

WINOOSKI SCHOOL DISTRICT NEWS!

AUGUST 2019

ALSO INCLUDES 6 PAGES OF
Community News!
STARTING ON PAGE 8

celebrating Our Achievements!



SAVE THE DATE!

WSD Back-to-School Family BBQ

- **When:** Thursday, August 22nd, 5:30-7:00pm
- **Where:** Winooski School Café
- **Who:** All families and staff members

Celebrate the beginning of the 2019-20 school year, meet teachers 6:30-7:00pm and enjoy a delicious BBQ dinner 5:30-6:30pm.

Preschool to 12th grade welcome!
We hope you can join us!



WINOOSKI SCHOOLS
We are the future.

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Getting Ready for School

By Sean McMannon, Superintendent of Schools

It is important to soak up every last wonderful summer moment and to begin preparing our students and ourselves to get back into the school routine. First, I want to remind you of some important August school dates:

- **WSD Back-to-School Family BBQ:** Thursday, August 22nd, 5:30 pm, WSD Cafe
- **1st Day for K-5th graders:** Wednesday, August 28th, 8:00-3:00
- **1st Day for 6th and 9th graders:** Wednesday, August 28th, 8:00-12:15
- **1st Day for All Students:** Thursday, August 29th, 8:00-3:00

Second, I would like to ask for your help in preparing our students for the transition back to school. Here are a few helpful tips to provide a smooth return to school from the following resources:

- <http://www.webmd.com/parenting/family-health-12/back-to-school-prep?page=1>
- http://kidshealth.org/parent/positive/learning/back_school.html#

1. Battling the Butterflies

As with any new or potentially unsettling situation — like starting school for the first time or entering a new grade or new school — allow kids time to adjust. Remind them that everyone feels a little nervous about the first day of school and that it will all become an everyday routine in no time.

Emphasize the positive things about going back to school, such as hanging out with old friends, meeting new classmates, buying cool school supplies, getting involved in sports and other activities. It's also important to talk to kids about what worries them and offer reassurance: Are they afraid they won't make new friends or get along with their teachers? Is the thought of school work stressing them out? Are they worried about the bully from last year?

Although it's normal to be anxious in any new situation, a few kids develop real physical symptoms, such as headaches or stomach aches, associated with the start of school. If you're concerned that your child's worries go beyond the normal back-to-school jitters, speak with your child's doctor, teacher, or school counselor.

2. Re-Establish School Routines

Use the last few weeks of summer to get into a school-day rhythm. "Have your child practice getting up and getting dressed at the same time every morning," suggests school psychologist Kelly Vaillancourt, MA, CAS. Start eating breakfast, lunch, and snacks around the times your child will eat when school is in session. It's also important to get your child used to leaving the house in the morning, so plan morning activities outside the house in the week or two before school. Finally, make sure students get enough sleep, eat a healthy breakfast (free breakfast is served for all WSD students each morning) and have them organize and set out what they need the night before. Homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms.

3. Nurture Independence

Once the classroom door shuts, your child will need to manage a lot of things on his own. Get him ready for independence by talking ahead of time about responsibilities he's old enough to shoulder. This might include organizing his school materials, writing down assignments, and bringing home homework, says Nicole Pflieger, school counselor at Nickajack Elementary School in Smyrna, GA.

Even if your child is young, you can instill skills that will build confidence and

NOTES FROM THE CENTRAL OFFICE

independence at school. Have your young child practice writing her name and tying her own shoes. “The transition to school will be easier for everyone if your child can manage basic needs without relying on an adult,” Pflieger says.

4. Create a Launch Pad

“Parents and teachers should do whatever they can to facilitate a child being responsible,” says Pflieger, who was named School Counselor of the Year by the American School Counselor Association in 2012. At home, you can designate a spot where school things like backpacks and lunch boxes always go to avoid last-minute scrambles in the morning. You might also have your child make a list of things to bring to school and post it by the front door.

5. Set Up a Time and Place for Homework

Head off daily battles by making homework part of your child’s everyday routine. Establish a time and a place for studying at home. “Even if it’s the kitchen table, it really helps if kids know that’s where they sit down and do homework, and that it happens at the same time every day,” says Pflieger. As much as possible, plan to make yourself available during homework time, especially with younger kids. You might be reading the paper or cooking dinner, but be around to check in on your child’s progress. Encourage kids to:

- Develop good work habits from the get-go, like taking notes, writing down assignments, and turning in homework on time
- Take their time with schoolwork
- Ask the teacher if they don’t understand something

6. Make it a Family Affair

Together, you and your child can plan for success in school. For instance, sit down with your child to create a routine chart. Ask your child what she wants to do first when she first gets home from school: play outside or do homework? Her answers go on the chart. “The more kids have ownership in creating a routine for themselves and setting expectations, the more likely they are to follow it,” says

Vaillancourt.

Whether their summer was jam-packed with activities or filled with complaints about being bored with nothing to do, kids often have a tough time making the back-to-school transition.

7. After-School Plans

School gets out before most working parents get home, so it’s important to figure out where your children will go, or who will be at home, in the afternoons. You might find an after-school program through the school itself, a local YMCA, or a Boys and Girls Club. If possible, try to arrange your schedule so you can be there when your child gets home during those first few days of school. It may help your child adjust to the new schedule and teachers.

8. Talk to the Teachers

Of course, teachers are the reason your child is there. To ensure kids get the most out of school, maintain an open channel of communication with the teachers by e-mailing or talking with them throughout the school year to discuss your kids’ academic strengths as well as weaknesses.

When you talk to your child’s teachers, ask about their approach to homework. Some teachers assign homework so kids can practice new skills while others focus on the accuracy of the assignments they turn in. Ask for the dates of tests and large assignments so you can help your child plan accordingly. For instance, if you know a big test is coming up on Friday morning, you will know to keep things simple on Thursday evening.

9. Notify School of Medical Issues

- Have your kids received all necessary immunizations?
- Have you filled out any forms that the school has sent home, such as emergency contact and health information forms?
- Do the school nurse and teachers know about any medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed during the school day?

- Have you made arrangements with the school nurse to administer any medications your child might need?
- Do the teachers know about any conditions that may affect how your child learns? For example, kids with attention deficit hyperactivity disorder (ADHD) should be seated in the front of the room, and a child with vision problems

Most of all, whether it’s the first day of school or the last, make sure your kids know you’re there to listen to their feelings and concerns, and that you don’t expect perfection — only that they try their best. Thank you for working with WSD to benefit our students!



Miss a School Board Meeting? Watch Online!

You can watch Winooski School Board meetings online 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.



front porch forum™
HELPING NEIGHBORS CONNECT

Stay in the Loop — Join the 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.

WSD School Board Notes

By Mike Decarreau, Winooski School Board President

Welcome to the August school board newsletter. I would like to begin by congratulating our 2019 graduating class and wish them well in their future pursuits of two and four-year degrees and career opportunities. And thanks to school board member Margaret Bass for an inspiring and joyful speech to our 2019 grads!

We are continuing to move forward in our pre-construction phase of our capital project to modernize our learning environment and update a lot of aging infrastructure. In mid-July we interviewed several candidates for the position of Owners Project Manager (OPM). This position is critical to our planning and successful execution of this project. The OPM will be our advocate as we work with various groups including the architects, construction management team, and various subcontractors being utilized. In early August we will

be interviewing the construction management teams that have shown an interest in this project. This firm will be responsible for coordinating all the subcontractors being used during this project and ensuring all is done to the design and plans that are being developed. A construction management team should be approved by the board by the end of August. We will be getting an update out regularly as we move forward during this exciting time in the revitalization of our school facilities.

This activity is long overdue as we have made some additions to the facility over the years but have not gone back to upgrade the oldest of our structures. As mentioned by school board member Matt MacNeil in the July newsletter, we will be holding several of our board meetings in

“We cannot always build the future for our youth, but we can build our youth for the future”

— FRANKLIN D ROOSEVELT

a different venue so that we can get into discussions with the broader community to give updates on progress and receive

input. Please join us in these sessions to gain an understanding of the school district’s needs and get feedback from you.

In late August the school board will be holding a joint meeting with the Winooski City Council in order to review our overall strategy and effectiveness in addressing the needs of our community from both the city and school perspectives. Keeping both teams fully informed on various projects we are working on will be very important moving forward.

Thanks again for all your support of Winooski schools and families!

Winooski Schools are Blurring The Lines Between School, College, Career, and the Community

High School to Transcend School Walls to Help all Learners Achieve 21st-Century Definition of Student Success

By Emily Hecker, Director of Communications and Development

Winooski School District (WSD) has been awarded a \$500,000 grant, spread out over three years, from the Barr Foundation for the implementation of a redesigned school model for Winooski Middle High School aimed at creating a Wider Learning Ecosystem (WLE).

Through the WLE grant, Winooski School District leaders will put into action a flexible, student-centered school model that blends the lines between school, college, career, and community.

What does that mean for Winooski students? Kate Grodin, Co-Principal of Winooski Middle High School, explains: “The Barr grant is going to allow us to deepen our transformational efforts to make our school supportive and engaging for all learners. We will continue to explore community partnerships at a variety of different levels - bringing the community into the school, such as guest speakers and visitors to share their work, and bringing students out into the community to do fieldwork and

internships. We are hoping to respond to the students’ desire for a well-balanced “variety pack” of experiences with this grant work.”

WSD has already been incorporating student-driven, field study experiences into different programs, and the students’ responses speak volumes.

On a recent trip to Rubenstein Ecosystem Science Laboratory, incoming 9th grader Aden Jelle, shares his excitement about the day’s project: fish dissection. “It was so interesting seeing all the parts of the fish, I’ve never done that, never looked inside a body,” he said of the experience. “I was interested in this because I would like to be a cardiologist and want to learn



WSD student Aden Jelle, 14, at Rubenstein Ecosystem Science Laboratory (7/19)

how bodies work so I can help people.”

Barr Foundation has a strong interest in supporting high school students with individualized, student-centered, flexible pathways to post-secondary success. “We are excited to continue our partnership with Winooski School District through the Wider Learning Ecosystem cohort,” said Jenny Curtin, the Barr Foundation’s

Senior Program Officer for Education. “Winooski’s educators and students have committed to launching a redesigned high school experience that leverages community assets as part of the core

(continued on page 4)

experience for all students.”

A portion of the funds will be used to hire a Community-Based Learning Coach, as well as a Coordinator to manage the logistics of the fieldwork opportunities and internships for students. The funds will also support professional development, and an Innovation Fund, which will be available to teachers and students through a proposal process.

Sean McMannon, WSD Superinten-

dent, is enthusiastic about the possibilities the grant opens up, “We can start with a student’s passion, and then look for ways to help them develop that passion by utilizing the tremendous expertise in our community, the organizations and businesses that are already doing the things that the students are interested in learning about.

Learning and student growth work best when the whole community is involved, not just within a traditional

classroom setting.”

Superintendent McMannon also believes not only Winooski students will benefit from this new model focusing on out-of-the-classroom experiences, stating, “We might be able to help solve problems for some of our local businesses and nonprofits — getting students’ perspectives can bring fresh ideas and innovative solutions.”

Act 166 Publicly Funded Pre-kindergarten for children between the ages of 3 and 5 who reside in the town of Winooski, Vermont

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

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 Lauren Coppola-Dyer at the Winooski School District support services office at 60 Normand St. Winooski VT, 05404.

Please contact Maybeline Lopez at 802-383-6063 with any questions.

ANNOUNCEMENTS



Winooski Wednesdays

Our next FREE Summer concert series is on **August 7** - join us in Rotary Park from 6 to 8 pm with musical guests Raised by Hippies. Stop by the Monkey House beer garden for refreshments (cash only)! We've also got free meals for kids 18 and younger. Looking to bring take-out into Rotary Park or discover a Winooski business during the event? Follow our friends @DowntownWinooski on Instagram to see what's happening on #WinooskiWednesdays.

FREE Training Opportunity for Women in Chittenden County

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



TRAILBLAZERS
Women in the Construction Trades

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

Training includes:

- 10 weeks of free hands-on training (field evenings and Saturdays) covering core construction, electrical, plumbing and pipefitting skills, and solar skills led by women
- Nationally recognized certifications (NCCER Open Curriculum, OSHA 10, First Aid & CPR)
- Access to mentors, job shadows, and one-on-one job/apprenticeship placement support
- Weekly stipend to help cover transportation, child care or other needs
- All necessary materials, tools, and clothing

This training is for you if you want:

- New skills that can provide work in high-demand sectors
- A great job that allows you to work with your hands and see results
- The stability of a career pathway leading to salaries of \$70K, plus benefits

Upcoming Trainings
September - November 2019
SkillTech, Center for Technology Essex, Essex, VT



Upcoming Trainings coming September - November 2019!

To apply or learn more:

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

Rice Memorial High School Fourth Quarter Honor Roll

By Katie Chapa Enrollment and Marketing Specialist

Lisa Lorenz, principal at Rice Memorial High School (RMHS) in South Burlington, announced the following Winooski students achieved Honor Roll status for the fourth quarter of the 2018-2019 school year.

First Honors: Sadie Vincent

Second Honors: Lisa Uwiduhaye

Honorable Mention: Seth Cardinal, Evan Eaton, Merase Niyonsaba.

Free Summer Playgroups

- Every Tuesday (except on 8/6) at 87 Elm Street
- 9:30-11:30AM, starting on July 9th
- WIC-visit on 8/20
- Thursdays (field trips, please see details below)

Playgroups for kids 5 years of age and younger with parent or caregiver. Field Trip rain location: 87 Elm Street.

August Summer Schedule

- 8/1 Landry Park playground, activities, stories, and Snack (meet at Landry Park, 10AM-12PM)
- 8/15 Gilbrook Nature Area, nature walk and exploration, and Snack (meet at entrance on Campus Road, 10AM-12PM)
- 8/22 ice cream social, activities, and Snack (meet at 87 Elm Street, 10AM-12PM)

Also in Winooski this Summer...

- Visit the Winooski Memorial library (802-655-6424)
Open Tuesday-Friday: 10am to 6:30pm, Saturday: 10am to 2pm. Closed Sunday/Monday.
FREE meals served at the library for children 18 years and younger. Please be sure to accompany your children!
If you have any questions, please call the Winooski Family Center at 655 1422 or send an email to mkerkering@howardcenter.org.

International Day of Peace is September 21



By Pat Sears

The International Day of Peace ("Peace Day") is observed around the world each year on 21 September. Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.

The Winooski Peace Initiative is planning an evening peace vigil and encourages others to plan activities as well. Visit here for ideas: <https://internationaldayofpeace.org/get-involved/> Contact us for additional ideas, help or to coordinate: patricia.sears@gmail.com



**JFK Summer School
2019**

By Katherine Blair

Approximately 100 students participated in four weeks of fun and learning during the JFK Summer School program, which ran from July 8th until August 1st. Students were broken into grade level teams where they spent time learning about the topic of “Personal Goal Setting”. Students participated in daily morning meetings with their teams, deepened their literacy skills by daily read alouds & independent reading and practiced their math facts in order to sharpen their math skills. Each grade level developed their own activities to develop students’ skills with learning how to set and achieve personal goals. This year students set personal reading goals and logged their reading time in order to earn prizes through the “Read to Achieve” summer reading program. Students earned an array of prizes (including books and backpacks) by meeting set reading goals for this program.

The program for incoming kindergarteners ran for two weeks (July 8th – July 18th). Students entering kindergarten in the fall were invited to attend one week of this summer school program. Students met fellow peers and teachers while becoming acquainted with JFK Elementary. Students visited various classrooms they will encounter in the fall such as the playground, art room, music room, gymnasium, cafeteria and performing arts center. Turn out for the program was exceptional with approximately 20 students attending daily.





Middle/High School Report Card

By Kate Grodin, WMHS Co-Principal

August is typically the slowest month of the year, unless you're an educator! This month the preparatory work for the new year really begins to pick up! Chairs and desks are counted, syllabi are revised and edited, classrooms begin to like places of learning again- we just need students! Enjoy the last of the leisurely days, read a good book, and we will welcome everyone back on **August 22nd for the school-wide BBQ!**



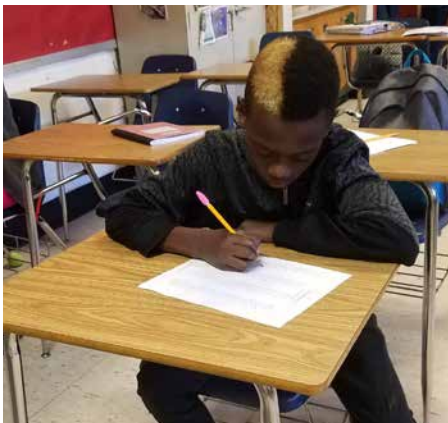
The Burlington/Winooski Middle School Summer Program

By Suzanne Skaflestad, CCLC Director

The Burlington/Winooski Middle School Summer Program is underway with over 40 students from Winooski attending the 5-week program. The students engage in a variety of programs that help support growth in the graduate expectations: critical thinking, communication, creativity, well-being, culture and community and persistence. Some of the classes that students are taking include: English language skills development, math and literacy classes, cartooning, gardening and cooking, cycling, sailing, birding and exploration, bait fishing, anime and manga, sports and more!

Winooski students are enjoying summer school because:

- "I like math and English classes because it helps me learn more."
- "I like the teachers and the students in the room because they are funny."
- "It is fun because we get to cook the food ourselves and have more experience with cooking."
- "I like the fact that the teachers are open to letting me do the things that suite me best."
- "We get to pick what we want to make in cooking class."
- "I enjoy biking the most because it's fun and we get to be outdoors and it is good exercise."
- "I like making food."
- "They teach me many things."
- "They teach me English."





COMMUNITY NEWS

Municipal Update — August

By Paul Sarne, Communications Coordinator

Council Liaison Update Highlights

Here are a few highlights from our City Council Liaison Updates. To read our full Council Liaison Updates (and to subscribe), visit winooskivt.gov

The Winooski Planning and Public Works Commissions hosted the East Allen Street Scoping Study public meeting last month with the Chittenden County Regional Planning Commission (CCRPC) and our engineering partners VHB. This ongoing discussion aims to improve safety and traffic flow along the East Allen corridor – low cost, easy to implement changes such as restriping and painting of bike and travel lanes were presented as well as more permanent options such as curb/sidewalk/greenbelt construction and other comprehensive design elements. Full project information, designs, meeting information, and feedback submissions can be accessed via the project page: <https://bit.ly/east-allen-scoping>

Mayor Kristine Lott hosted an episode of “In the World of Winooski” on CCTV Vermont (CH 17) which featured a discussion with Susan McCormack and Keshia Ram of Creative Discourse and Abeer Alzubaidy from the Winooski School District to discuss diversity, equity, and inclusion in Winooski. This episode captures the important work we’ve completed (such as the Equity and Diversity Summit) and the work we’re committed to. Later in August, City staff and leaders will present this work at the 2nd Annual Vermont Community Leadership Summit.

Employment Opportunities

The City of Winooski Police Department is currently accepting applications for a full-time police officer.

Visit winooskivt.gov/jobs to learn more and apply today.

Police and Public Safety

The Winooski Police Department is pleased to announce that Officers Shawna Crump and Thomas Cardin have been promoted to the position of Sergeant. Sergeants Crump and Cardin have been exemplary employees of the Winooski Police Department and these promotions reflect their dedicated service and commitment to making our community a safe place to live and our department an excellent place to work. We welcome them to their new leadership roles.



Other Updates

United States 2020 Census and Employment Opportunities

By April 2020, households across America will receive an invitation to participate in the 2020 United States Census and the City of Winooski will be assisting the United States Census Bureau in their efforts to complete this important initiative. Comprehensive information will be available in the coming months outlining how Winooski residents can participate and the importance of doing so. The U.S. Census Bureau is currently recruiting thousands of people across the

country to assist with the 2020 Census count. A variety of temporary jobs will be available including census takers, recruiting assistants, office staff, and supervisory staff. The City of Winooski invites our community members to learn more about and share these employment opportunities by visiting <https://2020census.gov/jobs>

Vermont Department of Transportation (VTRANS) Projects

- Colchester I-89 Bridges Project - construction continues on the Colchester I-89 Bridges Project (part of the Accelerated Bridges Program) between Exit 16 and Exit 17.
- I-89 Exit 16 Diverging Diamond Interchange (DDI) - major improvements are planned for the roadway along the US Routes 2/7 corridor, in the vicinity of I-89 Exit 16. The project area extends from in the Colchester-Winooski town line north for approximately 1 mile to just beyond the intersection of Sunderland Woods Road at US Route 2/7. The core of the project is to reconfigure the existing tight diamond interchange to a Diverging Diamond Interchange at I-89 Exit 16.

Visit vtrans.vermont.gov/projects for comprehensive project information and to sign up for updates.

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

SWIMMING & WATER SAFETY EVENTS
 August 14th
 at the GREATER BURLINGTON YMCA, 266 College Street
FREE! Open to all ages and families!
 Please tell us if you need interpretive services!
6:00P-6:45P
 Enjoy snacks and a presentation about how to keep yourself & your family safe around the water.
7:00P-8:00P
 Join instructors in the pool to learn basic swim techniques focused on safety.
 Maximum of 20 families for each session. Please Register at the YMCA:
 gbymca.org | 802-652-8143



Presented by:  

FREE Swimming & Water Safety Events

August 14th at the GREATER BURLINGTON YMCA, 266 College Street

This event is FREE and open to all ages and families! Please tell us if you need interpretive services!

SCHEDULE

- 6:00P-6:45P: Enjoy snacks and a presentation about how to keep yourself & your family safe around the water.
- 7:00P-8:00P Join instructors in the pool to learn basic swim techniques focused on safety.

Maximum of 20 families for each session. Please register at gbymca.org or call 802-652-8143.

Winooski Police Offer Public Safety Summer Camp

The Winooski Police Department would like to thank and recognize the Winooski School District students who participated in our Public Safety Summer Camp.

Students spent an entire week learning about public safety enforcement, EMS rescue, fire & life safety, and so much more. Students did an absolutely amazing job and should be proud of the work they accomplished!

We hope you enjoyed spending some of your summer discovering the important public safety skills needed to serve our community while having so much fun.

We'd also like to recognize the many regional partners who helped us provide workshops, activities, and educational opportunities all week – your support in this program made it a huge success.



VOLUNTEER CORNER

By Olivia Miller, Community Engagement & Volunteer Coordinator

The City of Winooski has a number of amazing volunteer opportunities available – visit winooski.vt.gov/volunteer to learn more and apply today!

Youth Engagement Volunteers

The Youth Engagement Volunteer will keep youth actively engaged in various drop-in activities happening at the O'Brien Community Center. Activities could include a pick-up basketball or dodgeball game, talking with youth, board/card games, or craft projects.

Youth Football Assistant Coaches

Football season is right around the corner! Are you tough enough to be a Spartan? Youth Football Assistant Coach Volunteers create a positive learning environment where children learn sportsmanship, fundamental skills, teamwork, and responsibility. Pre-season begins August 12th.

Senior Center Garden Volunteers

Volunteers will tend to the public garden/vegetable plots located at the Senior Center on 123 Barlow Street. Volunteers plant, weed, and water the public plots for the community to enjoy. Basic gardening tools provided. Staff support is available on site during senior programming hours, Tuesday-Friday, 9-2pm. Family Friendly!

Trail Crew Volunteers

Perform vital trail work at various Winooski trail systems! Assist in building, maintaining and restoring trails that will prevent erosion and are safe for users.

Meals on Wheels Delivery Drivers

Under the direction of the Winooski Senior Center, Meals on Wheels Delivery volunteers help to combat hunger and to provide a lifeline and companionship for under-resourced community members who might

otherwise be isolated. Meals on Wheels are delivered every weekday, Monday through Friday from 9:30am – 11am. Family Friendly!

Circle Of Support and Accountability (CoSA)

Under the direction of the Winooski Community Justice Center, CoSA volunteers serve as a source of support and accountability for someone transitioning into the community after a period of incarceration (the core member). Volunteers with CoSA meet once a week with two or three other volunteers and the core member. They walk with a core member as they transition from prison to community, and work through all of the changes and challenges that come with that transition.

Zumba Gold Finds a Home at Our Lady of Providence

By Gail Callahan

Katherine Rowe arrives early on the Thursday she leads the Zumba Gold class at Our Lady of Providence (OLOP) Residential Care Facility.

Rowe, who leads the class every other week, was introduced to the facility through a relative, who works for the Roman Catholic Diocese of Burlington.



Katherine Rowe, Zumba Gold instructor, with OLOP resident George Crowley. (All photos by Gail Callahan.)

“She mentioned that I should get out here,” said Rowe, a newly minted Zumba Gold instructor.

Generally, seniors favor Zumba Gold since it's lower intensity than traditional Zumba classes.

Zumba Gold seeks to improve balance, strength, flexibility and the heart.

Rowe has been a presence, leading the popular Zumba Gold class since November. The 30-minute program, held in the first floor living room, typically draws about 10 to 12 residents. Some residents stand while others sit in chairs, following Rowe's routine, and it's common for OLOP staff to join in.

The class spills from the living room into some of the dining room space. Pop music hits that span the decades blare out from a machine. The pulsing beat prompts everyone in the room to move.

“I really like this (program) because Katherine has done a miraculous job adapting the program to the needs of the residents,” said Life Enrichment Director Kristie Daigneault. “I like the adaption aspect.”

Participating in a social hour after

the class wrapped, Sister Lucille Bonvouloir, RSM, is always eager to join in Zumba

Gold. Bonvouloir, who was the driving force behind the founding of the Committee on Temporary Shelter, didn't miss a beat when she explained why she's drawn to the class. “It keeps us moving, and it's fun.”



Sister Rita Hammond, RSM



Sister Lucille Bonvouloir

Winooski Food Shelf Schedule for August

By Linda Howe, Winooski Food Shelf Coordinator

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

Saturday, August 10th	9:30 a.m. to 11:00 a.m.	Fresh fruit, veggies, bread, deli items
Wednesday, August 14th	2:00 p.m. to 4:00 p.m.	Pantry staples, meat, eggs
Saturday, August 24th	9:30 a.m. to 11:00 a.m.	Fresh fruit, veggies, bread, deli items
Wednesday, August 28th	2:00 p.m. to 4:00 p.m.	Pantry staples, meat, eggs

The Food Shelf would be grateful for donations of new or used plastic grocery bags or multiple use bags. During the summer months our donations have dwindled and we are now out of bags.

Food Shelf Policy: Winooski residents may access the pantry staples one Wednesday each month. Folks may come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's and Winooski's own Commodities market supply 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 802-318-0460.

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 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 of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404.

New Donation Drop Off Location: J & J's Corner Market, located at 12 Malletts Bay Avenue (on the corner of West Allen Street) is a new drop off location. They are closed Sundays. Hours are 10 a.m. to 9 p.m. and their phone number is 802-654-8008.

North End Studio–Winooski Now Available For Events

As of July 1st, North End Studios-Winooski, located at the O'Brien Community Center, opened its doors for Winooski residents to a wide array of events, classes, international dinners and rental possibilities.

Since spaces that can accommodate more than 100 people are difficult to find, a top priority has been 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. The smaller rooms at the O'Brien Community Center are now featuring weekly classes and meetings. However, there is still room to expand the programming and we invite you to join us.

Here are some of the ways you can get involved with North End Studios-Winooski:

The Community Room – Are you looking for an attractive, affordable place for a party, meeting or class? This room accommodates up to 100 people for those special plans you have.

The Ballroom – This spacious room is perfect for a party, dance event or conference. (Accommodates: 150)

The Dance Studio – Renovation is underway to create a great space for classes and rehearsals in any kind of movement activity. It will be equipped with mirrors, sound system, and wood floor

The Small Meeting Room – Are you looking for a small affordable gathering space outside your office or home? This is perfect for groups of 10 to 25, depending on the activity.

The Community Kitchen – This kitchen is perfect for catering, preparing food for parties, and small food business start-ups. We are currently in the process of getting the kitchen ready for re-certification as a commercial kitchen.

Special Events- From time to time, the North End Studios-Winooski hosts international dinners, art exhibits and more. Look for upcoming events at northendstudios.org.

Plans for our fall offerings are coming together, and we'll be announcing the schedule soon. For more information



about rental rates, classes, and upcoming events, visit our website northendstudios.org, call 802-863-6713, or email info@northendstudios.org.



Health Equity from Tobacco Control

By Elaine Ezerins, Communications and Development Manager

Does tobacco advertising in stores target certain groups of people, such as youth, low income populations and racial/ethnic minorities? Of the Winooski and area residents who responded to this question in our 2018/2019 Winooski Tobacco and Alcohol Advertisement Opinions Survey, 43% strongly agreed with this sentiment while others varied between somewhat agreeing to having no opinion.

The truth is Big Tobacco does target certain populations with marketing and advertising, leading to health disparities among those populations.

If a health outcome is experienced greater or less between populations, there is disparity, according to the Office of Disease Prevention and Health Promotion. Race or ethnicity, gender, sexual identity, age, disability, socioeconomic status, and geographic location all contribute to an individual's ability to achieve good health.

Michael Scott, the program manager at the National African American Tobacco Prevention Network (NAATPN), discussed in a training this month how Big Tobacco companies, especially those who produce menthol cigarettes, have targeted African Americans with its marketing, which has led to health disparities among this population.

Scott said prior to World War II and the Great Migration to the North, tobacco factories were the primary employer of African Americans. "The tobacco industry was the first major industry to provide free slaves, African Americans with jobs, with careers where they were able to support their families," he said. "The tobacco industry was way ahead of its time in hiring black folks, putting them in management positions and kind of digging their way into the black community in the sense of being someone who supports the black community."

Scott said early tobacco advertising was offensive to the African American community, but soon, the tobacco industry realized this population was an untapped market. The industry began targeting African Americans,



"showing their support for the community" in their advertisements, which led to increased use of cigarettes among this population.

As a result of targeted marketing, menthol use among

African Americans has skyrocketed over the last 50 years, with more than 88 percent of African American smokers smoking menthol cigarettes in 2016. In comparison, only 30 percent of white/non-Hispanic smokers smoked menthol cigarettes.

Why is menthol, an organic compound found in peppermint, a contributor to health disparities among African Americans? Research shows that smokers who use menthol tobacco products have a harder time quitting.

Tobacco use claims the lives of approximately 47,000 African Americans each year. "Close to 70 percent of the leading causes of death among African Americans can be related to tobacco use and smoking," Scott said.

Scott said other ways Big Tobacco have targeted African Americans are through high-density advertising, promotions and discounts in their communities, vans handing out free samples, donations to African American elected officials, and sponsoring community events.

Scott emphasized that African Americans aren't the only population being targeted with marketing. "There's a changing landscape of tobacco use," he said, with more and more young people picking up e-cigarettes.

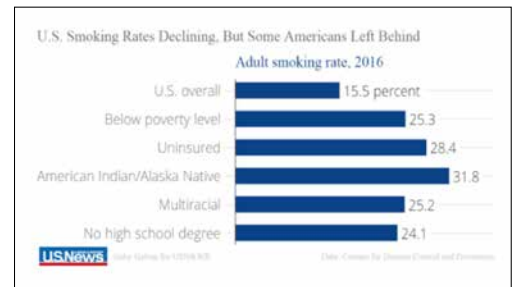
He said many young people, when they hear tobacco, they think of cigarettes, not JUUL or flavored tobacco products. In Vermont, 25% of youth who use tobacco believe flavored products are safer, according to Counter Balance VT.

"We're seeing the tobacco industry kind of focusing on that younger crowd, younger audience because what happens to their older customers? They're dying because of the products," Scott said. "So they have to continually recruit new smokers."

So what can communities do to support health equity and combat the tactics of Big Tobacco companies?



Graphics courtesy of NAATPN



Communities can support reductions in point-of-sale advertisements, increases in taxes on tobacco products, expand smoke-free areas, and ban menthol and flavored tobacco products.

For more information and ways you can get involved, visit CounterBalanceVT.com. Want to quit tobacco or stay quit? Wherever you are on your path to quitting, help is here. Visit 802Quits.org.

Join 2019 Winooski Youth Football!

The Winooski Co-ed Youth Football program aims to teach grades K- 8 sportsmanship, teamwork, and the basics of understanding youth football while enforcing safety. Our skill-building exercises give participants an opportunity to play youth football in a fun and competitive environment that welcomes different skill levels!

- K - 4th graders (Flag)
- 5th - 6th graders (Tackle)
- 7th - 8th graders (Tackle)

This program will run from Aug 12 - Oct 12. We've also got an amazing Youth Football Skills Development Program from Aug. 5th - 9th! For full program details and to register for this program, visit winooski.vt.gov/rec

Senior Center Updates

By Barb Pitfido, Winooski Senior Center Programs Manager

Our mission is to empower seniors for personal independence, healthy aging, social connection, and life-long learning. Join us for some great low and no-cost programs and events this summer and fall. We've created wonderful opportunities for folks to participate during the weekday, evenings and now weekends!

Membership: Your donation of \$5.00 for a yearly membership is an investment in a mission to keep seniors active, connected and engaged in growing! We offer many programs for 50+ folks. We are a fun-loving group of seniors who are from all walks of life and all parts of the area. Our membership is open to everyone and is not required for participation.

We invite you to stop by and check us out! Come see the Community Gardens and our Perennial Flower Gardens at our site and meet the folks that make the senior center so very special. Your ideas for programs are always welcomed and volunteers are always needed.

Upcoming events and activities

Tuesdays:

- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
- Senior Lunch & Learn - (served at Noon) \$5 for seniors 60+, \$6 for under 60 (by donation at the door) - RSVP Required - call us by 9am on the Thursday before the lunch

We serve an Age Well lunch at noon. Call us for the menu. Free programs at 12:30pm

Wednesdays:

- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
- 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)
- 7/18 - Western Theme
- 8/15 - Luau/Elvis Theme
- 9/19 - Talk like a Pirate! Day Theme
- Community Mindfulness - (5:30-6:30pm) Free guided sessions led by instructor Andrea O'Connor

Fridays:

- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
- Age Well New American Senior Lunch & Learn
- Free Tai Chi session led by certified instructor, Viviane Levy at 11am
- Fresh Nepali Lunch (served at Noon) \$5 by donation at the door - RSVP Required

Upcoming Special Events:

- Tuesday, August 20th - National Senior Citizen Day - RSVP by 8/16. FREE BBQ lunch for seniors at Noon. BBQ by the Winooski Police Department.
- Sunday, August 25th - Ice Cream Social and Winooski Dairy Meetup. 2-4:00pm
- Friday, September 5th - Celebration of Bhutanese/Nepali elder's photos and artwork



- Tuesday, September 10th - Senior Harvest Lunch at Noon - RSVP by 9/5
- Saturday, September 21st - UVM Historical Walking Tour - 10am FREE! Call us for more info.
- Monday, September 23rd - Medicare Mondays with the Community of Vermont Elders (COVE) Get help and advice with Medicare. 10am, coffee and treats served.

The Winooski Senior Center...the most exciting place in Winooski! Connect with us anytime:

Find us at 123 Barlow Street

P: 802 655 6425

E: seniorcenter@winooskivt.gov

Facebook: @winooskiseniorcenter



Newsletter of the Winooski School District

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WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 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.

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