

WINOOSKI SCHOOL DISTRICT NEWS!

FEBRUARY 2019

ALSO INCLUDES 8 PAGES OF
Community News!
STARTING ON PAGE 9

celebrating Our Achievements!

Are You Running For Elected Office in March?

If you are planning to run for school board, mayor or city council, we would like to introduce you to readers of this newsletter in our March issue.

Please provide the following information by **February 8** for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates.

Please submit the following information to editor Anne Linton Elston at annelinton@mac.com:

- Name
- Address & Telephone
- Work
- Education
- Hobbies/activities
- Community service
- Reason for running (75 words or less)

Winooski High School Has Scholarship Winners!

By Courtney Poquette

Congratulations to Winooski students Michaela Parris and OJ Dharing for being recognized as scholarship winners in a national essay contest sponsored by Next Gen Personal Finance (NGPF). NGPF is a non-profit committed to ensuring that ALL students leave high school with the skills needed to thrive in an increasingly complex financial world.

Over 800 students from across the country participated in this essay contest. The task was for students to play PAYBACK, a simulation NGPF created to help students understand the choices they would have to make in college. Then students had to write a 250 word response about the experience.

Michaela was one of two students recognized in the state of Vermont winning a \$500 college scholarship.

OJ was one of 12 students selected in the country, winning \$5,000 to help him pay for college. This is the second year of this contest. Last year Winooski student, Destiny Syharaj was one of two winners at the state level. Overall Winooski High School has had three winners in two years, perhaps making us the highest performing school in the country with this challenge! These students now have a total of \$6,000 to help them pay for college expenses.

Thank you NGPF and congratulations to our winners! I'm looking forward to more students entering the contest next year.



Knights of Columbus Free Throw Competition Results

By Jeff Brosseau

Winooski Knights of Columbus Council # 2284 and Saint Francis Xavier CYO jointly sponsored our annual free throw contest on Saturday, January 12 at the Winooski High School Gym. Congratulations to all (thirty-five) local youth who participated!

The winners were:

Age 9 Girls: Paige Barcomb
 Age 10 Boys: Jack Eldred; Age 10 Girls: Angel Niyibigira
 Age 11 Boys: Ja Massey; Age 11 Girls: Kaitlyn Zierak
 Age 12 Boys: Dallas St. Peter; Age 12 Girls: Eliza Stearns
 Age 13 Boys: Elias Parzyck; Age 13 Girls: Emily Maynard
 Age 14 Boys: Luke St. Peter; Age 14 Girls: Serenity Kruger

Each winner was invited to a Council reception on Monday January 14th to receive a K of C winner's certificate and prize (a bookstore gift card). Each winner is eligible to participate in the District level free throw competition in February.

INSIDE THIS ISSUE

Notes from the Central Office	2-3
Announcements	4-5
JFK Elementary News	6
Middle and High School Highlights	7-8
Community News	9-16
Health News	17
Menu	17
District and Contact Information	18



2019-20 Vision-Driven, Learner Investment

By Sean McMannon, Superintendent of Schools

“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.”

The WSD Ends Statement above clearly states the high expectations we have for our students. This past November, December and January the WSD administration worked with the Board of School Trustees to tackle the challenging task of determining the proposed budgetary investment in our school for the upcoming year based on the WSD Ends Statement. Thanks to board members Mike Decarreau, Tori Cleiland, Jen Corrigan, Matt MacNeil and Alex Yin for their student-centered and forward-thinking approach to budget development.

Five years ago we began investing in creating a PreK-12 systemic approach to supporting student needs and monitoring student progress with positions such as Reading Specialists, Wellness Coordinator, Data Manager, Director of English Language Learning & Curriculum, and Behavior Coaches. Now we can confidently say we have established a strong foundation that provides food security, wellness opportunities, access to technology and a system that can track the attendance, behavior, reading and math levels of every student. Also, we were an early investor in Pre-Kindergarten with four half-day programs on campus so we can begin to engage students and parents as soon as possible.

During this budget cycle I gave board members a baseline budget and data about enrollment, staffing, Special Education, English Language Learners (ELL), Information Technology and Operations. All of this information can be found on our website.

Overall, our enrollment is currently

885 PreK-12 students and we expect this number to grow by 5-10 students for the 2019-20 school year. WSD is in the fifth year of Act 166 which requires universal PreKindergarten programming for all children who are three, four or five by the date established by the district of residence for kindergarten eligibility. Act 166 will also provide \$3267 per child to offset the costs of providing universal PreKindergarten.

JFK Elementary is making wonderful progress with Responsive Classroom, Positive Behavioral Interventions & Supports (PBIS), our School Wide Expectations- HEART, and Project-Based Learning (PBL). WMS has made tremendous strides this year through their new Social Contract, cell phone policy, the 6th Grade Academy and the exciting Expeditionary Learning (EL) approach. WMS 6th graders had a fabulous learning experience working with Circus Smirkus on a six-week residency exploring “Circus Secrets” which resulted in a WMS student-led circus for our JFK students. WMS continues moving toward meeting Vermont law of providing proficiency-based graduation requirements by 2020 through the growth of our Graduate Expectations (GXs), Graduate Proficiencies (GPs) and the iLab.

Therefore, this budget reflects investments in the following areas:

- JFK ELL teacher to reduce our current 40:1 student-to-teacher ratio to 25:1 and
 - a Communications and Development position to fundraise for our capital project and increase school communications with parents and the broader community.
- Also, this budget includes
- funds to continue to support a student transportation pilot which will transport students who live over .75 miles away from school to school each day during the winter months.

A series of increases and decreases, including these new investments results in a 6.8% expense increase.

Over the years, your Board of Trustees has put forth fiscally conservative budgets when compared to the rest of the state as evidenced by our Educational Spending Rank being in the bottom quartile the past five years (197/256 in FY17), over \$1100 less per pupil compared to other PK-12 districts in VT.

In fact, over the past decade the average tax increase has been 2.2% even with an increasing student population and creating a robust system of learning supports for our students. I think you will see that the Board of Trustees has constructed a thoughtful, vision-driven investment in Winooski children that continues to move us forward to meet the high expectations of our WSD Ends Statement!

We are blessed with a diverse student population who also require a high level of support to meet our high standards. Our staff and leadership team clearly understand the strengths and challenges of our students and forge ahead with creativity, collaboration and compassion.

**Please join me on
Wednesday, February 20th
at 5:30pm at the O'Brien
Community Center and
Monday, March 4th from
6:00-7:30pm in the WSD
Performing Arts Center for
more information about
our proposed investment in
Winooski students for the
2019-20 school year.**

Thank you for working with WSD to benefit our students!

School Board Update

By Matt MacNeil, Board of School Trustees

It's budget season again and the board and administration have been hard at work trying to maximize the education experiences and opportunities for our community. Before I became a School Trustee, I would read about any given year's school budget proposal and wonder to myself, 'where did that number come from?' As a board member, the budgeting process has been an eye opening experience. I have been heartened to see and hear the thoughtful, strategic and comprehensive planning that goes into the creation of every budget proposal. Our administrators and staff undergo a painstaking process to allocate every single dollar of funding to the exact areas that we believe will provide the highest educational value to our students and families.

As a board, we share a vision with school staff and administration for an innovative education system that holds Winooski as an educational destination for families. At the same time we constantly attempt to balance attainment of those goals while at the same time keeping an eye toward maintaining the affordability of life in our great city. When a budget proposal comes to the larger public for review, you can be assured that it has been vetted thoroughly through that lens. Over the last decade, Winooski School budgets have averaged only a 2.2%

annual increase in taxes while our student population has steadily increased.

Education financing is currently a very hot topic across Vermont media. Vermont's statewide fiscal and educational challenges have prompted multiple reform proposals in the legislature in 2018. Not surprisingly, Vermont schools will again likely garner lots of attention and focus when lawmakers convene for this year's session in Montpelier. This past May, Governor Scott unveiled his 5-year-plan to maximize the role schools play in reshaping Vermont's future and at the same time also wishes to reduce costs for taxpayers. Both of those goals are important. But needless to say, they are not easy tasks to accomplish. The stated motivation for the governor's proposal is a frequent refrain in political discussions: that, in general in Vermont, the cost of schooling has consistently trended up while at the same time, the student population of the state as a whole continues to trend down.

As is so often the case, Winooski School District (WSD) does not fit the mold of a "general" Vermont school district. Most notably, our board and administration believe that it is likely our school enrollment will buck the state trend and increase our student body. Current predictions based on



WINOOSKI SCHOOLS
We are the future.

demographic models suggest that we'll likely steadily increase for several years to come. As a board we see that as great news in that it shows more and more families are recognizing the fantastic gains in the district. As enrollment grows, the challenge lies in maintaining our wonderful trajectory while managing the costs related to an expanding school population.

So as the budget process unfolds, please be assured that the board never takes its eyes off of our Ends Statement. Every decision we make is guided by the unrelenting motivation to create conditions in the district that all students will graduate from WSD college and career ready at a cost supported by a majority of the Winooski community and that WSD students will lead healthy, productive and successful lives and engage with their local and global community. And we recognize that achieving this vision cannot happen in a vacuum. We welcome your feedback and wisdom. Please feel free to reach out to myself or any board member with any thoughts, ideas and questions you may have.

Preschool Registration & Skills Screening

By Maybeline Lopez, M.Ed., Preschool Director, District Evaluator Birth-6yrs & Early Learning Coordinator

- **Friday, February 15, 2019**
- **9:00 am – 2:00 pm**
- **Preschool Room, JFK Elementary School**

Quality early childhood experiences are the foundation for school success and lifelong learning. If your child is or will be 3 by September 1st, 2019 please come to register for preschool and complete a preschool skills screening.

If you have concerns about your child's development, our Winooski Early Childhood team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play-based and free for 3 and 4-year-old children, living in Winooski.

Please call Maybeline Lopez at 383-6063 to schedule an appointment for you and your child to come to the screening on February 15, 2019.

Teachers will also be filling out applications for all Winooski preschool slots at this time.

- Early Learning Center Head Start (located in Winooski School District)
- Winooski Early Childhood Program (located at Winooski School District)
- The Winooski Family Center (located at Elm Street, Winooski)

The Winooski Early Childhood team will also be assisting families with the ACT 166 application process.

CITY AND SCHOOL ANNOUNCEMENTS

Join us at the Knights of Columbus Sunday Breakfast

By Greg Clairmont

The Knights of Columbus St. Stephen's Council #2284's world famous breakfast returns on **Sunday, February 17** 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.

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

- March 17 • April 14

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.



BURLINGTON TECH
OPEN HOUSE

SATURDAY, FEBRUARY 16TH 9AM-12PM

MEET THE TEACHERS + REVIEW THE CURRICULUM + CHECK OUT OUR CLASSROOMS
+ TOUR THE CAMPUS + MEET OTHER PARENTS

BURLINGTON TECHNICAL CENTER
52 INSTITUTE RD. BURLINGTON, VT
WWW.BURLINGTONTECH.ORG | 802-864-8426

Learn about the Candidates

Catch up with all things Winooski on Channel 17/Town Meeting TV at <https://www.cctv.org/search/node/winooski>

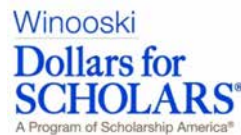
This coming Town Meeting vote, March 5, 2019 Winooski voters will fill 4 city council seats as well as elect a new Mayor.



Channel 17 will be bringing you election forums to meet candidates beginning in early February. Learn more at www.CH17.TV

Dollars For Scholars Supports Kids

Graduation is right around the corner and we are here to support you. Contact us at Winooskids@gmail.com to learn more.



5TH ANNUAL

Celebrating Winooski's Talent Show!

This event is open to all Winooski community members, students, teachers, and parents. Its purpose is to build confidence in students and bring our community together. It is a chance to enjoy the diversity of talents in Winooski and for participants to have fun. It is a wonderful team-building experience for all ages.

We are looking for your talent! Calling magicians, musicians, actors, comedians, mimes, and gymnasts. Need ideas? Perform a sports demonstration, recite a poem, hula hoop, juggle, or jump rope. Consider sharing a magic trick or favorite dance. Join us!

We greatly encourage community members and parents to participate in the talent show. Individual and group acts are welcome. Please email us to let us know which audition and rehearsal you are planning to attend.

Auditions and rehearsals are meant to prepare participants for the show and are in no way designed to limit or exclude participation. All auditions and rehearsals and the show will be held at the Winooski School District Performing Arts Center. For more information or questions, email Lucy at lbdaponte@gmail.com.

Important Dates for Celebrating Winooski's Talent Show for 2019

Auditions:

- Tuesday, Feb 12, 3-4:30pm Saturday, Feb 16, 10-12:30pm

Rehearsals:

- Tuesday, March 5, 3-4:30pm Saturday, March 9, 10-12:30pm
- Mandatory Dress Rehearsal: Saturday, March 23, 10-12:30pm

Performance:

- Friday, March 29, 2019, 6:30pm

Act 166 Publicly Funded Prekindergarten

For children between the ages of 3 and 5 who reside in the town of Winooski, Vermont

What is publicly funded prekindergarten education?

Publicly funded prekindergarten education is defined as:

Ten hours per week for 35 weeks in a community private early care and education programs. These pre-approved programs meet specific quality standards and provide developmentally appropriate learning experiences that are based on Vermont's Early Learning Standards. Children who reside in Winooski and are between the ages of three – five are eligible. Prekindergarten education is limited to the academic year (Sept. 2019–June 2020).

Some of the community early care and education programs that Winooski School District partners with are:

- Ascension Childcare 658-0212
- Burlington Children's Space -658-1500 x13
- Burlington Forest Preschool 310-7028
- Carolyn's Red Balloon 878-5001
- Children's Preschool and Enrichment Center -878-1060
- Davis Studio 425-2700
- E.J.'s Kids Klub -860-1151
- Freedom Rains 654-7300
- Frog & Toad Child Care & Learning Center -871-5309
- Future Einsteins 288-9035
- Greater Burlington YMCA Preschool -862-8993 x148
- Green Mountain Montessori School -879-9114
- Heartworks & Renaissance School (Shelburne) 985-8133
- Kid Logic Learning -660-3600
- Learning Adventure 372-3930
- Little One's University -872-7444
- Little Tot's Academy 876-7317
- Lund Early Childhood Education Program -864-7467
- Robin's Nest -864-8191
- Steamworks Preschool 871-3376
- The Bellwether School -863-4839
- The Janet S. Munt Family Room 862-2121
- Trinity Children's Center -656-5026
- UVM Campus Children's Center -656-2091
- Williston Enrichment Center -846-9402
- Y Early Childhood Program at UVM Medical Center 338-9208

As well as many other programs.

Is this 10 hours/week pre-kindergarten program tuition-free?

The prekindergarten program offered in the public school is tuition free. The prekindergarten program offered through a partner program will charge families for the care and education program the child needs beyond the 10 hours/week during the academic year. Your child's preschool must deduct these public funds from your annual tuition bill.

Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2019, and resides in Winooski, then your child is eligible to participate.

How much will Winooski School District pay?

The statewide rate of \$3,267.00 per child was established by the Agency of Education for the 2018/19 school year. This amount will be adjusted for the upcoming 2019/20 school year once the new tuition rate is available. This covers 10 hours per week of high-quality prekindergarten education for 35 weeks.

How do I apply?

Application forms will be at the Preschool Skills Screening, may be picked up in the support services offices within the Winooski School District, or printed off of the Winooski School District website (under Support Services, Pre-Kindergarten link). Families interested in participating need to fill out a new application each year and provide a copy of their child's birth certificate and proof of residency (a utility bill or mortgage/lease).

Please return applications to Sandy Castle at the Winooski School District support services office at 60 Normand St. Winooski VT, 05404.

Please contact Maybeline Lopez at 802-383-6063 to schedule a time for the preschool screening and with any questions.

**TIME IS
A PRECIOUS GIFT**

Get involved.
Make a difference.
Feel great.
VOLUNTEER.

Get started at unitedwaynwvt.org/volunteer
or write to us at volctr@unitedwaynwvt.org.



**United Way of
Northwest Vermont**



February News

By Sara Raabe, JFK Principal

It is February, which means the staff at JFK is participating in the Big Change Roundup. The Big Change Roundup is run by WOKO, and supports the University of Vermont's Children's Hospital. The money goes to support the patients, as well as their families. The UVM Children's Hospital consists of the maternity unit, the Children's Specialty Center, Pediatric Primary Care clinics, and parts of the Emergency Room. Many of the students in the Winooski School District, and in the Winooski community, have accessed the UVM Children's Hospital to stay healthy, or to deal with medical issues. This connection to our community is the reason that the staff at JFK want to support the hospital through The Big Change Roundup.

To raise money, several brave staff members at JFK have volunteered to participate in the Unicorn Challenge. Each volunteer staff member has a jar in the JFK office. The staff member that raises the most money by February 15th has to wear a blow up unicorn outfit for the day! People can donate by adding their spare change to a staff members jar in JFK's office. Any community member is welcome to come and add money into a jar!



JFK Students Attend Bike Bonanza

By Elizabeth Wood

In December, a group of JFK students received their very own bicycles at the Bike Bonanza held by the Old Spokes Home in Burlington. Over 100 refurbished bicycles of all sizes and colors were available for kids to choose from! Dedicated volunteers and staff from the Old Spokes Home, as well as some JFK teachers, were on hand to help kids select their bikes, get fitted, and give kids helmets to decorate and take home. The kids were so excited to be able to take their new bikes home that night- just in time for winter break!





Expeditionary Learning Is Happening In The Middle School. What Is It?

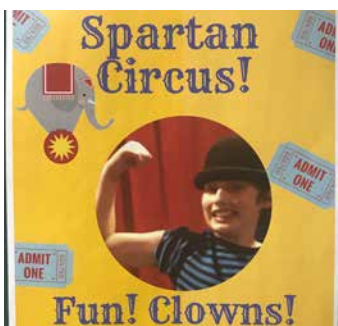
By Kate Grodin, Co-Principal

Anywhere from six to twelve weeks in length, a **Learning Expedition** is an interdisciplinary investigation that requires students to deeply understand a compelling topic, engage in their community in authentic ways, demonstrate their learning in high quality products, and then present it to an audience. It is also the time when teachers are explicitly teaching and assessing students in their mastery of our Graduate Expectations (GX's) in middle school. When middle schoolers are on Expedition, they are engaged in their most genuine learning. They are solving real problems like how to design a greenspace for the City of Winooski or wrestling with how to turn their jitters into courage to perform circus tricks on stage!

Students experience two Expeditions a year at WMS. Although the Expeditions cover a variety of topics and are diverse in what they demand of students, all of them have the same components. There is a kick-off to entice students and present the challenge. Teachers plan guiding questions, fieldwork opportunities, and collaborate with community experts such as artists, scientists, or designers. During Expeditions there is

an anchor text. This is often a book that provides everyone a context for the Expedition. Final products may include more typical things like argumentative essays or graphs and analysis of data, but they can also be musical compositions or thoughtfully designed posters or playbills. Expeditions usually yield a number of products where students have spent time to craft and revise a product to the highest quality. This is because these products lead to the culminating event.

The culminating event is a public demonstration or time to share evidence of students' high quality work and learning. Students are often required to talk about their products and reflect on what they've learned. These events look similar to the high school's January and June Exposition weeks (JanPo and JunePo). Current students will be heading into their second Expedition of the year after February break. This year's 8th grade will have completed four Expeditions before moving up to high school. We believe the high quality work and learning coming from students as well as their reflection on these experiences are better preparing them to be successful in high school.



Winooski High School Advisory Update

By Lindsey Cox

High School advisories have been busy since the cold weather hit working on our four goal areas: Building Relationships, Academic Advising, College and Career Support, and Community Building. We continue to kick off each week with a circle that provides a safe space for students to share with each other and listen to one another.

On December 19, all students were able to select a wellness field trip to participate in. Options included swimming at The Edge Fitness, Ice Skating at Leddy and Essex Arenas, and Rock Climbing at MetroRock. These field trips allowed for relationship building between advisories and a healthy, fun activity to try.

When we returned from the vacation, we had another half day on January 9.

The students from the PeaceJam club designed and facilitated the day. The theme was Women and Leadership. Students invited two guest speakers to kick off the morning, Margaret Bass and Kesha Ram. Students also design different activities such as trivia, TED talks, and games that all centered around leadership.

Another major focus before the vacation was around high school planning and working on the proficiency tracker part of the Personalized Learning Plan (PLP). All students met with their advisors in a one-on-one environment to look at where they currently are in their high school educational career and what they need to be a successful graduate. This included looking at grades, second semester classes, and even planning next year.

Lastly, a huge congratulations to the Payeur/Lauterbach advisory for winning the Lip Sync Battle, which was our December Advisory Challenge. Runners up were the Poquette advisory. With half the year to go, it is still anyone's chance to win the year-long advisory challenge. If you have any questions or feedback about the WHS advisory program, please contact advisory coordinator Lindsey Cox (lcox@wsdschools.org or (802) 363-2342.



WINOOSKI SCHOOLS
We are the future.

Artists of the Month

By Jessica Bruce, Visual Arts Teacher



Winooski Middle High School
Artist of the Month | December, 2018
Angkith Pradhan, Class of 2024



December's artist of the month was Angkith Pradhan for his persistence, patience, and adding his own style in art class.



Winooski Middle High School
Artist of the Month | January, 2019
Thera Neilson, Class of 2024



January's artist of the month is Thera Neilson for her dedication to perfection in the details of her assignments and the flexibility she shows in diving into the unknown with art.

City Council Update

By Seth Leonard



At the time of writing this update, City Council is in the midst of the budget process that will result in a proposal for voters to consider at Town Meeting Day on March 5th. To kick off the budget process, City Council asks that the City Manager work with Division Heads and staff to draft an initial proposed budget. This year, knowing that there were large projects voters would consider, Council asked that we receive a “level services” budget draft. This will be a busy ballot with a number of items that are connected to each other. Over the last decade our community has engaged in a robust conversation about our goals as a community. For the past several years, Council has worked with staff to prioritize investments that focus around our four vision goals: A safe, healthy, and connected community; economic vitality; sustainable municipal infrastructure; and housing that supports the diverse needs of our community. This year’s ballot items are the realization of Council working with Staff over several years to take your vision as a community and bring exciting cornerstone projects to bring your vision to fruition.

Let’s walk through the major items you will have the opportunity to vote on:

1. The overall general fund budget can be found online here <https://www.winooskivt.org/city-budgets/>; this year’s budget also includes support for projects voters moved forward during special votes in 2018:

- **Main Street Revitalization:** budget supports a portion of debt service on the \$23 million bond issuance voters supported during a special election in May 2018. In addition to general fund support, we are proposing to bring our water/wastewater fees more in line with surrounding communities to support this project. Learn more about

the project here <https://www.winooskivt.org/main-street-revitalization-project/>

- **Reconstruction of Myers Memorial Pool:** budget supports the total debt and costs associated with the new pool voters supported during a special election in August 2018. Learn more about the project here <https://www.winooskivt.org/pool/>

The total proposed increase on the overall budget is around 6% for the next fiscal year. This would represent roughly \$150 increase in total taxes paid over the course of a year for the average homeowner, or around \$12.50 per month. Council has kept increases around or below the 2% threshold for many years in anticipation of these large projects impacting the rate. We have prepared for these investments.

2. Authorization to enact a 1% Sales, Meals, Beverage Tax in Winooski. The revenue realized from this tax will be applied directly to the debt associated with Main Street Revitalization. Council has viewed this as a way to ensure the business activity that benefits from infrastructure investments is sharing the debt coverage, and not solely looking to residents bearing the tax burden for that debt.

3. The ballot will also include two items that have no impact to the tax rate:

- Authorization to bond for major rehabilitation of Hickok Street, with new water/wastewater, and street infrastructure. This debt will be paid from existing capacity in the capital budget and will not impact the general fund tax rate.
- Authorization to bond for the construction of a new parking facility in the downtown, next to Community Colleges of Vermont’s building. The parking structure will support downtown vibrancy, existing businesses and residents, but also open the door for a hotel to be built. The fees collected from operations, along with one-time city/partner investments will ensure this facility does not impact the tax rate.

On the last Monday of January, Council approves a budget that will be considered by voters– be sure to watch the city’s website, social media, and Front Porch Forum for budget opportunities and presentation schedules so you can learn more ahead of the vote.

Once again, this year you can register to vote online via the Secretary of State, at the City’s Clerk’s office, and can actually register to vote on Town Meeting Day!

We look forward to seeing you at the polls on Tuesday, March 5th.

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

Register for City Updates

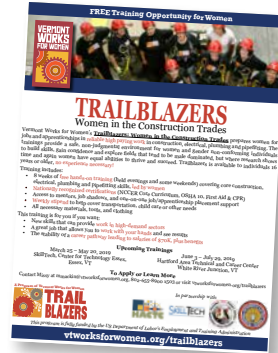
Register for **Emergency Updates** and **Winter Parking Ban Notifications** - text the word “WINOOSKI” to 888-777 or visit <https://local.nixle.com/register>.





Trailblazer: Women in the Construction Trades

Vermont Works for Women's **Trailblazers: Women in the Construction Trades** prepares women for jobs and apprenticeships in reliable high paying work in construction, electrical, plumbing and pipefitting. The trainings provide a safe, non-judgmental environment for women and gender non-conforming individuals to build skills, gain confidence and explore fields that tend to be male dominated, but where research shows repeatedly women have equal abilities to thrive and succeed. Trailblazers is available to individuals 16 years or older, no experience necessary!



Training includes:

- 8 weeks of free hands-on training (held evenings and some weekends) covering core construction, electrical, plumbing and pipefitting skills, led by women
- Nationally recognized certifications (NCCER Core Curriculum, OSHA 10, First Aid & CPR)
- Access to mentors, job shadows, and one-on-one job/apprenticeship placement support
- Weekly stipend to help cover transportation, child care or other needs
- All necessary materials, tools, and clothing
- This training is for you if you want:
- New skills that can provide work in high-demand sectors
- A great job that allows you to work with your hands and see results
- The stability of a career pathway leading to salaries of \$70K, plus benefits

Upcoming Trainings

- March 25 – May 20, 2019 • SkillTech, Center for Technology Essex, Essex, VT
- June 3 – July 29, 2019 • Hartford Area Technical and Career Center, White River Junction, VT

To Apply or Learn More

Contact Missy at mmackin@vtworksforwomen.org, 802-655-8900 x503 or visit vtworksforwomen.org/trailblazers

This program is fully funded by the US Department of Labor's Employment and Training Administration.

Learn More about Human Trafficking

By Jan E. Hughes, Delta Kappa Gamma member

Small and rural states are not immune from human trafficking. **This crime occurs within Vermont as well as beyond our borders.**

Did that sentence get your attention? Maybe you already are feeling uncomfortable about whether you will read this item. Please do keep reading.

The reality is that we may all unconsciously be connected to human trafficking or enslavement.

Human trafficking is recognized by the United Nations as “the recruitment, harboring, transportation, provision or obtaining a person for exploitation through labor, services or a commercial sex act by force, fraud or coercion.” This crime is a human rights issue, public health issue, and child abuse issue when minors are victimized.

Think of the clothes you buy, and the countries where they are made. Think of the fish you eat. Are workers paid a fair wage – or does your bargain item come to you via the cost of enslaved labor? Who provides your manicure or your massage? Could enslaved or trafficked workers be on the cleaning or hospitality staff where you are vacationing? How would you know?

Then there is the local opioid crisis – people with opioid use disorder, as well as people addicted to other substances, are particularly vulnerable to being forced, frauded or coerced into doing things they do not want to do, including commercial sex work, for the perpetrators' profit.

A multi-disciplinary approach is needed to support victims and reduce the occurrence of the crime. The State of Vermont utilized some of the Victims of Crime Act federal funds to create and maintain a statewide human trafficking case manager position which is housed at the South Burlington Police Department. Due to its success, a second position is being added and based at the Rutland Police Department. The state also received \$1.2 million dollar federal grant to greatly enhance its Human Trafficking Task Force.

So what can you do? Consider ways to increase your knowledge and awareness – first steps count! People in helping professions, such as teachers, social workers, faith community staff and nurses may be able to play a direct role, but we all should be aware of what we can do to eradicate this crime.

Give Way to Freedom, an Essex-based private operating foundation which provides training, outreach and direct services to potential victims, and which awards grants for domestic and international projects, has partnered with Alpha Chapter of Delta Kappa Gamma (an organization of leading women educators) and sponsored a community-wide informational session and panel on January 10th. Panelists included a law enforcement officer, advocates, a medical professional, social worker and researcher. Questions about the January 10 event can be directed to Jan at edevent4@gmail.com. Jan E. Hughes is a member of the Delta Kappa Gamma organization. She is a retired educator and librarian with Vermont schools and lives in South Burlington.

For more information about human trafficking and how you can help, please contact Sr. Pat McKittrick at 847-6534 or pat.mckittrick@uvmhealth.org.

Volunteers Needed!

By Olivia Miller,

Community Engagement & Volunteer Coordinator

Happiness knocks when you volunteer to deliver a meal! **Meals on Wheels** provides so much more than a nutritious meal. The moment you knock on that door, you make a connection. It might be a quick hello or a conversation, but the impact lasts a lifetime. Not just for those receiving the meal, but for you, too.

We need your help. The Winooski Senior Center in partnership with Age Well are looking for volunteers to deliver meals door to door to our Winooski neighbors. The time commitment is based on your availability--it can vary from one day a week to two days a month (weekdays only). Delivery is typically from 9:30a.m. to 11a.m.

To apply, please visit www.winooski.org/volunteer
Questions? Please contact the Volunteer Coordinator at volunteer@winooski.org

Restorative Justice Panel Volunteers Needed

Under the direction of the Community Justice Center Staff, Restorative Justice Panel members will help guide the responsible party through a restorative justice process.

To apply, please visit www.winooski.org/volunteer
Questions? Please contact the Volunteer Coordinator at volunteer@winooski.org

Parents & Youth for Change (PYC) and the city of Winooski are searching for volunteers to ensure that Winooski School District students have a safe ride to school every day.

High School students can earn community service credit for volunteering. WSD Bus Monitors will:

- wait with students at the bus stops-O'Brien Community Center and Elm Street
- remind students of transportation expectations
- some volunteers will ride the bus with students to help count ridership
- assist with a safe ride

Time Commitment:

- We need volunteers at both locations from 7am-8am Mon-Friday

Requirements:

- Must contact Carrie Oliver or Christine Kemp Longmore to apply
- Volunteer must undergo a background check prior to beginning service.
- The cost of the background check is at no cost to volunteers

PYC Contact Information:

- Carrie Oliver • momoliver0714@gmail.com
(802) 391-6885
- Christine Kemp Longmore • christinepycbtv@gmail.com
(802) 281-2498

East Allen Street Scoping Study Public Meeting

By Paul Sarne, Communications Coordinator

Thursday, February 14th, 2019 6:30 PM @ Winooski City Hall (27 West Allen Street)

Join the City of Winooski, the Chittenden County Regional Planning Commission, VHB, and the City's Planning and Public Works Commissions for the East Allen Street Scoping Study Public Meeting.

The East Allen Street Scoping Study advances the planning efforts for the East Allen Street corridor undertaken as part of the Winooski Transportation Master Plan and the Winooski Gateway Corridors Form Based Code. These planning efforts offered a vision for increased safety and mobility for all roadway users, improved streetscape amenities, and enhanced economic development opportunities along the major gateway corridors in Winooski. This study seeks to identify a package of technically feasible and locally-supported improvements that enhance safety and accessibility for all modes, improve overall aesthetics, and maximize gateway development and redevelopment opportunities along East Allen Street. The study area runs along East Allen Street (VT Route 15) from the Winooski Downtown Circulator east approximately 3,700 feet to Roland Court which is immediately east of the Interstate 89 Exit 15 interchange.

Members of the public will have the opportunity to ask questions and share their ideas for improving safety and mobility, new streetscape amenities, and new business opportunities for the major gateways in Winooski. This meeting is free and open to all – community members are encouraged to participate!

Visit the East Allen Street Scoping Study project page: <https://bit.ly/WinooskiTPlan>. Questions regarding this project can be sent to:

- Jon Rauscher: Director, City of Winooski Public Works – jrauscher@winooski.org
- Diane Meyerhoff: Principal, Third Sector Associates (VHB) – diane@thirdsectorassociates.com
- Emma Vaughn: Communications Manager, CCRPC – evaughn@ccrpcvt.org

Are You Running For Elected Office in March?

If you are planning to run for school board, mayor or city council, we would like to introduce you to readers of this newsletter in our March issue. Please provide the following information by **February 8** for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates. Please submit the following information to editor Anne Linton Elston at anelinton@mac.com:

- Name
- Address & Telephone
- Work
- Education
- Hobbies/activities
- Community service
- Reason for running (75 words or less)

Winooski Partnership for Prevention

By Kate Nugent, Executive Director



The next community dinner at the O'Brien Community Center will take place on February 20.

At the February dinner, we will host speakers from the city and school who will present their budgets and plans for the coming year. You'll get the chance to ask questions directly of local government representatives and learn more about the process the school and city undertake to develop and present their annual budgets. Come for the good food and company, and find out more about how we work together.

Would children's programming or language interpretation make the difference for you being able to attend? Please get in touch with Kate at 802-655-4565.

More details about the event are available on our Facebook page as well as on our website.

Youth Leadership

After the holiday break, we resumed our **Above the Influence (ATI)** program on Mondays afterschool, and we anticipate that this half of the year will bring exciting opportunities for students. Building upon what was learned in the first half of the year, students will have the opportunity to present what they've learned in front of more audiences and carry out community-based projects.

Didn't participate in ATI in the beginning of the year? That's OK! ATI welcomes new students and returning students alike.

Resources for Parents

This month, we'd like to highlight two resources that we recommend for helping parents through difficult times:

The first is the **Vermont Suicide**



Prevention Center which can be reached at (802) 254-6590 and <http://vtspc.org/>. The Vermont Suicide Prevention Center hosts a hotline and screening tool, and other resources, as well.

The second is the **Partnership for Drug Free Kids** at www.drugfree.org especially their series of videos that can help parents feel better prepared to talk with their kids about drugs, found here: <https://www.youtube.com/watch?v=FThKH0SEDeI>.

Resources for Everyone

Most people who used tobacco in Vermont tried to quit last year. My Healthy VT, online at myhealthyvt.org/quitting-smoking/, shows the most up-to-date in-person quitting classes near you, and also connects to local people who can answer questions you might have about attending a class.

Knowing that we can prevent addiction inspires us. Get in touch to find out more about ways to volunteer, learn, and give. Check out our website at www.winooskiprevention.org for more information.

Meet Our New Communications and Development Manager

Elaine Ezerins is the Communications and Development Manager and she will be working to assist the Winooski Partnership for Prevention in elevating the visibility of its work and messages. Elaine will be working closely with the executive director to develop and manage our social media, newsletters, and other communications materials. We are excited that she is joining our team.

Elaine earned her B.A. in Journalism, Media Studies and the Digital Arts with a minor in Spanish from Saint Michael's College.

Originally from the South Shore, Massachusetts, Elaine has spent the last four years working in northern Vermont as a professional journalist before joining the Winooski Partnership for Prevention in 2019.

She extensively reported on the impact that alcohol, drugs and addiction had on families, children, communities and individuals' overall health outcomes. The coverage included a six part series for the Saint Albans Messenger, called Pathways to Recovery, in which she chronicled the lives of four people in Franklin County who came out on the other side of addiction.

In her free time, Elaine enjoys cooking and spending time outdoors. This past fall, she thru-hiked the Long Trail, which spans 273 miles, in 22 days.

Girl Scouts Update

By Amy Lothrop

“Happy New Year! Winooski Girl Scout Troops 58806, 52013, 30948 and 30187 attended our council cookie rally to kick off the largest girl led business in the world.. COOKIES. We participated in goal setting workshops, tug of war, a cookie parade, cookie Jeopardy, life sized Jenga and more.

Over the next three months, Girl Scouts will sell nearly 200 million boxes of cookies. All four troops sold over 7,800 boxes of cookies last year. We intend to reach the 10,000 mark in 2019! Our Cadette troop (6-8th grade) will be raising money for their Silver Awards, 2019 Maine camping trip and 2020 Costa Rica trip. Juniors (4-5th grade) will be focused on

their Bronze Award and camping trip to celebrate the 110th anniversary of Camp Farnsworth. Brownies (2-3rd grade) are raising money for camping, service projects and an overnight at ECHO. Daisies (K-1st grade) are focused on their service projects and camping.

What does a \$5 box of cookies do? Everything! Our girls go camping, hiking, archery and snowshoeing. We learn fire safety, cooking, sewing and knife skills. We've explored our diverse interests in art, astronomy, conservation, music, theater, engineering, history and culture. Our girls serve their community through Bronze and Silver Award projects. We help with Green Up day, march as a Color Guard in the Memorial Day parade, make cards for veterans and donate supplies to a local animal rescue. We invested over 560 hours alone into our community to



Girl Scouts.
Where Girls Grow Strong™



Daisy Troop 58806 are wild about cookies!



Cadette, Juniors, Brownies & Daisies working together in tug of war.



Cadette Troop 30187 playing Cookie Jeopardy

serving Lucy's House for the Prevention of Homeless Pets and COTS when 19 girls earned their Bronze Award over the past two years.

We will be holding booths in and around Winooski on Saturdays and Sundays between 10-4pm from February 24th through March 17th. We will announce our booths on Front Porch Forum. When you purchase cookies from our troop, ALL proceeds from the sales remain local in our Green and White Mountain council. We will be offering again at our booths the opportunity to buy cookies directly for our military personnel. Last year, our council send 14,000 boxes via Operation Cookie through the Family Readiness program. We appreciate all your support over the last 7 years.



Daisy Girl Scout Grace wearing a cookie costume.



Junior Troop 30948 are going for bold!

For over 100 years, cookie selling has helped girls to develop 5 important skills that they will use throughout their lifetime: goal setting, decision making, money management, people skills and business ethics. Buying a box of cookies today is so much more than satisfying your sweet tooth. It is an investment in her development and potential to be tomorrow's leader.

If this all sounds like a great adventure, contact Amy Snow Lothrop at amylothrop@comcast.net or 802-373-7288 to join us. 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 with us!"

Winooski Girl Scout Troop 30167

By Sarah McGowan-Freije



The girls couldn't decide on which project to do to finish up the It's Your Planet – Love It! Get Moving! Journey, so they decided to split into groups and do

three projects. The first group wanted to educate kids in the elementary school about ways to conserve energy, such as turning off lights and unplugging devices. They made signs and hung them up in the elementary school.

The second group wants to help prevent littering at Landry Park. Once the snow melts, they are going to spend an afternoon picking up trash at Landry and will put up signs reminding people not to litter. The third group is undertaking an anti-idling campaign. They are going to teach people about why idling is bad for the environment. They will be getting their message out via letters, email, and video. Keep your eyes open.

The whole troop went to Metro Rock in January to celebrate the near completion of their Journey. The girls got to free climb, auto-belay, and even play Twister on a rock wall. Next up we will be starting our Bronze Award project.

Some of the girls in the troop also

attended the Maker Faire at UVM Davis Center in December. They got to try out 3-D printers, learn some coding, and test out touch sensitive



electric paint.

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.

Important Dates in February

By Carol Barrett, City Clerk

Please be sure to mark your calendar with the following dates:

- February 4— Monday, City Council Meeting
- February 15— Friday, Water/Sewer/Taxes due by 5:00 p.m.
- February 18— Monday, President's Day (Holiday) City Offices closed.
- February 19— Tuesday, City Council Meeting

Keep in Touch: Join the Winooski Front Porch Forum

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



You're Invited: Friday Morning Coffee Hour

By Sr. Patricia E. McKittrick

Join us for coffee, tea, hot chocolate, juice, fruit, pastries, and a relaxing environment to enjoy the company of others. Free and open to the public. We're at the O'Brien Community Center, 32 Malletts Bay Avenue, between 9 and 11 am every Friday. Hope to see you there!



Celebrating The Elderly With Random Acts Of Kindness

By Barbara Pitfido, Winooski Senior Programs Manager

Studies conducted by the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University reveal a growing amount of scientific evidence that indicates kindness holds the power to heal. We now know that kindness also has a significant impact on physical health. So do not underestimate how important daily acts of kindness can be for the health and well-being of your loved ones.

If you have a senior in your life that you care about, this week is a great time to start.

Things you can do for the elderly in your neighborhood:

- Offer to take a senior's dog out for a nice, long walk or bathe their pets
- Clean a senior's car at a car wash
- Arrange a senior's photos and mementos into a scrapbook
- Yard work or Outdoor Maintenance
- Bring Flowers or a Nice Plant
- Bake Cookies or Other Treats
- Clean or do simple chores for them
- Invite them over for Dinner
- Take tea or coffee, or even enjoy a short talk
- Write them notes or draw pictures together
- Sit and spend time chatting with them
- Take them leftovers to eat during the week
- Bring them small portion freezer meals
- Bring over a hot meal to share together

As you can see, these are just a few of the simple things you can do to bring a little happiness to those around you.



Seniors have given so much of their lives to helping others in need; so what better time than this special week to recognize and appreciate all they've done.

UPCOMING EVENTS & ACTIVITIES:

New Winter Schedule

MONDAYS:

AARP Tax-Aide: Monday & Wednesday morning appointments only, February 4th - April 10th. Call the Senior Center to schedule a time.



TUESDAYS:

Coffee Talk (9-11am): Join us for FREE coffee, treats and conversation

Senior Exercise (10-11am)

Community Meals (Noon). Please RSVP - \$5 by donation at the door.

- 2/12 - Menu: shepherd's pie, wheat roll, peaches Program: CSWD presentation on Recycling at 12:30pm
- 2/26 - Menu: mac & cheese, vegetables, bread, cookie. Program: Senior Dance Party at 12:30pm
- 3/12 - Menu TBD. Program: Show & Tell

Open House

(1-3pm) Come play Cribbage or Cards or work on a craft project



WEDNESDAYS:

AARP Tax-

Aide: Monday & Wednesday

appointments only, (February 4th - April 10th). Call the Senior Center to schedule a time

THURSDAYS:

Senior Exercise (10-11am)

Brown Bag

BINGO!

(Doors open at 11am, BINGO! at 12:30pm)

- 2/14 - Valentine's Day Theme
- 3/14 - St. Patrick's Day Theme

Mindfulness

(5:30-6:30pm)



FRIDAYS:

New American Lunch & Learn (Please RSVP - \$5 by donation at the door)

Tai Chi at 11am, Fresh Nepali Lunch at Noon

NOTICE:

- We are closed on:
- February 18th for President's Day
 - March 5th for Voting
 - April 22-26 for Cleaning
 - May 7th for Voting

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/>

Winooski Food Shelf Schedule for February

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, February 9th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, February 13th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, February 23rd	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, February 27th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs

We just completed our **annual statistical reporting**. In 2018 we served 256 Winooski households and sent home food for 662 different people at least once. Over one third of our clients are children. On a monthly basis, we provide food on average to 101 households which represent 312 people. November and December have huge numbers of households as we provide a meat and meal fixings for each holiday. In November, we served 209 households and sent food home for 712 people. In December, we served 211 households and sent food home for 766 people.

The food shelf volunteers and Board of Directors are most grateful for the continued support of our community. Your generosity makes this work possible.

Food Shelf policy: Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill. Any Winooski resident in need is welcome. The Food Shelf is here to help support you. **For questions call 318-0460.**

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.

Cash donations needed: The Food Shelf is growing rapidly. More and more food must be purchased since current food donations cannot meet the demand. Checks can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. Thank you!

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.

Winooski Public Works Council Liaison Update – January 2019

By Councilor Kristine Lott

At a mid-January meeting, the Commission reviewed current design documents for the **pool replacement**. The current plan has construction scheduled to begin this summer. You may view the documents, and other pertinent information at <https://www.winooskivt.org/pool>.

The Commission also reviewed preliminary designs for a **new parking garage and hotel** that would be built on Abenaki Way, between CCV and River Run Apartments. The same designs were presented as part of the Public Works budget presentation during the January 7th City Council meeting. The development of the hotel and new garage would complete the build-out of the Downtown and alleviate pressures on the existing garage. A bond would be required to fund construction costs related to the parking infrastructure, and the debt service would be paid out of parking revenues, not your property taxes. Contracts for space in the existing garage will likely move into the new garage, opening more spaces for public use. The bond vote for this project may appear on upcoming Town Meeting Day ballots, which would allow construction to begin later this year.

Finally, the Commission reviewed a proposal to begin a **scoping study** to identify locally-supported improvements that enhance safety and accessibility, improve aesthetics,

and maximize the gateway of East Allen Street from Roland Court all the way to the rotary. This study could lead to future improvements along this stretch of road.

Learn more about the Public Works Commission at <https://www.winooskivt.org/public-works-commission>.

The Public Works Commission is a standing group of residents tasked to assist with strategic planning for the Public Works Department at the City of Winooski. The Commission will focus on the services and programs provided by the Department, including streets & sidewalks, water/waste & stormwater, energy, maintenance of park grounds, municipal facilities, fleet & the downtown parking garage.

Meetings take place on the second Thursday of the month at 6:30 pm, Winooski City Hall, 27 West Allen Street.

Feel free to reach out to Deputy Mayor Nicole Mace with questions regarding this update: nmace@winooskivt.org

HEALTH CORNER

By Katharine Monje, RN, School Nurse,
Health Office Coordinator

Greetings from the health office!

It is flu season in Vermont and we want to provide you with some information about the flu and how to avoid getting sick.

Prevention

1. Get your flu shot
2. Thorough/Frequent hand washing
3. Cover you cough
4. Stay home if you are sick

Is it a Cold or Flu?

Flu symptoms can often be confused with the common cold, but the flu usually comes on more suddenly and is more severe than the common cold.

Symptoms of flu may include fever (usually high), headache, tiredness and weakness (can be extreme), dry cough, sore throat, runny or stuffy nose, body or muscle aches, nausea, vomiting, and diarrhea (much more common among children than adults).

A person who is sick with the flu is contagious, meaning they can spread the virus. Adults can be contagious from one day before having symptoms to seven days after getting sick. Children can be contagious for even longer than seven days.

Be well, Katharine and Liz

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 5:30pm, 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.wsdschools.org/mindfulness-in-winooski.

ELEMENTARY SCHOOL MENUS — FEBRUARY

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Blueberry Bread Assorted Cereal String Cheese
				8 Blueberry Bread Assorted Cereal String Cheese
4 Iced Honey Bun Assorted Cereal String Cheese	5 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	6 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	7 Breakfast Round Assorted Cereal String Cheese	15 Blueberry Bread Assorted Cereal String Cheese
11 Iced Honey Bun Assorted Cereal String Cheese	12 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	13 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	14 Breakfast Round Assorted Cereal String Cheese	22 Blueberry Bread Assorted Cereal String Cheese
18 Iced Honey Bun Assorted Cereal String Cheese	19 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	20 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	21 Breakfast Round Assorted Cereal String Cheese	<div style="border: 1px solid black; padding: 5px;"> Meals to all students are free. Extra milk: \$.50 Snacks & snack milk not included. Adult Breakfast: \$1.75 Adult Lunch: \$3.75 </div>
25 	26 	27 	28 	

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Sandwich Creamy Tomato Soup Fresh Carrot Sticks
				8 Hearty Chicken & Biscuits Steamed Green Peas Fresh Celery Sticks
4 Dress Your Own Burger Hand Cut French Fries Baked Beans	Harvest of the Month: Cabbage  Taste Test Event Thursday, February 7, 2019	6 Cheese Pizza Pepperoni Pizza Vegetable Pizza Broccoli Salad Fresh Carrot Sticks	7 Macaroni and Cheese Garlic Breadsticks Fresh Carrot Sticks Caesar Salad	15 Layered Chicken Bowl Dinner Roll Steamed Carrots
11 Corn Dog Roasted Sweet Potato Wedges Steamed Broccoli	12 Nachos Supreme Nacho Cheese Sauce Rice Pilaf Baked Beans	13 Homemade Cheesy Breadsticks Chicken Noodle Soup Fresh Celery Sticks	14 Spaghetti w/Meat Sauce Caesar Salad Steamed Green Peas	22 Pancakes Real Maple Syrup Sweet & White Homefries Twin Sausage Links Green Pepper Strips
18 Chicken Patty Sandwich Crinkle Cut French Fries Steamed Broccoli	19 Taco Bar w/ The Works Flavorful Salsa Rice Pilaf Baked Beans	20 Pepperoni Pizza Cheese Pizza Vegetable Pizza Chopped Green Salad Fresh Carrot Sticks	21 Hot Turkey Sandwich Chef's Mashed Potato Garlic Breadsticks	
25 	26 	27 	28 	

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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BURLINGTON, VT
PERMIT #361

POSTAL PATRON
*****ECRWSS**
WINOOSKI, VT 05404

WINOOSKI PUBLIC SCHOOLS

www.wdschools.org

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wdschools.org

John F. Kennedy Elementary School

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

Winooski Middle and High School

Co-Principals:
Kate Grodin and Leon Wheeler
802-655-3530
kgrodin@wdschools.org
lwheeler@wdschools.org

Board of School Trustees

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

WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 491 students attending JFK Elementary (grades PreK-5) and 389 attending Winooski Middle/High School (grades 6-12).

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