

ALSO INCLUDES 7 PAGES OF
Community News!
STARTING ON PAGE 8

celebrating Our Achievements!

I PLEDGE TO USE MY WORDS
TO SPEAK IN A KIND WAY.
I PLEDGE
TO HELP OTHERS AS I GO
THROUGHOUT MY DAY. I PLEDGE TO
CARE FOR OUR EARTH
WITH MY HEALING HEART AND HANDS. I PLEDGE TO
RESPECT PEOPLE
IN EACH AND EVERY LAND.
I PLEDGE TO JOIN TOGETHER AS WE
UNITE THE BIG AND SMALL.
I PLEDGE TO DO MY PART TO
CREATE PEACE
FOR ONE AND ALL!

The Kids for Peace "Peace Pledge" ©2012 • What would the World look like if everyone followed the Peace Pledge?
Please send us your answer to info@kidsforpeaceglobal.org • www.KidsforPeaceGlobal.org

*** DO YOUR PART ***

VOTE!

NOVEMBER 6, 2018

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Important Elements In Community Building

By Sister Pat McKittrick

What makes Winooski a strong community? As I was thinking about our Winooski community, I remembered the four "I's", International, Intercultural, Intergenerational, and Interdependent elements that have become part of my life as a member of the Sisters of Providence. I realized how applicable this is to our Winooski Community.

In the past, we have spoken about community building. We know that community building takes time and energy. We witnessed the elements above as building blocks at our 2nd annual International Day of Peace festivities. "Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace."

Over 80 people participated in a fun and interesting event prepared by the City of Winooski, Winooski Police Dept., and the Winooski Peace Initiative.

The Social Bingo (getting to know each other) was energizing! The food was amazing, thanks to the different groups

who prepared various cultural dishes. The music representative of different countries. We discussed the Peace Pledge. What is it? What does it mean? What am I committing to? After the discussion, we agreed to discuss it together. It truly was International, Intercultural, Intergenerational and Interdependent. No one could do this alone.

A special thank you to everyone who helped make the evening very successful. Thanks to the "Peace Jammers" and sports team who participated and reached out to other community members.

Looking forward to more collaborative events. Let us add another "I" as an important element whenever we want to recognize community initiatives. Being "Intentional" about strengthening community life is essential.

We can all do something – practice mindfulness, work towards non-violence, invite others to get involved, pledge to live "peacefully." For more info, email pat.mckittrick@uvmhealth.org

3rd Annual Clothing Drive and Giveaway!

By Amanda Perry, Librarian and Jaycie Puttlitz, Wellness Coordinator

This year, the Winooski Memorial Library and the Winooski Family Center are partnering with the Winooski School District for the 3rd Annual Clothing Drive and Giveaway Event.

From October 1st to November 5th, we are accepting clean, gently used clothing to be given back to Winooski children and families later in November. Specifically, **warm winter clothing and gear are needed** for ages infant to 18 years old, including winter boots, jackets, hats, mittens and snow pants.

Please do not donate accessories, evening wear, lingerie or costumes. We

also are not accepting toys or household items. We will accept undergarments and socks if they are new and still in original packaging. Donations can be brought to the Winooski Memorial Library during library hours: Tues.-Fri. 10-6:30pm, Sat. 10-2pm. Thank you for your support!

For more information please contact Amanda at aperry@winooski.vt.org or 802-655-6424

Come to the O'Brien Center Community Room from 11-7pm on Wed., November 7th, or from 8-2pm on Thurs., November 8th to get the clothing you need. See you there!

CITY AND SCHOOL ANNOUNCEMENTS

The Unfinished Teen Brain – Why it is important to talk with kids about marijuana?

By Sean McMannon, Superintendent of Schools

On July 1st, it became legal for adults 21 and over in Vermont to possess up to an ounce of marijuana, and grow marijuana in their homes. With increased access to marijuana comes increased challenges for keeping kids safe. Legalization means it's more important than ever to talk to our kids about marijuana. The latest Vermont Youth Risk Behavior Survey results show that we have a long way to go in our efforts to prevent teen marijuana use. By the time they graduate high school, about 48% of Chittenden County students have tried marijuana at least once in their lifetime. That's a sharp increase from 16% of freshmen students.

More results to consider: While 87% of 9th graders reports that they think their parents or guardians feel it would be wrong or very wrong for them to use marijuana this number drops significantly for 12th graders, to only 73%.

Parents play a crucial role in preventing substance use. In fact, the #1 reason kids give for not drinking or using drugs is that they don't want to disappoint their parents.

Here are some facts to know when having a conversation about marijuana with your adolescent:

- When asked, only about 12% of Chittenden County middle and high school students say they used marijuana in the past month. So, if you were thinking everyone uses marijuana, they don't.
- Some think marijuana is okay to use because it's "natural." But not all natural plants are good for you—take tobacco, for example.



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- Some teens believe marijuana can't be that harmful if states are legalizing it. Legal or not, one real risk is addiction and it is still very harmful for them because their brains are still developing.
- In 2015, 67% of all Vermont youth (<18) in treatment for substance use disorders were in treatment for marijuana use disorder.
- Research shows that marijuana can harm the developing teen brain.

Visit http://parentinburlington.org/parents-be-in-the-know-about-marijuana/?utm_source=BPHC+Master+Contact+List&utm_campaign=cd69c84f48-EMAIL_CAMPAIGN_2018_02_22_COPY_01&utm_medium=email&utm_term=0_27f36b3c0c-cd69c84f48-44505189 or <https://drugfree.org/article/how-to-talk-about-marijuana/> for quick tips about how to get a conversation with your child started. Lastly, here is a link to an interview with a local parent about how she talks with her middle schoolers about marijuana and other drug use: http://parentinburlington.org/marijuanatalk/?utm_source=BPHC+Master+Contact+List&utm_campaign=cd69c84f48-EMAIL_CAMPAIGN_2018_02_22_COPY_01&utm_medium=email&utm_term=0_27f36b3c0c-cd69c84f48-44505189.

Generous Donation

By Robin Hood, Director of Support Services & Early Learning

Many, many, thanks to Greg Clairmont, Worthy Grant Knight, and the Knights of Columbus from Saint Stephen's Council # 2284 for their generous donation of \$595.00 to the Winooski School District's Unified Sports Program! This money comes from the proceeds of their tootsie rolls sales.



The money will be used to help fund our Unified Sports Program. This program allows children with intellectual disabilities to participate in sports with students without disabilities. The money will go towards uniforms, equipment, and other supplies needed to support the program!

Thank you Knights of Columbus!

It's Almost Calcutta Time!

By Linda Gregoire

Dollars for Scholars is celebrating 25 years of scholarship awards to graduating seniors in Winooski!

So, come join the fun at our Famous Calcutta! We have some new prizes this year, including a **day trip getaway** or you could even take home **\$1,000 cash!**

Remember - you can't win, if you don't enter!

WHEN: Friday, November 2, 2018

WHERE: At the RVA in Winooski.

Happy Hour begins at 5:30 pm - First Ball at 6:30 pm.

- Each tickets admits (2) two and is the same price as usual: \$50
- Appetizers will be served during happy hour
- Don't worry if you can't make the event, you can still play!

For more information –to buy a ticket or to get involved, contact us at www.Winooski.Dollarsforscholars.Org ; on facebook! And email us at winooskidfs@gmail.com

We look forward to helping our graduating students succeed with your support!!

Winooski
**Dollars for
SCHOLARS®**
A Program of Scholarship America®

SAVE THE DATE!

Winooski Historical Society Museum Open House

By Joe Perron, President,
Winooski Historical Society

In collaboration with the Chittenden County Historical Society, the Winooski Historical Society will be hosting an open house at the Winooski Historical Society Museum in the Champlain Mill on **November 4** at 2pm.

Winooski Historical Society members will be on hand to answer questions about the museum's collections, including artifacts and exhibits. This is a great opportunity to connect and visit with local historians from throughout the region. The adjacent Heritage Winooski Mill Museum will also be open for visiting.

The event is free and open to the public with light refreshments served, and free Sunday downtown parking. Enter though the second floor main ramp entrance, and the Museum is on the right.

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**



Preschool Playgroup

By Martina Kerkering

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

Join our playgroups at the
O'Brien Community Center
(32 Malletts Bay Avenue) in Winooski:
Tuesday: 9:30-11:30AM
Thursday: 9:30-11:30AM

Why attend a playgroup?

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

EVERYONE IS WELCOME

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



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.

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CITY HALL UPDATE:

November Schedule and Payments Due

- **City Offices will be closed on November 12, 2018** in observance of Veteran's Day, and **November 23, 2018** in observance of the Thanksgiving Holiday.
- Taxes, Water and Sewer payments are due on Thursday, November 15, 2018. The City Clerk's office will be open until 5:00 p.m.

Knights of Columbus Sunday Breakfast

By Greg Clairmont

The Knights of Columbus St. Stephen's Council #2284's world famous breakfast returns on **Sunday, November 18** from 8:00-11:00am, at the Winooski Senior Center (123 Barlow Street). The price is \$6.00 per person, maximum \$20.00 per family, children under 5 years of age complimentary.

Breakfast Menu includes Irish potatoes, scrambled eggs, blueberry pancakes, Vermont made maple syrup, French toast, bacon, Montreal steak seasoned sausage, coffee, orange juice, hot chocolate, tea, soothing jazz, our chaplain Father Scott and Father Steve's wonderful presence and simply, great comradery and fellowship!

Please call Greg Clairmont, Worthy Grand Knight, at 802.343.8446 or listandsellvt@gmail.com with questions.

Mark your calendars! Other Sunday breakfast dates for the 2018-2019 year are as follows:

- December 16
- January 20
- February 17
- March 17
- April 14



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JFK Elementary Update

By Sara Raabe, JFK Principal

A focus for JFK this year is to engage our families and community with the school. During pre service, teachers identified ways that they already engage families such as newsletters and blogs, postcards, and presentation of student-created portfolios. After identifying engagement strategies teachers are already doing, teachers committed to family engagement activities for each trimester.

During the first trimester, each classroom teacher has or will invite families to join them for a Morning Meeting. Every class at JFK starts their day with a Morning Meeting as part of our Responsive Classroom work. Morning Meeting consist of four parts each day:

- **Greeting:** Students and teachers greet one another by name and practice offering hospitality.
- **Sharing:** Students share information about important events in their lives. Listeners often offer empathetic comments or ask clarifying questions.
- **Group Activity:** Everyone participates in a brief, lively activity that fosters group cohesion and helps students practice social and academic skills (for example, reciting a poem, dancing, singing, or playing a game that reinforces social or academic skills).
- **Morning Message:** Students read and interact with a short message written by their teacher. The message is crafted to help students focus on the work they'll do in school that day.

We love having families join students during a morning meeting. This was a great way for families to connect to their student's classroom, peers and teacher. It was also a fantastic way for families to experience a part of their student's day. Once families experienced a morning meeting, it gave them new knowledge to start conversations at home about what happened at school.

Enjoy the beautiful Vermont fall weather!

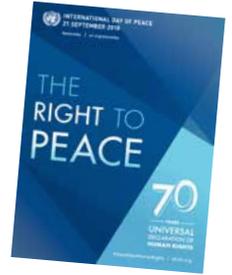
International Day of Peace

*By Grace Holcomb & Sarah Murphy,
JFK Elementary School Counselors*

This past month, the students in Kindergarten through fifth grade came together in an all-school morning meeting to celebrate International Day of Peace. The International Day of Peace is celebrated worldwide annually on September 21st. It is a day devoted to strengthening the ideas of peace. This year, the greater Winooski community and J.F.K. Elementary School both celebrated this day. At J.F.K., we participated in The Peace Crane Project. The Peace Crane Project is an international exchange program, inviting children from around the world to connect through the arts. The project invites school children to fold an origami crane, dove, heart or another symbol of peace, write a message of peace on their creation, and then trade it with another group. Last spring, we signed up to participate in this project and we were matched with The Pristine Private School in Dubai, United Arab Emirates.

During classroom morning meeting times in the weeks leading up to International Day of Peace, teachers showed a short video to their students, which explained the basics of the Peace Crane Project and International Day of Peace. The students then created any symbol of peace they wanted – a paper crane, a paper dove, a paper heart, etc. to share!

On September 21st, every class made their way to school cafeteria for an All School Morning Meeting to celebrate this day and their creations! During this morning meeting, students shared the symbol they created with peers, and everyone put their paper project into a box to send to Dubai. We are anxiously awaiting the arrival of peace cranes, hearts, doves and letters from our exchange school and cannot wait to see what they created for us!



Second Graders Build Partnerships

By Andy Schlatter: Second Grade Teacher

Each school year, teachers and students spend the first six weeks getting to know each other. While that may sound simple, this period is a deliberate and purposeful construction



of interpersonal relationships that will provide the foundation for the entire school year. A positive classroom environment is dependent on its routines, rules, and expectations. Our second graders have a direct say in what those routines look like, and how those rules are crafted. One of the routines that is essential to the classroom is the formation of healthy and productive academic partnerships.

In reading, students pair up to read to each other and discuss the books that they are reading. They ask each other thoughtful questions, explore fictional worlds together, and learn new and interesting things. They also pair with their reading partners to discuss deeper questions posed to them during read-alouds.

In math, students take turns sharing strategies and dissecting problems. They help each other and learn from each



other. They play games together, and they rely on each other for support. Perhaps most importantly, students communicate ideas to each other in ways that we as adults cannot.

These are much more than simply partnerships, they are learning friendships. It is because of these partnerships that students do much of the teaching as well as the learning here at JFK.

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Jubilación

By Leon Wheeler, Co-Principal

In August I received a text from my son and his wife. They live in northern Wisconsin and have twin 10th grade daughters. They extended me an invitation, and after much thought I accepted.

Michele, my daughter-in-law, was diagnosed about 2 years ago with breast cancer for the second time in the last decade. She seemed to beat it the first time. This time the specific type of cancer has no known cure. She's not one to give up in despair, and has spent the past couple of years eating healthily, working, writing, and actively living her life as her doctors have sequentially prescribed medications to slow the disease's spread.

This summer I turn 65. Jon and Michele's invitation made me realize that at the end of this current year I need to retire and move to Wisconsin to be with my family. Our school and district has made tremendous improvements during the past seven years, and I have complete confidence that our growth toward excellence, now solidly rooted,

will continue for years and generations to come. With resilient and inspiring students, staff who are skilled and compassionate, and an administrative team and school board with heart and vision, the Winooski Middle/High School will be fine.

Our educational approach here in Winooski is now well-aligned with what students need to be college and career ready. It's taken seven years of persistent effort, creative design, and lots of revising to get where we are today. More importantly, the patience and trust you've afforded us during this time as students, parents, and community members is greatly appreciated. We're "leveling the playing field", increasing equity, and demonstrating the beauty and insights that can blossom within a richly diverse learning community.

Being part of the Winooski school community has been one of the greatest blessings and honors of my life, and I mean that from the depths of my heart. The slogan in our newly designed logo

is right on target. "Winooski: We are the future!"

There's lots to do this year, and plenty of time to prepare a smooth transition for a new co-principal. Kate and I want to start by encouraging all parents and guardians to come with your child to the student conferences on Monday, November 19th, 8am - 8pm. With the first progress report now in hand (mailed October 12th), these conferences will provide an opportunity to meet with your child's advisor and teachers to understand their work habits, the proficiencies they're working on, and discuss how we can all work together in preparing your child to build their best future.

One closing thought. A friend pointed out to me recently that the Spanish word for retirement is 'jubilación', a word which refers to a combination of joy and fulfillment. What a great thought, and something for each of us to celebrate.

Have a great November, and a joyous Thanksgiving

Youth-Led Leadership Retreat for Advisory Representatives

By Lindsey Cox



Bekkah Lambert and Penny Ly kick off the retreat by going over the agenda with the group

Last year, each high school advisory selected one member to join the inaugural advisory representative group. This student attended a monthly meeting to provide feedback on the advisory system and was responsible for reading the weekly announcements. From that original group of “reps”, six students were selected to attend a Youth Leadership Institute in August of 2018. The six students - Bekkah Lambert, Fiona Taylor, Penny Ly, Mukhtar Abdulkhleiq, Hussein Amuri, and David Klinker - attended workshops focused on youth identity, youth voice, facilitating challenging conversations, and how to impact the culture and climate of school. They left the retreat energized, and made a plan to design and lead a youth retreat for the new group of advisory reps in the 2018-19 school year.

On Oct. 7-8, all 15 new Advisory Reps headed to Bishop Booth Conference Center in Burlington for a day and a

half leadership retreat designed and delivered by the six executive council members. The agenda included identity

mapping, independent reflection on leadership traits, conversations on ‘isms’ and challenging topics, as well as some group bonding over a campfire and roasting s’mores. All reps will now meet every three weeks to work on topics they identified at the retreat as being of importance to Winooski High School students.

Students felt positively about their experience and provided great feedback from the first retreat. One mentioned that they: “loved that it was mostly student-led. It was really nice how everyone of us took the workshops seriously and everybody was respectful and most participated.” Similarly, the student-led aspect was a strong positive component for one of the freshman participants who mentioned: “I liked how it was more student lead than teacher, something that I don’t experience a lot.”

We hope to continue empowering students through the advisory representative group and the experiences students will have leading their peers towards creating a better Winooski High School for all.



The entire Advisory Rep Group after reflecting on leadership at Rock Point in Burlington

Mindfulness in Health Class

By Vicki Wolinsky, Health Teacher

For the past two years, students in all health classes have been consistently practicing mindfulness prior to instruction every day. The lights are dimmed with the glow of string lights and lamps, and there is relaxing music playing softly in the background. On the SmartBoard is a calming video with something like an aquatic scene, animals, or a beautiful landscape. There are salt lamps and a mist with essential oils in front of the classroom.



Students come into the classroom, and after being greeted by the teacher, they then sit quietly and get settled into their desks for mindfulness time; after a couple weeks of class, this simply becomes habit. Once every student is present, the teacher often reads from a mindfulness script that the students listen to and follow, or sometimes students sit in intentional silence to focus on the slight, faint noises happening in the world around them: the shuffle of a chair, the band playing in another classroom, the classroom door opening or closing, and, most importantly, focusing on their deep breathing and relaxing their body.

One student is quoted as saying: "On the first day I didn't really like mindfulness, but now I really like it. I don't know why I like it, but I do."

Practicing mindfulness in the classroom has proven to be incredibly beneficial for students. Mindfulness helps students learn to be present, calm their bodies, help with the decision-making process and self-regulation, as well as help students learn



Poster by Rowyn Abbott-Smith

how to respond thoughtfully, rather than reacting swiftly to situations. Additionally, it helps students feel more peaceful and helps with awareness of one's own overall well-being.

In a world that can often seem chaotic, overwhelming, or overstimulating, it's important for students to learn how to present, calm and peaceful. The intent of practicing mindfulness in the classroom regularly is to help with this important life skill.

Varsity Soccer Team

By Stephen E. Feiss

The Winooski Boys' Varsity Soccer Team is continuing its run of success. We are currently 12-0 and have clinched the Mountain League championship title with 2 games remaining in the regular season. We now turn our eyes to the State playoffs which started on October 23rd/24th. We will have home field advantage deep into the playoffs so you can come to see us play for a chance at the VT State championship. We have also had another career scoring record broken. This time it is for total career assists. Abbas Abdulaziz tallied his 35 assists to pass recent graduate Eh Man to move into 1st position all-time.



Finding Home: Exploring Our Winooski Story

By Callie Reinker

Team Nexus 7th and 8th graders are beginning their fall expedition project *Finding Home: Exploring Our Winooski Story*. Students are taking on the role of investigative journalists and diving deeply into the stories of Winooski community members.

If you have a story to share, we would love to connect you with a middle school journalist. Please contact Callie Reinker at creinker@wsdschools.org to schedule your interview.



City Council Update

By Eric Covey



Hi Neighbors!
 It has been a busy Fall for the City Council. As you likely know, over the Summer Winooski voters approved two bond items - one for replacement of the municipal pool, and one for a Main Street Revitalization project.

A lot of hard work and community input has been put into getting these projects to a bond vote over a number of years, and they represent some very exciting next steps for our community. Ensuring that we have safe, healthy recreation opportunities for our youth, and shared accessible community spaces where residents can come together is something that we have heard time and time again from community members. Similarly, increasing the vibrancy of our corridors, improving pedestrian safety and expanding opportunities for alternative modes of transportation while ensuring our infrastructure is updated to reflect the needs of a 21st century city is the logical next step for the stretch of road and sidewalk between Colchester and the circulator.

While these projects reflect years of work and strategic planning from City staff, the Council, community volunteers and Winooski residents, the Council feels strongly that forward progress on these projects must be balanced with working equally as hard to minimize the tax impact to residents. We're continuing to look at all options on both projects to do so, including applying for Federal and State grant money, scaling or staging to reduce or delay upfront costs, debt structure possibilities, and community fundraising.

As we begin discussing the FY20 municipal budget that will be put before voters on Town Meeting Day in March many of these pieces will be moving very quickly so please stay tuned

in and engaged - we're thankful for your feedback and input as we discuss the best path forward. The City's website www.winooskivt.org is always a great source of information, and we encourage you to either reach out to us directly or to attend the Council meetings to weigh in on these important discussions.

The City's Housing Commission has also been hard at work examining potential policy recommendations to put before the Council to ensure that we retain quality, affordable housing as we develop sustainably as a City. The City and Committee recently put together a Housing Policy Panel on October 9th made up of housing experts to discuss options Winooski is considering, and to help educate and inform local policy makers and the public on this important and complex issue. On Monday, October 29th the Chittenden County Regional Planning Commission will be holding a meeting of regional housing commissions to discuss affordable housing trust funds at their Winooski office from 6-8pm, located at 110 West Canal Street. You can stay up to date with the Housing Commission by visiting <https://www.winooskivt.org/housing-commission/>. We remain dedicated to ensuring a mix of quality, affordable housing in Winooski, both for rental and home ownership, and we're thankful for the Commission's hard work as we figure out as a community the best ways to do so.

At our October 1st meeting we decided to establish a Charter Change Committee, charged with exploring a possible charter change that could enable all residents over the age of 18 to vote in municipal elections regardless of citizenship status. Once the Committee is formed it will be looking at possible options to do so, and could recommend that the Council put forward charter change language for Winooski voters to vote on. It's important to note that any change to the Winooski municipal charter would need to be approved by voters, where it would then be subject to approval by the Legislature, and would need to be signed into law before taking effect. Establishing a Charter Change Committee was the next step decided on by the Council to explore how the City may be able to engage all residents of our community in local decision making.

As always, please reach out to any of us at any time! It is an exciting time for Winooski, and we're thankful to have the opportunity to serve such an amazing community.

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

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NOVEMBER 6, 2018

Winooski Food Shelf Schedule for November

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, November 7th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, November 10th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, November 14th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, November 24th	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items

A big thanks to all our donors and volunteers! This food shelf runs on the generosity of others who give of their time, their talents and their funds. We could not run this food shelf without their generous support.

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.

Join Us for a Holiday Meal on November 28th!

By Jackie Hoy



Come celebrate the holiday season with the Winooski Partnership for Prevention! We would love for you to join us over a free meal to meet neighbors and hear about what we've accomplished this year. Come one, come all!

Date: Wednesday, November 28
Time: 5:30 to 7:00 p.m.
Place: O'Brien Community Center

**Please note that we have changed the time of our dinners to better accommodate young families.*

Recognizing Local Leaders: November Prevention Champion

The Winooski Partnership for Prevention would like to recognize local leaders that are playing a big role in the health of the community. J&J's Corner Market does not advertise tobacco on the outside of the store, and what may seem like a small decision can make a significant difference in kids' lives. Kids who report seeing advertisements "most of the time" are more likely to use tobacco.

Less than half of Winooski students reported that they see advertisements for tobacco in stores "at least most of the time."

Why it is Important to talk to kids about marijuana?

Marijuana legalization means it's more important than ever to talk to our kids about substance use. The latest Vermont Youth Risk Behavior Survey results show that by the time students in Chittenden County graduate high school, almost half have tried marijuana at least once.

Parents, caregivers, and trusted adults can help. Your opinion is important to kids. In fact, the #1 reason kids give for not drinking or using drugs is that they don't want to disappoint their parents.

What are some key findings about marijuana that will help you talk to kids about choosing not to use?

- Not everyone is doing it. 88% of Chittenden County middle and high school students say they have NOT used marijuana in the past month.
- Some teens believe marijuana can't be that harmful if states are legalizing it. Legal or not, one real risk is addiction and it is still very harmful for them because their brains are still developing.
- In 2015, 67% of all Vermont youth 18 and under in treatment for substance use disorders were in treatment for marijuana use disorder.

Click [here](#) or [here](#) for quick tips about how to get a conversation with your child started and [here](#) to understand all the Ways Marijuana is Used: A Guide for Parents.

Importance Of Voting: Why Every Citizen Should Vote

By Everett Vasquez

Voting is a fundamental right of any citizen that enables them to choose the leaders of tomorrow. Many people do not vote thinking one vote will not make a change, but as a matter of fact, it does. A nation's political foundations are built using elections.

Benefits of Voting:

Voting enables the citizens to choose their own government. It also allows the people to choose their representatives in the government. The purpose of every government is to develop and implement various policies for the benefit of its citizens.

It also enables the person with the right to question the government about issues and clarifications. Voting is the way to express the opinion of a citizen in a democratic nation. Voting is crucial to activating the democratic process.

Every adult is given the right to vote, irrespective of sex, class, occupation and so forth. This is representative of uniformity and congruity. It is a fundamental right in which all citizens get an opportunity to choose who represents them.

It is the right, benefit and obligation to vote as a citizen of your nation and an individual from your society. Individuals may figure their vote does not make a difference, but votes can shape remote monetary and social arrangements.

Here is a sample of the School District Ballot:

OFFICIAL BALLOT
WINOOSKI SCHOOL DISTRICT
November 6, 2018

INSTRUCTIONS TO VOTERS: If in favor of the question printed on the ballot, mark a cross (X) in the square designated "YES". If opposed, mark a cross (X) in the square designated "NO".

PROPOSED AMENDMENTS
TO THE CHARTER OF WINOOSKI SCHOOL DISTRICT (No. 122 of the Acts of 1872, as amended)

FIRST: § 23-3. Annual district meeting.

The annual district meeting shall be held on the first Tuesday of March and the immediate preceding Monday as follows:

(1) Monday: At Between 6:00 p.m. and 7:30 p.m. at a place to be selected by the Board of Trustees. The Moderator shall convene the Annual District Meeting with the following agenda:

(2) Tuesday: The voters shall at this continued Annual District Meeting, to be held on the First Tuesday in March from seven o'clock in the forenoon to seven o'clock in the afternoon and conducted at the same place and manner as the annual meeting of the City of Winooski a place to be designated by the City Council (Appendix A):

YES

NO

Meet the Candidates for State Representative

Here is information submitted by the candidates to help you get to know them better. There are two candidates who want to represent Winooski in the Vermont House: Incumbent, Diana Gonzalez, and write-in candidate, Hal Colston. Long-time Representative Clem Bissonnette's name will appear on the ballot, but he has withdrawn his candidacy. **Please do your part and become informed, and vote on November 6, 2018 at the Senior Center, 123 Barlow Street between 7 a.m. and 7 p.m.**

HAL COLSTON

Running for: Vermont Legislature, 2-year seat, Chittenden 6-7

Contact: 802-922-2908, colstonhal333@gmail.com

Work: Consulting, Training

Education: University of Pennsylvania, (1975), Saint Michael's College (2000), Honorary Doctor of Humanities

Hobbies/activities: Cooking, hiking, traveling

Community service: Outreach for Earth Stewardship, Winooski Restorative Panel, VT PBS Board, Flynn Board, Snelling Center for Government Board, United Way Community Investment Committee, Winooski City Councilor

Reason for running: To be a voice for social, economic and racial justice in the legislature.

DIANA GONZALEZ

Running for: Vermont Legislature, 2-year seat, Chittenden 6-7

Contact: 661.4053, diana@dianagonzalez.org

Work: Present--Educational Consultant and Doctoral student in Educational Leadership and Policy studies at UVM. Past--Health educator at UVM, High school teacher, elementary school teacher, middle school peer mediation coordinator

Community Service: leader in union organizing at UVM, Outright Vermont volunteer, Burlington & Brattleboro Community Justice Center volunteer

Reason for Running: I am running for state rep because while I am profoundly proud of the place we live, I also see many challenges that we must face with collaboration and thoughtfulness. Winooski has unique needs that are frequently omitted from conversations on the State level. I commit to bring the diverse voice of Winooski to the State House, continue to develop education to meet the needs of all our children and address the epidemic of drug use and the intertwined poverty and crime.

WATCH DEMOCRACY
IN ACTION

LIVE ELECTION FORUMS
October 1-29, 2018

JOIN US ON TV, ONLINE, OR IN THE STUDIO
& watch our Election Results Show on November 6th!

LOCAL 17 VOTES

Winooski Girl Scout Troop 30167

By Sarah McGowan-Freije



Girl Scouts®
Where Girls Grow Strong™

the girls took turns presenting the three different Journeys, and then voted on which one to complete. They chose It's Your Planet – Love It!! Get Moving! This



Our troop kickstarted our year by spending an afternoon in Montpelier at the State House. We were given a tour of the State House and then had lunch with several representatives and Trish Mellor, our Council CEO. The girls also got to participate in a mock election, and paint rocks with images of things they would like to see changed. They all left Montpelier inspired to be a voice of change.

The girls in our troop are in their second year of Juniors and will be earning their Bronze Award this year. The Bronze Award is the highest honor a Junior can achieve. To earn the Bronze award, the girls will have to identify a problem in their community, then put together a Take Action project to address that problem.

Before starting to work on the Bronze Award, the girls first have to complete a Girl Scout Journey. At our first meeting,

Journey focuses on energy, how it's used and how to use it wisely.

The girls first identified different sources of energy and how they are used. Then they played a game with cups and water that showed them how recycling uses less material and allows them to use energy more efficiently. For their next step, the girls got into groups and designed a house for the group to live in. They were given the option of updating their homes with various energy saving options and had to choose the most cost effective and energy efficient. They were all surprised to learn that heating is the biggest energy expense in a house.

The final piece of the Journey will be to undertake a project that will help our community become more energy efficient. Stay tuned for more details!

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

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>



Mindfulness Continues, Available Online, Too!

What: Guided Mindfulness Practice and Discussion

Where: Winooski Senior Center

When: Thursdays, 5:30-6:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. Since January of 2016, these sessions have also been recorded and uploaded to the school website. You can listen to them by visiting this link: www.wdschools.org/mindfulness-in-winooski.

Winooski Girl Scout Troop 30187 November Report

By Amy Lothrop



10/10 Ceremony

Our Girl Scouting year officially began on October 10th, when we held our annual Bridging, Investiture and Rededication



ceremony to welcome new members and recognize our returning troop.

- **Bridging** is when a Girl Scout moves up to another level.
- **Investiture** is giving a Scout her official rank
- **Rededication** is our opportunity to celebrate our returning Scouts.

We also recognized our Bronze Award Girl Scouts: Angela, Kianalee, Maiella, Netya and Taylor. These girls completed more than 130 hours of service to help children in the COTS family shelter.



Bronze Award Ceremony Celebration



Brownie Science experiments

Brownie Scouts who flew up to Juniors received their Brownie Wings.

Two Scouts, Edna and Olivia, earned their Cadette Service to Community Bar; Olivia was also honored with the Silver Torch for her leadership as a member of her school's student council.



Daisy Nature Hike

Daisy Girl Scouts met on a Saturday to take a walk along the Cassavant trail, discussing what nature is, learning to identify leaves, and helping to minimize pollution by collecting several bags of trash along the way

Brownies and Juniors worked on a community service project to benefit the Winooski Dollars for Scholars annual calcutta on November 2nd from 5:30-9pm at the RVA (Weaver Street). They decorated bags showing their career ambitions for the event's raffles.



Cadette CPR certification

Cadette Girl Scouts started their new year with a meeting about CPR and the Heimlich. They were certified in adult, child and infant CPR, and completed a Heimlich certification. Many thanks to Fern of UVMCMC, and our troupe nurse, Jen.

We spent the remainder of our time working out a troop budget for our trips to Jay Peak and Maine.

If this all sounds like a great adventure, contact

Amy Snow Lothrop at amylothrop@comcast.net or 802-373-7288. We are open to all girls from Kindergarten



to 12th grade. Our mission is to build girls of courage, confidence and character who make the world a better place. Come make a difference!"

Bailey with butterfly

Senior Center

By Barbara Pitfido, Senior Programs Manager

Time is the most precious gift. During the Holidays we tend to focus on material things and get wrapped up in shopping and spending money on gifts for others. But if you thought about your time, could you be generous and give some of that precious gift to others?



Becoming more generous and compassionate will have real tangible benefits in your own life. Generous people report being happier, healthier, and more satisfied with life than those who don't give. Generosity produces within us a sense that we are capable of making a difference in the world, that we are actively addressing the needs of those around us, and that we are shaping our community into a healthier one.

If you are looking to give a gift of time, we would love to see you at the Senior Center! Your gift could be a shared talent, an hour of talking, walking or listening, or maybe you have some time to be a community partner! Call us and see what your time could do. Apply at: <https://www.winooskivt.org/volunteer/>

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 program. 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 Senior Center will be closed:

- Monday, November 6th for Voting
- Monday, November 12th for Veteran's Day
- Monday - Friday November 19-23 for Cleaning
- Monday & Tuesday, December 24th & 25th for Christmas
- Monday & Tuesday, December 31 & January 1 for New Year's

UPCOMING ACTIVITIES:

Special Senior Lunches:

- 11/13 - Senior Thanksgiving Luncheon-RSVP by 11/5
- 12/11 - Senior Holiday Party-RSVP by 12/4

Open House Time:

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

Tech Buddies:

- Call for an appointment

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)
- NOTE: No BINGO! on 11/22, 12/20, 12/27, 1/3

BINGO! Theme Days:

- December 6 - Black & White
- January 17 - Squirrel Appreciation Day
- February 14 - Valentine's Day
- March 14 - St. Patrick's Day

New American Lunch & Learn:

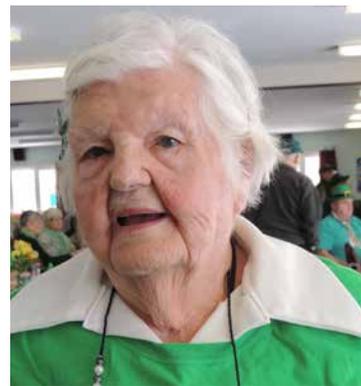
- Fridays (11am Tai Chi, meal at Noon)

Senior Advisory Planning Meetings:

- November 7 • December 5

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street.

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



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

HEALTH CORNER

By Katherine Monje, School Nurse

Happy Autumn from the Health Office!

Our annual hearing and vision screenings are wrapping up. If your child needs further assessment you will receive a referral letter from the health office in the mail. Watch for these and call us with any questions!

Flu season is upon us! Now is the time to call your doctor to schedule an appointment.

The single best way to prevent flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often help stop the spread of germs and prevent respiratory illnesses like the flu.

Five Reasons to get a flu shot

By Allison Aubrey, National Public Radio

1. You are vulnerable.

People 65 and older are at higher risk of flu-related complications, but the flu can knock young, healthy people off their feet, too. It does every year.

2. Getting a flu shot is your civic duty.

Nobody wants to be the dreaded spreader but everybody gets the flu from somebody else. So getting the flu shot protects family, friends and co-workers.

3. You can still get the flu, but you won't be as sick.

The vaccine offers some protection. It cushions the blow. You're less likely to get pneumonia, a major complication of the flu, and less likely to be hospitalized.

4. Pregnant women who get the flu shot protect their babies from flu.

Women who are pregnant should be vaccinated to protect themselves. The vaccine will protect their baby during the first six months of life, until the baby is old enough to be vaccinated.

5. You cannot get flu from the flu vaccine.

The most common side effects are a sore arm, and perhaps a little swelling. A very small proportion of people, 1 to 2 percent, get a degree of fever. That's not the flu. That's the body reacting to the vaccine.

ELEMENTARY SCHOOL MENUS — NOVEMBER

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Meals to all Students are free • Extra milk: \$.50 Snacks & Snack Milk not included Adult Breakfast: \$1.75 • Adult Lunch: \$3.75				
5 Turkey Sausage & Cheese Biscuit	6 Whole Grain Bagel Cream Cheese	7 Assorted Cereal 1/2 English Muffin String Cheese Wheat Bread Slice	8 Breakfast Round	9 Egg & Cheese Muffin
12 Turkey Sausage & Cheese Biscuit	13 Whole Grain Bagel Cream Cheese	14 Assorted Cereal 1/2 English Muffin String Cheese Wheat Bread Slice	15 Breakfast Round	16 Egg & Cheese Muffin
19 	20 	21 	22 	23 
26 Turkey Sausage & Cheese Biscuit	27 Whole Grain Bagel Cream Cheese	28 Assorted Cereal 1/2 English Muffin String Cheese Wheat Bread Slice	29 Breakfast Round	30 Egg & Cheese Muffin

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Sweet Potatoes  Taste Test Event Thursday, November 8, 2018		 Happy Birthday Celebration Friday, November 2, 2018	1 Entrees Shepherd's Pie Sides Dinner Roll Vegetable Fresh Celery Sticks	2 Entrees Grilled Cheese Sandwich Vegetable Creamy Tomato Soup Fresh Carrot Sticks
5 Entrees Dress Your Own Burger Vegetable Baked Beans Roasted Sweet Potato Wedges	6 Entrees Chicken & Cheese Quesadilla Sides Rice Pilaf Condiment Garden Salsa Vegetable Creamy Colelaw	7 Entrees Cheese Pizza Pepperoni Pizza Vegetable Pizza Vegetable Fresh Carrot Sticks Tossed Garden Salad	8 Entrees Spaghetti w/Meat Sauce Sides Garlic Breadsticks Vegetable Caesar Salad	9 
12 Entrees Cape Cod Crusted Fish & Chips Sides Dinner Roll Vegetable Crinkle Cut French Fries Steamed Green Beans	13 Entrees Beef Nachos Supreme Sides Rice Pilaf Condiment Garden Salsa Vegetable Baked Beans	14 Entrees Chicken Patty Sandwich Sides Garden Pasta Salad Vegetable Fresh Carrot Sticks	15 Entrees Roast Turkey Sides Dinner Roll Hearty Stuffing Turkey Gravy Fruit PJs/Cranberry Sauce Vegetable Chef's Mash'd Potato Steamed Green Peas <i>Thanksgiving Luncheon Parents Invited</i>	16 Entrees Pancakes Sides Twin Sausage Links Condiment Real Maple Syrup Vegetable Green Pepper Strips Sweet & White Homefries
19 	20 	21 	22 	23 
26 Entrees Dress Your Own Hot Dog Vegetable Baked Beans Oven Crisp Tater Tots	27 Entrees Taco Bar w/ The Works Sides Rice Pilaf Condiment Garden Salsa Vegetable Steamed Corn	28 Entrees Cheese Pizza Pepperoni Pizza Vegetable Pizza Vegetable Broccoli Salad Fresh Carrot Sticks	29 Entrees Cheesy Ravioli Bake Sides Garlic Breadsticks Vegetable Caesar Salad	30 Entrees BBQ Pulled Pork Sandwich Creamy Colelaw Steamed Carrots

Daily Lunch Offerings:

Main Meal, Cabot Yogurt Parfait, Deli Bar, Express Lane, Homemade Pizza or Vegetarian Option. Fresh Fruit, 100% Fruit Juice & Milk offered with all meals. Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

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

ALSO: Middle and High school menu information is available at <http://wsdfood.abbeygroup.info>. You can also learn about options for managing your child's account at the website.

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

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WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

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

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

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