

ALSO INCLUDES 7 PAGES OF
Community News!
 STARTING ON PAGE 15

WINOOSKI SCHOOL DISTRICT NEWS!

JULY 2018

congratulations Class of 2018!



Presenting... The Class of 2018!



- * Mustafe A Abdi
- Jibril Abdullahi
- Usamah Abdul Khaleq
- Brandon Bartlett
- * Bhadri M Bhattarai
- Zachary Henry Chagnon
- Christine Cusson
- * Srijana Dahal
- Ranjit Darjee
- * † DhanMaya Dhamala
- Alexander Do
- * † Jarod Michael Fountain
- * ‡ Alexander J. Goodman
- Shelby Hayden
- * † Brianna Holton
- Omar Hussein
- Krishna Kadariya
- Som R. Khatiwada
- * Lai Lar
- * † Kaitlenn Little
- Wakeme LittleJohn
- Mohamed Maalim
- Prasan Mager
- ‡ Sumitra Mangar
- Tonya Mitchell
- Nafisa Mohamed
- Casey Morgan
- Hamdi Muya
- * † Lydia Rose Nattress
- * † Zeneth Richina Nheb
- * Devon Fisher
- * † Julia Ngene Poipo
- * Shrijana Rai
- Dylan Ralston
- Abdullahi Sadik
- Saeed Saeed
- Sameera Saeed
- A'nya Sanchez
- Swastika Sharma
- Abdisalan Sheikh-Bile
- Bhim Shrestha
- Gabrielle Speirs
- Dylan J. M. Traverse
- * Olivia Treadwell
- Jason M Truong
- Branden N Urbanek
- Nasir A. Vargas
- * † Rebecca Cristie White

* Honor Student
 † National Honor Society Member
 ‡ National Technical Honor Society

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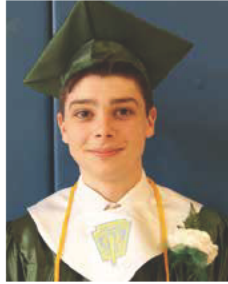
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Congratulations to all 2018 Scholarship Recipients!

Here is a list of the members of the Class of 2018 who were honored with financial awards at the graduation ceremony:

GREEN AND GOLD SCHOLARSHIP -

The University of Vermont awards this full-tuition scholarship for eight semesters provided that full-time enrollment and at least a 3.0 GPA are maintained. The



student who has attained the highest academic distinction at the end of their junior year shall be the recipient. The Green and Gold Scholar for Winooski High School is **Jarod Fountain**.

CLASS OF 2003 SCHOLARSHIP – The class of 2003 scholarship, co-sponsored by Dollars for Scholars, is presented to a senior who has demonstrated dedication to his/her class, and exhibited genuine care and respect for Winooski High School. The 2018 recipient is **Swastika Sharma**.

MAIDA F. TOWNSEND SCHOLARSHIP –

The Maida F. Townsend Scholarship, sponsored by Dollars for Scholars, is given to a student who has demonstrated a love of learning, an openness to the richness of differences among people, and a willingness to use his/her time and talent in service to others. The 2018 recipient is **Kaitlenn Little**.

VFW COMMUNITY SERVICE AWARD –

The VFW Community Service Award is presented to two graduates in recognition of outstanding community service. The 2018 recipients are **Alex Do** and **Nafisa Mohamed**.

ACADEMIC SCHOLARSHIP– The Academic Scholarships, co-sponsored by Dollars for Scholars, is presented to two students who excel academically. The 2018 recipients are **Jarod Fountain** and **DhanMaya Dhamala**.

VERMONT HONOR SCHOLARSHIP –

The Vermont Honor Scholarship, initiated by the Vermont Legislature, is presented to a student with outstanding academic achievement going on to college. The 2018 recipient is **DhanMaya Dhamala**.

STUDENT COUNCIL SCHOLARSHIP –

The student Council Scholarship, co-sponsored by Dollars for Scholars, is presented to a student who has made notable contributions to bettering WHS. The 2018 recipient is **Jarod Fountain**.

BOARD OF SCHOOL DIRECTORS

AWARDS – These awards, co-sponsored by Dollars for Scholars, are presented to two graduates who who have shown the most improvement during their four years of high school. The 2018 recipients are **Zack Chagnon** and **Abdullahi Sadik**.

BILL EVERTS MEMORIAL

SCHOLARSHIP – The Bill Everts Memorial Scholarship, given in memory of Bill Everts, is given to a senior who is the first in their family to go to college. The 2018 recipient is **Usamah Abdulkhaleq**.

WINOOSKI EDUCATION ASSOCIATION

SCHOLARSHIP – The Winooski Education Association Scholarship is presented to two individuals entering the field of education in recognition of exceptional contributions to school activities and all around excellence in academics. The 2018 recipients are **Zack Chagnon** and **Kaitlenn Little**.

KNIGHTS OF COLUMBUS

SCHOLARSHIP– The Winooski Knights of Columbus, a Catholic fraternal organization, support a WHS graduate who aspires to continue his/her education at a Catholic college or university. The 2018 recipient is **Olivia Treadwell**.

SKILLS AND TRADE SCHOLARSHIP-

The Skills and Trade Scholarship, sponsored by Dollars for Scholars, is awarded to a student is continuing his or her education in a skill or trade. The 2018 recipients are **Hamdi Muya** and **Prasan Mager**.



STEVE CROWLEY

WINOOSKI BUSINESS DEPARTMENT

SCHOLARSHIP – The Winooski Business Department Scholarship is awarded to a student who has excelled in Business classes and is pursuing a degree in business or a related field. This scholarship is paid for by fundraisers done in the Winooski High School Business Department. The 2018 recipient is **Abdullahi Sadik**.

CHALLENGE SCHOLARSHIP –

The Challenge Scholarship, sponsored by Dollars for Scholars, is presented to a well-rounded, highly motivated student (in the top 25% of the graduating class) who has overcome obstacles in achieving his/her success. The 2018 recipients are **Mustafa Abdi** and **Lai Lar**.

PTO EDUCATION SCHOLARSHIP –

The PTO Education Scholarship, co-sponsored by Dollars for Scholars, is presented to a student who is pursuing a career in education and who has displayed community involvement through school or work experience. The 2018 recipient is **Abdisalan Sheikh-Bile**.

THE PTO SCHOLARSHIP –

The PTO Scholarship, co-sponsored by Dollars for Scholars, is given to two students who have shown an over-all commitment to and involvement with the high school in multiple and varying ways. The 2018 recipients are **Rebecca White** and **Nafisa Mohamed**.

ALS FRENCH FRY'S SCHOLARSHIP – Al's French Fry's Scholarship, co-sponsored by Dollars for Scholars, is presented to a graduate planning on a 4-year post-secondary program. The 2018 recipient is **Alex Goodman**.

THE BOB WEIS SCHOLARSHIP – A scholarship awarded to a student who demonstrates his/her curiosity about the world through asking questions and demonstrating determination in the pursuit of understanding. The 2018 recipient is **Zenith Nheb**.

VFW SCHOLARSHIP – A scholarship presented to a student pursuing a degree and has been involved in other extra-curricular activities. The 2018 recipient of the VFW Scholarship is **Shrijana Rai**.

CAROL L. KESSLER, R.N. MEMORIAL AWARD – The Carol L. Kessler, R.N. Memorial Award is presented to a student or students who are in the upper 25% of the senior class and who are intending to continue their education in healthcare or a related field. The 2018 recipient is **Lydia Nattress**.

LEADERSHIP SCHOLARSHIP – The Leadership Scholarship, sponsored by Dollars for Scholars, is given to 2 students who have demonstrated outstanding leadership qualities and exemplified positive attitudes. The 2018 recipients are **Dylan Ralston** and **Julia Poipo**.

PART-TIME SCHOLARSHIP – The part-time scholarship, sponsored by Dollars for Scholar, given to 2 students pursuing a post-secondary degree on a part time basis. The 2018 recipients are **Bhim Shrestha** and **Sumitra Manger**.

CLASS OF 2013 SCHOLARSHIP – A scholarship for a senior who has demonstrated dedication to his/her class and exhibited a genuine care and respect for Winooski High School. This year's recipient is **Omar Hussein**.

JOHN J. MALCOVSKY COMMUNITY SERVICE SCHOLARSHIP – The John J. Malcovsky Community Service Scholarship is given to 2 deserving students who have participated actively in community service. The 2018 recipients are **Alex Do** and **Brianna Holton**.



NICHOLAS CUSSON-DUCHARME ATHLETIC SCHOLARSHIP – The Nicholas-Cusson Ducharme Athletic Scholarship is given in memory of Nicholas Cusson-Ducharme to two hard-working, dedicated, student athletes who have participated in athletics throughout high school, especially their senior year, while demonstrating outstanding leadership qualities. The 2018 recipients are **Lydia Nattress** and **Dylan Ralston**.

MAYOR AND CITY COUNCIL SCHOLARSHIP – The Mayor and City Council Scholarships, co-sponsored by Dollars for Scholars, are presented to one male and one female student who have shown the most improvement over the four years of high school. The 2018 recipients are **Shrijana Dahal** and **Devon Fisher**.

NOTES FROM THE CENTRAL OFFICE

Thank You Faculty and Staff

By Matt MacNeil, Board of School Trustees

Another school year has come to a close. The Board of Trustees had an active and engaging series of meetings over the course of the year. Easily my favorite part of every board meeting is the section called "Focus on Learning". Focus on Learning (FOL) involves a detailed presentation on a specific feature involved in the learning experience of Winooski students. This year FOL topics included Systems of Support, the School-Based Health Center, Proficiency-Based Graduation, and most recently the High School Advisory Program. At the conclusion of each presentation, Board President Mike Decarreau always turns to our membership and asks if anyone has any questions. What time and time again pops into my head is not a question but rather the same thought 'wow, that is great work!' The educational

opportunities being provided in Winooski are absolutely inspiring.

What is most striking about each Focus on Learning presentation is the amount of time, thought and effort put into each endeavor. There is an intentionality to the educational design in Winooski that is clearly the product of an ongoing commitment to learning and professional development in our faculty and staff. On behalf of the Board, we would like to take this opportunity to thank the faculty and staff of the Winooski School district. Your skill, dedication and creativity are what make these wonderful opportunities possible in our community.

We as a Board also recognize that our window into our schools through Focus on Learning tells only a part of the story of the amazing work happening in

Winooski schools. We truly appreciate all the hard work you put in to craft new and exciting lessons and student projects. Likewise, thank you for all the behind the scenes coordination you do to make students feel safe and respected. It is clear how hard you work and the extra energy you put in to think holistically about the youth in our schools. Your strength and values show in the extra effort you put in to build relationships and trust with students and families. Your expertise, strength and work ethic doesn't go unnoticed. We are truly fortunate lucky to have so many excellent education professionals. Thank you again for all you do.

Finally, we would like to extend our congratulations and best wishes to the graduating class of 2018!

CITY AND SCHOOL ANNOUNCEMENTS



Winooski Wednesdays 2018

By Paul Sarne, Community Outreach Coordinator

The City of Winooski Department of Recreation & Parks is excited to announce Winooski Wednesdays: a free summer concert series in Rotary Park! This summer, join us in Rotary Park every first Wednesday of the month for a free outdoor concert. Bring a picnic! These events are free and open to all.

- Shows start @ 6 pm
- Monkey House Beer Garden open (cash only)
- Free meals for kids 18 and younger
- Specials by participating Winooski businesses (see city website at www.winooski.org/winooski-wednesdays-2018/)

Featuring:

- **7/4: Guagua**
- **8/1: The Coretet**
- **9/5: Thunder Kittens**
- **10/3: The Tenderbellies**

Special thanks to Downtown Winooski for co-sponsoring these events, The Monkey House for donating their bar services, and Waterworks Food + Drink for donating their amazing sound system.

Youth Football

The Department of Recreation & Parks is excited to announce the 2018 Co-ed Winooski Youth Football season!

Our program aims to teach 1st – 4th graders the basics of flag football and 5th – 8th graders the basics of tackle football. Our skill-building exercises give participants an opportunity to play football in a fun and competitive environment that welcomes different skill levels! This is an excellent opportunity for Winooski youth to get involved with locally operated football fun and excitement.

- Aug. 13th, 2018 – early November
- 1st – 4th graders (Flag)
- 5th – 6th graders (Tackle)
- 7th – 8th graders (Tackle)
- Practices: Tue/Thurs/Fri 5:30 PM – 7:00 PM @ JFK
- August 13 – 17 and August 20 – 24 practices every day
- Games: Saturdays (times TBD)

Click here to learn more and sign up today: <http://bit.ly/2KLuxxs>. Call or email the Department of Recreation and Parks with questions regarding this program: 802 777 1621 / recreation@winooski.org.

Winooski Historical Society Holds Open House

In connection with Winooski's French Heritage Day celebration, the Winooski Historical Society Museum will be open Sunday, July 15, from 10am-2pm.

The Museum will be featuring displays commemorating the 150th anniversary of St. Francis Xavier Parish, Winooski's historically French congregation.

Contact us at winooskihistory@yahoo.com with any questions, suggestions, or if you might have relevant photos or material to contribute.



UVM Graduates Celebrate Winooski Accomplishments

Two members of the Winooski School District community received graduate degrees at the 217th University of Vermont commencement on Saturday, May 19th, 2018.

Bill Clark, an ELL and Humanities teacher in the high school, received a Doctor of Education degree in Educational Leadership and Policy Studies. **William (Liam) Danaher**, who advises students through the Vermont Student Assistance Corporation, received a Masters in Higher Education and Student Affairs (HESA).

"It was a joyful day," said Winooski teacher Bill Clark. "My research involved English Learners at Winooski. Seeing students, family, and friends at the commencement really brought my work full circle. I'm grateful for the opportunity to share my work with the community."

"My studies brought home to me the importance of higher education," said Liam Danaher. "Now, I have much more focused learning to give to the high school students who come to me for help."

In a statement, University President Thomas Sullivan stated that "each graduate has strived for the learning, the knowledge, the new ways of seeing and perceiving that have come from immersive study in the living laboratory of UVM."

These two members of the UVM Class of 2018 plan to continue working in the Winooski School District, and remain committed to their students and the Winooski community.





Rice Memorial High School Graduates

By Emily Rivers

Lisa Lorenz, principal of Rice Memorial High School in South Burlington, awarded high school diplomas to 110 graduating seniors during the school's 59th commencement ceremonies on June 3rd at Rice's Bill Hammond Gymnasium. Of the 110 graduates, 92 percent will be pursuing higher education this fall, having been accepted into a total of 473 different colleges and universities. These graduates have cumulatively completed over 9,000 hours of community service over their four years at Rice and have won a total of 14 State Championships.

The following are graduates from Winooski: Mersaylia Beaudoin, Madison Gorrigan, and Olivia Lesage. Congratulations to all our graduates!

Congratulations Merase Niyonsaba

On Wednesday, May 30th, at Rice Memorial High School's Underclassmen Awards Ceremony, current student Merase Niyonsaba '19 was recognized as being accepted into the Governor's Institute on Entrepreneurship program. The Governor's Institutes of Vermont bring together high school students from around the state to study with some of the State's finest professionals on the campuses of Vermont colleges. Congratulations, Merase!

Stay in Touch:

Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within their neighborhood.

Go to www.frontporchforum.com to sign up for this free community resource. You will get a daily email with postings from your neighbors, city, and school leaders with news, opinions, quotes, and more. It's a great way to keep on touch with late-breaking news and community events.



Preschool spots available!

- Do you have a child that will be 4 years old before September 1st?
- Are you looking for a Preschool spot in Winooski? Our program offers Preschool from Monday-Friday, 8AM-2PM, free meals and transportation (if necessary). Call (655 1422) or email (mkerkering@howardcenter.org) for more information!

July 4 — Holiday Schedule

Please note that city offices will be closed on July 4, 2018 in observance of Independence Day.



Winooski High School Athletic Banquet Awards Recap

By Dennis Barcomb, Athletic Director

The 74th annual Winooski High School Athletic Banquet was held on Sunday, June 10. This event was sponsored by the Winooski Boosters and the Athletic Department.

The awards were as follows:

Freshman Boy: Hussein Amuri

Freshman Girl: Penny Ly and Sofia Bitukendja

Sophomore Boy: Lek Nath Luitel and Najib Ali

Sophomore Girl: Alexis Gordon and Sa Me Lar

Junior Boy: Abbas Abdulaziz and Andy Siki

Junior Girl: Amna Cicak

Senior Boys: Eli Nahimana and Abdi Ali Mohamed

Senior Girl: Lydia Nattress

Ralph Lapointe Award: Amna Cicak

Scholar Athlete: Zeneth Nheb

Mona Williams Fan of the Year: Tom Nattress

Lady Spartan Award: Lydia Nattress

Spartan Award: Elli Nahimana



Class of 2018 — We are proud! Soar high!



SAVE THE DATE

French Heritage Day Winooski

July 15th, 2018

10AM - 2PM, Winooski Falls Way

Join us in celebrating Vermont's French Heritage!

Tourtiere (Meat Pie) Contest

We are searching for the best Tourtiere in Vermont! Ask your father/grandmother/neighbor/cousin for their meat pie recipe, bake it, and bring it to be judged. To enter, deliver your prized meat pie to the Market Manager's tent by 10:30AM. Our panel of judges will taste all the meat pies at noon. We will be grading on crust, filling, overall appearance, and of course, TASTE. The overall best Tourtiere baker will receive a \$100 cash prize!

Foot-Stomping Music

We are confirming bands, and you can bet that includes a fiddler. There will be four sets for your enjoyment.

Winooski is Home to Two Museums

Did you that there is not one, but two small museums in the Champlain Mill? The Heritage Winooski Mill Museum documents the industrial and cultural history of the Winooski Falls mill era from 1838-1954. The Winooski Historical Society maintains a record of Winooski's past through their collection of photographs, objects, and ephemera. You can visit BOTH as part of the French Heritage Festival!

Dig into Your Past

Would you like to learn more about your history? The Vermont French-Canadian Genealogical Society can help! There will be Society volunteers onsite eager to help you start researching your family tree. The VT-SCGS is part of the Vermont Genealogy Library and has subscriptions to the best genealogical records the internet offers. Learn how you can take advantage of this amazing, local resource.

Farmers Market

Our regular vendors plus some special editions for French Heritage Day. There will be veggies, plants, honey, kettle corn, dog treats, nitro cold brew coffee, and many prepared food vendors. Did we mention Poutine?!

About Us

Downtown Winooski is committed to a long-term comprehensive growth and revitalization effort and seeks to make Winooski a better place to live, visit, work, shop, do business, dine and be entertained.

Exhibit to Honor a New American Family

By Sister Pat McKittrick

The Winooski Peace Initiative will host an exhibit running from June 21 through the end of July at the O'Brien Community Center honoring a new American family.

Prem and Mana Bhattarai live in Winooski with their four children, Prem's mother, and granddaughter Blossom.

Prem and Mana met in a refugee camp in Nepal after the Bhutanese government stripped 100,000 people of their citizenship and during 1990-1992 forced them to flee the country. Prem and Mana spent two decades in the camp, where their children were born, before being resettled in the United States.

They're now active members of the Winooski community. The July exhibit will include photos of the family, a summary of their history from Bhutan to Nepal to Winooski, and quotes from family members remembering where they came from and describing their life today.

Photographs are by Michelle Saffran and the text is by David French.

You'll find this exhibit inspiring! For more information, contact David French (802-985-8328 or threefab@yahoo.com) or Michelle Saffran (802-999-7342 or michelle@michellesaffran.com).

Volunteer with the Winooski Housing Authority SASH Program!

By Hayley Williams, SASH Coordinator

We have a couple of different opportunities including:

1. Farm share pickup and delivery (requires a car and would be a weekly commitment of about an hour for 8-10 weeks throughout the summer, day & time TBA)

2. Good Food Truck meal pickp and delivery (also requires a car, is a weekly commitment of about an hour, and is on Tuesdays from approximately 3:45-4:45pm.)

Anyone who might be interested could contact the SASH office at (802) 655-9320.

Free Meals this Summer

The Winooski School District is a participant in the **Summer Food Service Program**.

Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided, at a first come, first serve basis, at the site and times listed below:

- **Winooski School District**
60 Normand St. Winooski, VT 05404
June 25 - August 3, 2018
(no service 7/4/18)
 - Breakfast: 7:45am to 8:30am
 - Lunch: 11:30 am to 12:30 pm

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to the USDA by mail:

- U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Ave SW
Washington, D.C. 20250-9410
- Fax: (202) 690-7442 or
- email :program.intake@usda.gov

This institution is an equal opportunity provider

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.

Winooski Peace Initiative Dinner A Huge Success

By Sister Pat McKittrick

A sincere thanks to St. Stephen's parish for a very successful community dinner. The turnout was amazing! We witnessed the richness of Winooski's diversity. The tremendous energy around meeting new friends was heartfelt.

Thanks also to the Winooski Police Department for their support at this event. The Winooski Peace Initiative looks forward to collaborating with you on other events in the near future.

The treats shared by various cultures were delicious and enjoyed by everyone. Watch for upcoming events.

HANDS ON TRAINING!

Apply now, positions are limited!



Get paid to learn new skills, find employment, and help farmers feed your community with VCP+SITW!

Vermont Works for Women and Salvation Farms have combined their efforts to help our community by launching women (18+) into employment. Call today to see if you qualify for Step In To Work (SITW) + Vermont Commodity Program (VCP)!

SITW + VCP

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

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

93% of graduates find employment within 30 days!



Contact Heather to find out if you're eligible!
hnewcomb@vtworksforwomen.org • (802) 318-1089
Learn more at vtworksforwomen.org



JFK fifth graders celebrate the end of elementary school at the Fifth Grade BBQ and Dance on June 12.

PTO Recap

It's been a very busy year for the WSD PTO! The group has worked very hard to raise money for our students. Highlights from the past year include two craft fairs, multiple middle school and high school dances, the Fun Fair, Family Disco, the elementary school production of "The Wizard of Oz," the talent show--not to mention the supplies for classrooms and outdoor play spaces. We recently hosted the Teacher Appreciation Breakfast to thank teachers and staff for all of their hard work over the school year, and we presented a token of our gratitude to those teachers and staff who were moving on from the school after many years of service.

The PTO is already planning for next year's activities. As always, if you are interested in helping out, please think about joining us in the fall. For those who want to participate but are not able to commit to monthly meetings, send an email to pto@winooski.k12.vt.us to be added to our "WSD PTO Volunteer" roster. We will be sure to let you know when we need extra support for events throughout the year. This is a great way to support the community!!

Lastly, please give a very special shout-out to Lance McKee of McKee's Grill on the traffic circle. Lance has been a long-standing supporter of the PTO and has contributed significantly to our coffers. Give McKee's a thumbs-up next time you're in the neighborhood!

Parents and Youth for Change Update

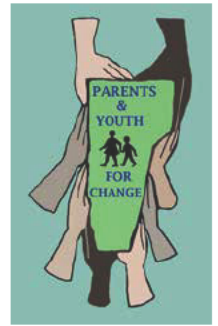
By Zoe Morris

Hello Winooski! Welcome to summer! Parents, students, and school teachers and staff — congratulations on the end of a busy and productive school year. Parents and Youth for Change and the Winooski School District had a busy year too. Our wonderful volunteers made kicking off the winter transportation pilot program a success.

Students in at Winooski high school volunteered their time to helping other kids get to school safely, on time, and ready to learn. Two students even began projects to help understand the impact of the program.

This summer Parents and Youth for Change will be working for a better, and smoother school year, clarifying the details of the pilot program, and identifying our next steps in our broader work as well. We remain committed to ensuring that all students in Winooski can access high-quality student-centered learning. You may even see some new faces, as we hire new organizers to continue our work!

As always you are the most important part of our work, and we would like to hear from you! Please reach out with your visions for the future, questions about the present, and hopes for the schools! We can be reached by email at zmorrispy@gmail.com, or infinite@parentsforchangevt.org And as always thank you for the part you play in making our communities here in Winooski Wonderful!



NATURALIST WALK: FORAGING

The City of Winooski Department of Recreation and Parks has partnered with Ondatra Adventures to provide a fun and educational natural history walk at Casavant Park in Winooski! It doesn't take traveling to the far reaches of the wilderness to immerse oneself in the world of edible, medicinal, and useful plants. In fact, many plants that are considered 'weeds' are our most powerful and nutritional allies. Join Dave Muska of Ondatra Adventures to learn about the many edible & medicinal plants that inhabit our forests, fields, cities, and backyards. Along the walk, Dave will share his knowledge and personal stories of plants, animals, and fungal species, why they are significant and their relationship to humankind.

JULY 3, 2018
CASAVANT NATURE AREA
5:30 TO 8:30 PM
LEARN MORE & REGISTER @ WINOOSKIREC.COM

Call or email the Department of Recreation and Parks with questions regarding this program: 802 777 1621 / recreation@winooski.vt.gov

مركز ترفيه و ترفيه في المدينة من 2018، 3 يوليو
 Winooski Department of Recreation and Parks has partnered with Ondatra Adventures to provide a fun and educational natural history walk at Casavant Park in Winooski!
 It doesn't take traveling to the far reaches of the wilderness to immerse oneself in the world of edible, medicinal, and useful plants. In fact, many plants that are considered 'weeds' are our most powerful and nutritional allies. Join Dave Muska of Ondatra Adventures to learn about the many edible & medicinal plants that inhabit our forests, fields, cities, and backyards. Along the walk, Dave will share his knowledge and personal stories of plants, animals, and fungal species, why they are significant and their relationship to humankind.



JFK Update

By Sara Raabe, JFK Principal

The school year ended with some wonderful activities at JFK. Our All School Celebration was a wonderful event. The students had a fantastic time playing giant yard games, team games, working on a school wide puzzle, and going through an inflatable obstacle course. A huge thank you to the WSD PTO for getting the obstacle course!

The school year is over, but the learning continues this summer. JFK is running four weeks of summer school for students going into grades 1st - 5th. Summer school will run Monday - Thursday, 8 am until noon for the week of July 9th, the week of July 16th, the week of July 23rd, and the week of July 30th. For incoming Kindergarten, we will be running two weeks of summer school. Incoming kindergarten students can come either the week of July 9th - 12 or the week of July 16th - 19th. These weeks of summer learning are fun and engaging, and help our students come back to school in the fall with minimal summer regression. Our school staff are the summer teachers, and this gives them additional time to get to know our students and their families.

While our teachers are busy learning and planning this summer, our amazing maintenance and custodial staff are busy in the building. They work hard all summer to do a deep clean in the entire building, as well as do projects that they cannot do while there are students in the building.

At the end of the school year School Resource Officer Jason Ziter gave JFK bike helmets to hand out to students. He, along with other Winooski Police Officers, will be on the lookout for students making safe choices, including wearing their bike helmets. Students that they see making safe choices may be given a coupon for a free creeme. We would love to hear that all of our students were caught making good choices this summer!



5th Grade Explores Project Based Learning

By Jacie Knapp, 5th Grade Teacher

The 5th grade closed out the school year with a PBL (project based learning) project. Students used what they had learned in math, reading and writing to make a meaningful impact on the world. To do this they used a website called Kiva where people apply for loans to help them create a better life. Students then chose someone who they thought deserved this loan the most based on research about their country and their needs. They then wrote persuasive essays, and created digital presentations that they delivered to a group of investors. This project included writing, math, reading/research, and public speaking.



... and has an adventure

We would like to thank the Winooski PTO for sending us on an amazing end-of-the-year field trip! We spent the day at Arbortrek at Smuggler's Notch where we went on a tree top obstacle course. On this course we walked across various types of bridges, climbed different obstacles, and went zip lining. Everyone had a great time.

Thank you Winooski PTO!





Girls on the Run

By Jenny Wright

Thirteen 3rd, 4th, and 5th grade girls from JFK Elementary participated in Girls on the Run this spring over a period of 10 weeks in an after-school program. This program is designed to allow every girl to recognize her inner strength and inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

Physical activity is woven into the program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. On June 2nd, the girls participated in a Girls on the Run 5K event. This celebratory, non-competitive event was the culminating experience of the curriculum. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line was a defining moment when the girls realized that even the seemingly impossible IS possible.

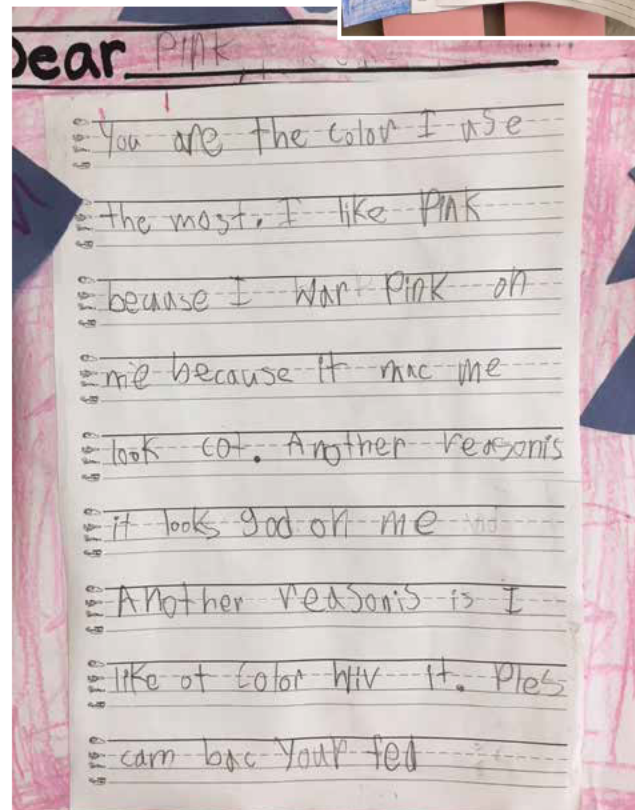
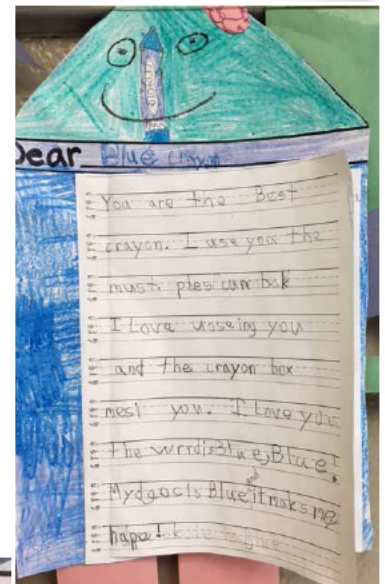
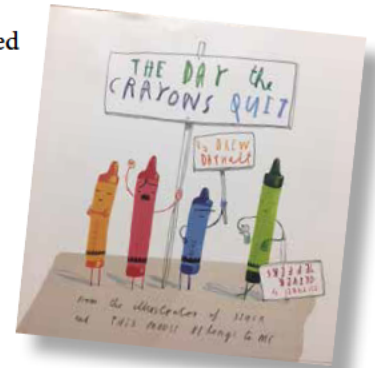


First Graders Explore Reading and Writing

By Regan Charron

The First Graders just finished working on writing opinion pieces. We worked on sharing our opinions (which can be different) and backing up our opinions with multiple reasons to convince the reader. Some of the opinion pieces we worked on were: “What is the best meal of the day, breakfast, lunch or dinner?” and “What is the best season?” When we are writing about our opinions we make sure to: tell our opinion, give at least 2 reasons why, back-up a reason with an example, make our writing stronger by saying what other people might think.

We read *The Day the Crayons Quit*, and wrote our last writing piece on convincing a “crayon” to come back. The children had such an excellent job and had a blast!



MIDDLE/HIGH SCHOOL HIGHLIGHTS



Celebrations and Reflections in Advisory

By Lindsey Cox

As part of our advisory competition this year, students earn points if they perform at a Community Meeting. Community Meetings happen on Fridays about twice a month. They are a place for general announcements from faculty, students, or community partners. They are also a place for students to showcase their talents. On the Friday before April Break, our high school students displayed amazing dancing, singing, and poetry reading. A huge shout out to Ms. Maley's class for their dance to *Give Me Freedom* and to Ms. Maughan and Ms. Savage's class for their reading of "I thank you god for most this amazing" by e.e. Cummings.

During the May half day, students spent time planning their 2018-19 schedules. They worked with their advisors to align the proficiencies with the course selections and talked with teachers about adding or dropping classes. They also participated in a "field days" style advisory competition with three-legged races, hula hoop contest, balloon popping, field bowling, and marshmallow/spoon races. Each advisory then hosted their own potluck celebration.

The end of the year is upon us and there is more to celebrate and reflect upon. All students took a survey about the high school advisory program in May and the results will be shared with the Winooski School Board at their June 13 meeting and here in the next newsletter. The student feedback will be used to make improvements on the advisory program for next year. Additionally, the year-long advisory competition winner will be selected and revealed at the high school's June 8 pep rally, being organized completely by students.

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

2018 Track and Field Spring Season

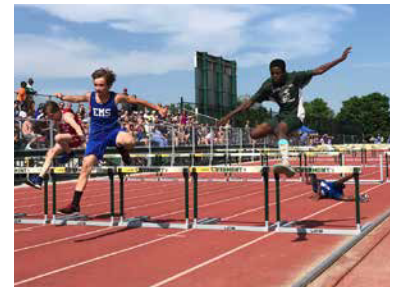
By Middle School Coaches Chris Magistrale & Francine Bahati

The season has drawn to a close for the Middle School boys and girls track and field team.

We finished this season with 24 student-athletes receiving a certificate of completion and ending the season with a pizza party banquet. We competed in 6 meets (with one of them called early due to lightning and thunder) with other Vermont schools, including: Milton, Mt. Abraham, Missisquoi, Middlebury, Peoples Academy and U32.

The highlights include winning the boys side of our annual home meet on 5/15; attending and placing several athletes and events in the U-32 Invitational, and finally a strong performance in the Chittenden County Championship meet at UVM at the end of the season.

We had 10 athletes out of a team of 24 qualify for the CCC on merit base. The events Winooski qualified for included the girls and boys 100, the boys 200, the girls and boys 1500, the Long Jump, the High Jump, the Turbo Javelin and the boys 4x100m relay. At this meet, 3 of our athletes placed in the top 6, earning them a medal: OJ Daring - Shot Put, Angkeith Pradhan - Turbo Javelin, and Anthony Perez - 100m & 200m. A special thanks to coach Francine Bahati, who joined me this season as a volunteer Middle School Track and Field coach.



Student Writings

By Shannon Bundy, WMHS Science Teacher

Students have been working hard this year. Here are three pieces from some of the many papers submitted.

Food and Your Mental Health

By Kaw Ra Ban Bi

Foods can be a big factor in our life. We eat not only when we're hungry but also stressed, bored, or happy. But the foods we eat can cause our mood to change. Four moods that can be influenced by food are anger, depression, happiness, and exhaustion.

Some types of foods that can cause anger are trans fat, processed carbohydrates, and refined sugars. Not only do these type of foods affect your mood but they also affect your health. Some of the foods that you can eat to enhance your mood are dark chocolate (because they contain serotonin, which is a chemical the your nerve cells produce and is considered a natural mood stabilizer) and bananas (because they contain dopamine, which is a natural reward chemical that boosts your mood, are rich in B vitamins, including vitamin B6, which helps soothe your nervous system, and magnesium, another nutrient associated with positive mood). A type of food that causes depression is sugar. Sugar can cause inflammation in your body that would risk your factor of depression. Some types of food you can eat to enhance your mood are vegetables and legumes (they're rich in nutrients and fiber), omega-3 fats (it helps the serotonin to pass through your body and into the cells that are tasked to create the happy feeling for your body), and herbs and spices. Some types of food that could make you happy are foods containing omega 3's. The omega 3's make it better for the serotonin, which is a neurotransmitter responsible for mood, appetite, sleep, and other important functions, to pass through the membranes of our brain cells and find its way to the cells that are tasked with creating these happy feelings. To balance your mood you can continue eating foods containing omega 3's (like fish). Foods containing melatonin can make you feel tired because melatonin is a substance that helps you fall asleep a few hours before bedtime, so eating foods containing melatonin, like cherries, in midday, would make you tired and sleepy. When choosing your meals, consider your mood. The old adage "You are what you eat" is true!

Type 2 Diabetes: The Issues and Solutions

By Neesha Monger

Diabetes occurs when the pancreas in our body does not create enough insulin that our body needs, or when our body cannot make use of the insulin that has already been created. This prevents our body from properly using the energy we get from the food we consume. There are two major types of diabetes called type 1 (Juvenile-onset for insulin dependent) and type 2 (adult-onset- or noninsulin-dependent) diabetes.

Type 1 diabetes is called Juvenile diabetes because they are often found at an early age as infants whereas type 2 is mainly found in adults or occurs later in life due to a person's lifestyle choice. Type 2 is the most common. A person that has a well-functioning pancreas is able to break down the food into carbohydrates and then into glucose (sugar) allowing the pancreas to release insulin from the beta cells (primary function is to store and release insulin). The insulin is then able to break down the sugar into energy which our body can use. However, for those whose body resists insulin (insulin resistance) or diabetics their body is not able to utilize the glucose for the use of energy that our body needs. This which causes the build-up of sugar and can cause severe damage to our body. Even though the majority of the people with type 2 diabetes are middle-aged groups, doctors have been started seeing the diagnosis in young people as well which is mainly due to poor lifestyle especially if a family member is diabetic.

Diabetes is a chronic disease that, according to the World Health Organization (WHO), killed over 1.6 million people in 2015. Surprisingly not only does a person lifestyle determine whether a person will be diagnosed with type 2 diabetes, according to a website called Diabetesforecast.org a person's ethnicity also affects a person's risk of developing diabetes. The website says that the body of different racial groups works slightly differently to each other linking to their genes. It states that "People may have the same body mass index (BMI, a ratio of weight to height used to estimate how close a person is to a healthy weight), for example, African Americans have more fat just under the skin, whereas whites, Latinos, and Asians tend to have more fat around their organ-- a type of obesity that's associated with higher diabetes risk". This means that a person cannot change their genetics which then means they have a higher chance if the person choses a unhealthy lifestyle.

Once a person is diagnosed with any forms of Diabetes their whole lifestyle changes or should in order for them to live a longer life. Many ways that it impacts their life has to do with making healthier choices when it comes to food and physical activities. For example, they need to lean towards maintaining a healthy body weight which means they need to avoid certain types of food so that they do not put on extra weight or any other unnecessary unhealthy substances. If all of us decide to choose the healthy lifestyle not only can it prevent diabetes but it benefits our whole body preventing from such sicknesses and diseases.

Talk to your doctor today about whether or not you are at risk for developing diabetes. It could mean life or death.

Fasting During Ramadan: How To Stay Healthy

By Hiba Laaroussi

Ramadan is the ninth month of the Islamic lunar calendar. It is holy month of fasting. Many Muslims across the world do not eat or drink from dawn to dusk. Ramadan can be anywhere from 29-30 days long. Due to the fact that the Islamic calendar is a lunar calendar, Ramadan advances 11 days each year in

relation to the Gregorian calendar, the one we use. This results in changes of the duration of fasting per day. Upon reaching puberty, all healthy Muslims are required to partake in the fast. Individuals who are sick, debilitated, traveling, pregnant, lactating, or menstruating are exempt from fasting.

Throughout the day, the body uses all the nutrients absorbed from food as a source of energy while keeping a constant supply of glucose, and this takes about eight to 12 hours. After each meal. Glucose, commonly known as blood sugar, serves as an essential energy source for all the body's activities. Once all of that source is used, the body uses specific hormones to use stored nutrients. For example, insulin is a hormone that signals to body's cells to pick up glucose from the bloodstream and use it. On normal eating days, when a person eats insulin is released to control the transportation of glucose from the bloodstream into the muscle and fat cells. When fasting, the body produces less insulin, and more anti-insulin in order to allow the body to access stored energy. It takes about 24 hours for a healthy individual to run out of stored glucose and begin breaking down the stored proteins, using it as a source of energy. Luckily, this year in Winooski, Muslims only fast for about 17 hours per day.

Studies have shown that many Muslims, especially in Islamic regions like Saudi Arabia, tend take in an increased amount of Calories when fasting. This is because it is a part of their culture to cook a lot of food, and most of it is very high in lipids, also called fats. It is very easy to over-consume lipids without noticing because lipids have nine Calories per gram, whereas other macronutrients, proteins and carbohydrates, only contain four Calories per gram. This is incredibly unhealthy, especially because many people tend to exercise very little during the day. Consuming foods that are high in lipids result in unhealthy changes in the cholesterol levels in the body. To control your cholesterol level, you would have to limit the amount of saturated and trans fats, which can raise cholesterol levels in your blood. They are most often found in foods cooked in oils or margarine, meat, and baked goods like cookies, crackers, and snack cakes. This causes many people that end up with high LDL (low-density lipoprotein) cholesterol levels, the cholesterol that is more likely to clog blood vessels causing heart disease and strokes. In addition, weight gain is normal, further increasing risks of health complications.

Everyday, but especially during Ramadan, it is important that you exclude all types of foods with empty Calories, and only consume nutrient-dense foods, foods that are low in Calories but contain many beneficial nutrients like carbohydrates, iron, magnesium, and vitamins, the macronutrients and micronutrients that keep our bodies healthy and strong. The top nutrient dense foods are leafy-green vegetables such as kale, spinach, and broccoli. Other examples include carrots, blueberries, and fish like salmon. Reduce consumption of foods like beef, white potatoes, pasta, sweets, and cheese.

It is hard to plan healthy meals that meet the Dietary Reference Intakes (DRI) on regular days, but it is even harder to do this during Ramadan. Many people are busy, especially these days because it collides with school, play, and work. However, it is still very essential that we keep a healthy lifestyle. You must keep in mind that the food you eat affects your mood, sleep, memory, and many other aspects of your well-being. Eating poorly can

negatively affect your performance in these important activities. The food that you consume affects your health, so make sure what you eat supports your goals of staying healthy and happy.

If you are determined to make a change and stay the healthiest during the month of Ramadan, there are many apps and online tools that can help. It's easy to monitor your Calorie intake and expenditure to see if what you are consuming is helping you meet your goals.

Quick Tips For a Healthy Ramadan:

- Include a variety of different colored foods in your diet.
- Eat nutrient dense foods.
- Avoid Junk food.
- Avoid sugary foods.
- Use healthy oils when cooking.
- Eat grains.
- Drink a lot of water to stay hydrated throughout the day.

Vermont Young Playwrights at WMHS



by Heather Win

For the second year, both middle and high school students participated in the Vermont Young Playwrights program hosted by Vermont Stage and supported through the generous Artists in Schools grant from the Vermont Arts Council.

Top honors this year went to middle schoolers: Dilly Siki for "A Sleepover Adventure" and Ayoob Musanovic for "The Final Period". High school playwright, Amina Osman was honored with a staged performance of her play "At the Water Pump" set in Kenya. Rahmah Al Chaderchi's play, "How I Met You" about a couple who tells their own love story in the face of death was read on stage by professional, local actors. Honorable mentions this year went to MS playwright Anna Willis for "Hitler's Orders" and HS playwright, Alexis LaClair for "Deadly Wheels" Student playwrights who attended the VYP Festival at the Flynn in May expressed much gratitude for the challenging, creative experience.

After giving notes and input to the director and actors of her play, teaching artist Bruce Campbell reported that 9th grader and first time playwright Amina Osman "was irrepressible, had loads of input and ideas, and was uninhibited to share them." We love hearing our students' voices at WMHS, and this is one of the many important ways they do so.

Congrats to all our 2018 Playwrights:

HIGH SCHOOL	MIDDLE SCHOOL
Evelyn Monje	Abinav Niroula
Rahmah Al Chaderchi	George Roers
Abdishakur Gure	Eric Buker
Abdisalan Sheikhbile	Rowyn Abbott-Smith
Elli Nahimana	Dilly Siki
Madison Wright	Savion Thibou
Alex LaClair	Anna Willis
Amina Osman	Tide Gully
Arbai Muhina	Thera Neilson
Lumiere Mbilizi	Raseda Be
Hussein Amuri	Alex Chagnon



Middle School Baseball Recap

By Jason Mayo

This season the middle school baseball team fell short of a victory. Through some close games and hard fought battles, the Spartans were able to improve overall as baseball players. Some highlights for the team were: three double plays, an inside-the-park home run (Camden Benoit), and lots of innings with six or more runs scored.

The Challenge: Design a Better Space for Learning

By Nancy Keller

“We weren’t scared of erasing stuff off the paper, so we tried it,” explained Kyle Guadet when asked how his design team decided which ideas to use. “If nobody liked it, we’d erase it. If just one person liked it,” Kyle continued, “we’d ask them what we could do to make it better, and then BOOM: Teamwork!”

Since Winooski School District is projected to grow and is in the midst of redesigning the school buildings to meet this demand, Superintendent Sean McMannon challenged the sixth grade students to help the Capital Improvement Committee imagine the future and design new spaces for learning. He said that these classrooms needed to be 900 square feet, and would also have to be calming, welcoming, accessible, flexible, and 21st Century compatible. On June 1 at the O’Brien Community Center in Winooski, students presented their classroom proposals in a gallery format to Mr. McMannon, WSD’s architects and community members. These presentations not only included 3-dimensional scale models, floor plans, furniture and argumentative essays, but they gave students the opportunity to apply their critical thinking and communication skills to solve a real-world problem.

Sixth grader Razan Alburaii explained that she liked the design criteria because it made her think like an architect. “You can’t just do whatever you want. You have



to follow what [your customer] wants it to be like.”

Aluma Enwa, another sixth grader, agreed. “Prabin, [my partner], and I thought hard about what the classroom was going to be and how to help people learn. I added LED lights and moving walls because it made more space for kids to learn, but I had to ask if it would help kids learn better.”

Middle school student Raseda Be’s design team decided to include a cave in their classroom “because some people don’t like bright areas.” Her team also decided to add a library right next to the cave, so people can relax. “We collaborated by thinking of ideas that we would ALL want,” Raseda explains, “and then took little ideas from our own classroom and put it into our new classroom.”

Other learning space designs included similar innovative ideas--from flexible furniture to ultra SmartBoards to a retractable ceiling that brought fresh air and sunlight into the classroom. Mr.



McMannon saw the future of Winooski schools when he reviewed the students’ proposals, and it was filled with so much possibility, thanks to our sixth graders’ enthusiasm, commitment and creativity.

City Council Update

By Kristine Lott

Hi neighbors. Now that Summer is under way, this is a great time to provide an update on the **Myers Memorial Pool** project. After closing in 2016, a committee was put together to look at feasibility and design options for pool replacement. This process included community input to come to a vision of how the community would like to see the pool replaced and re-opened. Several dedicated community members have continued working to move this project forward, recently shifting their efforts to focus on fundraising for the project. In March 2018, staff brought forward preliminary engineering documents and cost estimates to the Council.

The full community vision includes separate competition and family pools, with an accessible entrance, a water slide and spray features, a community room, and many upgrades to the building and facilities. There are also proposed structural upgrades intended to decrease maintenance costs over time and/or extend the life of the pool. After reviewing the initial project, Council requested that City staff and the engineering firm come back to us with two alternative proposals to reduce the overall cost: First, a value engineered version of the project which would prioritize features related to maintenance and life expectancy; and second, a version which would pull out items that could be most easily acquired through fundraising. These three options provide a range of financial impact on households:

Model	Total Cost	Tax Rate Increase	Impact to \$225K Home in Year One
Original proposal	\$3,913,795	\$0.08184	\$184
Value engineered	\$3,582,567	\$0.07605	\$171
Reduced tax impact	\$3,293,611	\$0.07101	\$160

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



After reviewing these different project models, and receiving a lot of community input, the Council is looking to bring the original project proposal to a bond vote in the August primary. We are excited to get the ball rolling on reconstruction of the Myers Memorial Pool. What's great about having a bond vote in the August primary is that if it doesn't pass, we have time to regroup, and bring an alternative proposal back for a vote in November. In either case, should the City vote to approve the bond, we can complete engineering and begin construction, with an anticipated re-open date in late 2021. Find more details about the project at www.winooskivt.org/pool/. A special thank you to community members who have been driving this process forward and providing feedback along the way.

In other news, the **Weaver Street Pop-up Project** wrapped up recently. This project was an opportunity for community members to see and feel what it would be like to have a dedicated bike lane on one of our streets. The Dept. of Public Works is working with their project partners (Chittenden County Planning Commission, VHB, & Local Motion) to review the feedback at this time. A project update will be available on www.winooskivt.org in the coming weeks.

Winooski Wednesdays continues this Summer, presented by The City of Winooski Department of Recreation & Parks. Join us in Rotary Park the first Wednesday of each month for a free outdoor concert. These events are free and open to all. Shows start at 6pm. The Monkey House will provide a cash beer garden and there will be free meals for kids 18 and younger. Other Winooski businesses are also participating with specials. See page four for the full schedule or for even more details on these events and other Summer programming visit www.winooskirec.com.

Join The Community Services Commission

The Winooski Community Services Commission is looking for new members!

The Community Services Commission is a diverse group of Winooski residents responsible for strategic planning of the Community Services Department. The Commission will study existing programs, analyze challenges and opportunities, generate ideas and recommend policies to further the goals and objectives of the Department and recommend budgets to City Council. The Commission also supports the Department by bringing resident opinions, attitudes, and needs to the decision-making process, while being advocates for the Community Services Department to the wider community.

The Community Services Department is made up of the City of Winooski Memorial Library, the Dept. of Recreation and Parks, the Winooski Senior Center, the Dept. of Children and Family Programs, and the City's Volunteer Management Program.

Good Citizen Challenge Offers Youth an Interactive Summer Civics Lesson — and Prizes

By Cathy Resmer

Pop quiz: What are the three branches of government?

Just 25 percent of American adults can name the executive, legislative and judicial branches, according to a 2016 study by the Annenberg Public Policy Center at the University of Pennsylvania. A third of those surveyed couldn't name a single one!

It's hard to participate fully in a democracy without understanding how it works. As former Supreme Court Justice Sandra Day O'Connor said, "Civic knowledge can't be handed down the gene pool. It has to be learned."

That's why *Kids VT* and *Seven Days* have developed the Good Citizen Challenge. This fun and educational summer project invites Vermont youth to earn points — and win prizes — by completing a variety of civics-related activities. Designed for kids ages 9 to 14, the Challenge is open to all of the state's K-12 students.

When participants reach 251 points — the number of towns in Vermont — they send in their scorecard to receive a Good Citizen medal and an invitation to a reception at the Vermont Statehouse, where they'll meet statewide officials and be recognized for their accomplishment. The first 100 students to finish will also receive a Good Citizen T-shirt, as well as a pocket-sized Constitution from Challenge partner Phoenix Books.

Here are a few sample activities from the Good Citizen Challenge, and their point values:

Name the three branches of government. 5 pts

Name Vermont's five Supreme Court Justices. 5 pts

Visit a stop on Vermont's African-American Heritage Trail. 10 pts each

Write a poem about America. 30 pts

Join Front Porch Forum. 5 pts

Go to a City Council meeting. 10 pts

Pick a street or a park in your town and learn how it got its name. 10 pts

Get a library card. 5 pts



Talk about an important political issue with someone who disagrees with you. 20 pts

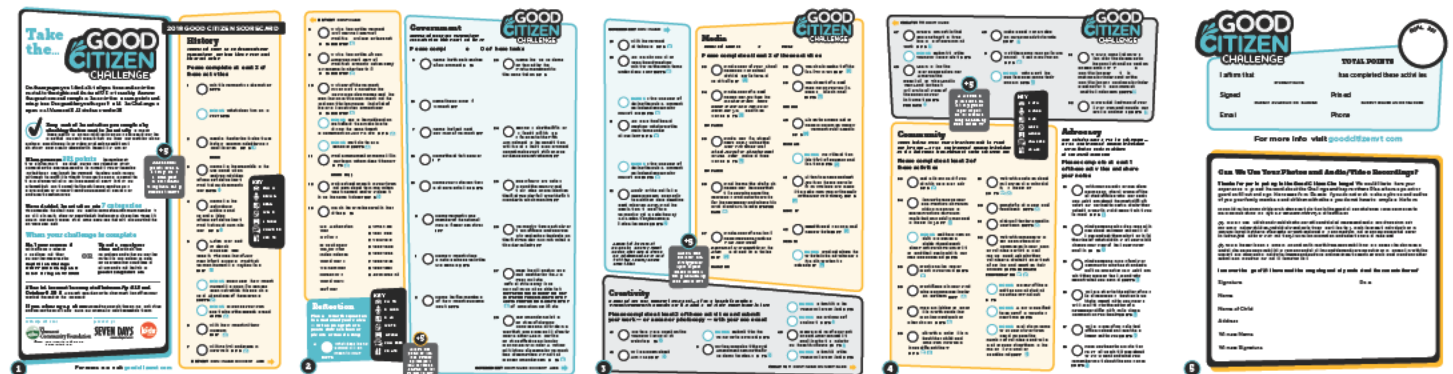
Memorize the Gettysburg Address. 40 pts

Find a Good Citizen Challenge scorecard in the June, July, August and September issues of *Kids VT*, Vermont's free, monthly parenting magazine, or download one from goodcitizenvt.com.

The Challenge is a non-partisan activity that focuses on the democratic principles that unite us, rather than on the issues that divide us. It was made possible by support from the Vermont Community Foundation, and from partners including the Winooski Peace Initiative that are helping to spread the word.

Sr. Pat McKittrick of the Peace Initiative invited me to speak at the Community Dinner on June 9, where I explained the Challenge, and handed out a few scorecards. I've also visited Winooski Middle School and talked with Mrs. Sherrer's Friday writing group. If you'd like someone to speak to your class, camp or student group, or if you have questions, please email goodcitizen@kidsvt.com or call our office at 802-864-5684.

Thanks — I hope to see some scorecards from Winooski!



Partnership For Prevention - July Update

By Jackie Hoy



We had a great time marching to remember veterans and service workers at the Winooski Memorial Day Parade, thank you to the local VFW for putting it together!

Summer Opportunities for Youth in Winooski

The Winooski Partnership for Prevention is looking for Winooski youth to join our team this summer and beyond. Check out what we have available below to see if it's a good fit for you, and if so, please send us your application!

Youth Internships: Available for high school students. Be an ambassador for prevention in the school while gaining office and communication skills and helping with outreach work. The internship provides hands-on work for about 5 hours per week.

Youth Board Member: Are you a high school student interested in gaining public speaking skills? Do you enjoy community service? Apply for a great opportunity to form new relationships, gain experience, build leadership skills, and make a difference in the community.

For more information or to apply, please email katenugent@winooskiprevention.org.



Growing and Connecting: Our Community Garden Plot at the O'Brien Community Center

The summer is in full swing in Winooski, come check us out at our community garden in the plot behind the O'Brien Community Center! The garden provides us a natural and fun way to connect with our neighbors, and it gives us with a mentally and physically healthy break during the workday. We love growing food for pollinators, and we're always welcoming bees to feast on our sunflowers and marigolds. The Winooski Partnership for Prevention supports local nurseries, and we avoid using pesticides, too.

We're grateful for the Winooski Recreation and Parks Department for all the hard work they do to maintain the gardens, we're looking forward to fresh herbs and vegetables this summer!



What do I need to know about Juuling and E-Cigarettes?

When it comes to vaping and Juuling, teens may not be aware that their peers are putting their health at risk. Most kids, in fact, are not aware that Juul products contain the addictive ingredient, nicotine. Tobacco companies intentionally try to sell their products as healthy, and they market the idea that the vaping products were designed to help people quit smoking, not to attract youth.

The research on electronic tobacco products is in, however, and the gap between quitting traditional cigarettes and initiation is alarming. Here's how it breaks down:

- It has been calculated that in 2014, for every 2,070 people who quit smoking using electronic products, 168,000 teens and young adults who tried e-cigarettes in 2014 would start smoking regular cigarettes in 2015 and eventually become daily smokers.
- Overall, e-cigarette use in 2014 would lead to 1.5 million years of life lost.

Teens want facts, and it's important to talk to them about the pressures they may face to vape or Juul. For tips on how to talk to kids about tobacco and other substances, visit www.parentup.org.

Library News

By Elsie Goodrich, Youth Services Coordinator



Happy summer from the Winooski Memorial Library. Are you ready to ROCK? This year's Summer Reading Program is Libraries ROCK! All summer 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.

- **Free youth meals** served all summer long 12:30-6:30pm to anyone 18 and under.
- **Monday July 2nd** at 1:30 join us for a storytelling event with CLiF, the Children's Literacy Fund. Every child in attendance will get to select two brand new books to take home.
- **Friday July 20th** join Saragail Benjamin for a special drumming program. Everyone will get to rock out with their own drum as we all make music together. Free and all ages are welcome.
- Starting **Tuesdays**, on July 24th, the Winooski Family Center will be partnering with us to bring you a five week self-care story time series. Bring your little ones for a special story time and stay for some snacks, and self care goodies for the caregivers.
- **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 like Magic the Gathering, or take home chess, Settlers of Catan Jr. Ticket to Ride and other fun new games.

Happy Reading!

The Winooski Memorial Library is located at 32 Malletts Bay Avenue in the O'Brien Community Center. 802-655-6424

HOURS: Tuesday • Wednesday • Thursday: 10am to 6:30pm,
Friday: 10am to 6:30pm • Saturday: 10am to 2pm • Sunday/
Monday: Closed

Playgroup

By Martina Kerkering

Dear families, thank you for a wonderful playgroup year!

Our indoor playgroups will end

on June 29th. Please join us in July and August for our Thursday (10am-12pm) field trips:

- 7/12 Elm Street playground
- 7/19 Blueberry picking
- 7/26, 8/2, 8/9, 8/23 Landry Park
- 8/16 Shelburne Farms

Please email Martina for details: mkerkering@howardcenter.org.



Winooski Police Department Joins the "Creemee from a Cop" Campaign

By Rick Hebert, Chief of Police

rhebert@winooskipolice.com

802 655 0221



The Winooski Police Department is proud to announce the "Creemee from a Cop" program! Coordinated through our partnership with the Vermont Agency of Agriculture and the Vermont Dairy Promotion Council, the Creemee from a Cop program promotes positive interactions between Vermont law enforcement agencies and their communities. Wear your bike helmet? Cross the street at a crosswalk? Help someone carry their groceries? A Winooski Police Officer may reward your exemplary behavior with a coupon for Vermont's favorite summer specialty. Creemee coupons are redeemable at Chick's Market (located on Hickok Street) and at Scout & Co. (located on the corner of East Allen and Main Street in the Winooski Block building).



Winooski's kick-off began with an orientation at the JFK Elementary School on Friday, June 16th – just in time for summer vacation. To demonstrate, teachers were asked to pick a student that exhibited the Winooski School District's motto of "HEART" (Honest, Engaged, Appropriate, Responsible, and Timely). Alison Welch, a 3rd-grade student in Mrs. Benjamin's class, was selected for her excellent demonstration of HEART. The Winooski Police Department will be rewarding Winooski's youth all summer for exemplifying these values, upholding safe practices and good behavior. We encourage all of our community members to support Winooski's Youth in wearing their helmets while riding bikes, scooters, and skateboards, crossing the street at crosswalks, and playing appropriately in Winooski's public parks.

This year is the program's initial test pilot and is limited to a few select law enforcement agencies, including the Winooski Police Department, the Barre City Police Department, the Burlington Police Department, and the South Burlington Police Department. The goal is to bring the program statewide next year.

Questions regarding this program can be sent to Officer Jason Ziter, City of Winooski School Resource Officer 802 655 0221 / jziter@winooskipolice.com or Scott Waterman, Director of Communications and Policy, Vermont Agency of Agriculture, Food & Markets: 802 828 2179 / Scott.Waterman@Vermont.gov.

Winooski Food Shelf Schedule for July

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, July 11th	2 pm to 4:30 pm	Pantry staples, meat and eggs
Saturday, July 14th	9:30 am to 11:30 am	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, July 25th	2 pm to 4:30 pm	Pantry staples, meat and eggs
Saturday, July 28th	9:30 am to 11:30 am	Fresh fruit, veggies, bread, pastry and deli items

A **Big Thank You** to everyone who participated in the Postal Carrier food collection and/or the “Stuff a Public Works Truck”. We received lots of wonderful food and toiletries. This goes a long way in helping the over 200 families registered with us! And a big thanks to the U.S. Postal Carriers and the Winooski Department of Public Works! Anyone who missed these opportunities can always drop off items at Sally’s Flower Shop on upper Main Street.

Driver needed for July: Our regular driver who picks up donated items from the two Hannaford markets in So. Burlington is taking a much deserved vacation. We are seeking a person, family or service group to leave around 7:30 a.m. Saturday July 11th and Saturday July 25th to pick up donated food and deliver it to the pantry. We also need a driver to pick up fresh produce

on Monday, July 20th at 9:30 a.m. at one nearby location as directed by the Vermont Foodbank. Please call Linda at 802-318-0460 if available.

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.



Community College of Vermont (CCV) Winooski News

Jen Garrett-Ostermiller, Coordinator of Academic Services

REGISTER NOW!

for Fall 2018

www.ccv.edu
(802) 654-0505

Fall Classes at CCV – Options for Everyone

For 9th, 10th, 11th, & 12th Graders	For 11th & 12th Graders	For 12th Graders	For Anyone*!
Take the free Intro to College & Careers course to discover your pathway. • Mondays, 4-6pm, Sept 10-Dec 10 or • Wednesdays, 4-6pm, Sept 12-Dec 12	Use your two Dual Enrollment vouchers to take free college credit classes . Talk with your Guidance Counselor about readiness and options.	Apply by August 1 to take your entire senior year of High School at CCV for free . (Earn up to 36 college credits!)	CCV offers over 200 courses including: • Community Chorus • Spreadsheets • Adobe Creative Cloud • Race, Ethnicity, Class & Gender • Wellness for Life • Forest Ecology • Medical Terminology
Read more about these options at http://ccv.edu/apply/high-school/ .			Call 802-654-0505 to learn more about enrolling in classes and using financial aid.

*Seniors aged 65+ may audit one class for free each semester.

Study Tip of the Month from CCV

Changing where you study can actually improve learning. When you study in one place (for example, your bedroom with a scented candle burning), you make associations with information linked to that place. For instance, when studying, if you are memorizing the bones of the hand, you may actually recall the smell of the candle when taking your test and better remember the details you’ve studied. Now imagine that you studied the bones of the hand in your bedroom with the candle AND in a coffee shop. You now have two associations from which to recall the information, which has shown to be effective. Try it out!

Girl Scouts Troop 30187 — 2018 Wrap-Up

By Amy Lothrop

We completed our year with lots of activities, none of which would have been possible without our leaders and helpers. Thank you to our leaders -- Amy, Annaliese, Emily, Jennifer, Pamela, Rebecca, Tay and Trena. So much appreciation to our helpers who keep us moving -- Ashley, Bethany, Brandy, Holly, Jessica, Kim, Laurie, Marie, Mark, Melissa, Shane, Susan and Tabatha. Because of you, all troops participated in the Winooski Memorial Day parade. We were honored to lead the Pledge of Allegiance at the VFW.

Congratulations to Amy Snow Lothrop who was honored as a “Volunteer of Excellence” by the Girl Scouts of the Green and White Mountains Council. She received the honor for her work in Winooski as a troop leader. The troop started six years ago with six girls that has grown into four troops and thirty-five girls. Amy has been the Chittenden County recruiter for the last three years to help girls join the premier girl leadership organization. The award was recognition of her commitment to the Girl Scout mission to build girls of courage, confidence and character who make the world a better place.

The **Daisy Troop 58806** was able to earn their “Courageous and Strong” petal with a trip to the Winooski Fire Department. Firefighter Andrew showed the girls the trucks, equipment and fire safety. They got to see him in all his gear which at first seemed scary but eventually they overcame their fears. They learned how to stop, drop and roll. Each Scout returned home to set up with their families an emergency meeting spot.

The **Brownie Troop 52013** had a busy month of May. They made friendship bracelets to earn their “Making Friends” badge and had the opportunity to meet a New Zealand Kea Scout. Evelyn came to our meeting and shared her Girl



Tricia Casey, Amy Lothrop
& CEO Patricia Mellor

Scout Kea traditions as well as some games that she plays with friends. Our Scouts were able to try the different games and teach a few of their own to earn their “Fair Play” badge. We hope to keep in contact and just maybe have a future exchange trip! They hiked the Cassavant trail to close out their month.

The **Junior Troop 30948** worked on their Bronze Award which is the third highest honor any Girl Scout can achieve. Their project consists of a minimum of 20 individual hours to address an aspect

of a problem's root cause with a solution that inspires action and is sustainable. The COTS Walk gave them an opportunity to learn about causes of homelessness. Helping children who are homeless resonated strongly with the Juniors. The girls will be making activities and games to donate to the playroom of a COTS shelter.

The **Cadette Troop 30187** worked on their environmental stewardship at Green Up day. They will be helping their sister scouts to earn the Bronze Award this summer. They will also undertake a major fundraiser for their 2020 Costa Rica trip. At the end of the year ceremony, we honored three of our scouts for their achievements. Thera earned the Service to Community Bar for her work with the Winooski Memorial Library. Gabriella and Isabella earned their Service to Girl Scouts Bar for their work with the Brownie and Junior troops. Isabella was also awarded her Silver Torch for serving her school as a leader and mentor. Congrats ladies!

We are always accepting K-12 girls and adults into our troop. Our Girl Scout mission is to build girls of courage, confidence and character who make the world a better place. Our troop encourages girls from Kindergarten to 12th grade to serve their community and achieve the highest awards. If this is an adventure that you cannot wait to join, contact Amy Snow Lothrop at amylothrop@comcast.net or by phone (802) 373-7288.



With the Winooski Fire Department



Welcoming Evelyn from New Zealand



At the Winooski Memorial Day Parade

Senior Center — July Update

By Barb Pitfido, Winooski Senior Programs Manager

At the Senior Center we calculate the hours spent by volunteers doing our various activities (Meals on Wheels, hospitality, BINGO!, program hosting, office work, etc), and I am in awe at the hundreds of hours that folks volunteer every month making our little universe a much better place. Then I think of the other generous people who do their part in volunteering for the City as well - Councils and Commissions, Friends of the Library, Operation Bloom, Season's Greetings, Parks & Rec coaches, Foster Grandparents, to name a few, who are all touching our community in positive ways and investing in a healthier future.

Thank You for the generosity of all the local groups and individuals who strengthen our community and make our square mile city a much greater universe.

TIME TO JOIN THE SENIOR CENTER!

It's that time of year when you make your annual \$5.00 donation to the Senior Center for your membership dues. In addition to receiving a card for a FREE meal, you will now receive a 10% discount on any adult City Recreation programming. Stop by the office and sign up today! Your donation helps fund our meal site, programming and events. Come join us! We are a HOOT!

NOTICE:

The Center will be closed Wednesday, July 4th in observance of Independence Day and on August 14th for Voting.

UPCOMING ACTIVITIES:

Special Senior Lunches:

- 7/10 - Teddy Bear Picnic
Membership Kickoff Party
- 8/7 - Picnic in the Parklet
- 9/11 - Senior BBQ

Open House Time:

- Wednesdays 1-3pm Free Activities (cribbage, games, crafts)
- 7/18 - Make & Take "Inches" paper crafting with Althea

Tech Buddies:

- Wednesday appointments - 12:30pm & 1pm

Do Drop In - Coffee & Conversation:

- Mondays 9-11am

Tai Chi - with Elizabeth Wirles:

- Mondays 10-11am Sun 73 (Long form) & 11am-12pm (Seated)

Coffee Talk - Coffee & topic discussions:

- Wednesdays 9-11am

Meals on Wheels Volunteer Trainings:

- Tuesdays 8:30am 7/17 & 7/24

Brown Bag BINGO!

- Thursdays at 12:30pm

BINGO! Theme Days:

- July 19 - Beach
- August 16 - Elvis "Blue Hawaii"

Senior Planning Meetings:

- August 1 • September 5

Quarterly Reporting Meetings:

- July 10 • October 9 • January 8

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/>

Newsletter of the Winooski School District

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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