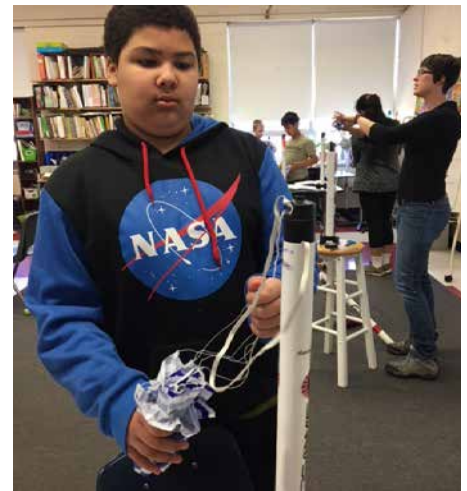


celebrating Our Achievements!



5th Grade Starbase

By Norah Heikel and Ava Olsaver, Grade 5

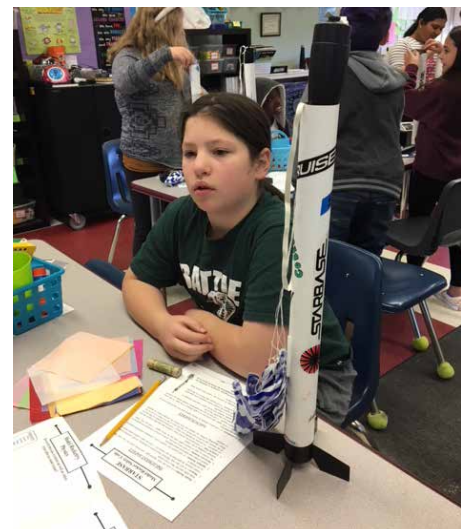
What is Starbase? Well, Starbase is a program that teaches kids hands on science experiences. When 5th graders went to Starbase they learned about robotics, geography, and most importantly rocket science! Our first visit was just an overview of getting to know Starbase. The Starbase team helped deepen our science interest. On our further visits we got to meet a jet pilot and began to build our rockets.

Our most beloved experiences were getting to meet the pilot, the flight

simulator, and our most recent, the rocket launch!

If you ask most of the 5th graders what they like most about Starbase, the answer would probably be the rocket launch. Why you may ask? Well, picture this. You're standing in a line waiting for your turn to launch your rocket, which you have been looking forward to ever since you saw them in 3rd grade, then you get to watch your rocket launch into the sky and beyond.

In conclusion, I believe Starbase is something every 5th grader will remember for years to come, so if you are going to Starbase soon, you will have one of the best times of your life.



WINOOSKI SCHOOLS
We are the future.

INSIDE THIS ISSUE

Notes from the Central Office	2
Announcements	3
JFK Elementary News	4
Middle and High School Highlights	5-6
Community News	7-13
Health News	14
Menu	15
District and Contact Information	16

NOTES FROM THE CENTRAL OFFICE

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 (September 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 \$3,356.00 per child was established by the Agency of Education for the 2019/20 school year. 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).

Applications/Questions

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.

School Board Update

By Margaret Bass, Board of School Trustees

Thank you for electing me to the Winooski School Board last March. It's been an exciting time for this new board member. I'm grateful to all who exercised the right to vote on May 7th.

I'm relatively new to Winooski, but it feels like home to me. In my nearly three years here, I've made an effort to be involved and engaged in community activities and events, particularly those in which our children and youth are involved. I feel such pride in the many accomplishments of Winooski students. I'm impressed and deeply touched by the dedication, commitment, and perseverance of the faculty, staff, and administrators.

Winooski parents and students inspire me to work toward the greater good of the school district. As a long time teacher and administrator who misses the classroom and kids, my participation on the board keeps me informed and involved. It is my honor and privilege to join my intelligent, thoughtful, and caring colleagues on the board, as they support and encourage the excellent work of the school district.

SCHOOL AND CITY-WIDE ANNOUNCEMENTS

Summer Food Service Program

The Winooski School District is participating in the Summer Food Service Program. **Meals will be provided to all children without charge** and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, on a first-come, first-served basis, at the site and times listed below:

Winooski School District

60 Normand St. Winooski, VT 05404

June 24, 2019 to August 2, 2019 (no service 7/4/19 & 7/5/19)

Breakfast will be served 7:45am to 9:30am

Lunch will be served 11:30 am to 12:30 pm

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

Submit your completed form or letter to the USDA by:

Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Ave SW

Washington, D.C. 20250-9410

Fax: (202) 690-7442 or Email :program.intake@usda.gov

This institution is an equal opportunity provider

Got A Graduate? We've Got Flowers for You!

We are proudly partnering with the Winooski PTO to bring you beautiful bouquets from Sally's Flower Shop.

Bouquet consists of six vibrant stems for only \$10. A real fundraising bargain that is super convenient! We will have the bouquets waiting for you at graduation!

Reserve your order now – limited quantities. Call Sally's Flower Shop (802-655-3894) and mention this promotion or email us at winooskidfs@gmail.com.



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

Winooski High School's 75th Annual Athletic Banquet

Sponsored by the Winooski Boosters and the Athletic Department, the banquet will be held this year on **Sunday, June 9th** at 6 pm. Dinner will take place in the cafeteria with the awards ceremony following in the Performing Arts Center. Freshman and Senior athletes' parents are asked to bring a cold dish and Sophomore and Junior athletes' parents are asked to bring a hot dish to share. Please be considerate and bring a dish so there is enough food to go around as there has been a shortage of food in the past. If you have any questions feel free to email LoriLL68@gmail.com or call me at 802-324-2019. I need a head count of how many from your family will be attending please. *Reminder: athletes should not wear shorts OR t-shirts to this event!*

Legal Records: Winooski School District

Per the Vermont State Board of Education the Special Education Office of the Winooski School District hereby gives notification of the destruction of Special Education records of many students who graduated or attended the Winooski Schools during the following school years: 2010-2011.

Be advised that select information from these Special Education records may be useful later for non-educational purposes such as qualifying for social security benefits.

If you wish to collect these records before they are destroyed, please contact Sandy Castle at 802-383-6009. The deadline is 30 days from this ad.

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.



Dinner on Us – Come One, Come All!

Want to talk about what's going on in the schools with Parents & Youth for Change?

Plan a dinner/house meeting at your place with us, and PYC will cover the cost.

For more information about how you can host a dinner/house meeting in your neighborhood, please contact infinitepyc@gmail.com





JFK Update

By Sara Raabe, JFK Principal

The school year is drawing to a close at JFK Elementary. We have been incredibly fortunate to have the CLiF Year of the Book grant this year. Our kindergarten to 3rd grade students received books throughout the year. We had authors come to the school, and students were able to access learning through the mini grants. We have our final event on June 10th with local author Elizabeth Bluemle.

We have a lot of activities happening during the last three weeks of school:

Tuesday, June 4th: 1st Grade Big Blue Trunk

June 7th: 3rd Grade to Smugglers Notch
4th Grade to Jay Peak
5th Grade to Arbortrek

June 14th: 2nd Grade to Echo

June 17th: 5th Grade BBQ

June 18th: All School Celebration

June 19th: Last Student Day

The students leave on June 19th. However, the school building is a busy place all summer! The JFK leadership team will be attending a one week training the week of June 24th for the BEST institute. The team will be working on our school wide system of support, with a focus on tier three supports.

We have summer school for four weeks this summer. Summer school will run Monday - Thursday this year, 8am until noon. For incoming Kindergarten, summer school will run for two weeks, the week for July 8th and 15th. For all incoming 1st - 5th graders, the weeks of summer school will be the week of July 8th, the week of July 15th, the week of July 22nd and the week of July 29th.

As we wrap up the school year, I want to take this opportunity to thank the Winooski community. I have had another amazing year as the principal at JFK. It is a wonderful school, with fantastic students, staff, and families. I hope that everyone has a wonderful, relaxing summer!

2nd Grade Flynn Trip

By Dave Muir

On Friday the second grade classrooms of JFK went to the Flynn Theatre in Burlington, Vermont to see a special show!

The second graders got to see *Diary of a Worm*, *A Spider*, and *a Fly!* It was the coolest rock-n-roll romp in a bug's world, capturing all the droll humor and whimsy of the wildly popular books. Insects rule in the diaries of unlikely best friends: Worm, Spider, and Fly. Worm eats his homework, Fly believes she has superpowers, and Spider can't wait to grow up and molt.

It was a wonderful experience for the second graders to be able to go to such a magical place.



Parents Engaging in Books

By Nancy Devost

On Saturday, April 20, 2019, Angela Moulton, Elizabeth Wood, and Nancy Devost, teachers from JFK School in Winooski, hosted a parent engagement workshop for ELL parents. The focus of the workshop was to share ideas with the ELL parents on how to engage in books even if one does not read English. With

the generous support of CLiF, the teachers had a wide variety and large quantity of wordless books. The teachers demonstrated for the parents how to read a book with their child.

There were three language groups there at the event, Swahili speakers, Nepali speakers, and Somali speakers. There was an interpreter for each language group, which allowed each parent to have a true understanding of strategies, questions to ask their child, and ideas to develop native language vocabulary.

The twenty parents in attendance walked away with two books to enjoy with their children at home. The interpreters received very positive feedback from the parents. The parents really enjoyed the workshop and were very appreciative for ideas on how to help their children. The parents were also grateful to have an opportunity to select some books to share with their children. Everyone involved believed the workshop was a huge success.





Aloha!

By Leon Wheeler, Co-Principal

What a great journey these past seven years have been! I've come to understand that every experience in my life has helped shape who I am: my values, my interests, and what I do. The choice to be part of the Winooski Schools community and the experiences I've had here have been profound, inspiring, and affirming. And I feel truly the blessed!

My mother taught me to leave any place I go a little better than it was when I arrived. I've tried to do that here in Winooski. Thanks to the tremendous support of our community, the commitment of our school board, patience of our students, and hard work of all the staff, we're making great progress.

These seven years have been marked by tremendous changes to our middle/high school model of education. From a leadership perspective the changes have been very important. At the same time, like renovating your home while living in it, the changes have been really difficult. Together we dared to believe that we can and must do better to prepare our students with the skills and knowledge needed to thrive... and we're doing it!

At the end of June I'm moving to be with family in Wisconsin, and I must say I'm excited. As I turn 65, it's time to "pass the mantle" to others, confident that all will be well, and our school will continue toward excellence. I feel a deep sense of affirmation. I've been part of a very special community that will forever be a central part of who I am in the years to come.

I found a word that shares what I want to communicate with everyone who's been part of my life here. It's the Hawaiian word "Aloha." Aloha is both a greeting and a farewell; like a blessing that means love, kindness, and compassion.

As the year wraps up, and I finish the journey we've shared together, I say Thank You! Aloha!

Reflections of a High School Senior

By Bekkah Lambert

Because I am graduating this year it finally hit me that I'd have to leave and I had a crisis about it, so I wrote a poem about it.

I used to be embarrassed to say that I am from Winooski.

I would lie, hide, do whatever I could to disguise it.

And point out every flaw I could to try to distance myself if I was ever found out.

Now,

As we are honing in on these last few months,

Where soon I will actually have to leave,

I don't want to.

It has recently dawned upon me how much this school and community has had an impact on who I am and who I will become once my tassel goes right to left and I exit these doors once and for all.

So I suppose I'm writing this as a thank you.

Thank you to the student body, teachers, administration, everybody that has seen me cry and heard me say hundreds of times that all I want to do is fail and drop out, but then taking me over and over, and helping me succeed.

Thank you for the laughs, the yelling, and the one detention I've ever received.

Thank you for giving me the space I needed to bloom as a youth leader, writer, and as an actual human being.

Thanks for having me these last thirteen years.

I have this fear of being forgotten so I hope I've made my mark.

And even though I must leave,

Lastly,

Thank you for making me proud to say that,

Winooski

Is my

Home.

Congratulations to Adison Granger!

By Randy Argraves, WMHS Music Teacher

Congratulations to Adison Granger for her acceptance and amazing cello playing in the All State Festival in Montpelier on May 9th, 10th and 11th!

Adison played works by Debussy and Ravel with the best student orchestral musicians from all over Vermont. It was truly a performance to remember. We are so proud of you, Adison!



Artists of the Month – May and June 2019

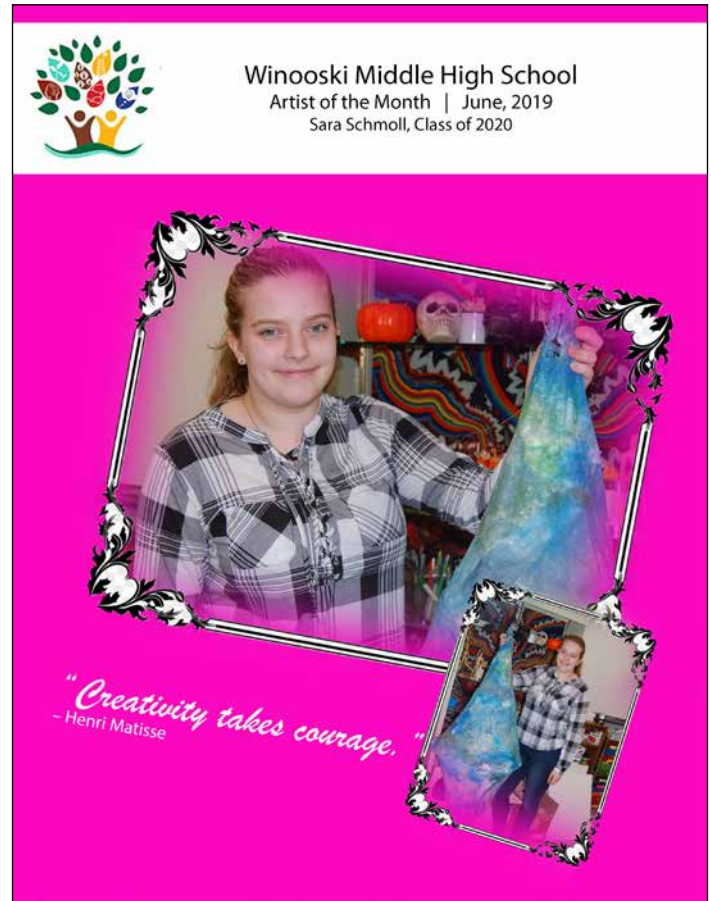
By Jessica Bruce, Visual Arts Teacher



WINOOSKI SCHOOLS
We are the future.



Rowyn comes into the art room with drive and lots of creative ideas. Even when there are free art days, she is always fully engaged in her art, not worrying about the outcome and always willing to just jump right in! The last 3D project students completed in Arts Rotation was a fantasy bug sculpture. She was determined to get the legs just right and her color choices were unique to her preferences. Great job, Rowyn!



Sara has been working hard in the Creativity Capstone class on her individual project, but has also started working with the Advanced painting class in her free time to support the mural work being done. She is always eager to help others, and has shown a lot of commitment to her craft and skill-building. Congrats, Sara!

Congratulations, Dennis Fillion!

Vermont Principal's Association (VPA) Hall of Fame recognized our very own Dennis Fillion this year. Dennis coached baseball at WHS for 40 consecutive years!

The VPA Hall of Fame is organized as a means of recognizing, preserving and promoting the heritage of interscholastic athletics/activities in Vermont. Many individuals have made extraordinary contributions and have had superb accomplishments in high school athletics/activities. The VPA Hall of Fame honors the contributions and accomplishments of these individuals who are worthy of recognition as examples for others to emulate. Congratulations and thank you Dennis, for your contributions!





COMMUNITY NEWS

City of Winooski June Update

By Paul Sarne, Communications Coordinator

Council Liaison Update Highlights

To read our full Council Liaison Updates (and to subscribe), visit winooski.vt.gov!

- The Housing commission continued to dig into the details of our City’s Housing Trust Fund. The Housing Trust Fund helps develop new, and rehab existing, affordable housing as well as support low to moderate income residents with home improvement loans and down payment assistance.
- The Housing Commission focused on what criteria should be used to evaluate applications, and how to ensure the criteria promote projects that meet our housing goals. The discussion identified 3 primary goals for this fund, which are to encourage safer housing, home ownership, and diversification of our neighborhoods.
- Councilor Amy Lafayette attended a meeting with City Treasurer Alexander Anastasi-Hill, Mayor Kristine Lott, City Manager Jessie Baker, and Finance Director Angela Aldieri to discuss the Treasurer’s role and responsibilities and the responsibilities of the Finance Department as a whole. In the coming weeks, the department will conduct a review of its financial procedures and make any necessary updates
- Downtown Winooski has been in the process of hiring an Executive Director and will be announcing their hired candidate soon!

Community Services Updates

Green Up Day 2019 was a huge success. The Community Services Department organized a number of additional services, including an e-waste disposal center, a secure paper shredder, and a plastic



bag drop off (contents of which will be upcycled into a new bench for a Winooski park!) – over 700 lbs. of trash was collected on Green Up Day. Many thanks to our volunteers for another amazing event.



Our 2019 Winooski Wednesdays summer concert series in Rotary Park starts on June 5th!

- 1st Wednesday of the month, through September 4th
- Free and Open to All
- Beer Garden by The Monkey House
- Special Offers by Local Businesses
- Like or follow our Winooski Recreation and Parks page for full details on these events: facebook.com/winooskirec

Burlington International Airport Noise Exposure Map

The Burlington International Airport will release the updated Noise Exposure Map (NEM) at the end of the May. The Noise Exposure Map documents the airport layout and operation, aircraft related noise exposure and land uses surrounding the airport. The current update will look at aircraft noise exposure for the years 2018 and 2023. The current FAA approved 2015 NEM represent calendar years 2015 and 2020 conditions. The Burlington International Airport is committed to an open and inclusive public outreach process regarding the updated NEMs. The public outreach program includes many ways to learn about the project and stay informed. Learn more about this process and get full, comprehensive details and contact information at <http://btvsound.com>

Employment Opportunities

- The City of Winooski is hiring:
- Winooski Police Department Officer
 - Thrive Afterschool Summer Classroom Teacher
 - Thrive Afterschool Program Assistant
 - Seasonal Public Works Laborers
- To learn more about these positions and to apply, visit winooski.vt.gov/jobs



Other Updates

The Winooski Community Justice Center was honored to receive the esteemed **Jack Hickey Award** at the 34th Annual Dismas Community Celebration. Our dedication to the Dismas Program and our shared mission of restorative and community work exemplifies what it means to be “Vermont’s Opportunity City” as we strive to make Winooski a safe and welcoming community. Many thanks to Mayor Kristine Lott, Lt. Gov. Zuckerman, and the Winooski Peace Initiative for helping us receive the award and for your continued support.

Waking Windows was a huge success – we want to thank all of the event organizers, volunteers, Public Safety staff, and participants for supporting this important annual event. The event was recently featured on billboard.com, highlighting the event’s impact on Winooski:

“The festival’s benefits to the Winooski region aren’t just economic. Nagle emphasizes that Waking Windows also highlights the Burlington-adjacent city’s quirky appeal to tourists passing through with on-site activities at the festival including a drag-queen story hour, a feminist bird walk and screenings in partnership with the Vermont Film Festival. Patrons of particular businesses

during the festival weekend will often become “repeat customers” during off-season periods, according to Winooski city manager Jessie Baker. She adds that the festival also provides a workable model for other local events in the downtown area. “There’s a Winooski Wednesday music series, a Festival of Pumpkins in the fall and other kinds of events that have spun off from Waking Windows’ success,” she tells Billboard. “Winooski is branded as ‘Opportunity City’ and Waking Windows is a critical partner in recognizing that brand.”

Read the full article by visiting our Facebook page: facebook.com/winooskivt

On June 1st the City Council and City’s Leadership Team will hold a half day retreat to develop our shared workplan for the year. This workplan outlines our priorities in each of the Strategic Vision areas: Housing, Municipal Infrastructure, Economic Vitality, and Safe Healthy and Connected People. Once these priorities are set, staff reports monthly to the Council on progress. This year, this workplan will also be driven by the recently passed Master Plan, available via <https://winooskivt.gov/masterplan>.

Farmers Market Open! Sundays 10:00 am - 2:00 pm May 26 through October 27th.

The Winooski Farmers Market is open every Sunday throughout the summer right in downtown. Great for families and groups looking to shop for fresh produce, enjoy live music and meet local producers. Kids can participate in our weekly fun activity. Our community market has seasonal vendors offering produce, honey, meats, kettle corn, prepared foods, baked goods, crafts and more! Come see who’s here this week!



The Winooski Farmers Market accepts debit, credit, EBT/Snap, Crop Cash and Farm to Family.

Located at 0 Winooski Falls Way, in front of the Champlain Mill.

<http://www.downtownwinooski.org>

Your City Officials	Email addresses	Telephone
Mayor Kristine Lott	klott@winooskivt.gov	802-766-1988
Councilor Hal Colston	hcolston@winooskivt.gov	802-922-2908
Councilor James Duncan	jduncan@winooskivt.gov	802-310-7103
Councilor Amy Lafayette	alafayette@winooskivt.gov	802-598-7704
Councilor Mike Myers	mmeyers@winooskivt.gov	802-355-5348
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

Local Media Matters. More than Ever.

By Meghan O'Rourke

CCTV 35th Anniversary Screening, Stories & Community Celebration

Friends old and new are invited to a lakeside reception and video screening of the CCTV Archives -- 35 years of your community flashing before your eyes. We so look forward to seeing all of you dear, committed people who make local media, open government, and participatory culture possible.

- Thursday, June 13, 2019
- Film House, Main Street Landing, Burlington 5:30 p.m. - 8 p.m.
- More information mourourke@cctv.org 802-862-3966 www.cctv.org

Winooski Wednesdays

Winooski Recreation and Parks are proud to present another amazing year of Winooski Wednesdays! Join us for our FREE summer concert series in Rotary Park:

- 1st Weds. of the Month • June 5 - Sept 4, 2019 • Free and Open to All!
- Beer Garden by The Monkey House • Special Offers by Local Businesses

Our first event will be on Wednesday, June 5th - feat. the local band Everyone Invited. Everyone Invited is a collaboration of musicians bringing classic rock, pop, funk, jazz, blues and country together giving them a unique sound for many popular songs that are enjoyable to listen to as they are to dance to.

Bring your friends, your family, and your neighbors! More information to follow. Like our Recreation and Parks Facebook page to share the events with your friends!

#WinooskiWednesday. Questions? Call, email, or text Winooski Recreation and Parks: recreation@winooskivt.gov / 802 777 1621



FREE MUSEUM PASSES FREE
Available to be checked out at the Winooski Memorial Library!

 <p>Birds of Vermont Museum (Huntington) Free admission with one paid admission.</p>	 <p>ECHO Leahy Center for Lake Champlain (Burlington) Admits up to 4 for a discounted rate of \$7 each.</p>	 <p>Education and Enrichment for Everyone (Burlington) Admission for 2 adults to one lecture each semester.</p>	 <p>Old Stone House Museum (Brownington) Free admission with one paid admission.</p>
 <p>Shelburne Farms (Shelburne) Free admission to Walking Trails and Children's Farmyard - admits up to 2 adults and children.</p>	 <p>Shelburne Museum (Shelburne) Admits two adults for 1/2 price admission and up to four accompanying children. Must also present a Winooski Library Card or valid Vermont ID.</p>	 <p>Vermont Historic Sites Pass (State-wide) Free entry into any Vermont State Historic Site for up to 8 people in one vehicle.</p>	 <p>Vermont State Parks Pass (State-wide) Free entry into state park day-use areas for up to 8 people in one vehicle.</p>



Why Celebrate International Day of Peace on September 21st ?

- It shows us how we are all connected**
Nations and communities around the world struggle with poverty and disease, education and healthcare. This day reminds us that, regardless of where we come from on, we likely have more in common than different.
- It reminds us of something bigger than ourselves**
We can get caught up in the day-to-day of work and family. Thinking about the actions we need to take as individuals, communities and nations to make the world a better place helps broaden our perspective.
- It demonstrates that small actions really do add up**
A minute of silence. A vigil. Yoga. A poetry reading. Small acts today, done in community and dedicated to a more peaceful world will change the conversation.



Would you like to be involved in planning the event? Contact- Sr. Pat- pat.mckittrick@uvmhealth.org or call 847-6534. Sponsored by the Winooski Peace Initiative.

Winooski, One Photograph at a Time

Continue to admire the work of Dan Higgins at the O'Brien Community Center until June 5th. He reveals people, places, and little-known narratives that reflect the character of this diverse and interesting community.

What's missing? Who's missing? Would you like to be in a photo? Please contact Dan Higgins - dhiggins@uvm.edu or Sr. Pat at (802) 847-6534, or, pat.mckittrick@uvmhealth.org. Sponsored by the Winooski Peace Initiative.

VOLUNTEER CORNER

Spring Back into Volunteering this June

By Olivia Miller, Community Engagement & Volunteer Coordinator

Winooski Youth Football Coaches Needed

Under the direction of Recreation and Parks, Youth Football Head Coach Volunteers create a positive learning environment where children learn sportsmanship, fundamental skills, teamwork, and responsibility. Winooski's youth programs emphasize skill development, fair play, teamwork, cooperation, sportsmanship, responsibility, and fun. The assistant coach's job is to help facilitate a program that allows for youth to grow and develop skills safely. An assistant coach will engage directly with youth, while being a dependable resource for our head coaches. Beginning in August. Please contact Alicia Finley for more information at AFinley@winooski.vt.gov

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 (weekdays only). Delivery is typically from 9:30a.m. to 11a.m. Questions? Please contact the Volunteer Coordinator at volunteer@winooski.vt.gov

COSA Volunteers Needed

Winooski Community Justice Center is looking for volunteers to help support an individual reintegrating back into the community from incarceration. For more information please contact Nikki Duran at dduran@winooskipolice.com

Winooski Food Shelf Schedule for June

By Linda Howe, Winooski Food Shelf Coordinator

**** Please note that we now close at 4 pm on Wednesdays ****

Saturday, June 8th	9:30 a.m. to 11:00 a.m	Fresh fruit, veggies, bread, deli items
Wednesday, June 12th	2:00 p.m. to 4:00 p.m.	Pantry staples, meat, eggs
Saturday, June 22nd	9:30 a.m. to 11:00 a.m	Fresh fruit, veggies, bread, deli items
Wednesday, June 26th	2:00 p.m. to 4:00 p.m.	Pantry staples, meat, eggs

Thank you to community members for your generosity during the U.S. Postal Carrier Food Drive! We have been able to restock our shelves.

The Food Shelf has been growing by leaps and bounds! In one year, we have increased client numbers by 27%! We are constantly growing in demand and now have about 259 families using our services. This means that we have over 662 people regularly accessing the food shelf. That is a lot of food. About 32% of our clients are children.

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.

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.

We are seeing a lot of very, very outdated food that we must throw away. Since we like to provide products that are within their expiration date, please check food items to be sure dates have not expired.

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!

Friday Morning Gatherings!

Join us for coffee, juice, pastries and fruit every Friday between 9:00am and 11am at the O'Brien Community Center.

Every 3rd Friday of the month we do blood pressure screenings.

Children are welcome! Stop by to visit and meet your neighbors. We have a younger group of participants who have been playing Apples to Apples. Many seniors have joined in the fun.

What's happening this summer?

Watch for upcoming events – Jewelry making, and possibly the opportunity for another Soul Collage gathering. More details will be announced soon. Contact- Sr. Pat- pat.mckittrick@uvmhealth.org or call 847-6534. Sponsored by the Winooski Peace Initiative.

Playgroups for Children

By Martina Kerkering

We welcome families and caregivers of young children (0-5 years old) on Tuesdays and Thursdays between 9:30-

11:30am for playgroups. We get together at the play space at the O'Brien Community Center on 32 Malletts Bay Avenue.



Our last indoor playgroup takes place on June, 18th. Please contact Martina (mkerkering@howardcenter.org) to get information about our upcoming location change and playgroups during the summer.



Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager



Winooski Partnership for Prevention

Education | Awareness | Engagement



Sticker Shock campaign

Winooski Middle School students involved with Winooski Partnership for Prevention's after school program Above the Influence were featured on the Local 22 Local 44 news hour for their participation in the nationwide underage drinking awareness campaign "Sticker Shock."

Executive Director Kate Nugent and four students traveled to Beverage Warehouse in Winooski the afternoon of April 30 to tag alcoholic beverages with stickers, which ask 21+ buyers to keep the substances out of the hands of minors.

The group targeted beverages that appeal to underage drinkers, i.e. ciders, alcoholic seltzers, lemonade, etc.

According to the 2017 National Survey on Drug Use and Health, the majority of underage drinkers did not pay for the alcohol the last time they drank (71%) and the most common source of alcohol for these youth was an unrelated person aged 21 or older (32%).

Underage drinking is harmful because it negatively impacts brain development and increases the risk of physical and sexual assault, other drug abuse, heavy drinking later in life, suicide and homicide.

Sticker Shock is geared to raise public awareness about underage drinking and reduce the social and retail availability of alcohol to minors.

To view Local 22 Local 44's coverage of ATI, visit mychamplainvalley.com

Prevention Day

Vermont Prevention Day was May 2! Prevention coalitions and champions from around the state traveled to the Vermont State House to celebrate the hard work being done to reduce youth substance use and discuss the ongoing work.

While the state has made headway on addressing certain substances, one area of concern for/of the prevention coalitions, Vermont Department of Health and Governor Phil Scott all agree the state needs to focus on is the surge in youth usage of e-cigarettes and other tobacco products.

Nationwide, e-cigarette use in the past 30 days among high school students jumped up by 78 percent between 2017 and 2018, according to the 2018 National Youth Tobacco Survey.

There are three bills in the Vermont Legislature currently which would place restrictions on youth access to tobacco products: the so-called Tobacco 21 bill which raises the legal age to purchase cigarettes, e-cigarettes and tobacco products from 18 to 21; a bill that prohibits the sale of e-cigarettes and other tobacco products online; and a bill to tax e-cigarettes.

New American Safety Festival

Thank you to everyone who stopped by our table at the New American Safety Festival. We had a blast playing prevention jeopardy and hope community members learned a new fact about prevention and the role it plays in healthy communities.

NYC bans alcohol advertising

Congratulations to New York City for banning alcohol advertisements on city property!

Research shows that exposure to alcohol advertising influences drinking, particularly in youth, and can lead to an increase in consumption more frequent drinking.

The city took this research and applied it to public policy. City officials cited the



need to address substance misuse and alcohol-related emergency room visits and fatalities as some of the reasons for creating this new policy.

We would love to see this evidence-based prevention strategy make its way across the lake and implemented in Vermont. Way to go!

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.



front porch forum™
HELPING NEIGHBORS CONNECT

Girl Scouts Update

By Amy Lothrop

Girl Scout Troops 58806, 52013, 30948 & 30187 greened up from Richard's Park to the Winooski Senior Center. It was a great tie in to our studies about environmental conservation and stewardship. They were sad to see so much litter. We brainstormed ways to reduce, reuse and recycle in our daily lives.

We continued after lunch with our outdoor skills for all levels Kindergarten to 9th grade. We learned knot tying, orienteering and made sit-a-pons. All levels learned how to use a compass. Laura helped the girls to learn to keep "red in the shed" and to turn their bodies, not the compass, in order to maintain accuracy. They had fun using their new skills to find hidden treasures. John and Andy taught everyone three basic knots: slip, bowline and square knots. A couple girls were able to pick up the skill so quickly that they could tie the knots with their eyes closed! Jen helped all the girls learn how to make the traditional Girl Scout sit-a-pon for when we go camping. We ended the day singing our favorite Girl Scout songs.

Brownie Troop 52013 made homemade dog biscuits to donate to Lucy's House for the Prevention of Homeless Pets in order to earn their Give Back badge. The Brownie Girl Scouts had to learn about a business that gives back, set a giving goal, share it with our cookie customers, practice giving back and share how they made a difference in their community with their business proceeds. It was also a great opportunity to apply math skills to measuring ingredients and practice our baking skills.

If this sounds like an adventure that you cannot wait to join, contact Amy Snow Lothrop at amylothrop@comcast.net or 802-373-7288 to learn how to join. We are K-12 Girl Scouts from Daisy to Senior and from Winooski and neighboring towns. We are open to and welcome all girls who want to develop courage, confidence and character to make the world a better place!



Come Play with Us!

By Barb Pitfido, Winooski Senior Programs Manager



The importance of play for Seniors can't be overstated. That's true for everybody, but it might be particularly true for seniors. After all, in our later years, many of us become more prone to issues that can affect our health and happiness. So any activities that can help us restore or prolong our vitality are essential. Having fun is a lot more powerful in that regard than most people probably realize. In fact, scientific studies continue to show that play and fun activities—for older adults or people of any age—can have several major benefits. For example, play has the power to help:

- **Improve how your brain works.** Playing and having fun—on a regular basis—can help you avoid memory problems and enhance your creativity and mental sharpness.
- **Heal, establish, or maintain relationships.** Our social lives are incredibly important for our overall well-being. However, a lot of seniors are lonely. In fact, on average, seniors without spouses or partners spend about 10 hours alone each day. But fun and play can enable seniors to make new friends or improve existing relationships. Laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.
- **Improve your mental and emotional well-being.** Engaging in fun and playful activities can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help you prevent depression.
- **Extend your life and improve your physical vitality.** Creating plenty of fun moments in your life can be

a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any existing pain you might already have.

With so many great activities for seniors to choose from, it would be silly not to play as often as possible. So get back in touch with your child-like qualities and start celebrating them. Having fun is simply too important to ignore. Come to the Senior Center and play with us!~

UPCOMING EVENTS & ACTIVITIES: MONDAYS:

- Community Coffee Talk - (8:30-11:00am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
 - » 6/3 - Topic: After hours programming for Seniors
 - » 6/10 - Topic: Technology for Seniors
 - » 6/17 - Topic: Resources for Seniors

TUESDAYS:

- Community Lunch - (served at Noon) Food provided by Age Well. RSVP (\$5 by donation at the door) Lunch will be served on **Tuesday, June 11th** (RSVP by 6/6) and **Tuesday June 25th** (RSVP by 6/20). Please call for the Menu.

WEDNESDAYS:

- Senior Fun & Games - (Noon-2:30pm) Come play cribbage or cards or Wii bowling or work on a craft project. Bring your Lunch. Our Snack Bar will be open for purchasing treats. Free Popcorn while you play!

THURSDAYS:

- Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)
 - » 6/13 - Flag Day Theme
 - » 7/18 - Western Theme
- Community Mindfulness - (5:30-6:30pm)



FRIDAYS:

- New American Lunch & Learn - (Please RSVP - \$5 by donation at the door)
- Tai Chi at 11am and Fresh Nepali Lunch at Noon We are closed on: July 4th for Independence Day.

NEW SCHEDULE STARTING JULY 1st -

The Senior Center and office will now be open for Senior Programming Tuesdays through Fridays, 9am to 2:30pm. We'll be gathering for lunch every Tuesday at Noon, having coffee 3 times a week on Tuesday, Wednesday and Fridays from 9-11am, and creating exciting new events and programs. Be on the lookout for our new calendar.

UPCOMING SPECIAL EVENTS:

- Tuesday, July 9th - Teddy Bear Picnic Lunch
- Tuesday, August 20th - National Senior Citizen Day Lunch
- Tuesday, September 10th - Senior BBQ Lunch

The Winooski Senior Center...the most exciting place in Winooski! We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible. You can reach us by phone at: 655-6425 or email at: seniorcenter@winooskivt.gov and on Facebook at: <https://www.facebook.com/winooskiseniorcenter/>

End of Year Wrap-Up

By Liz Parris, RN, School Nurse, Health Office Coordinator

What a busy year it has been! To date, the health office has logged 7,104 student visits district wide, administered 35-40 prescription medications daily, triaged hundreds of phone calls and sent approximately 167 students to the dentist via SSTA transport. Our School Based Health Center (SBHC) operated 2 mornings a week this school year and had 300+ student visits.

The health office wishes to extend a HUGE THANK YOU to the following professionals and businesses:

- Dr. Andrea Green, WSD Medical Liaison
- Dr. Heather Link-SBHC Physician
- Sherry Larose, PA SBHC Provider
- Jan Kline WSD Health Office Assistant/Sub Nurse
- Kaley Barcomb, WSD Sub Nurse
- Tracy Towers, WSD Tooth Tutor
- Margaret Overman, VT Deaf and Hard of Hearing Consultant
- Sharonlee Trefry, State School Nurse Consultant
- Sr. Pat McKittrick-UVMMC
- Carolyn Egan UVMMC RN-Pediatric Mindfulness Nurse
- Winooski PTO
- Howard Center
- SBHC Advisory Council
- UVMMC-Primary Pediatrics
- VT Dental
- SSTA
- Community Health Centers of Burlington
- Vermont Department of Health
- TLC nursing
- UVMMC Pediatrics Diabetes Education team
- UVMMC Pediatrics Nephrology team
- UVMMC Pediatrics Neurology team
- St. Mike's Rescue
- WSD Medical Emergency Response Team
- Other local pediatric and family practices

From the bottom of our hearts, thank you for helping Katharine and I service the needs of the Winooski students

throughout the year. We appreciate each one of you.

On another note...

While you are soaking up the summer rays (with your sunscreen on of course) by the pool or lake over the next couple of months please take a minute to think about what your child will need before they return to school in the fall.

If your child is going to be in kindergarten then he/she will need an updated copy of immunization records. Please make sure they have had 5 doses of DTP/Dtap, 4 doses of IPV, 3 doses of Hepatitis B, 2 doses of MMR and 2 doses of Varicella. If they don't then please call your child's primary doctor to schedule an appointment for them.

If your child is entering the 7th grade, please make sure they have had their 2nd dose of Varicella and a tdap booster.

Do you exempt your child from immunizations? If yes, please make sure to stop by the health office before June 19th to fill out an exemption form for next school year. Otherwise, they will be available with the district's administrative assistants over the summer.

Remember without updated immunizations, a renewed exemption form or a doctors note stating their next appointment they can't start school in the fall!

Does your child have asthma? If so, then please get the asthma action plan completed over the summer and have an inhaler and/or spacer ready to bring in on the first day of school.

Does your child have an epi-pen? If yes, then please obtain an updated doctor's orders and have the new order and epi-pen ready to bring in on the first day of school.

Lastly, we kindly request that parents or a designated adult pick up their children's prescription medication(s)

by 11am on Wednesday June 19th. Any prescribed medications left after this selected date and time will be disposed of. Students are not allowed to pick up their prescription medications.

We have enjoyed serving the health needs of your kids this school year and wish everyone a safe, happy and healthy summer vacation. See you in the fall!!

VDC/WSD School Linked Dental Program

By Tracy Towers RDH, WSD Tooth Tutor Dental Hygienist

We are in the final weeks of our school linked dental program for this school year. It has been a successful year. Hundreds of students participate in this program during the school year and receive routine dental care.

If you would like to sign your child up for the program beginning in Sept 2019, please pick up a form at the health office at school.

UPDATE, we will be sending out a dental form in the back to school paperwork packet that you will be receiving over the summer! This is a great time to sign your kids up for this program. If your child has Medicaid or Dr. Dynasaur insurance, they are eligible for this program.

If your child is already participating in this program, PLEASE fill out the paperwork again so it is updated for the 2019-2020 school year.

I have visited K-5th grade classrooms and have enjoyed meeting your kids, they are smart, curious, fun and very interested in their dental health! Keep Smiling

Foster Parents Needed

Are you ready to celebrate his first ever birthday party? Can you help a teen discover her growing independence in healthy ways? Do you and your family have a lot of patience, determination, and most of all, an abundance of love to share?

BECOME A FOSTER PARENT!

The Family Services Division of the Department for Children and Families may be looking for someone just like you to provide foster care for a child. Could you offer a safe, stable, loving home for an infant, toddler, siblings, child with special needs, school-age child, teen? If so, we would love to hear from you. Foster parenting can be challenging but it also provides one of the richest rewards you'll ever experience.

For more information call (802) 863-7370 and ask to speak with our Recruitment and Retention Specialist or the Resource Coordinator. White Cap Business Park, 426 Industrial Ave. Ste. 130, Williston, Vermont 05495

Celebrating School Lunch Hero Day

By Nina Hansen, Abbey Food Group

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, Winooski School District nutrition professionals have a lot on their plate.

To celebrate their hard work and commitment, WSD schools celebrated **School Lunch Hero Day** on May 3rd. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the "Lunch Lady" graphic novel series.






School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to 30 million of America's students each school day.

ELEMENTARY SCHOOL MENUS — MAY

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Iced Honey Bun Assorted Cereal String Cheese	4 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	5 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	6 Breakfast Round Assorted Cereal String Cheese	7 Blueberry Bread Assorted Cereal String Cheese
10 Iced Honey Bun Assorted Cereal String Cheese	11 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	12 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	13 Breakfast Round Assorted Cereal String Cheese	14 Blueberry Bread Assorted Cereal String Cheese
17 Iced Honey Bun Assorted Cereal String Cheese	18 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	19 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	20 21 Meals to all students are free. Extra milk: \$.50 Snacks & snack milk not included. Adult Breakfast: \$1.75 • Adult Lunch: \$3.75	
24 	25 	26	27 	28 

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joe Garden Pasta Salad Fresh Celery Sticks	4 Taco Bar w/ The Works Garden Salsa Rice Pilaf Warm Black Beans	5 Pepperoni Pizza Cheese Pizza Vegetable Pizza Steamed Green Beans Fresh Carrot Sticks	6 Spaghetti w/Meat Sauce Garlic Breadsticks Tossed Garden Salad	7 Grilled Cheese Sandwich Creamy Tomato Soup Steamed Green Beans
10 Honey Lemon Chicken Potato Salad Baked Beans Dinner Roll	11 Chicken & Cheese Quesadilla Garden Salsa Rice Pilaf Steamed Corn	12 Pepperoni Pizza Cheese Pizza Vegetable Pizza Steamed Broccoli Fresh Carrot Sticks	13 Hot Turkey Sandwich Chef's Mashed Potato Steamed Green Peas	14 Macaroni and Cheese Homemade Cornbread Caesar Salad
17 Oven Baked BBQ Chicken Garden Pasta Salad Baked Beans Dinner Roll	18 Grilled Hamburger Grilled Hot Dog Potato Salad Fresh Watermelon Milk Variety Summertime Desert	19 1/2 Day No Lunch Served	20	21 June is National Dairy Month How to make Ice Cream in a Bag Ingredients: 1/2 cup cream, 1/2 tsp. vanilla, 1 TBSP Sugar, 1/3 cup salt, 4 cups crushed ice. (2) quart size ziploc bags, (1) gallon size ziploc bag, Hand Towels or Paper towels Step 1: Mix the cream, vanilla and sugar together in a quart size bag. Seal the bag tightly and make sure there is no air inside. Tip: Double bag to avoid splits. Step 2: Put the bag inside a gallon bag and fill the bag with ice and salt. Seal the bag tightly and wrap in a towel. Step 3: Shake the bag for 4-5 minutes. Step 4: Remove the quart size bag and throw away the gallon size bag. Step 5: Spoon into a bowl and enjoy this delicious dairy treat.
24  Happy Birthday Celebration Friday June 7, 2019	25  End of Year BBQ	26 	27  Taste Test Event Friday, June 14, 2019 Harvest of the Month: Dairy	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: 802-310-4032
mdecarreau@wdschools.org
Margaret Bass, 315-854-0646
mbass@wdschools.org
Tori Cleiland, 802-655-7678
tcleiland@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