

ALSO INCLUDES 6 PAGES OF
Community News!
STARTING ON PAGE 9

celebrating Our Achievements!

Holiday Vendor/Craft Fair



Raffles, Bake Sale and
Green Meadows Catering
Offering Breakfast and Lunch

Saturday November 17
9am-3pm

Winooski School, 60 Normand St.

Brought to you by
the Winooski PTO

The Right to Peace - The Universal Declaration of Human Rights at 70

By Sister Pat McKittrick, RN

All around the world, various countries will be promoting **The International Day of Peace**. Winooski will be part of the celebration, demonstrating the importance of our values and our desire to build a strong, supportive community.

Share an international meal with your Winooski neighbors in celebration of the international day of peace. **Friday, September 21, 6-8pm, on Winooski Falls Way.** Free food, crafts, music and a photography exhibition. Most of all come have fun and make new friends. Brought to you by the Winooski Peace Initiative, the City of Winooski, Winooski Police Department and many community partners.

Why are we celebrating The International Day of Peace?

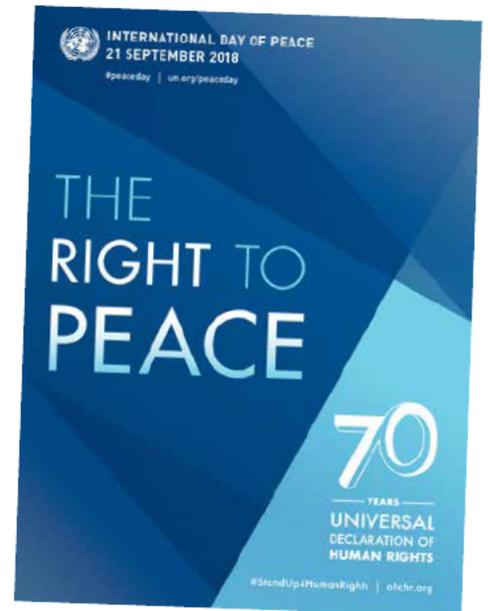
On the United Nations website, you will find the following message.

“A peaceful society is one where there is justice and equality for everyone. Peace will enable a sustainable environment to take shape and a sustainable environment will help promote peace.

The theme for the International Day of Peace in 2018 is “The Right to Peace - The Universal Declaration of Human Rights at 70”

The theme celebrates the 70th anniversary of the Universal Declaration of Human Rights.

The Universal Declaration of Human Rights is a milestone document in the history of human rights. Drafted by representatives with different legal and cultural backgrounds from all regions of the world, the Declaration was adopted by the United Nations General Assembly in Paris on 10 December 1948 as a common



standard of achievement for all peoples and all nations.

The Universal Declaration – the most translated document in the world, available in more than 500 languages - is as relevant today as it was on the day that it was adopted.

What can we do?

- Look for simple ways to decrease violence and live peacefully.
- Speak up when others are at risk. Talk about human rights at school, home or with friends. Refuse to be part of cyber-bullying.
- Learn about Social Justice Issues and peaceful resolutions. Visit your library and ask for videos or documents to gain more understanding.

Remember, “Human rights are everyone’s rights.”

Would you like to volunteer at this event? Call Sr. Pat 847-6534. Thanks.

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How are Winooski students preparing for the future?

By Sean McMannon, Superintendent of Schools

We all know that the world continues to change at a rapid pace and schools, in partnership with communities, have the interesting task of preparing students for this swiftly moving target. Our school board, with significant input from the Winooski community, has constructed a bold Ends Statement that describes what our students will look like when they graduate:

“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.”

Every organization, including schools have a lofty mission, vision and/or Ends Statement...so what? Of course we want all these elements such as college and career readiness, health and success for our children, but how do we support learning that enables students to truly gain the requisite skills, knowledge and behaviors to reach these ends. First, Winooski middle/high school teachers, students, parents and community members have collaborated to write a set of Graduate Expectations (GXs) that we believe will arm students with the necessary skills, knowledge and behaviors to be ready for college and career. Our GXs will be taught and rigorously assessed from Kindergarten through graduation and students will be required to demonstrate proficiency before earning a diploma. These GXs are listed below with our new visual representations or “icons” and a brief description. See if you can match the GX with its icon!



Critical Thinking: I ask challenging questions, examine complex problems, and identify and propose solutions.

Well-Being: I identify my physical, social, and emotional strengths and weakness and take intentional steps to grow.

Communication: I am skillful at taking in and expressing ideas in speech and writing.

Creativity: I express myself through various media and apply my learning in new ways.

Persistence: I accept the challenge of difficult or long-term problems, and I push myself to reach my goals.

Culture and Community: I know and appreciate different people, cultures, and perspectives, and participate in the life of my community and the greater world.



WINOOSKI SCHOOLS
We are the future.

You may be asking yourself “What about Math, Science, English and Social Studies?” These essential content areas and others are the vehicles for students to practice our Graduate Expectations (GXs). Teachers will help students learn math and science content while solving critically thinking, communicating their learning orally and through writing and persisting throughout the process.

Three years ago elementary teachers began a multiyear professional development endeavor which combines our GXs with these important content areas. It is called Project-Based Learning:

8 Essentials of Project-Based Learning (PBL)

- Significant Content
- A Need to Know
- A Driving Question
- Student Voice & Choice
- 21st Century Competencies
- In-Depth Inquiry
- Critique and Revision
- Public Audience

This will prepare our younger students for a future of blending skills, content and behaviors. When they hit middle and high school they will be ready to tackle student-centered learning opportunities offered through Expeditionary Learning (EL), the iLab, in individual courses, internships and apprenticeships and, ultimately, earn a diploma that ensures they are ready for the world.

Lastly, we cannot forget that students need to be physically, socially, emotionally and behaviorally ready to accomplish all of this learning. These needs must be met for our students to truly be ready to learn. As you know we have a number of “ready-to-learn” programs that have shown great results thus far such as Mindfulness, Spartans-In-Motion (SIM), Universal PreKindergarten and free student meals. In addition, we will be in the second year of our WSD School-Wide Student Expectations. All WSD students will be held responsible for meeting these expectations to create a caring climate and rigorous place of learning.

- Honest
- Engaged
- Appropriate
- Responsible
- Timely



All of this work will lead Winooski students toward college and career readiness, healthy, productive and successful lives and local and global community engagement. Thank you for working with WSD to benefit our students!

School Board Update

By Mike Decarreau, Board of School Trustees President

Welcome to another school year. The board is focused on several areas this year, space and continuity.

For space considerations we have been working on a plan to enable our staff to be able to deliver the best to our students. With our student population we have seen a growing need for gathering spaces for smaller groups with specific purposes. During our August meeting we will be reviewing the architects plans on how best to handle this growing need. The board will set up communication sessions to bring this to the broader community as we move over the next several months.

For continuity we have an open board seat in the spring. Every year we have two seats up for election. This year Jenn Corrigan has decided not to run again after 10 years on the board. I would like to personally offer time to discuss this position with anyone interested in running for this position. They say “thankless job” with respect to a school board position. I say nonsense. It is what you make it. We have made it real good to feel you are making concrete forward progress every year. Petitions are due at the city clerks office by the end of January. I would ask that any one interested in finding out more to contact me at 802-310-4032 to discuss our governance model, the time commitment, and the community interaction involved with this rewarding position and an ability to give back to this wonderful place in which we live , Winooski! I hope you decide to learn more even if you eventually decide this is not for you but you will not regret it if you do.

Have a great fall!

Winooski PTO

By Lydia Bourgeois-Mongeon, PTO President

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

When we meet: The PTO meets on the third Wednesday of each month, 5:30-7:30, in the library in the JFK building. Our first meeting will be on **September 19**.

More info: Please see the PTO page on the WSD website (wsdschools.org) and “like” our Winooski PTO Facebook page for more info and to keep track of what we are up to.

Happy September Winooski!

By Infinite Culcleasure

We’re excited to announce that Parents & Youth for Change is back in full effect, with two new staff members. And while they might be new to PYC, they are seasoned members of the Burlington and Winooski communities.

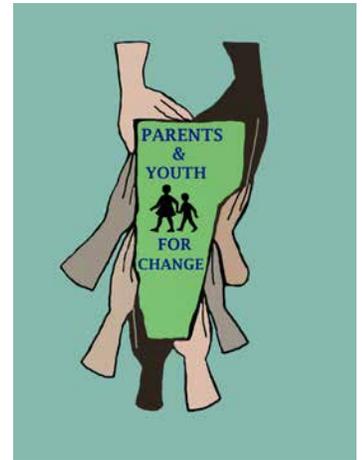
A lifelong resident of Burlington, VT, and product of the Burlington schools, Christine joined the Community Justice Center in Burlington Vermont when the Offender Reentry Program was being established in 2005. Her professional and community service includes accomplishments in restorative reentry, racial justice, and law enforcement accountability.

Arica Bronz has enjoyed living in Winooski with her husband and two children for the past 14 years. She recently joined the PYC team this summer and looks forward to building more relationships in the community and working together to turn our goals into reality. She has taught Pilates for the past 20 years and enjoys camping, hiking, skiing, cooking, and reading.

Our new team is looking forward to a busy and productive year, as we continue working with Winooski families and community members to help improve outcomes for students in the WSD.

Want to get involved with grassroots organizing in education? Please feel free to reach out with questions regarding any of our upcoming organizing activities/events, or set up a meeting with us by contacting Infinite Culcleasure at infinite@parentsforchangevt.org

Welcome Back!



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.

Join Front Porch Forum — It’s Free!

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.

CITY AND SCHOOL ANNOUNCEMENTS

We are Hiring!

Winooski School District still has multiple openings throughout the district for support staff to work with children with disabilities.

If interested, please contact Robin Hood, Director of Support Services at 802-383-6085 or at rhood@wdschools.org.

A minimum of an Associates Degree is required. Come join our team!

Winooski Youth Baseball/Softball League

By Jeff Brosseau

Help support Winooski Youth Baseball/Softball by subscribing to our 34th edition of the Community Birthday Calendar.

Calendars are \$8.00 for (5) listings, listings could be a birthday, anniversary, in memory of or military service, each additional listings would be .25 cents. Advertisement spaces are also available, ad blocks are 1 3/4" x 1 1/4" in size for \$75.00. Calendar orders will be place October 1st for arrival around Thanksgiving, makes a wonderful Holiday Gift. For more information contact Jeff Brosseau 802 233-5530, Jeffrey.brosseau@greenmountainpower.com

Wanted: Bottle Caps

By Jessica Bruce

The Winooski Middle High School art department is still looking for people to collect and donate plastic bottle caps of all shapes and sizes for a future art project. If you can help, please drop them off at the school lobby.

Winooski Dollars for SCHOLARS®

A Program of Scholarship America®

Presents Our First Ever:



Hosted by a local favorite:



- **Tuesday, September 11** from 7 to 9 pm,
- Come out for some great fun with friends
- And to support a great cause!!
- Celebrating our 25th year!

Foster Grandparent and RSVP Programs at United Way of Northwest Vermont

Are you 55+? Do you enjoy working with children and have time to give?

We're always looking for older adult volunteers for our RSVP and Foster Grandparent Programs! RSVP Read to Me volunteers serve 1-2 hours a day, 1-2 times a week in preschool settings. RSVP School Buddies volunteers work 1-2 hours a day, 1-2 times a week, supporting elementary aged school children who need extra assistance in one or more academic areas.

Foster Grandparents work in early education settings helping children who need extra support with early literacy and math. Foster Grandparent Volunteers work a minimum of 15 hours per week. They receive a small non-taxable hourly stipend, a free daily meal at site when available, and more!

Are you interested in learning more about the RSVP or Foster Grandparent Program? Contact Danielle 802-861-7821 or daniellew@unitedwaynwvt.org

Union Train

A Celebration of American Labor History In Song
by Rik Palieri

Friday, September 7th, 6pm-8pm
O'Brien Community Center, Winooski

FREE Concert!
FREE Community Dinner!
Limited Seating!

Sponsored by the Heritage Winooski Mill Museum in support of a Vermont Humanities Council grant for a community wide reading of *Bread and Roses, Too* by Katherine Paterson.

Participating organizations:
Winooski Memorial Library, Winooski Middle School,
St. Francis Xavier School, the Winooski Peace Initiative.

more info at: www.themillmuseum.org/new-events/

MEMBERSHIP CARD
Textile Workers Union of America
Local 1000, Inc. No. 1000
Name: Rik Palieri
Address: 1000 Main St. Winooski, VT 05404
Phone: 802-233-5530
Date: 9/7/11

Photo Credit: Matt Thoren

JFK Elementary Update

By Sara Raabe, Principal

Welcome to the 2018-19 school year! Summer was busy at JFK with summer school, camps, and other activities. During all of that, the JFK staff has been busy working to get the school ready to welcome back our students.

We want our families to be involved in their student(s) education, and know what is going on at school. In turn, we want our families to feel comfortable coming to school and communicating with us. Communication is key to successful working relationships. We have several ways that we communicate with our families:

1. **JFK Facebook Page:** Pictures and information are posted on the JFK Facebook page frequently. Like the page to get updates.
2. **JFK Newsletter:** Each Friday, I write a letter home to families. This letter is sent home as a paper copy to each student. It is also posted on the JFK Facebook page, and under my page on the WSD website.
3. **Teacher Newsletter/Web Page:** The school expectation is that classroom teachers communicate with families via a paper newsletter or webpage weekly. Ask your student(s) teacher(s) about their method of communication.
4. **E-mail:** Every staff member has a school email. All emails follow the same format - first initiallastname@wsdschools.org (for example sraabe@wsdschools.org)
5. **Telephone (655-0411):** This brings you to the main office. Please limit calling teachers during teaching hours unless it is an emergency.
6. **ALERT Now:** ALERT Now is used for important communications such as snow days, delayed starts, etc. Please make sure to keep your phone numbers current with the JFK office to ensure you receive these messages.
7. **District Newsletter:** The district newsletter is published monthly and delivered to every mailbox in Winooski. There are extra paper copies in several places in the school, including the community board by the front office.
8. **Winooski School District website:**
www.wsdschools.org

In addition, each classroom teacher welcomes family volunteers in their classrooms. Each family was sent a volunteer form over the summer. If you did not receive one, please contact your student(s) teacher(s). We also welcome volunteers from the community! If you have a specific expertise and would like to volunteer in the school, please call the main office and ask to speak with me.

There has been a lot of hard work done over the summer at JFK. We are very excited for a positive school year. Please feel free to come by school to see our amazing students and staff in action!



Mapping Our Way Around

By Nancy Devost, ELL Teacher

The JFK Newcomer Summer School had a very successful jam-packed week in June filled with fun and a focus on learning to read different kinds of maps.

The twelve students, along with Ms. Wood, Mrs. Devost, Dalib, and Tul, embarked on a daily field trip which included a map of the area.

The group took a walking tour of Winooski, a hike up Mt. Philo, a day of fun at Sugarbush, a ferry ride to Port Kent, and a picnic at North Beach. Each of these excursions were first timers for the students who will remember these trips for a long time to come. The whole week was full of making connections to new learning and carrying this new knowledge and adventure into a new school year. It's all about connections!

JFK Summer School 2018 Recap

By Katherine Blair and JFK summer school teachers

Approximately 100 students daily participated in four weeks of fun and learning during the JFK Summer School program, which ran from July 9th until August 2nd. Students were broken into grade level teams where they spent time learning about the topic of "Community Service". Students participated in daily morning meetings with their teams, deepened their literacy skills including a daily Foundations lesson and practiced their math facts in order to sharpen their math skills. Each grade level chose their own activities to develop students' skills with learning and working together as a team and community. A highlight of the program was when Jason Chin, Vermont Author & Illustrator, visited on July 17th. He enthralled the students with details of his work as an author and illustrator on his many books for children.

Here is a summary from each of the grade level teams:

Kindergarten:

The program for incoming kindergarteners ran for two weeks. Students entering kindergarten in the fall were invited to attend one week of this summer school program. They met their peers and teachers, while becoming acquainted with JFK Elementary. Students visited the places they will encounter in the fall such as the playground, art room, music room, gymnasium, cafeteria and performing arts center. The turnout for the program was exceptional, with approximately 20 students attending daily.



1st Grade:

First grade started out by building a classroom community. We did this through the use of responsive classroom and read alouds that focused on friendship, kindness and acceptance. We broadened our view of community and thought about how we could help others. Our community service project was cleaning the playground. We also worked on building our fact power through addition and subtraction math facts. Beginning sight words and letter/sound review also were worked on every day.



2nd Grade:

Second graders were excited to practice being good citizens. We collected gently used clothing for donation, and organized a free lemonade stand to show our appreciation of our fellow students and teachers here at JFK. In literacy, second graders focused on consonant digraphs



and blends, improving our letter recognition and differentiation of spoken letter sounds. In math, we improved our understanding of place value, explored the concept of skip counting, and practiced our leveled math facts.



3rd Grade:

Students shared that they think community is a whole bunch of people who share what they think, work together, help each other, and who try to make things better. They brainstormed examples of community, such as towns, teams, classrooms, and schools. Each day we read a book as a class, and made connections to the themes of responsibility, honesty, compassion, respect and courage--all qualities of good citizenship that strengthen a community and make it more wonderful. Each day we also rotated through various literacy activities, such as rhyming and sight word games, independent reading and responding to writing prompts. In math, we have learned several games that support place value understanding and math fact practice with addition and subtraction.

4th & 5th Grade:

Our theme for summer school was community and citizenship. This linked perfectly to our HEART expectations at JFK (Honest, Engaged, Appropriate, Responsible, Timely). As a class, and individually, students read many books about respect, compassion, honesty, trust, teamwork, and more. Following these readings we talked about ways we can show these traits to be good citizens at JFK, at home, and in our community; and we wrote about people we know who are good citizens. Students also worked in groups to practice these skills and reflect on how to use those skills more thoughtfully. We also had an exciting visit from author and illustrator Jason Chin! Jason showed us how he first began drawing, and then how he turned to book illustration, using connections from his own life. It was so interesting to see the process! We also worked together to practice our math facts through games, flash cards and using apps on Chromebooks. It was a great four weeks in Summer School!





The Future is Now

September 2018

By Kate Grodin & Leon Wheeler

We're excited that the 2018-19 school year is underway! And we're especially eager to get to know our new students and families and bring each of you into our amazing community. It's great to be here!

For the past five years we've been intently remodeling our approach to learning, and in the process have become highly regarded at the state level as a leader in innovative, student-centered, and proficiency-based public education.

Here are some of the things to be aware of as the year begins:

- Classes focus on teaching six key skills which we call our graduation expectations (GX). Students demonstrate their learning in these skills during a MS Expedition or HS Exposition each semester.
- There are two progress reports and a final report card each semester. The progress reports focus on the student's Habits of Learning:
 - » *ENGAGED: I do my best in class*
 - » *RESPONSIBLE: I complete appropriately challenging assignments, including expected revisions*
 - » *TIMELY: I arrive on time to class*
- The Report Card at the end of each semester provides information about both the GX skill and the content proficiency (GP) taught in each class.
- In advisory students will explore interests, reflect on their learning, and plan future classes.
- We're thrilled to have three new WMHS teachers this year: Rachel Howes and Thierry Uwilingiyimana are middle and high STEM/Science teachers; and Mikayala Kelemen is our choral music teacher.
- Winooski has H.E.A.R.T. We will all be: Honest, Engaged, Appropriate, Responsible, and Timely. These are values that support learning and being a good citizen.



Please know our doors are always open and we welcome the community to check out what exciting things are happening at Winooski Middle High School.

And now, enjoy the following summer reflection by one of our busy students, Stephie Siki.

Summer Learning

By Stephie Siki, Class of 2021

During the summer I attend three different programs. I attended the Governor's Institute of Vermont's Institute of the Arts at Castleton University, focusing on poetry and dance, and learned to express myself in a way that positively impacts my community. What is art exactly? I define arts as a way for a person to express themselves. It can be shown in visual art, music, poetry, dance, stone carving, filmmaking and etc. I will bring back to the school a positive, supportive community.

On July 26th I went to the Youth to Youth Conference at Bryant University, Smithfield, Rhode Island. The conference was focused on drugs and alcohol: what it does to your brain, how to live your life positive without needing drugs, how to have fun without alcohol. During the four days, six hundred students were challenged to accomplish their Impossible, a goal that students made for the conference. From that, learn to think of a goal as a possible. In school I will challenge myself to make some ambitious goals that are supposed to be "Impossible" to accomplish.

On August 4th, I went to the Health Professions Exploration Camp at University of New England, Portland, Maine. Dressed in scrubs, we explored pharmacy, social work, nurse, osteopathic, human genetics, dentist. We did some hands-on activities within SIM labs, and got to talk to professionals about their career and our future goals. I will bring back to school my interest on health medicine by deepening my understanding into the subject.

To conclude my amazing summer, I was in control in how I wanted my summer to be, how I wanted my time to be spent. Students are able to decide what they want to do in their lives, who they want to be. There's a lot of programs out there to support the student's passion, curiosity and themselves. I learned a lot from those experiences. Changed now, I have a new perspective on the world and so can you!

WMHS SUMMER SCHOOL



Abdi and Lambert enjoy a new friendship



Building their characters in Word Play



Practicing skills in communication, collaboration and creativity



Afternoon fun at the Sara Holbrook Community Center



Exploring Shelburne Farms



Reflection time in Literacy Ahead



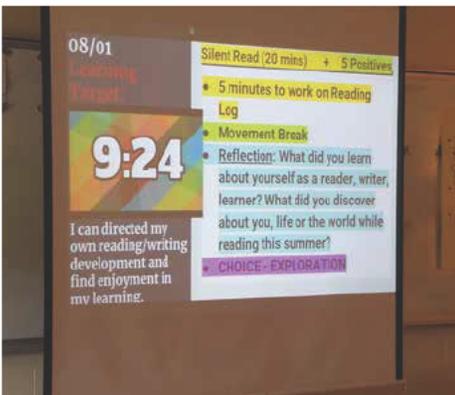
Afternoon fun at the Sara Holbrook Community Center



Gardening and Cooking together



Umesh and Ankith enjoy a game of chess... Ankith is smiling because he is the reigning champion!



Literacy Ahead activities



Lambert learns how to play Chess



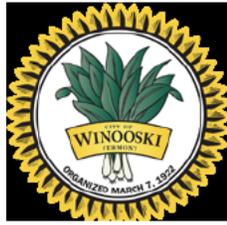
Zam Zam develops her writing skills

City Council Update

By Seth Leonard, Mayor

Whether it was a farmers market, a city block party, Winooski Wednesdays in rotary park, or one of the many events held throughout the summer events....the city felt very alive this summer.

During the August primary vote, the City put forward a bond vote to replace the municipal pool. The pool's history has been discussed in this publication at length and you can find out more about the project at www.winooskivt.org. The public support in passing that vote was a testament to Winooski's commitment to creating safe and healthy recreational opportunities that simultaneously offer space for community-building connections to thrive. We are incredibly appreciative for everyone that came out to vote, played a role on a committee associated with the project, and for the hard work staff put in to make the planning possible. Similar to the Main Street Revitalization vote, City Council will now work with City Staff and community based fundraising efforts to determine the financial details that will eventually impact next year's budget discussions. The next several months of meetings will include continuous decisions around how each of these valuable community projects may come into fruition. There is challenging and hard work ahead in getting these projects across the finish line. We hope you will take opportunities to stay engaged, continue to provide feedback to the city, and keep up to date as we head towards budget discussions in the new fiscal year that will ultimately determine the final scope of both projects and their timing. These are transformational projects that could change the experience of living in Winooski for many years to come. We look forward to a continued dialogue with the community about how we move forward in a sustainable way that works toward our shared vision for Winooski's future. Thank you for your support and your engagement!



Winooski Memorial Library

By Elsie Goodrich, Youth Services Coordinator

Greetings from the Winooski Memorial Library!

The Winooski Memorial Library offers many online resources, free with a library card! Check out E books, or Audiobooks from Listen Up Vermont, and the Vermont Online Library. Mango Languages is the perfect resource to learn a new language for free, accessible anywhere, anytime. Access Heritage Quest to learn about your family history, or the DMV practice test to master the permit test the first time! These, and more online resources are available through the library's website; call the library or stop in to learn more.

On **Friday, September 7th**, the VT Reads program will kickoff with a free concert for all ages by Vermont based folk entertainer, Rik Palieri (see page 4 for a photo). Rik will weave together a collection of historic labor songs, storytelling, and sing-along that will reveal the history of labor unions and the power of song to unify. A free community dinner will be available pre-concert at 6pm. Concert begins at 6:30pm. Limited seating.

This program is sponsored by the Heritage Winooski Mill Museum in support of a grant for a community wide reading of *Bread and Roses Too*, by Katherine Paterson. The historical fiction novel tells the story of the 1912 "Bread and Roses" strike in textile mills in Lawrence, Massachusetts through the eyes of two children. Join the community conversation by picking up a copy of *Bread And Roses Too* from the Winooski Memorial Library. Happy Reading!

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.



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

Free Preschool Spots Available!

By Martina Kerkering

Do you have a child that will be 4 years old before September 1st?

Are you looking for a free preschool spot in Winooski?

Our program offers free preschool from Monday-Friday,

8am-2pm, free meals and transportation (if necessary).

Call 655 1422 or email Martina at mkerkering@howardcenter.org or Alissa at acarberry@howardcenter.org.

Thank you so much for your support!



Parks & Rec News and Events for September



Winooski Wednesdays

The City of Winooski Department of Recreation & Parks is pleased to continue **Winooski Wednesdays: a free summer concert series in Rotary Park!**

Join us in Rotary Park every first Wednesday of the month for a free outdoor concert! These events are free and open to all.

- Shows start @ 6 PM
- Free meals for kids 18 and younger
- Specials by participating Winooski businesses

FEATURING:

9/5: Thunder Kittens

10/3: The Tenderbellies

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

Winooski 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 mornings: 9/8, 9/15, 9/22 (Night games at 5:30pm/7pm), 9/29, 10/6, 10/13

Visit <http://bit.ly/2KLuxxs> for more information.

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



Afterschool Youth Activities

Unwind after the school day with some structured activities for youth on Tuesdays in September and October. The Department of Recreation and Parks will lead youth in games like basketball, soccer, dodgeball and more! This program is free and open to all youth.

- FREE!
- Every Tues. in Sept. & Oct. 2018
- 3:30 PM - 5:00 PM
- @ The O'Brien Community Center Basketball Court

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

Art in Nature

The City of Winooski Department of Recreation & Parks is providing a free art program which invites community members to express themselves artistically in Winooski's beautiful public parks! Inspired by Andy Goldsworthy (famous sculptor, photographer, and environmentalist), this outdoor project facilitates an opportunity to create art by incorporating mindfulness, a renewed sense of excitement, inspiration, and peace of mind.



FALL 2018 DATES:

- **Sunday, September 30 @ Casavant Natural Area 1 - 3 PM**
- Sunday, October 21 @ Gilbrook Natural Area 1 - 3 PM
- Free, Adults 18+ (donations accepted)
- Bring the following items for a more enjoyable afternoon:
 - Camera
 - Journal and pen
 - Bug spray
 - Appropriate clothing

We will start with a brief introduction and continue with “solo walks” - helping participants find inspiration for their art. Feel free to take notes or photos along the way! After our solo walks, we'll enjoy some quiet time to reflect and journal or just take in the peaceful environment. Afterward, we'll begin to create art using Winooski's natural resources!

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

Partnership for Prevention

By Jackie Hoy

We're looking forward to a fun and productive school year this year, and we can't wait to see students join us for our next session of Above the Influence!

Above the Influence is an after-school group that meets weekly in the Winooski School. Kids will have fun, meet other students, gain public speaking skills, and increase their knowledge about how using substances can affect their goals. Students will spend time looking at some of the many types of messages they are faced with on a daily basis, and will be provided information and experience to decide for themselves what is true and right and what they value.

ATI is coordinated by the Winooski Partnership for Prevention in collaboration with the Winooski School District 21st CCLC after school program. ATI will be under the supervision of Kyung Choi, the youth engagement coordinator. The Winooski Partnership for Prevention has been providing youth programming in Winooski since 2003. If you have any questions or concerns, please contact Kyung Choi at kchoi@winooskiprevention.org or Suzanne Skaflestad at sskaflestad@wsdschools.org.



Winooski Kids Travel to Rhode Island for Youth Conference

Two of our youth group members had the chance to attend a youth conference in Rhode Island this summer. Lukas and Stephie joined other area kids for the Eastern States Youth to Youth Conference, where they were able to learn facts about substances, build communication and advocacy skills, and engage in ways to support a healthy lifestyle.

"The conference was lots of fun, and I met a lot of cool people," said Lukas. His favorite class involved ways to manage stress. "I learned a lot of different ways to destress, like walking away or taking a breather. I liked all the facts we learned [about substances], but I also liked learning about other things that can support healthy ways [to live]. It was cool to see that."

We'd love to send more kids to the Youth to Youth training next year, and you can help us achieve our goal by supporting our work. Visit our website for how to become involved; we look forward to hearing from you!

More Winooski Kids are Saying No to Tobacco

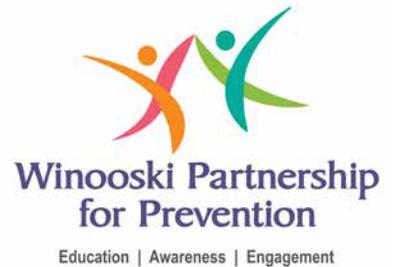
Winooski middle school kids are helping to create the next generation of tobacco-free youth: recent Youth Risk Behavior studies show that use of any tobacco products has decreased since 2015. We'd like to thank Winooski parents, kids, and the whole community for supporting health and reducing tobacco use!

Let's keep the trend going. We can support health in Winooski by promoting tobacco-free public spaces, advocating for healthy community design, and talking to kids about how tobacco is unsafe, and that includes electronic vaping products. This school year, kids can look out for their peers by sharing facts and encouraging healthy activities, and they can raise awareness about how tobacco companies market products to them, including using colorful packages and flavors.

Community Dinners Will Be Resuming Soon!

Community dinners are a great time to come together over a free, delicious meal to meet friends, enjoy family time, and get important updates about what's going on locally. We will be posting or community dinner dates and times on social media and on our website, so please visit us to check it out.

We're excited to work with our partners to provide a free meal for the community; we'd love for you to join us!



Register for City Updates

Register For Emergency Updates and Winter Parking Ban Notifications - TEXT "WINOOSKI" TO 888-777 or visit <https://local.nixle.com/register/>.



Foster and Respite Care in Vermont From a day to a lifetime.... You can help!!

Almost 1,000 Vermont children currently live away from their families in foster care. They all need families to care for them, preferably in their communities. Being able to stay in their own communities & schools — with friends, teachers, and familiar surroundings — can make a huge difference in their lives.

Become a foster parent!! Call your Resource Coordinators, Cathy or Matt at 863-7370 or visit fostercare.vt.gov



Winooski Food Shelf Schedule for September

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, September 8th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, September 12th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, September 22nd	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, September 26th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies

We are fortunate to be partnering with the Intervale gardens and will have fresh produce at our Wednesday pantry days.

We are grateful for our generous donors and for the wonderful volunteers that serve our clients. Our client base continues to grow. On July 11th alone, 54 families came through our doors and we sent food home for 192 people living in those families. The food shelf is providing a critical need in our community and also helps clients connect with other resources and services.

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

Dana Lee, Coordinator of Academic Services

REGISTER NOW!

for Fall 2018

www.ccv.edu
(802) 654-0505

Introduction to College and Careers (or ICC) is a class offered free to high school students interested in learning the skills necessary to be successful college students. Weekly classes begin in September. Register now to get the section you want! Class sections (DEV-0270) will be offered on:

- Mondays, 4 -6 pm
- Wednesday, 4 - 6 pm
- **And just for WHS students:**
Tuesdays and Friday, 8 - 9 am

Fall Classes at CCV – OPEN REGISTRATION, August 20 – Sept 1

Whether you are a high school student, starting a college degree, or taking classes to build skills for employment, CCV has many great options. View the great fall course options at: <https://tinyurl.com/ckvq9v>

Don't forget, starting the fall of junior year, you have access to 2 FREE vouchers to take college classes. Just talk to your guidance counselor!

CCV Winooski Academic Coordinators welcomed the opportunity to offer feedback to WHS seniors as they prepared to give their oral presentations. We appreciated learning about the senior research projects with topics ranging from music production to pet adoption! Thanks to Brent Litterer for inviting us to participate and we look forward to helping out next spring.

Looking for a college-level English class, but are struggling with English as a second language? CCV's new course Special Topics: English for Academic Purposes (Thursdays 6:15-9pm) is a class that helps participants:

- Recognize and consistently apply the English language in a post-secondary academic setting.
- Identify and comprehend academic jargon necessary for success in higher education.
- Apply learned vocabulary, grammatical, and organizational structures to write academic papers.
- Explain and apply cultural conventions regarding citation and academic honesty, including plagiarism, as practiced in U.S institutions.

Senior Citizens! Any senior (aged 65 years or older) has the opportunity to take **CCV classes tuition free.**

- Keep arthritis at bay (or reduce arthritic pain) working with clay in Ceramics I
- Explore big life questions in Introduction to Philosophy
- Prepare for the stage in Acting I.

There are many more courses to choose from. Just complete CCV's online application or come into our center to complete a paper application; then, register for classes!

Visit our website at **www.ccv.edu** for more information or call us at 802-654-0505.

Winooski Girl Scout Troop 30187 September Report

By Amy Lothrop



Girl Scouts
Where Girls Grow StrongSM

The **Juniors** held a July bake sale and an August bottle drive. They are working hard on their Bronze Award project which is to support the Family room in a COTS' shelter. The Bronze Award is the third highest award a Girl Scout can earn. Each girl invests 20 hours in the group effort. Their project must be sustainable and inspire others in their community to help support their cause. In August, they put together eight Bedtime Buddy Bags. They also put together activity kits of friendship bracelet and slime making. The bag contains a pair of pyjamas, a book, a blanket and a lovie (stuffed animal) in a tie dyed pillow case. If you would like to donate an item to the Bedtime Buddy Bag, please contact Amy Snow Lothrop at AmyLothrop@comcast.net or (802) 373-7288.

to Portland, Maine. Cadettes are involved completing every aspect of planning and booking the trip including lodging, transportation, entertainment and food. We are looking forward to our adventure.

Our troop is looking for a community member to help us with sewing projects 2-3 times a year for a couple of hours. Our next **Daisy** meeting is on September 8th from 9-10:30pm at the Winooski Senior Center. Brownies and Juniors will meet during the school year on Wednesdays from 5:30-7:00pm starting on September 5th in the JFK Art room. Cadettes will also meet on the 2nd Saturday of the month from 10:30-2:30pm at the Winooski Senior Center.

If this sounds like an adventure to be a part of, please contact Amy Snow Lothrop at AmyLothrop@comcast.net or (802) 373-7288. Our mission is to develop girls of courage, confidence and character who make the world a better place. We are open to all girls from K-12th grade.

- Bottle Drive
- Bedtime Buddy Bag supplies
- Slime Making Activity Kits
- Prepping for the Bake Sale
- No Sew Blankets for COTS
- Finished Bedtime Buddy Bags



Cadettes have also raised money this summer for their Silver Award plus trips to Maine 2019 and Costa Rica 2020. The Silver Award is the second highest award a Girl Scout can earn. She must invest 50+ hours as an individual or a small team in a sustainable project designed to make a positive change to their community. They were able to bake oodles of treats to sell. They are looking forward to a spring trip



Senior Center News

By Barb Pitfido, Winooski Senior Programs Manager

Reasons Volunteerism is Great for Seniors:

Volunteerism isn't just beneficial for those being helped— research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society.

- It helps bridge the generation gap
- It helps change the way people think about older adults
- It is good for mental health and can help prevent dementia
- It helps prevent senior isolation and depression

Ways to be involved with the Senior Center:

- Become a Volunteer! Many positions are available! Go to: <https://www.winooskivt.org/volunteer/>
- Become a Member
- Come to a monthly planning meeting
- Sign up to deliver Meals on Wheels
- Come to events and programs
- Share our monthly program calendar: <https://www.winooskivt.org/senior-programs/>

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 Monday, September 3rd for Labor Day and Monday, October 8th for Columbus Day.

UPCOMING ACTIVITIES:

Special Senior Lunches:

- 9/11 - Senior BBQ
- 11/14 - Senior Thanksgiving Luncheon
- 12/11 - Senior Holiday Party

Special Events:

- 9/19 - Flu Shot Clinic
- 10/10 - AARP Fraud Forum
- 10/16 - Humor and Health class w/ Sister Pat
- 10/20 & 21 - Season's Greetings Pumpkin carving
- 10/30 - UVM Falls Prevention workshop

Open House Time:

- Wednesdays 1-3pm Free Activities (cribbage, games, crafts)

Tech Buddies:

- Wednesday afternoon appointments

Do Drop In - Coffee & Conversation:

- Mondays 9-11am

Tai Chi - with Elizabeth Wirls:

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

Coffee Talk - Coffee & topic discussions:

- Wednesdays 9-11am (topics at 10am)

Senior Exercise:

- Thursdays 10-11am

Brown Bag BINGO!

- Thursdays at 12:30pm (Doors open at 11am)

BINGO! Theme Days:

- September 20 - Pirate Day
- October 25 - Halloween Party



New American Lunch & Learn:

- Fridays (11am Tai Chi, meal at Noon)

Senior Planning Meetings:

- September 5 • October 3

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

We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible. Office hours are 8:30am - Noon (Monday - Friday). You can reach us by phone at: 655-6425 or email at: seniorcenter@winooskivt.org.

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

HEALTH CORNER

Health News

By Elizabeth Parris, School Nurse

Welcome Back! We are so excited for the opportunity to spend another year taking care of children. Please remember to get the emergency health information sheets as well as permissions slips for the School Based Health Center back into the health office ASAP.

If you are a new family to the district and your child has a medical condition, please notify the health office immediately so we can make a plan to keep your child safe and healthy while at school.

I am pleased to announce that the School Based Health Center will be starting back up on Tuesday 9/4. Dr Heather Link from UVM Primary Pediatrics will be here on Tuesdays and Sherry Larose PA from CHCB will be with us on Thursdays. The providers are able to treat acute illnesses such as strep, rashes, ear infections, upper respiratory infections etc. If you have any questions, please see Liz or Katharine in the health office.

Our dental transportation program will also be operating again this year. If you would like more information on how to sign your child up for this program, ask one of the nurses.

Katharine and I are delighted to welcome Jan Kline to the health office staff. Jan will fill the new part time health office assistant position. Please stop by the health office and welcome her!

Tooth Tutor

By Tracy Towers RDH

Greetings! I am looking forward to another great year serving as your Tooth Tutor for the Winooski School District. I started my position last February and had a chance to meet many of you, and am looking forward to starting my first full year in the district.

I will be in the Health office with Katharine and Liz on Fridays during the school year. I look forward to getting into the classrooms to provide oral health education in grades k-5.

As many of you know, we have a school based dental program agreement with Vermont Dental Care in Winooski.

Any Winooski student is eligible to participate in this program (forms available in the health office) Basically, it allows students to be transported to the dental office, from school, to have their dental needs addressed.

My goal is to increase enrollment in this program so that students are

receiving the dental care they need to be successful in school and in life!

As we kick off the school year, please return all required forms to the health office as soon as possible so we can keep track of and address any dental/medical needs that our students may have.

Keep Smiling!

ELEMENTARY SCHOOL MENUS — SEPTEMBER

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




Mon, Sept 3	Tues, Sept 4	Wed, Sept 5	Thurs, Sept 6	Fri, Sept 7
No School Labor Day	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Turkey Sausage & Cheese Biscuit Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Turkey Sausage & Cheese Biscuit Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Early Release Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk
Turkey Sausage & Cheese Biscuit Fresh Fruit Milk	Whole Grain Bagel w/ Cream Cheese Fresh Fruit Milk	Asst. Cold Cereal w/ Cheese Stick Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Egg & Cheese English Muffin Fresh Fruit Milk

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




Mon, Sept 3	Tues, Sept 4	Wed, Sept 5	Thurs, Sept 6	Fri, Sept 7
No School Labor Day	Cape Cod Crusted Fish & Chips (French Fr es) R ce Pilaf Steamed Broccoli	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Zucchini Parmesan Fresh Carrot Sticks	Cheesy Ravioli Bake Baker's Pride Garlic Breadstick Caesar Salad Fresh Fruit & Veggie Bar	Birthday Celebration Hot Turkey Sandwich w/Gravy Chef's Mashed Potato Vegetarian Baked Beans
Oven Baked BBQ Chicken Hand Cut French Fries Corn on the Cob Dinner Ro I Fresh Fruit & Veggie Bar	Taste Test Event Nachos w/ The Works (Ground Beef, Tostitos, Queso, Homemade Cheese Sauce & Salsa) R ce Pilaf Vegetarian Baked Beans	Early Release K-12 Cheesy Breadsticks w/Minars Chicken Noodle Soup Fresh Celery Sticks	Creamy Macaroni & Cheese Homemade Combread Caesar Salad Steamed Carrots	Maple Apple French Toast Bake Local Maple Syrup Fresh Cut Sweet & Wh to Home Fries Pepper Str ps
Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Sweet Potato Wedges Roasted Zucchini	Taco Bar w/ Soft Shell Homemade Salsa w/Fresh Tomatoes Rice Pilaf Vegetarian Baked Beans	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Chopped Green Salad Carrot Sticks	Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Celery Sticks	Grilled Cheese Sandwich From Scratch Creamy Tomato Soup Steamed Broccoli
Dress Your Own Burger Hand Cut French Fries Vegetarian Baked Beans	Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Creamy Coleslaw	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Broccoli Salad Fresh Carrot Sticks w/Dip	Spaghetti w/ Meat Sauce Baker's Pride Garlic Breadsticks Caesar Salad	Hearty Chicken & Biscuits Steamed Peas Fresh Celery Sticks

Winooski Elementary School Breakfast In The Classroom

August/September 2018

Breakfast in the Classroom:
100% Juice or Fresh Fruit
Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices
Community Eligibility Provision
Meals to all Students are Free
Snacks & Sweet Milk not included

Adult Breakfast \$1.75	Milk \$0.50	Adult Lunch \$3.60
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Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the ELI Payment Center link

Questions or Comments regarding your School Meal Program? Please contact The Abbey Group Vice President of Operat ons Scott Choiniere scott@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there? Come join our Team!! Go to the link below. You can download an application or see what we have available through CareerBuilder. <http://www.abbeygroup.net/careers>





Winooski Elementary School Lunch

August/September 2018

Daily Lunch Offerings:
Main Meal or Cabot Yogurt Meal or Deli Sandwich or Chef Salad

Offered with all Meals:
Fresh Fruit
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices
Community Eligibility Provision
Meals to all Students are Free
Snacks & Sweet Milk not included

Adult Breakfast \$1.75	Milk \$0.50	Adult Lunch \$3.60
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Pay for meals on-line
For free on-line service go to <http://www.abbeygroup.net>
Search for Your School and Click the ELI Payment Center link

Taste Test Event Thursday September 11, 2018
Featuring Tomatoes

Harvest of the Month
August Tomatoes
September Summer Squash

New Local Product: North Coast Seafood
The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole muscle kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.



Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 884 students attending JFK Elementary and Winooski Middle/High School (grades PreK-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: aelston@wdschools.org