 802 316 1552 / thrive@winooskivt.org

## **Winooski Girl Scout Troop 30167**

By Sarah McGowan-Freije

The troop had our most successful cookie season ever this year. The girls sold almost 4,000 boxes of cookies and earned over \$3,000 for the troop. They worked hard and did a fantastic job selling door to door and at cookie booths. Thank you to everyone in the community who supported our efforts.



To celebrate the end of cookie season, the troop went to see the Harlem Globetrotters at UVM's Patrick Gymnasium. Before the show the girls got to meet one of the female



Globetrotter players, which was very exciting.

The girls took a vote to decide what other activity they wanted to participate in to celebrate our successful cookie season. They voted to go to Get Air, so in two weeks the troop will be bouncing on trampolines, playing dodge ball and running through the obstacle course.

The past few months haven't only been about selling cookies though. The girls also finished up their Animal Habitats badge



by building butterfly habitats. They got to hammer nails and use a power drill. They will paint the habitats at home and then hang them up in the spring.

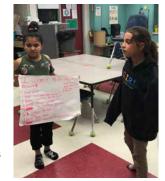
The girls also earned their Inside Government and Drawing badges. For Inside Government, the girls learned about the structure of



local, state and national governments. Then they got the chance to run for Mayor of Winooski. The girls paired up, with one acting as the Campaign Manager and one acting as the candidate. Working together, they created a platform for the candidate then

presented it to the group. The troop then voted, and chose Emily Freije as the new Mayor of Winooski.

The girls started the Drawing badge by drawing a still life of either a vase of flowers or a plate with a cupcake and some grapes on it. Next they learned how to add shading to their still life portraits. The last thing they learned about was perspective, and the techniques to use to add perspective to their drawings. I think we have a few budding Georgia O'Keefes in the troop!



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







## **Order Up!**

By Greg Clairmont

The Saint Francis Xavier Golden Angels Baseball Team teamed up with The Saint Stephen's Knights of Columbus #2284 Council! What an amazing dinner was served at the Salvation Army in Burlington!!! Wow!

## Winooski Food Shelf Schedule for May

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, May 9th	2 p.m. to 4:30 p.m.	Pantry staples, meat and eggs
Saturday May 12th	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday May 23rd	2 p.m. to 4:30 p.m.	Pantry staples, meat and eggs
Saturday, May 26th	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 Forth 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

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!!

.....

## Playgroup for families and their young children (0-5 years old)

By Martina Kerkering

Join our playgroups at the O'Brien Community Center, 32 Malletts Bay Avenue in Winooski:

- Tuesday: 9:30-11:00AM
- Thursday: 9:30-11:00AM Or find us at the Winooski Memorial library

• Friday: 9:30-11:00AM



#### Why attend playgroup?

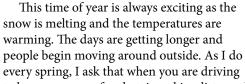
- Meet parents and their children
- Learn about resources
- Children will learn to share, take turns and to communicate

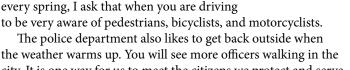
Please reach out to us, if you have questions or want more information: 655 1422 or mkerkering@howardcenter.org.



#### Police Outreach

By Scott McGivern





The police department also likes to get back outside when the weather warms up. You will see more officers walking in the city. It is one way for us to meet the citizens we protect and serve. Feel free to engage us in a conversation when we pass you on the sidewalks.

Another way for us to get out and meet people is **Public** Safety Day. This year's event will be held on Saturday, May 19th from 1:00-4:00 pm in front of the Champlain Mill on Winooski Falls Way. We have hosted the event annually for the past three years. The event is designed so that people can meet and interact with the people who serve them. Many organizations participate including Winooski Fire Department, Winooski Public Works Department, St Michael's Rescue and other agencies that respond to assist people in our community. The event also includes hot dogs and hamburgers, and a bounce house for the kids. I have been told that Champ will even make an appearance.

In March the police department hired Officer Michael McCormack. He is currently working a variety of schedules while he is getting acclimated to Winooski. I look forward to meeting some of you when I am out walking a foot patrol!

### Senior Center Update

By Barb Pitfido, Winooski Senior Programs Manager

Spring is here and it's time to get out, clean out and shout-out! A special shoutout of gratitude goes out to our little City that brings us all together...from the seniors, adults and youth who participate, the volunteers who contribute so much of their time and to the fellow citizens who make us a complex community, I say "Only in Winooski!" Being the most diverse municipality in Northern New England has it challenges, but it also presents opportunities for acceptance, cooperation and boldness.

We are always looking for new ways to invest in our community. We are bold, and we are strong... we are Winooski and proud of it!

#### **UPCOMING ACTIVITIES** Special Senior Lunches:

- 5/15 Brunch for Lunch Senior Social
- 7/10 Teddy Bear Picnic Membership Kickoff Party
- 9/11 Senior BBQ

#### Open House Time:

- Wednesdays 1-3pm Free Activities (cribbage, games, crafts)
- 5/16 Card making class with Janet - Free!

#### Do Drop In - Coffee & Conversation:

Mondays 9-11am

#### Tai Chi - with Elizabeth Wirls:

- Mondays 10-11am Sun 73 (Long form) & 11am-12pm (Seated)
- Thursdays 6:45pm (Long form)

#### Senior Exercise Program:

Tues/Thur 10-11am

#### Bingo!

• Thursdays at 12:30pm

#### Bingo! Theme Days:

- May 17 The 60's
- June 14 Flag Day
- July 19 Beach
- · August 16 Elvis



Come check out our newest community garden site at the Senior Center! We will be offering gardening talks & swaps, potluck & harvest dinners, and opportunities to socialize with friends & neighbors!

#### Senior Planning Meetings:

• May 2 • June 6 • August 1

#### **Quarterly Reporting Meetings:**

July 10 • October 9 • January 8

The Winooski Senior Center.... the most exciting place in Winooski!

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 Liz Parris, School Nurse, Health Office Coordinator

May is one of my favorite months here in the district because I get to participate in Kindergarten Screening!

I love getting to see these all these little ones excitedly bounce up the hall to our table to check in and begin their adventure!

With that in mind parents, I need your help! If you have a child who will be coming to kindergarten screening please make sure to have a copy of their immunizations in hand. If they have not had their 5 year old shots, please call your doctor in advance to set up that appointment and bring that appointment date along with a copy of their vaccines to the screening.

Please note that no child will be allowed to enter kindergarten in the fall unless they have a completed series of vaccines or are medically/religiously exempted.

For your convenience here is a list of what we will need:

- 5 Dtap shots,
- 4 Polio shots,
- 3 Hepatitis B shots,
- 2 MMR and
- · 2 Varicella.

Also, if your child has asthma or a life threatening allergy, please let me know that upon registering. I will give you a copy of paperwork that will need to be filled out by the doctor over the summer and returned to me in the fall.

If you have any questions before your scheduled kindergarten screening, please don't hesitate to call me at 802-383-6094. Thanks and I look forward to meeting you and your child on **May 7th or 8th.** 

#### **ELEMENTARY SCHOOL LUNCH MENU — MAY**





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

ALSO: Middle and High school menu information is available at www.abbeygroup.net/schoolmenus. You can also learn about options for managing your child's account at the website.

#### Newsletter of the Winooski School District

Winooski School District 60 Normand Street Winooski, VT 05404 NON-PROFIT ORG. U.S. POSTAGE PAID BURLINGTON, VT PERMIT #361

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WINOOSKI, VT 05404

#### WINOOSKI PUBLIC SCHOOLS

#### www.wsdschools.org

#### Superintendent of Schools Sean McMannon: 655-0485

smcmannon@wsdschools.org

## John F. Kennedy Elementary School

Principal: **Sara Raabe** 802-655-0411 sraabe@wsdschools.org

#### Winooski Middle and High School

Co-Principals:

#### Kate Grodin and Leon Wheeler

802-655-3530

kgrodin@wsdschools.org lwheeler@wsdschools.org

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

Mike Decarreau, President: 310-4032 mdecarreau@wsdschools.org
Tori Cleiland, 655-7678 tcleiland@wsdschools.org
Jen Corrigan, 233-7642 jcorrigan@wsdschools.org
Matthew MacNeil, 802-999-3218 mmacneil@wsdschools.org
Dr. Alex Yin, 516-423-9601 ayin@wsdschools.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 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@wsdschools.org