

ALSO INCLUDES 8 PAGES OF
Community News!
STARTING ON PAGE 11

celebrating Our Achievements!

Winooski School District Bond Vote is May 7!

By Mike Decarreau, Board of School Trustees President

Winooski's schools are the heart of our community and they are in dire need of repairs and improvements.

On **Tuesday May 7, 2019** the Winooski community will be asked to vote on a \$57.8M bond that will be an important investment in our schools.

The task given to the WSD Capital Project Committee by the school board was to envision education now and over the next twenty years. With the incredibly rapid rate of change in our society due to technological innovations, our educational system is now changing as well. Our current facility was built with a 19th century education model in mind. The days of a teacher standing and delivering the same material year after year to the entire class and testing them

all to the same standard are behind us. Their task was to help us remodel our facility for the future of education.

Today's students need to learn how to learn. They need to develop critical thinking, problem-solving and communication skills to navigate the ever changing job market.

The Capital Project has two main goals:

- Recreate the current space into a more modern and functional learning environment
- Upgrade the aging infrastructure to meet current building codes

Modern and Functional Learning Environment

Our current facility was designed for 600 students. We currently have over 800 students and our projected growth rate is ~ 10 students per year. Space is tight and getting tighter. The plan adds space to the elementary school building but more importantly it redesigns the classroom space into a pod arrangement. This allows for larger group lessons and space for smaller working groups to work. There are spaces for the specialized supports such as literacy, math, English Language Learning (ELL) and special education. The middle/high school building will also take on more space in the same manner.

Over the years the schools have become a unified learning environment. By this, I mean that the elementary school and middle school spaces were separate. Now that the physical space is one building we have some remnants that need to be re-imagined. The plan will move all of the essential services into a space near the main lobby. These include the elementary and middle/high school administrative offices, School-Based Health Center (SBHC), special education and ELL offices. These services



now are spread throughout the building. The entrance has been redesigned to pay careful attention to all visitors before access to the entire building is granted.

The new cafeteria will provide a quieter space that will better serve our

(continued on next page)

*** DO YOUR PART ***
VOTE!
MAY 7, 2019

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NOTES FROM THE CENTRAL OFFICE

students and staff. The current cafeteria doubles as a gymnasium. It is a gym in the morning, set up for a short lunch period, and then for a gym again in the afternoon. There are other improvements to the learning environment as well.

For more information, visit <https://cp.winooski.org/>

Building upgrades

The building's physical space represents just under half of the bond funds in total. Upgrades needed to the roof, HVAC, insulation, lighting, etc. cost over \$22 million alone. Simply keeping the building from long-term decay is the most fundamental need to keep the facility running. For anyone that has taken the tour they can attest that the boiler is old, the roof has leaks and the entire building requires insulation. Ongoing maintenance costs for these old systems are becoming cost-prohibitive. The school board feels that this alone justifies the bond yet if we fix only the structure we still have a space constraint. This is why we have gone through an exhaustive process to define what we believe is a design that will serve our needs over the next 3-4 decades, support our students and staff as well as being a space that the entire community can use and be proud of.

Investing in our schools will make Winooski a stronger and more unified community.

I would be remiss if I did not take this opportunity to say THANK YOU to the entire WSD staff. They are all so committed to our students and do such a fantastic job given the breadth of responsibilities that we place on everyone that it is humbling to address them as a group. Then to our Superintendent, Sean McMannon, who gives his time and talents selflessly and the WSD Capital Project Committee members that have redesigned education and how it is delivered. On behalf of the board we thank you for all you do!

Please vote on May 7th at the Winooski Senior Center from 7am-7pm.

We need all eligible voters to make their voices heard through their vote.



*** DO YOUR PART ***

VOTE!

MAY 7, 2019

Thanks! Thanks! Thanks!

By Sean McMannon, Superintendent of Schools

First, I would like to thank all the **community members** who have attended our facility tours, community breakfasts and dinners to learn more about our capital project.

Second, thanks to our **WSD Capital Project Committee** who has worked over the past 18 months to develop a vision and design for the project. Your work has been thoughtful, student-centered and visionary!

Lastly, thanks to our **school board** for their unwavering support of our students, families and staff in creating a PreK-12 learning continuum that will provide a building that matches the forward-thinking education we are providing and deepen our collective pride in Winooski.

As always, thanks to everyone for working with WSD to benefit our students!



Miss a School Board Meeting?

Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.



Winooski School District
Winooski, Vermont
Industry: Education
Employees: 220

Winooski School District wins Excellence in Worksite Wellness Gold Award

By Jaycie Puttlitz

The Winooski School District has won an *Excellence in Worksite Wellness Gold Award* from the Vermont Governor's Council on Sports and Fitness and the Vermont Department of Health. The Worksite Wellness award program recognizes Vermont organizations that have demonstrated an established wellness strategy promoting healthy environments and supporting the well-being of their employees.

A special award for Business Wellness Leadership was presented to Sean McMannon, superintendent of the Winooski School District, for motivational role modeling, generous

<p>OVERVIEW</p> <p>Our goal for the 2017-18 school year was to support employee wellness by providing opportunities for reflection and self-care practice as part of becoming a more trauma-informed school district.</p>	<p>HIGHLIGHTS 2017-18</p> <ul style="list-style-type: none"> ❖ Employee Wellness Day <ul style="list-style-type: none"> ➢ All day Wellness workshops ➢ Gratitude notes to colleagues ➢ Staff quilt creation: "All Are Welcome" (see picture) ❖ FitBit/Step challenge ❖ Onsite Yoga & Tabata classes ❖ Hallway Yoga Posters ❖ Staff Chair Massage ❖ Trauma informed training ❖ Centerpoint self-care partnership ❖ Facility assessment ❖ School-Based Health Center (Doctors onsite) ❖ Community Service <ul style="list-style-type: none"> ➢ Penguin Plunge ➢ Big Change Roundup ➢ Clothing Drive & Giveaway ➢ Unified Sports ❖ Community BBQ ❖ Foodbank programs onsite 	<p>KEY SUCCESSES</p> <ul style="list-style-type: none"> ❖ Increased participation in relationship-building activities ❖ Professional development for trauma-informed school ❖ Developed plan for facilities improvements ❖ Establishing school-based health center
	<p>NEXT STEPS</p> <ul style="list-style-type: none"> ❖ Continue to build resilience and connectedness in the school ❖ Approval from town for facilities upgrades ❖ Restorative practices & youth panel ❖ Community-based learning & partnerships 	

service to the community and strong leadership in sustaining a culture of wellbeing. Mr. McMannon received \$100 from the Governor's Council to give to the [Vermont Ibutwa Initiative](#), the charity of Mr. McMannon's choice.

Over the past several years, WSD has included more opportunities to promote employee health and wellness including an all-employee wellness day, volunteer opportunities, onsite yoga classes, and incorporating self-care into professional development workshops. Making wellness a priority is a win-win for the

school district. People who participate in wellness programs are healthier, but when teachers and staff in a school take part in wellness activities together, they can also feel more connected with each other and the students they work with. That's a benefit to both the employee and the school.

This Vermont Department of Health and Governor's Council on Physical Fitness and Sports presented the awards on March 21 at the 2019 Worksite Wellness conference at the DoubleTree Hilton in Burlington.

Important Reminder: JFK SBAC Testing Dates

By Kirsten Kollgaard

- Grade 5, Tuesday, April 30th - Friday, May 3rd
- Grade 4, Tuesday, May 7th - Friday, May 10th
- Grade 3, Tuesday, May 14th - Friday, May 17th

Please remind your students to get a good night's sleep the night before and try their best on the test.

Can You Help?

The PTO is continuing to collect Box Tops this year. Please save them and bring them to school. Your child's teacher can send them to the office for collection. Thank you!



Kindergarten Registration and Screening for 2019-2020 School Year

Children who will be five years of age prior to September 1, 2019, should attend this screening. The registration and screening will be at John F. Kennedy Elementary School on **Monday and Tuesday, May 6th-7th.**

Please call the J.F.K. office at 655-0411 to make an appointment, which will take 90 minutes. Please be on time for your appointment, and come with your child, bringing their paperwork:

- birth certificate, (or I-94 if your child was born in a country that doesn't issue birth certificates)
- updated immunization record
- Social Security number
- proof of residency

SCHOOL AND CITY-WIDE ANNOUNCEMENTS

Thrive Summer Program: Enrollment Now Open

The City of Winooski is now accepting registrations for our Thrive Summer Program! Learn more and register today at www.winooski.vt.gov/rec. The Thrive Summer program is a state-licensed, 3 STAR childcare/enrichment program. Thrive Summer serves children who have completed grades K-5, and will operate 6 weeks, starting Monday, June 24th through Friday, August 2nd.

All classrooms are lead by licensed teachers and children will participate in hands-on learning and play-based opportunities including fencing for 3rd-5th graders, walks through the community to Landry Park, Gillbrook Nature Area, the Riverwalk and the Intervale, STEM activities, team building games, art and music, and lots of opportunities for social learning with friends!

The Thrive Summer Program accepts Vermont Childcare Subsidy to cover registration costs. If you receive full or partial Subsidy, you will pay no additional fees. Call or email the Department of Children and Family Programs with questions regarding this program: 802 233 8188/ thrive@winooski.vt.gov

Funny Girl Comedy Night - Winooski Dollars for Scholars Benefit



WHEN: Thursday, May 2 at 7:30-9:00pm.

WHERE: Monkey House, 30 Main Street, Winooski

Come join us for a night of comedy to support the Dollars For Scholars scholarship fund. Hope to see you there! Email Linda Gregoire at winooskidfs@gmail.com with questions.

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

Please join the Winooski PTO's first annual Spring Community Yard Sale

Where: 60 Normand St, Winooski School

When: **May 18th** 9:00-2:00; Rain date May 19th 9:00-2:00 (rain or shine)

Price: \$20 for a 10x10 space or \$25 for a 10x10 space and an 8ft table.

All proceeds will go directly back to the students of the Winooski School District. Each space will be located in front of the school.

We look forward to promoting this event on Facebook, Front Porch Forum, on flyers that will be distributed around the city, in the Winooski school district newsletter, on the schools' jumbotron and provided to every family in the Winooski school district.

Please contact Jessica Audette to book your space. Email pto@winooski.k12.vt.us or call 802-373-1138.



Green Up Day!

Grab your friends, join your neighbors and get involved in Vermont's state-wide Green Up Day on **May 4th**. It's easy! Pick a road, grab a bag and do your part! Bags will be available at the O'Brien Community Center. Contact recreation@winooski.vt.gov or call 802-777-1621 with any questions.

Get involved! Stay informed and share! Go to: www.greenupvermont.org for more information.

*** DO YOUR PART ***

VOTE!

MAY 7, 2019

Celebrating Winooski: One Photograph At A Time

By Dan Higgins

I've begun hanging an exhibition of photographs at the O'Brien Center that celebrate people, places, and social narratives to be found in this remarkable 1.4 square mile community. The photographs have been staged in collaboration with the subjects represented. I invite people to choose locations, props, and other visual clues that best reflect their identities within community.

There will be a gallery talk and reception on Green Up Day, **Saturday, May 4th**, 3-5pm.

Between now and then I plan to expand the series. If you visit the exhibition and have suggestions for additional subjects you'd like to see included, contact me with your suggestions at dhiggins@uvm.edu. Thank you!





JFK Update

By Sara Raabe, JFK Principal

Thursday, April 12th and Friday, April 13th were our **spring parent-teacher conferences**. As always, they were incredibly well attended by our families. We love having the opportunity to tell families all the wonderful things that their student(s) are doing during the day. For these conferences, our 5th graders lead their own conference. The 5th graders worked hard to create their digital portfolios to share their learning with their families. It was amazing to see how proud the students were of their hard work and growth.

This summer, JFK will be running **summer school** for four weeks. JFK Summer School will take place this year as follows:

July 8th - 11th

- Monday - Thursday; 8:00 - 12:00

For students in grades K-5 for the 2019-20 school year

July 15th - 18th

- Monday - Thursday; 8:00 - 12:00

For students in grades K-5 for the 2019-20 school year

July 22nd - 25th

- Monday - Thursday; 8:00 - 12:00

For students in grades 1st - 5th for the 2019-20 school year

July 29th - August 2nd

- Monday - Thursday; 8:00 - 12:00

For students in grades 1st - 5th for the 2019-20 school year

Students will be fed breakfast and lunch each day.

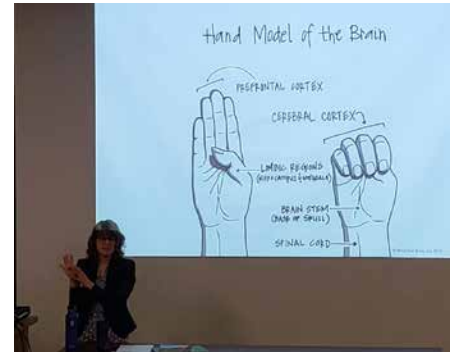
Information for registration was given to families at conferences. If anyone needs registration information, please call the JFK Office.

We are working hard to wrap up our 2018-19 school year. There is always so much to do at the end of the year. We are also starting to look towards the 2019-20 school year. Families have given teachers their Family Input sheet to assist with creating balance class lists for next year.

If you have, or know someone with, a child that will be 5 by September 1, 2019 mark **May 6th and 7th** for **Kindergarten registration**. People should call the front office at 802-655-0411 to sign up for a specific time for registration.

Teachers Share Expertise at St. Michael's College (SMC) Student Conference on Language Teaching

Sarah Forbes, K-1 English Language Learner teacher at JFK Elementary, was the plenary speaker at St. Michael's College 3rd Annual Student Conference on Language Teaching. Ms. Forbes' presentation was titled "It All Starts Here - Know Your Students!". She highlighted lessons learned from several



Sarah Forbes lecturing with "Hand Model of the Brain" visual on screen.

initiatives at JFK Elementary including Responsive Classroom, Positive Behavioral Interventions & Supports (PBIS), Project Based Learning (PBL), and trauma informed practice which all help create an inclusive and empowering language learning classroom. She was asked to speak as President of Northern New England TESOL (NNETESOL). NNETESOL has collaborated with SMC for the third year at this conference to bring educators and students together and discuss topics of interest for English language learners.

Catherine Lavigne, Speech Language Pathologist at JFK Elementary, gave a lecture at the conference on "Preschool and Kindergarten English Language Learners: Speech Language Assessment for Special Education." Her presentation was selected as one of the best from the 2018 NNETESOL conference in New Hampshire. Mrs. Lavigne is a resource for area educators in identifying language needs through multilingual and collaborative assessment processes.

JFK Holds Jump Rope for Heart Event

By JFK Physical Education Teachers Dennis Barcomb and Kyle Blindow

JFK held its annual Jump rope for heart event on Wednesday, March 13th. JFK students helped to raise \$1886.53 to benefit the American Heart Association and help save lives! The leading fundraisers were Murphy Farran \$200.00, Amelia Slade \$195.00, and Jahnaiya Holness: Thanks to everyone who helped make the event wonderful and for helping us save lives!



JFK Summer School 2019

By Katherine Blair, Summer School Coordinator

We are happy to announce that we will be offering four weeks of summer school this year to students entering Grades 1 through 5. The program's theme for this year is "Goal Setting" with the emphasis on students setting personal goals especially in the areas of reading and math.

The program will run Monday through Thursday (no school on Fridays) during the following weeks: July 8 – 11th, July 15 – 18th, July 22 – 25th and July 29th

– August 1st. The hours will be 8:00 am – 12:00 pm, with breakfast and lunch provided daily. There is no charge for the JFK program.

The Thrive summer program will run in coordination with the JFK summer school program during all four weeks. The daily hours for Thrive are from 12:00 pm – 5:30 pm. On Fridays, Thrive will run a full day program from 8:00 am – 5:30 pm. There is a separate application



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for the Thrive program, which is available with classroom teachers.

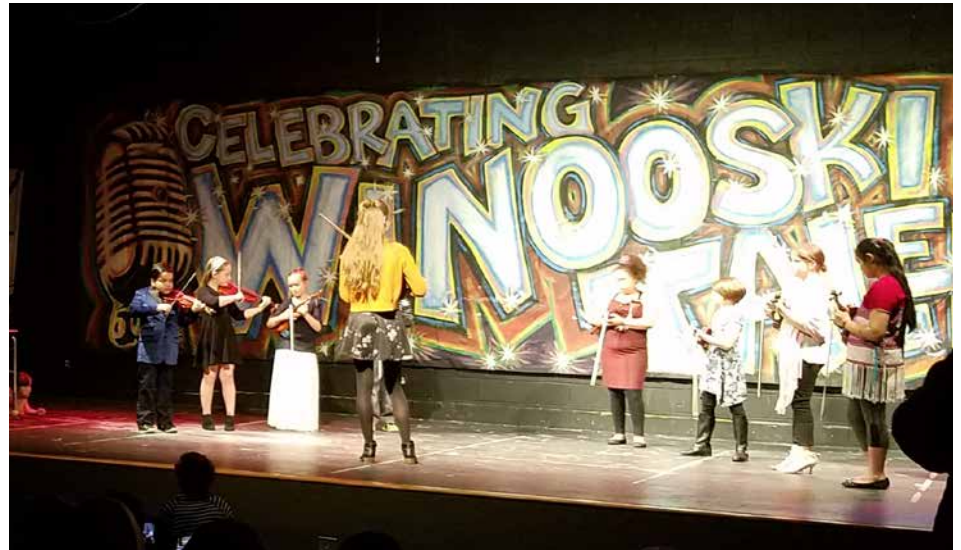
Registration forms were handed out at Parent/Teacher conferences on April 11th & 12th. Forms will also be available in the JFK Main Office and on our school website under the parent tab. If there are other questions, parents can call Katherine Blair at (802)383-6039.



JFK After-School Violin Squad Performs at the Winooski Talent Show

By Patricia Jancova, VYOA Violin Instructor and Suzanne Skaflestad, 21C Director

The JFK After-School Violin Squad first picked up its instruments in September of this school year. In less than a year of playing, they have learned to not only make beautiful sounds from their instruments, but how to read music and play together as a group. Here are the members of the Violin Squad, sharing a fun fact about themselves are: Shagan Yadav, also an avid gamer, Phoebe Krcmar has participated in the Talent Show for the past 4 years, Zulie Totiin can speak



Spanish, Iggy Friday plays ice hockey, Jahnaiyah Holness has pet rats, Yasmina Smailagic is crazy about Harry Potter, Navaeh Munro loves playing the violin, and Moo Thay Lay Htoo was born in Thailand! Ms. Jancova, from the VYOA and assistant teacher Ms. Poland lead the group. The students performed an exciting rendition of the traditional tune, "Boil 'em Cabbage Down"! Thank you to the Vermont Youth Orchestra Association for helping our students shine!!





Winooski Proud

By Leon Wheeler, Co-Principal

Saturday, April 6th, fifty Winooski city and school employees, members of the PTO, school board of directors, high school students and legislators gathered at the Senior Center for a full day Equity & Diversity Summit. The day was an exploration of race, power and privilege, and how these dynamics impact our community, guided by the commitment to that Winooski increasingly become a place where all residents can thrive.

Mid-morning high school students, Ali Hussein, Dhiraj Dhakal, Milan Mager, and Lek Nath Luitel, presented their experiences and thoughts. Later in the day, as a school-focused group was discussing the old story, often retold, that students won't get a good education at WMHS, a JFK parent stated with admiration, "If my kids turn out like your kids (the 4 presenters), we're good!"

Other statements made to the students at the end of the day included:

"What was surprising to me was that your presentation shared a lot of brand new information with people in leadership positions. I think it would be challenging for leaders to do their best work without that information. So you played an even more vital role than I imagined." (Susan McCormack, facilitator and founder of Creative Discourse)

"You said some things we couldn't have said to one another. We heard you and we appreciate you, and we accept the challenge of doing better to make this city better for you... I'm telling you, in 10 years one of you is going to have my job." (Jessie Baker, City Manager)

"It was really cool how you got a whole room of adults paying attention to [you]... It was a fantastic segue into today and spoke to a lot of the things we're grappling with and trying to work on. I appreciate the courage to stand up and say that out loud." (Ray Coffey, Community Services Director)

The sentiments shared above mesh beautifully with a poem recently published in the Young Writer's Project and written by soon-to-graduate senior Bekkah Lambert, a life-long Winooski resident. I'll include a couple lines here, and the full poem is available at youngwritersproject.org.

"...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....

*Thank you for making me proud to say that,
Winooski
Is my
Home."*

It's an amazing honor to be part of the Winooski School community! I will forever speak of Winooski with appreciation and pride.

Have a great May!

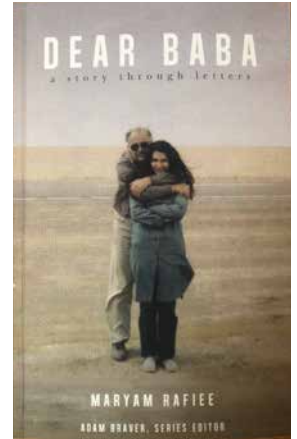
Helping Maryam Tell Her Story

By Hannah Little, WHS class of 2016

Maryam Rafiee was just seventeen when her father was arrested and held in solitary confinement in Tehran, Iran. She wrote him letters every day he was imprisoned, documenting her fear, pain, and the pockets of joy she was able to find despite her situation. Maryam spent her days advocating for her father's release alongside her mother and the families of other political prisoners, while also dealing with the stress and uncertainty that comes with finishing high school and trying to choose a career path. In 2016, fifteen years after his first arrest, Maryam found herself advocating for her father's freedom again at an Amnesty International rally in Toronto. She decided it was time to share those letters from 2001, in hopes that her story may help stop this injustice.

Maryam started working with Adam Braver, who leads an advocacy group called Scholars at Risk at Roger Williams University in Rhode Island. He is the series editor of the *Broken Silence Series* published by University of New Orleans Press, and he helped Maryam translate her letters into English and put together a rough manuscript. Adam is also a professor of Creative Writing at RWU and my academic advisor. He saw my interest in a career in publishing and offered me the position of assistant editor on Maryam's manuscript. Over the following months, I worked with Adam and Maryam to shape the manuscript into a coherent narrative; I gave input on sentence and narrative structure, clarified the language, and "trimmed the fat" of the letters to find the heart of Maryam's story. I found a love of editing in this process and have since shifted my career aspirations to pursue my passion for shaping narrative through editing.

Dear Baba: A Story Through Letters was published on January 11, 2019. It is the fourth book in the *Broken Silence Series*. It is available for purchase on Amazon.com and certain Barnes & Noble locations. I am so happy Maryam is sharing her story with the world, and I am grateful that I was able to help her do it.





Heidi McLaughlin: Vermont's 2019 New School Counselor of the Year

Congratulations to High School counselor Heidi McLaughlin, the **Vermont School Counselor's Association 2019 New Counselor of the Year!**

Heidi worked at VSAC for over 10 years supporting and guiding high school students, where she had a particular interest in empowering first generation college students. Heidi was assigned to Winooski High School, where she honed connections and earned the trust of teachers, administration, families, students and the larger Winooski community.

Two years ago we were able to hire Heidi as our high school counselor. With her extended, positive engagement with the community, Heidi adeptly moved in to the role of High School Counselor. Heidi gracefully manages her extensive responsibilities. She is pivotal in the very complex process of developing the proficiency-based grading; providing students access to a multitude of community programming; managing and triaging student crisis; coordinating the students who attend outside of the Winooski School District (ie. tech, VAL, Early College); managing schedules and new student placement; spearheading a comprehensive PLP process; organizing the newly developing Winooski GSA; and generally always looking ahead to best support and guide students.

Through it all, Heidi remains good-humored, compassionate, supportive, and welcoming with students. We're grateful to have her in our Winooski family!

It speaks volumes about our school and community that in 2019 both the VT Teacher of the Year, and now the VT New School Counselor of the Year, are Winooski educators! This is an amazing community — it's great to be here!

High School Advisory Update

By Lindsey Cox

High school students have been busy in advisory the past two months.

Every Monday, each advisory conducts a circle discussion. The theme in the month of March was, "Leaders and Leadership." Advisories talked about what it means to be a leader through role play, scenarios, and learning about famous leaders. Heading into April, we shifted towards circles themed around current events in the local, national, and global

landscape. During this time, there was an attack on two Mosques in New Zealand. All high school students had the opportunity to learn about the attacks and to talk about them in a safe space. This is the true intention of advisory and of the practice of circles every Monday.

Also in March, we held an Opportunities Fair where we invited local colleges, businesses, and organizations who have roles for young people. Students got to talk to and even apply to different summer jobs or enrichment programs. Some organizations followed up by coming to the school during advisory in the following weeks and helped students with applications. This included a meeting for all 11th graders with VSAC to discuss the college application process and registering for SATs and ACTs.

For a little bit of lighthearted fun, advisories ran a challenge in March called the "Not My Arms" Challenge. This required each advisory to create a video of themselves teaching something with the main person in the video having someone else's arms as their own. The Dunn advisory came away victorious with their video teaching us how to make crepes. In April, the advisory challenge was designed by Ms. Poquette in honor of financial literacy month. Each advisory played a financial literacy trivia game that helped our students win free entry to the April 19 Financial Literacy Dance. Students learned about interest, debt, credit scores, and more, all while earning free stuff donated by local banks and credit unions.

And right before the April vacation, high school students were registering for next year's courses. Each student heard from all the teachers about the new course offerings for next year. Then, they sat with their four-year plan (called a proficiency tracker) to ensure that their course requests aligned with their graduation requirements. Last, each student had a one-on-one meeting with their advisor to conference about and enter their final selections. Near the end of May, students will have the opportunity to review their schedule for next year and make any additional changes.

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.



Young Vermonters Recognized at the Statehouse for Being Good Citizens

Reprinted from *Seven Days* with permission

More than 70 Vermont students who completed the 2018 Good Citizen Challenge gathered at the Statehouse in Montpelier on March 27 to be recognized for their accomplishment.

The Challenge invited K-12 students to earn points by doing a variety of activities related to civics, history, advocacy and media literacy — all crucial elements of being an informed citizen. These activities included attending city council meetings, picking up litter, reading local news articles, writing a letter to an elected official and naming the five freedoms specified in the First Amendment to the U.S. Constitution.

Seven Days and Kids VT organized the initiative, with support from the Vermont Community Foundation. Its goal? To incentivize youth to educate themselves about the rights and responsibilities of citizenship, using their communities as a classroom. Students finished the Challenge by earning 251 points, the number of towns in Vermont.

The Statehouse event was part of their reward. The Good Citizens met with Governor Phil Scott in his ceremonial office and posed for a group photo.



Graham Resmer (gr. 7), Alia Ross (gr. 9) and Ivy Resmer (gr. 5).

Diane Sullivan

“I think it’s important for all of us to get involved and be good citizens, be public servants,” said the two-term Republican. And anyone can run for office, he said. “I certainly didn’t envision myself being in the

position I am today when I was your age, not by a long shot.”

Speaker of the House Mitzi Johnson (D-South Hero) also addressed the group.

Representative Peter Conlon (D-Cornwall) introduced the students from the House chamber floor; legislators gave them a round of applause. Afterward, each student received a medal, a T-shirt, a sticker and a pocket-sized U.S. Constitution, donated by Phoenix Books.

Seven Days Deputy Publisher Cathy Resmer congratulated the Good Citizens. “You have just as much right to be in this building as anyone else here,” she told the students. “I hope that’s something you’ll take away from your experience today. This might be your first time here, but I hope it won’t be your last.”

Find more information about the 2019 Good Citizen Challenge at goodcitizenvt.com. The Statehouse event is the subject of the April 4 episode of Eva Sollberger’s

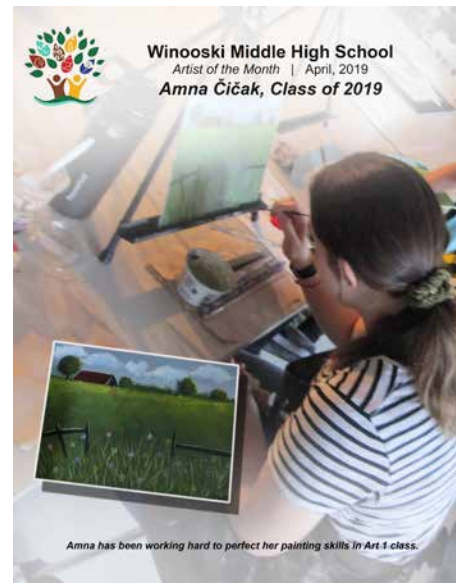


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Artist of the Month

By Jessica Bruce, Visual Arts Teacher

Please join me in congratulating Amna Cicak as April’s Artist of the Month! She has been working really hard to perfect her painting skills in Art 1. She has also been very helpful with other students and a great model student for others to look up to. Congrats, Amna!



“Stuck in Vermont” web video series. Find it at sevendaysvt.com.

Middle School Students Visit Montshire Museum

By Sona Iyengar

On March 26, a group of students from Winooski Middle School visited the Montshire Museum of Science and immersed themselves in hands-on science.

The students, grades 6-8, are part of ELL Teacher Sona Iyengar’s literacy intervention class which covers a range of topics. These students are also currently learning about density, properties of matter and geology in their science classes.

At the museum, they explored concepts they learned in the classroom in new ways, from the weight of water and the force of air to observations of live animals, specimens and fossils. Students are making models of the earth in their

school classrooms. One of their tasks at the museum was to identify the way the museum uses models to teach people about science.

“Seeing, touching and hearing science happen really brings it to life for students. It gives them a different perspective that can make learning more meaningful,” Iyengar said.

Students were especially interested in a real (stuffed) moose, a 4-foot long dinosaur bone, exhibits and trays of soap and water to test out all different sizes and shapes of bubbles, and various tubes with openings and closings to control the flow of air.

Another highlight was the Leafcutter



ant colony where students watched rows and rows of ants marching in perfect order, each carrying a large piece of leaf to their nest.

“The students were totally absorbed,” said Winooski Middle School Language Arts and Social Studies Teacher Chris Magistrale. “It was a great reminder of how valuable hands-on learning is for all our students.”



Author Sarah Albee Visits Middle School

By Matt Gile, K-12 Librarian

How do you engage an auditorium full of middle schoolers in a presentation about the research process? Well, if you played semi-pro basketball in Egypt you should open with some stories about that. Then you can share about your time writing for Sesame Street, and segue that into your process for writing a history of plumbing and sanitation (be sure to include some facts that induce an ‘eeeeewwwwwwwww’ from the crowd). At least that’s how Sarah Albee, the author of *Dog Days*, *Poop Happened!* and many other award winning nonfiction books, did it. Sarah’s presentation was full of audience participation, Keira Bennett put on a full Victorian style dress, including a bustle and a ruff!

After the presentation Sarah held a writing workshop where Rowyn Abbott-Smith wrote this ad for Victorian fashion: “Would you ever wear a dress so big you could hardly sit down? Or wear a wig so tall, it likely was a struggle to hold your head up? We’ve got the style for you! Head down to Old Fashioned Wigs Inc. today!” Sarah joined students for lunch and answered all sorts of questions about being an author. Sarah also took the opportunity to ask students questions and learn about them!



Youth4youth Winooski Grant Recipients Receive \$5870!

By Suzanne Skaflestad, 21C Director

Congratulations to Savion Thibou, Eric Bucker, Alia Ross and Thera Neilson for being awarded two Winooski Youth4Youth Grants in the first ever Vermont Youth4Youth Grant competition. The students learned about the grant through their participation in 21C afterschool leadership opportunities. There were 43 proposals from across the state and out of the 714 votes cast from young Vermonters, Savion’s “Winooski School Band Private Lesson” and the “Winooski Hang-Out” projects were in the top seven of the \$1500-\$3000 category. Savion will receive \$2870 and Eric’s collaborative grant with Alia, Thera and Savion will receive \$3,000 for their project. Savion’s grant supports funds for private music lessons for students in band. The Winooski Hang-Out supports additional spaces afterschool for middle and high school students that are waiting for sports to begin and/or waiting for a ride home. The students attended the Y4Y Grant Workshop and Celebration Event on Friday, April 12th at the Vermont State House with Nancy Keller, 21C Coordinator and Suzanne Skaflestad, 21C Director.

Thank you Waterworks Food + Drink

By Suzanne Skaflestad, 21C Director

On March 27th, Waterworks Food + Drink held a fundraiser to benefit the Winooski Middle School Summer Programs. 10 percent of all food sales that evening were donated to the Winooski 21C program, with the Junior Iron Chef team dish being a special that evening! The Jr. Iron Chef team, which included Eric, Izzy, Saedo, Thera and Zam Zam, made a celebrity appearance. Thank you to everyone who was able to come by and support the students and enjoy their delicious meal.

A special thank you to Adam Rafferty, chef from Waterworks for sharing his expertise every week for over ten weeks leading up to the Jr. Iron Chef competition. Adam is excited to be our chef expert next year, and we couldn’t be happier to work with him. Thank you Waterworks for your generous contribution to our program.



COMMUNITY NEWS

City of Winooski May Updates

By Paul Sarne, Communications Coordinator



Diversity and Equity Summit

On April 6th, the City's leadership team and Council joined many community leaders and partners for our Diversity and Equity Summit. Led by professional facilitators Sue McCormack and Kesha Ram, City officials spent the day learning about how diversity, equity, and inclusivity matters to decision making in Winooski. We want to especially thank Dhiraj, Lek, Ali, Milan, and their teachers Luke and Nellie for their powerful presentation of Winooski's history.



We look forward to continuing this important and inspirational work with our neighbors!

Council Liaison Updates

With the newly formed Council, Liaison Updates are returning to a regular schedule. As you've seen, the Mayor and each Councilor will be composing monthly updates directly to community members through specific areas of municipal services. Liaison updates are distributed by the following:

- Mayor Kristine Lott – Planning and Housing Liaison Updates
- Councilor Hal Colston – Community

Services Liaison Updates

- Councilor Jim Duncan – Public Safety Liaison Updates
- Councilor Amy Lafayette – Administrative Liaison Updates
- Councilor Mike Myers – Public Works Liaison Updates

For more, be sure to subscribe to the City's news updates via email at winooskivt.gov. Updates are also shared on the City's Front Porch Forum, Facebook, and Twitter accounts. Here are a few highlights from our recent Council Liaison Updates:

The Planning Commission has spent many, many months working diligently to finalize Winooski's Master Plan, which was adopted by the City Council last month. You can view it here: <http://winooskivt.gov/259/Winooski-Master-Plan>. At the latest meeting, the Planning Commission looked at two issues: Parking, and Split Zoning. The commission is looking to see if the current parking requirement in the code meets the public and private needs of supporting development, maintaining public parking, and mitigating traffic concerns. More data will be reviewed before any decisions are made.

The City migrated from a physical, old server to a server that is cloud-based and has much more storage and functionality. During this transition, their email addresses and their website moved from .org to .gov. For example, <https://winooskivt.org> became <https://winooskivt.gov>, and alafayette@winooskivt.org became alafayette@winooskivt.gov



The Housing Commission has been discussing both a Housing Trust Fund and Inclusionary Zoning over the past few months... the Housing Trust Fund is meant to help develop new, and rehab existing, affordable housing as well as support low to moderate income residents with home improvement and down payment assistance. Commission members spent time discussing the goals of the fund such as: What ratio of funding should there be for homeownership versus rental housing? Discussion also took place around the actual guidelines that need to be in place to ensure the fund supports those goals, for example: What should be a maximum awarded amount? What restrictions should exist for applicants?



Other Updates

Colchester Exit 16 DDI Project Announcement

The Exit 16 DDI project page is now live! Visit exit16ddi.vtransprojects.vermont.gov for full information on this project.

The Vermont Department of Transportation (VTrans) will be improving the roadway along the US Routes 2/7 corridor, in the vicinity of I-89 Exit 16, to enhance mobility and safety in the Town of Colchester with a Diverging Diamond Interchange (DDI). The core of the project is to reconfigure the existing tight diamond interchange

(continued on page 12)

to a Diverging Diamond Interchange at I-89 Exit 16. Other improvements include adding turn lanes at specific intersections, modernizing turn signals, and construction of dedicated and shared pedestrian/bicycle facilities.

Online and In-Person Credit Card Payments

The City of Winooski is pleased to announce that community members can now make online and in-person credit card payments for services!

Through our partnership with GovPayNet, we've made online and in-person credit card payments incredibly easy. Online payments (available 24/7) for tax and utility bills, rental registries, permits, and inspections are just one click away - simply visit winooski.vt.gov/pay to make your payments.

The GovPayNet system does not require an account! Need to request language translation or help with the service? GovPayNet offers 240 languages at no cost to the participant and 24-hour customer service. Call 1 866 370 9574 to speak with a GovPayNet representative. Credit cards are now accepted in the City Clerk's Office for any type of payment to be made to the City - stop by M - F, 7:30 AM - 4:30 PM at Winooski City Hall (27 West Allen Street) to make your payments.

Events

The City participated in National Service Recognition Day on April 2nd. Many talented AmeriCorps members have served Winooski over the years, and we'd like to thank our current



members, Oliva Miller and Sarah Franco, for their continued commitment to Winooski! Their service provides the City with vital opportunities for volunteer engagement and programming through our Community Services Department. To compliment National Service Recognition Day, the City also participated in Mayor's Appreciation Day, where Mayor Kristine Lott joined ECO AmeriCorps and the Lake Champlain Committee for "April Stool's Day" - an annual event where service members coordinate clean-ups of public parks removing dog waste and trash from local trails and walkways before spring runoff. The event's goal is to improve water quality in the Lake Champlain watershed as well as highlight the service provided by AmeriCorps members all over Vermont. Volunteers removed pounds of waste from Casavant park, and the dog park on West Allen Street.

Two of our favorite events are coming up - be sure to visit winooski.vt.gov for information on our annual **Green Up Day** event and wakingwindows.com to learn more about the **2019 Waking Windows Music Festival** (May 3 - 9)!

*** DO YOUR PART ***
VOTE!
MAY 7, 2019

Important May Dates From the Clerk's Office

- **May 6** City Council Meeting
- **May 7, 2019 School Election** - Absentee ballots will be available on April 17, 2019.
- **May 15**- Taxes, Water/Sewer Bills due on or before May 15, 2019. This is the final installment of taxes. Any unpaid balance is subject to penalty and interest. Taxes will go delinquent on May 16, 2019.
- **May 27**- City offices will be closed on Monday in observance of Memorial Day.

Community Health Needs Assessment

By Sister Pat McKittrick

The results are in! View the 2019 Community Health Needs Assessment. Each community has unique needs and challenges when it comes to health and wellbeing. So how do we find out what is needed for the residents of Chittenden and Grand Isle Counties? We ask.

Every three years we ask residents to join the conversation about what we need to be a strong community. This year more than twenty local organizations came together to gather the input that is used to develop plans to address our biggest needs and challenges.

We are now ready to share the results of the 2019 Community Health Needs Assessment. View the findings at <http://bit.ly/2019CHNA>

Some topics of interest- Mental Health, Affordable Housing, Disease Prevention, Substance Use Disorder, Childhood and Family Health, Cancer. The document also includes Demographic and Socioeconomic Factors.

Please feel free to contact me - Sr. Pat McKittrick, RN - pat.mckittrick@uvmhealth.org or call 847-6534.

Your City Officials	Email addresses	Telephone
Mayor Kristine Lott	klott@winooski.vt.gov	802-766-1988
Councilor Hal Colston	hcolston@winooski.vt.gov	802-922-2908
Councilor James Duncan	jduncan@winooski.vt.gov	802-310-7103
Councilor Amy Lafayette	alafayette@winooski.vt.gov	802-598-7704
Councilor Mike Myers	mmeyers@winooski.vt.gov	802-355-5348
City Manager Jessie Baker	jbaker@winooski.vt.gov	802-655-6410

Visit the city website at winooski.vt.gov 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 @winooski.vt

Our Lady of Providence Marks Lent with the Cross

By Gail Callahan

The season of Lent is a time for Christians to pray, perform penitential acts and care for one another.

At Our Lady of Providence Residential Care Facility, the solemn season was marked by a project that married a spiritual component with building of community.

Sister Barbara Gregoire, RSM, who has lived at the facility for over a year, approached Life Enrichment Director Kristie Daigneault about writing names on crosses, and then affixing them to a wall. Daigneault greenlighted the idea, and the work started.

In all, close to three dozen paper crosses adorn a wall on the first floor, near the dining room. Residents and staff wrote their names on the paper crosses. Some employees also included their children's and grandchildren's names.

"Each of us carry our crosses daily, especially during Lent," said Sister Barbara.

Our Lady of Providence Executive Director Mary Belanger feels the project showcased the best that the facility offers. "I think it's wonderful," she said. "It's generated a lot of positive comments from visitors and residents."

Sister Barbara also noted that the cross project also foreshadows the hope of eternal life. "Jesus came down to Earth and accepted crosses," Sister Barbara said. "Right before He died, He looked up to Heaven and said, 'Father, it is finished.' One day our cross will be finished, and we'll be in the arms of Jesus."



Photos by Gail Callahan

North End Studios is Coming to the O'Brien Community Center!

North End Studios is a community cultural center currently operating two locations in the heart of Burlington's Old North End. Like Winooski, the Old North End is one of the most culturally diverse places in Vermont. For the



Oliver Parini | Seven Days

past ten years, this center has provided a year-round schedule of events by providing affordable rental space for artists, community organizations and individuals to conduct performances, meetings, workshops, classes and social gatherings. Over the course of the past nine months, North End Studios has been working with the City of Winooski on a plan to expand its programming to the O'Brien Community Center. After recently signing a lease with the City to rent five spaces within the O'Brien Center, North End Studios is going into high gear to get everything ready to go.

April Werner and Ben Bergstein, North End Studios' co-directors, plan to build on their existing model to enable the O'Brien Center to reach its full potential as a well-equipped and affordable venue for community activities. The facility will be available to individuals and organizations from Winooski and beyond. Since spaces that can accommodate more than 100 people are hard to find, a top priority is outfitting the community room and the gym with all the essentials needed for putting on larger, one-time events, such as weddings, celebrations, conferences, cultural festivals and fundraisers. They are also improving several of the smaller rooms for regularly occurring uses like weekly classes and meetings. In order to provide equal access to renting space at the O'Brien Center, North End Studios will use a first-come, first-served basis for bookings. Winooski residents and most non-profit organizations will be offered discounted prices on rentals.

Already, some regularly scheduled North End Studios activities have been slated to move to the O'Brien Community Center site. These including creative movement for preschoolers, adult stretch and strength, Nepalese traditional dance, Nepalese karate, pole dance, hip hop dance, long sword practice and a music program for toddlers and their parents. Scheduled activities will be posted at www.northendstudios.org as soon as they are confirmed.

"Ben and I are having a great time getting to know Winooski better through this project. We've spoken to a lot of people so far who are filled with energy and ideas for the O'Brien Center, and we want to speak to many more. We need to hear what you want this place to be, so please look for announcements about meetings that we'll be holding very soon to get your input."

For more information about the North End Studios at the O'Brien Community Center, contact April Werner at april@vpal-us.org or call 802-863-6713.

Seeking Summer Seasonal Laborers for Public Works Department

Job duties include by not limited to caring for the Downtown gardens and flower posts and other grounds and general labor. Must be 18 years of age and have a valid driver's license \$15 per hour based on experience.

For full position description and to apply please visit www.winooskivt.gov

"The City of Winooski: Vermont's Opportunity City"



Legislative Update

By Representative Hal Colston

My first year in the legislature has been an exciting learning curve. My focus has been on building relationships and understanding the legislative process. I serve on the House Government Operations Committee (GovOps) that has been a great experience to gain insight about the many issues impacting our state and the City of Winooski. There was vigorous debate on several bills that passed the House and have gone to the Senate: the Abortion bill, the Weatherization bill and the Paid Family and Medical Leave bill. I have come to learn that I vote in the following priority: I vote for my conscience first; then vote for the interest of my constituents; and then vote for my party.

I was fortunate to have two bills that I sponsored to pass the House and have crossed over into the Senate. H.249 is an act to increase Reach Up benefits for recipients of Good News Garage vehicles. About 80% of the vehicle recipients are single mothers. It is a struggle for many of them to comfortably transition to car ownership. The bill provides a one-time waiver of the purchase and use tax that averages about \$360 along with the first year registration cost for \$74. H.427 is an act relating to a uniform process for foreign credential verification in the Office of Professional Regulation (OPR). OPR provides licensure for over 50 professions. Immigrant professionals, many of whom live in our community, struggle to have their credentials verified and end up in entry-level jobs. H.427 was passed by the Senate on April 12th.

With the session possibly wrapping up in mid-May, GovOps has been spending the last few weeks working on S.54, the Cannabis Tax and Regulate bill. Significant testimony has been taken with more to come. GovOps is now in the process of marking up the bill to prepare it for the Appropriations and Ways and Means Committees.

Should you have any questions or concerns about what is happening in the legislative session, you can contact me at 802-828-2228 or hcolston@leg.state.vt.us. It is a pleasure to serve you!

*** DO YOUR PART ***

VOTE!

MAY 7, 2019

City of Winooski Now Accepting Online and Credit Card Payments

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Credit cards are now accepted in the City Clerk's Office office for any type of payment to be made to the City - stop by M - F, 7:30 AM - 4:30 PM at Winooski City Hall (27 West Allen Street) to make your payments.

Call or email our City Clerk, Carol Barrett, with questions regarding your property tax or water/sewer bills: 802 655 6410 / cbarret@winooski.vt.gov

Come Work With Us!

By Infinite Culcleasure

PYC works all year round, and right now we are hiring a part-time Neighborhood-Based Community Organizer. The organizer will be responsible for developing relationships with adults and youth through one-to-one meetings and group conversations. The organizer will also support them as they work together to advance an important educational issue, do research, develop their leadership and organizing skills, and take action.

The ideal candidate will have a strong ability to build new relationships (in person, door-to-door, community events, phone calls). Attention to detail and excellent follow-through skills are required. Proficiency with computers, specifically email and calendars, is important. The candidate must also demonstrate respect for people of all backgrounds and the ability to motivate and work well with volunteers. Interest in educational issues and an understanding of the school system as well as the challenges faced by families in low-income communities are a plus.

We place a high priority on personal learning, relationship-building and creating a respectful organization. Schedule is half-time; Nights and weekend work required; Hourly wage is between \$15.50 and \$18.50 an hour determined by background and experience.

If you are interested, please send us your resume at infinitepyc@gmail.com



Winooski Food Shelf Schedule for May

By Linda Howe, Winooski Food Shelf Coordinator

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

Wednesday, May 8th	2:00 p.m. to 4:00 p.m.	Pantry staples, meat, eggs
Saturday, May 11th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, deli items
Wednesday, May 22nd	2:00 p.m. to 4:00 p.m.	Pantry staples, meat, eggs
Saturday, May 25th	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, deli items

Saturday, May 11th is the annual Postal Carrier Food Drive. If you can spare a couple of cans of food, please put them at your mailbox. On that one day your Postal Carrier will pick the food up and deliver it to the Winooski Food Shelf. Much needed items include: canned beef stew, canned hash, canned pasta meals, boxed meals to make a hamburger or tuna one dish meal, tomato paste, canned tuna or chicken or salmon, canned beans such as garbanzo, kidney and black beans, pasta sauce, children's cereals, and canned fruit. Please check to be sure to check the expiration date. Thank you for helping our neighbors!

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. **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.**

VOLUNTEER CORNER

Spring Back into Volunteering this May

By Olivia Miller, Community Engagement & Volunteer Coordinator

Winooski Youth Football Head Coach 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. Please contact Alicia Finley for more information at AFinley@winooski.vt.gov

Homework Help Tutors Needed

Under the direction of the Winooski Memorial Library, Homework Help Tutors provide basic instruction in a variety of content areas to local middle and high school students so that students can master skills needed to succeed in school and beyond. Tutors will have an on-site supervisor to provide training, support, and direction as needed.

Time Commitment: Tutoring sessions are Monday through Thursday from 6PM to 9PM. Tutors sign up for at least one 1.5 hour session per week. We are also flexible with schedules

and will try to work with you. Questions? Please contact the Volunteer Coordinator at volunteer@winooski.vt.gov

Drivers for Meals on Wheels

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 9:30am to 11am. Have 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 Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager



**Winooski Partnership
for Prevention**
Education | Awareness | Engagement



Winooski Partnership for Prevention Executive Director and youth board member testify at Vermont Statehouse

“People feel like nothing can happen to them or people they care about,” Lukas Zweeres, a ninth grader at Winooski High School and youth board member for Winooski Partnership for Prevention (WPP), told the House Committee on Government Operations Thursday morning at the Vermont Statehouse. “They think there are no consequences [to using marijuana].”

The House committee was taking testimony on S.54, a bill that would establish a taxed and regulated market for cannabis sales in Vermont.

Zweeres joined WPP Executive Director Kate Nugent on a field trip down to the Statehouse to explain, citing research, evidence based prevention strategies, and anecdotal stories, how the bill could negatively impact Vermont communities, and especially youth.

“Regular use among Vermont high school students of marijuana is 24 percent,” stated Nugent.

“If my goal were to reduce use of marijuana, especially by youth, I would try to keep it from being used in front of kids; to reduce exposure to second-hand marijuana smoke; to have fun substance-free events and programs for youth and people in recovery; to keep it from being sold everywhere; and to try to make sure it is harder to get at home by educating parents to keep it out of sight and inaccessible, if they use,” she advised.

“I would limit promotion, especially of kid-attracting colors, flavors, and cartoon images and not allow it to be sold in food

products like candies and cookies,” Nugent continued. “I would work with local groups to make sure they had the latest, up-to-date information about marijuana and to educate them about the ways marijuana holds people back, holds kids back, and can lead to permanent, debilitating psychosis.”

These are all strategies we should be implementing today, to protect our youth, Nugent wrapped up.

S.54 would allow for dispensaries to set up shop as early as 2021. Sales would



be taxed at 18 percent, below the tax rate recommended by the Governor’s Marijuana Advisory Committee.

Due to this, the bill does not include any funding for youth substance use prevention or public safety programs to prevent and identify impaired driving on the roadways. In addition, the bill places zero restrictions around advertising to youth.

“I don’t think marijuana should be retailed because not only is it affecting the people who are actually buying it,” Zweeres said, “but it’s also affecting kids.”

“When they see it in stores, they will think it is harmless,” he said. “They’ll think, ‘When I’m of age, I’ll do that, I’ll be cool. I can hang out with people if I do that.’”

Counter Tobacco

Tobacco companies spent close to 80 percent of their marketing budget, \$7.3 billion, at the point of sale, according to a 2017 Federal Trade Commission Report. By using price discounts and promotions, tobacco companies are able to keep

products cheap and visible at tobacco retailers, such as gas stations, convenience stores, and pharmacies.

Tobacco marketing at the point of sale matters. Research shows tobacco marketing can cause youth to start smoking, keep current smokers hooked, and make it harder for current and former users to quit and remain in recovery.

Learn more at CounterTobacco.org.

Community Dinners

Thank you Winooski Family Center for putting on such a great art show for our last community dinner of the school year! The programs and conversations with community members during the monthly dinners were fantastic this year, and while we are taking a break from hosting over the summer, we can’t wait to pick the dinners back up in September!

Vermont recruiting teens, young adults for survey on drug prevention

Until now, Vermont public health experts have relied on youth surveys done every two years to inform substance use prevention efforts. But a lot can happen in two years! By surveying 3,000 young Vermonters aged 12-25, PACE Vermont will help close this knowledge gap on rapidly changing questions, such as:

How do young people feel about and use alcohol, tobacco, marijuana or other drugs?

What is happening with trending or new and emerging products (for example, JUUL)?

What effects do legalized marijuana and other substance use policies/laws have on youth?

Are statewide substance use prevention campaigns working?

For more information or to participate in the PACE Vermont Study, visit pacevt.org.

Girl Scouts Update

By Amy Lothrop

Girl Scout Daisy Troop 58806, Brownie Troop 52013, Junior Troop 30948 and Cadette Troop 30187 attended our Third Annual Engineering Day hosted by the local Society for Women Engineers (SWE). They provided some incredible hands-on and fun ways to learn principles of engineering. The Daisies and Brownies learned about aerodynamics. They built different prototypes to figure out how to make them capable of hitting a bull's eye. They loved the trial and error! Juniors experimented with building Paddle Boats, density and different designs. The Cadettes built different bridge designs to see which one would survive load testing. Using triangles, Gabriella and Isabella build one that withstood all the tests. All Girl Scouts finished the day tearing apart electronic equipment, which is their most favorite part of the event. Thank you to SWE for providing this amazing opportunity!

Daisies, Brownies and Juniors attended UVM Chemistry Camp the first weekend of April. They learned the science of Newtonian and Non-Newtonian fluids by building slime and oobleck. They also experimented with densities. Everyone had a tremendously fun time and cannot wait to go again next year. Thank you to UVM Chemistry Camp for provided 16 scholarships to our girls.

Brownies and Juniors continued working on their It's Your Planet journey. We learned how the "eutrophication" (excessive nutrients in water leads to increased plant growth and decreased oxygen for animals) of our local waters can cause air temperature to rise and damage our water. We studied how living in an urban environment can negatively impact our Winooski River. We learned how storm water has many pollutants when there isn't enough natural or man-made filters to go through. Brownies have built water filters and tested the water for phosphates, nitrates and ammonia. We played a recycling game to learn how we can reduce, reuse and recycle to help take care of our planet.

Daisies attended the Winooski Eco Families day. By playing games, they learned to "fish" for recycled items. They sorted recycling, compost and trash. Claudia taught us how to make our own



reusable shopping bags from t-shirts without sewing! It was easy to do -- even for little ones! Cadettes came and listened to Erica from Green Up VT discuss the new composting rules and how important it is to reduce and recycle our many electronic devices. Jim from the Winooski Tree Board shared how local citizen scientists are helping to increase the health and number of trees in our urban environment.

Representative Selene Colburn, District 6-4, came to speak to the Cadette Troop regarding her role in the VT House of Representatives and legislative updates. She helped the girls to brainstorm ways to impact the legislative process by contacting bill sponsors, testifying in committees or emailing local representatives. Thank you Rep. Colburn, a former Girl Scout, for offering your insight and encouragement in the Silver Award process.

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!



Senior Center Update

By Barb Pitfido, Winooski Senior Programs Manager

We need social connections to thrive — no matter our age.

Strong social connections are central to our physical and mental well-being. But when vulnerable older adults experience setbacks, they may become disconnected and isolated.

Isolation is a growing health epidemic.

- More than 8 million adults age 50 and older are affected by isolation.
- The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.

Because the issue of social isolation is so complex, AARP Foundation spearheaded Connect2Affect to seek out solutions. Through research and innovative efforts, they are working to create a deeper understanding of loneliness and isolation, draw crucial attention to the issue, and catalyze action to end social isolation among older adults. When people connect, they affect each other's lives. Go to the Connect2Affect website to learn more: <https://connect2affect.org/>

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.

- 5/6 - Topic: Food for Seniors
- 5/13 - Topic: Exercise for 50+ adults
- 5/20 - Topic: Intergenerational programs

TUESDAYS:

Community Lunch - (served at noon) Food provided by Age Well. RSVP by 5/8 (\$5 by donation at the door)

- 5/14 - MENU: Lasagna Rollups in Marinara Meat Sauce, Vegetable Blend, Wheat Bread, Pumpkin Bar.



SPECIAL FREE PROGRAM AFTER LUNCH - May 14th at 12:30pm - "Clear your Clutter" with Melanie Saia ASP, Realtor® Director of Staging Services for The Malley Group at KW Vermont.

Feeling overwhelmed with too much stuff? Come learn simple steps to reduce your clutter and lighten the weight of your home!

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)
 - » 5/16 - Wear Purple for Peace Theme
 - » 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: May 7th for voting, and May 27th for Memorial Day

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@winooski.vt.gov



Dan Higgins

HEALTH CORNER

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

Greetings from the WSD Health Office!

Spring is officially here and it is time for Kindergarten Registration on May 6th and 7th! We love getting to see all the little ones excitedly bounce up the hall to our table to check in and begin their adventure!

If you have a child who will be coming to kindergarten registration please make sure to have a copy of their immunizations in hand. If they have not had their 5 year old shots, please call your doctor in advance to set up that appointment and bring that appointment date along.

Please note that no child will be allowed to enter kindergarten in the fall unless they have a completed series of vaccines or are exempt. For your convenience here is a list of what we will need: 5 Dtap shots, 4 Polio shots, 3 Hepatitis B shots, 2 MMR and 2 Varicella.

Also, if your child has asthma or a life threatening allergy, please let us know that upon registering. You will be given paperwork that will need to be filled out by the doctor over the summer and returned prior to the first day of school.

If you have any questions regarding kindergarten registration, please don't hesitate to call at 802.383.6040. Thanks and we look forward to meeting you and your child!

Liz and Katharine

Mindfulness Practice

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 — MAY

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	2 Breakfast Round Assorted Cereal String Cheese	3 Blueberry Bread Assorted Cereal String Cheese
6 Iced Honey Bun Assorted Cereal String Cheese	7 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	8 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	9 Breakfast Round Assorted Cereal String Cheese	10 Blueberry Bread Assorted Cereal String Cheese
13 Iced Honey Bun Assorted Cereal String Cheese	14 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	15 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	16 Breakfast Round Assorted Cereal String Cheese	17 Blueberry Bread Assorted Cereal String Cheese
20 Iced Honey Bun Assorted Cereal String Cheese	21 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	22 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	23 Breakfast Round Assorted Cereal String Cheese	24 Blueberry Bread Assorted Cereal String Cheese
27 	28 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	29 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	Meals to all students are free. Extra milk: \$.50 Snacks & snack milk not included. Adult Breakfast: \$1.75 • Adult Lunch: \$3.75	

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Mixed Greens  Taste Test Event Thursday, May 9, 2019	 Happy Birthday Celebration Monday May 13, 2019	1 Pepperoni Pizza Cheese Pizza Vegetable Pizza Steamed Green Beans Fresh Carrot Sticks	2 Spaghetti w/Meat Sauce Garlic Breadsticks Mixed Greens w/Maple Vinaigrette Fresh Celery Sticks	3 Baked Asian Style Chicken w/ Maple Glazed Tofu Pad Thai Steamed Corn Caesar Salad Dinner roll SAUCE MONDAY HERO DAY
6 Nachos Supreme Garden Salsa Southwest Rice Pilaf Warm Black Beans  Festive Dessert	7 Corn Dog Roasted Sweet Potato Wedges Fresh Celery Sticks	8 Homemade Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Caesar Salad	9 Hot Turkey Sandwich Mixed Greens Chef's Mashed Potato Steamed Green Peas	10 General Tso Chicken Sesame Noodles Asian Cabbage Salad Steamed Broccoli Dinner Roll
13 Chicken Patty Sandwich Crinkle Cut French Fries Baked Beans	14 Taco Bar w/ The Works Garden Salsa Rice Pilaf Steamed Corn	15 Pepperoni Pizza Cheese Pizza Vegetable Pizza Broccoli Salad Fresh Carrot Sticks	16 Homemade Shepherd's Pie Mixed Greens w/Maple Vinaigrette Dinner Roll	17 Pancakes Real Maple Syrup Sweet & White Homefries Twin Sausage Links Green Pepper Strips
20 Dress Your Own Burger Garden Pasta Salad Steamed Green Beans	21 Chicken & Cheese Fajita Garden Salsa Rice Pilaf Warm Black Beans	22 Cape Cod Crusted Fish Crinkle Cut French Fries Creamy Coleslaw Dinner Roll	23 Oven Baked Fish Sticks Caesar Salad Steamed Corn Dinner Roll	24 Pepperoni Pizza Cheese Pizza Vegetable Pizza Fresh Carrot Sticks Cucumber Greek Salad
27 	28 Nachos Supreme Nacho Cheese Sauce Garden Salsa Rice Pilaf Roasted Chick Peas	29 Homemade Cheesy Breadsticks Marinara Dipping Sauce Cheddar Broccoli Soup Caesar Salad	30 Macaroni and Cheese Steamed Carrots Fresh Celery Sticks Homemade Cornbread	31 French Toast Sticks Sweet & White Homefries Twin Sausage Links Green Pepper Strips

Daily Lunch Offerings:

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

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

ALSO: Middle and High school menu information is available at <http://wsdfood.abbeygroup.info>.

You can also learn about options for managing your child's account at the website.

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

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*** DO YOUR PART ***

VOTE!

MAY 7, 2019

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