

WINOOSKI SCHOOL DISTRICT NEWS!

SEPTEMBER 2019

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

Celebrating Our Achievements!

Meet Winooski's New Middle/High School Co-Principal, Jean Berthiaume!

By Emily Hecker, Communications and Development Director

We are excited to introduce you the new co-principal for the middle and high school, Jean Berthiaume. (Tip: you pronounce his last name like: Birth-yōō-m). Incoming 11th grader, Hussein Amuri, took a stroll with Principal Berthiaume around the track to create a short video to get us better acquainted with our district's newest leader. Watch the video here: bit.ly/meetJean

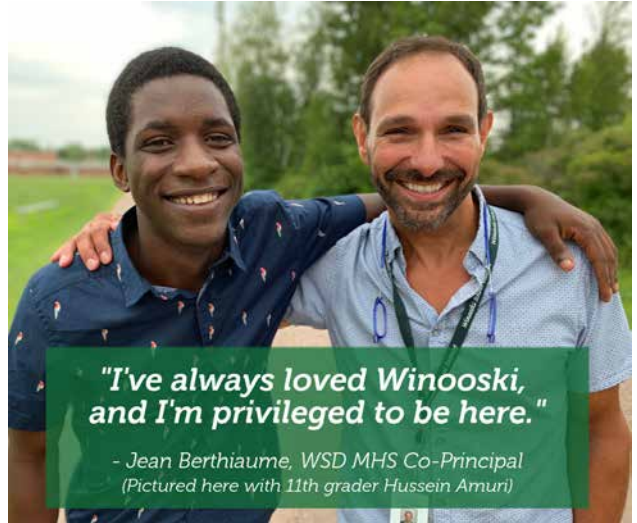
Principal Berthiaume (or Mr. B., or Principal Jean), has been working in education for over two decades. He started his career as a high school social studies teacher. He has also worked as both a middle and high school associate principal, as well as an elementary school principal. What's one of his favorite parts of the job? "I enjoy interacting with students, and I love to see them find success in their learning in school and within the context of their

community," he says.

He was born and raised a mile from the Vermont and Canada border in North Troy, Vermont, with his parents and two brothers. He lived in the village and enjoyed spending time riding his bike around town, playing with friends, and spending time skiing at Jay Peak, where he later became a ski instructor.

Today, he lives with his civil union partner, Ken. They've been together for 24 years. They live in Waitsfield with their 14-year-old son, Kayden, and two rescue dogs, Sophie and Wally.

Mr. Berthiaume is delighted to be working at the wonderful and diverse Winooski School District, which he says has always had a place in his heart. "I



am so thankful to have the opportunity to bring all that I have experienced and learned with me to your wonderful community," Jean says. "I look forward to an amazing school year and getting to know you and your children."



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Building Better Classrooms Together



design will help with this. As a speech language pathologist, I'm excited about providing services in focus spaces located next to the classroom. It will improve our ability to provide services efficiently and increase student connection to classroom instruction," said Catherine Lavigne, Preschool and Kindergarten, Speech Language Pathologist. (Pictured here with architect Cam Featherstonhaugh.)

During the week leading up to the first day of school, teachers and staff met with architects from TruexCullins to discuss the Capital Project floor plan and design concept. Teachers were excited about the "pod" design in the middle and elementary school, which will enhance collaboration and team-based approach to instruction and learning. "We are redefining how to best meet the needs of students, and the building project classroom pod

How are Winooski Students Preparing For The Future?

By Sean McMannon, Superintendent of Schools

We all know that the world continues to change at a rapid pace and schools, in partnership with communities, have the interesting task of preparing students for this swiftly moving target. Our school board, with significant input from the Winooski community, has constructed a bold Ends Statement that describes what our students will look like when they graduate:

“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.”

Every organization, including schools, have a lofty mission, vision and/or Ends Statement...so what? Of course, we want college and career readiness, health and success for our children, but how do we support learning that enables students to truly gain the requisite skills, knowledge and behaviors to reach these ends? First, Winooski middle/high school teachers, students, parents and community members have collaborated to write a set of Graduate Expectations (GXs) that we believe will arm students with the necessary skills, knowledge and behaviors to be ready for college and careers. Our GXs will be taught and rigorously assessed from Kindergarten through graduation, and students will be required to demonstrate proficiency before earning a diploma. These GXs are listed below with our new visual representations or “icons” and a brief description. See if you can match the GX with its icon!



Critical Thinking: I ask challenging questions, examine complex problems, and identify and propose solutions.

Well-Being: I identify my physical, social, and emotional strengths and weakness and take intentional steps to grow.

Communication: I am skillful at taking in and expressing ideas in speech and writing.

Creativity: I express myself through various media and apply my learning in new ways.

Persistence: I accept the challenge of difficult or long-term problems, and I push myself to reach my goals.

Culture and Community: I know and appreciate different people, cultures, and perspectives, and participate in the life of my community and the greater world.



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You may be asking yourself, “What about Math, Science, English and Social Studies?” These essential content areas and others are the vehicles for students to practice our Graduate Expectations (GXs). Teachers will help students learn math and science content, while also teaching how to problem-solve, think critically, communicate learning orally and through writing, and persist throughout the process.

Four years ago, elementary teachers began a multi-year professional development endeavor which combines our GXs with these important content areas. It is called Project-Based Learning:

8 Essentials of Project-Based Learning (PBL)

- Significant Content
- A Need to Know
- A Driving Question
- Student Voice & Choice
- 21st Century Competencies
- In-Depth Inquiry
- Critique and Revision
- Public Audience

This will prepare our younger students for a future of blending skills, content and behaviors. When they hit middle and high school they will be ready to tackle student-centered learning opportunities offered through Expeditionary Learning (EL), the iLab, individual courses, internships and apprenticeships and, ultimately, earn a diploma that ensures they are ready for the world.

Lastly, we cannot forget that students need to be physically, socially, emotionally and behaviorally ready to accomplish all of this learning. These needs must be met for our students to truly be ready to learn. As you know we have a number of “ready-to-learn” programs that have shown great results thus far such as Mindfulness, Spartans-In-Motion (SIM), Universal PreKindergarten and free student meals. In addition, we will be in the second year of our WSD School-Wide Student Expectations. All WSD students will be held responsible for meeting these expectations to create a caring climate and rigorous place of learning.

- **Honest**
- **Engaged**
- **Appropriate**
- **Responsible**
- **Timely**



All of this work will lead Winooski students toward college and career readiness, healthy, productive and successful lives and local and global community engagement. Thank you for working with WSD to benefit our students!

Winooski School District School Board Notes

By Alex Yin, Board of School Trustees

One of my favorite stories from *Aesop's Fables* is about a father who became quite tired about his quarrelling sons. In order to seek truce, he asked them to bring a bundle of sticks to him. He then took the bundle and asked each son to try to break it. Both sons tried with all their might but were unable to complete the task. Then he took a stick out of the bundle and asked one of his sons to break it and, of course, the son did it with ease. Through this fable we are to learn that in unity there is strength (<http://www.read.gov/aesop/040.html>).

During the past few months, I have been thinking about this fable a lot. Instead of seeing a united community, I see a divided one — where community members are consciously or unconsciously drawing boundaries with an “us versus them” mentality. This divide is toxic, and I have felt it. I often been asked, “Do you have to be Winooski resident to be on the school board? Or are you a homeowner?” Questions that made me feel as if I can never ever be a Winooski community member. At times I have thought to myself, why am I subjecting myself to live in a place where I can never, ever be seen as a Winooskite? And sadly, I know I am asked these questions because I am not white, which was confirmed when I learned that my fellow white school board members are never asked these questions. (FYI—we have a great school board where each member has always made me feel welcome in Winooski). I have options to go someplace else, but I stay because I have hope for what this community is and what it can be. Regardless of your race/ethnicity, if you're a homeowner or renter, a seventh-generation Vermonter or a recently arrived Vermonter like me, we all are part of the Winooski community because we wanted to live in a place where we can have a good life.

I want you to know that I do not believe in gentrification as a method to building a great community. Like my fellow school board members, we are trying to build a school system for the community now and tomorrow. Yet, this means tough choices need to be made. If you attended our school budget meetings you will see that we made tough decisions

in the most recently voted school budget in order to control costs for today and tomorrow. I am just as concerned about the impact of the bond vote on our community members with fixed incomes, but having seen the school in its current shape, I could not in good conscious not be a voice for those who could not vote. As a person who has lived here for less than three years, I felt I was placed in a difficult position. I am glad that the school bond vote passed, but that does not mean I am not pained by those may have difficulty with the increase in taxes.

In my culture, we are taught to take-care of all in the community and, unfortunately, I had to choose one over the other. This does not mean that as a school board we are not working tirelessly to fundraise (hence we approved the hiring of a communication/development person in the last budget) and working with the State for school capital funds. For those who talked to me during the school bond vote, I shared the story how my aunt who has lived in her home for over 50 years no longer has to pay property taxes.

I hope one day we can be a city like that, but this means we must work together and recognize that as a community, we are in it for the long haul.

A democracy cannot survive without an educated populace; however, it also cannot survive without an engaged community. As a school board, please know that our decisions are guided by our Ends statement (which is on the back of this newsletter). I am also guided by the fact that “these Truths to be self-evident, that all [people] are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness.”

What this means to me is that instead of working against each other with an “us versus them” mentality, we work together as a Winooski community.

We can do this by writing letters to our representatives to encourage capital building funds, engaging with the school board, and understanding the tough decisions we have to make. We typically meet on the second Wednesday of each month and hope you'll join us. Visit our



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website for details.

Through unity, we will find our strength and build a community for all. We are Winooski.

If all people are created equal, then it might be time for us to reflect and truly understand what that fundamental value means. Otherwise, we risk remaining a divided community, preventing us from reaching our goals.

As a board we tried to find creative solutions to address these issues. And where does this hope come from? It is from having conversations with my fellow school board members. And this is why I stood outside for the whole day on March 5, the day of voting on the school bond issue.



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.



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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.

Winooski School Board Takes Next Step on Capital Project

Tom Barden of Hinesburg has been selected to manage the \$57.8 M project

By Emily Hecker, Communications and Development Director

On July 24th the Winooski School Board approved the Executive Capital Project Committee's recommendation to hire Tom Barden of Barden Inspection and Consulting Services, Inc., as Owner Project Manager (OPM). The OPM will oversee the construction management team handling the Winooski School District (WSD) Capital Project. The main components of the project include 66,000 square feet of additions and 142,000 square feet of renovations including new windows and doors, new roofing, new interior finishes, a new HVAC system, renovations of electrical power system, new flooring, a new sprinkler system, new plumbing fixtures, restoration of exterior masonry, and site improvements.

The project is currently in the Schematic Design Phase. The shovels in

the ground construction is expected to start on or before July 1, 2020 and should be completed January 2022.

Tom Barden has previously worked as Clerk-of-the-Works and Owner's Representative for similar projects at Champlain Valley Union High School, Charlotte Central School, Rice Memorial High School, Shelburne Community School, and Williston Central School.

WSD Board President, Michael Decarreau, is confident Barden is the right fit for the position, "Tom's extensive experience with school renovation projects in Vermont is unmatched. His experience, coupled with his deep understanding of our community and students, makes him a natural leader as we embark upon this important and significant investment in Winooski

families."

Tom Barden is thrilled to take on this new role as OPM for the district. Originally from Ireland, he's lived in Vermont with his wife since 1975, and has been an American citizen since 1984. Barden has worked on school construction projects for the past 20 years, and thought his most recent project in Williston would be his last school job. But when he heard about the WSD Capital Project he had a change of heart. Barden explains, "I have a lot of respect for what the Winooski community has been doing for immigrants, and I decided to offer my talents and services to help a school that's given immigrants a leg up. That's what drove me to apply for the position and I was lucky enough to get it."

BUILDING THE FUTURE OF WINOOSKI SCHOOL DISTRICT

Capital Project Updates

By Emily Hecker, Communications and Development Director

The Winooski School District Capital Project is moving along, with lots of behind-the-scenes — and underground, work taking place throughout the summer.

Construction Manager bids were received on August 5th. Vermont statute requires that all contracts involving more than \$500,000 are awarded to the lowest responsible bidder. The Capital Project Executive Committee met on August 8th, along with our Owner's Project Manager, Tom Barden, as well as Cam Featherstonhaugh and David Epstein of TruexCullins, to review the bids. The committee offered interviews to South Burlington-based company, ReArch, and Williston-based company, DEW. Both construction companies have



The drilling process.

experience working on K-12 education building projects in Vermont. The approved bid will be announced in late August, too late to be included in this publication.

WSD has contracted with soil and rock experts, GEODesign, for engineering services. Drilling took place during two weeks in August. "We are drilling 20 to 25 different holes between 8 and 70 feet and taking soil samples and testing them, which will reveal details about how big the foundation should be for the new building and the parking lot," explains Alan Baribault, GEODesign Project Engineer. Results from the testing will

be available in late September.

Also underway are topographic and boundary surveys, performed by Latitudes and Land Surveying, LLC.

A request for proposal was advertised for well drilling and testing. The well drilling and testing will help the architect and mechanical engineer know the amount of available groundwater, to better project the cost and feasibility of a ground-source heat pump system (geo-thermal).

We will continue sharing regular WSD Capital Project updates as often as possible. If you have specific questions, please connect with Emily Hecker, WSD Communications and Development Director, hecker@wsdvt.org or 802.338.7061.

Thank you for your continued support as we build the future of the Winooski School District!



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We are the future.

ANNOUNCEMENTS



Winooski Wednesdays

Our next FREE Summer concert series is on September 4th — join us in Rotary Park from 6 to 8pm with musical guests **Wild Leek River**. 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 social media to see what's happening on #WinooskiWednesdays.

Class of 2019

We are proud! Soar high!



Winooski
Dollars for SCHOLARS®
A Program of Scholarship America®

Free Playgroups!

Please join us for some play time, crafting, activities, singing, and a small Snack during our weekly playgroups. Take this opportunity to meet other parents, socialize, and find out about more resources in the community.

We regularly meet on Tuesdays and Thursdays from 9:30-11:30am at the Winooski Family Center on 87 Elm Street.

We are looking forward to seeing you! Contact Martina (mkerkering@howardcenter.org) with any questions.

Mark Your Calendars — College Fair

Where:	St. Michael's College, Tarrant Recreation Center
When:	<ul style="list-style-type: none"> Wednesday, September 18th from 6:30 pm to 8:30pm and Thursday, September 19th from 9:00 am to 11:00 am

This fair provides a wonderful opportunity for students and their parents to become acquainted with more than 200 colleges, and the Vermont Students Assistance Corporation. Hope to see you there!

Winooski Farmers Market

The Winooski Farmers Market is for everyone!

Come down to Winooski Falls Way (in front of the Champain Mill) every Sunday 10am - 2pm through October 27. Residents and visitors alike love the fresh produce, local products and prepared food. Free activities for kids and live music every week, too! We accept 3SquaresVT/EBT, Farm to Family and distribute Crop Cash. Not sure how your benefits work at the market? Ask the market manager - we're here to help! www.downtownwinooski.org/winooski-farmers-market



Howard Center presents
THE MARNA AND STEPHEN WISE TULIN

FALL COMMUNITY EDUCATION SERIES

FREE AND OPEN TO THE PUBLIC

Registration not required.

September 12
Major!

September 26
Suicide: The Ripple Effect

October 3
Daniel, Debra, Leslie, (and You?)

November 13
An Overview of Cannabidiol (CBD)

PRESENTING UNDERWRITER: NORTH COUNTRY
The Community Fund Again

HOWARD CENTER
Help is here.

802-488-6912 | howardcenter.org

Major! A film about Miss Major Griffin-Gracy, a transgender woman activist and community leader for transgender rights. Followed by a panel discussion and Q & A moderated by Vermont Rep. Bill Lippert.

September 12, 2019 | 6:00 – 8:30 pm | Main Street Landing Film House | 60 Lake St., Burlington

Suicide: The Ripple Effect. A film that chronicles the impact of Kevin Hines's suicide attempt on others and his work as a mental health advocate since that time. Followed by discussion and Q & A facilitated by Charlotte McCorkel, LICSW.

September 26, 2019 | 6:00 – 8:30 pm | Main Street Landing Film House | 60 Lake St., Burlington

Daniel, Debra, Leslie, (and You?). A film screening about the complex meaning of "recovery." Followed by discussion and Q & A with Leslie Nelson and Jeff Greenberg featured in the film.

October 3, 2019 | 6:00 – 8:15 pm | Main Street Landing Film House | 60 Lake St., Burlington

An Overview of Cannabidiol (CBD) — Magic Elixir or Not? A panel presentation moderated by Sandra Steingard, MD
November 13, 2019 | 6:00 – 7:30 pm | Dealer.com | 1 Howard St., Burlington



JFK Welcomes You Back!

By Sara Raabe, JFK Principal

Summer flew by, and we are excited to be back in session at JFK Elementary. The summer at JFK was full of summer school, camps, and deep cleaning. Our custodial and maintenance crew did an amazing job getting the rooms ready for the students return.

At JFK, we know that our families and community are essential partners for our students' success. We want our families to be involved in their student(s) education, and know what is going on at school. In turn, we want our families to feel comfortable coming to school and communicating with us. Communication is key to successful working relationships. We have several ways that we communicate with our families:

- **JFK Facebook Page:** Pictures and information are posted on the JFK Facebook page frequently. Like the page to get updates.

- **JFK Newsletter:** Each Friday, I write a letter home to families. This letter is sent home as a paper copy to each student. It is also posted on the JFK Facebook page, and under my page on the WSD website.
- **Teacher Newsletter/Web Page:** The school expectation is that classroom teachers communicate with families via a paper newsletter or webpage weekly. Ask your student's teachers about their method of communication
- **E-mail:** Every staff member has a school email. All emails follow the same format - first initial+lastname@wsdvt.org (for example sraabe@wsdvt.org). Please note that the domain (@wsdvt.org) is a change.
- **Telephone (655-0411):** This brings you to the main office. Please limit calling teachers during teaching

- hours unless it is an emergency.
- **ALERT Now:** ALERT Now is used for important communications such as snow days, delayed starts, etc. Please make sure to keep your phone numbers current with the JFK office to ensure you receive these messages.
- **District Newsletter:** The district newsletter is published monthly and delivered to every mailbox in Winooski. There are extra paper copies in several places in the school, including the community board by the front office. Available online at wsdvt.org/newsletter/
- **Winooski School District website:** www.wsdvt.org

There has been a lot of hard work done over the summer at JFK. We are very excited for a positive school year. Please feel free to come by school to see our amazing students and staff in action!

JFK Newcomers Explore Vermont

By Daviah Lawrence, ELL Teacher

This year, the JFK Newcomer Summer School had a jam-packed week, which not only



focused on learning how to read a map, but also allowed students to create their own experiences.

Our thirteen students, along with Ms. Dee, Mrs. Devost, Tul, and Dalib embarked on daily adventures ranging from a walk around Winooski, to a beautiful resort in Sugarbush. Building this background knowledge is crucial for the newcomers because it not only allows them to have a more hands-on experience when it comes to their learning, but it also allows them to make important connections to the community in which they are now living. We can't wait to see what direction their Vermont experiences will take them!

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Middle/High School News

By Jean Berthiaume & Kate Grodin, WMHS Co-Principals

This is an exciting new year! First, Jean Berthiaume has joined our school community as co-principal of WMHS. Together, we look forward to serving our students in grades 6-12 and their families as they navigate middle and high school. Second, this school-year we will graduate our first group of students based on proficiency requirements only! Years ago when we began this transformation, the year 2020 seemed far away. Now, we have become highly regarded at the state level as a leader in innovative, student-centered, and proficiency-based public education. Please read the information below as it pertains to you or your student.

Here are some of the things to be aware of as the year begins:

- Classes focus on six key skills which we call our Graduation Expectations (GX). Students demonstrate their learning in these skills during a MS Expedition or a HS Exposition each semester.
- There are two progress reports and a final report card each semester.
- The Report Card at the end of each semester provides information about both the GX skill and the content proficiency (GP) taught in each class.
- In advisory, students will explore interests, reflect on their learning, and plan future classes with their Personal Learning Plan (PLP).
- We're thrilled to introduce new teachers: Ghana Rimal, WHS Math; Erica McIntyre, MS Math; Emily Jacobs, MS Visual Arts; Hannah Handloff, MS SPED; Ann Berno-Browning, Intensive Needs; Caitlin MacLeod-Bluver, HS Reading Specialist. Video at bit.ly/newwsdteachers2019
- From 8am-3pm, our middle school is cell phone free.

See the WMHS Family Student Handbook for more information about the school year. Have a great year!

WSD 21C Afterschool Program to Receive a 2019 Afterschool for All Grant

By Suzanne Skaflestad, 21C Director

Winooski 21C Afterschool Program was recently selected to receive \$24,000 in funding from the Afterschool for All Grant program. Administered by Vermont Afterschool in partnership with the Department of Health, over \$600,000 will be distributed to 12 projects across Vermont over the next two years.

The Library Welcomes You grant supports open library hours for middle and high school students from 3:00-4:30 at Winooski School District. Athletes who are waiting for practice to begin, or who just finished practice and are waiting to be picked up by a parent will have a welcoming place to be after school. Friends who are waiting for a sports game to begin or students who prefer a quiet space to be and are not currently enrolled in a 21C afterschool program will now have another option. This pilot program offers a place that is both supervised and flexible to support a variety of students.

It also supports the goals of the Y4Y grant that our middle and high school students received last year.

The purpose of the competitive grant program is to increase access to out-of-school time enrichment opportunities in Vermont. An oversight committee selected 12 projects that will start or expand afterschool, before school, summer, expanded learning, and third space programming out of 101 letters of interest submitted this spring.

“We are thankful that students want to remain in their school building at the end of the school day, and we want to capitalize on this positive relationship with additional opportunities for afterschool programming,” says Suzanne Skaflestad, 21C Director.

Funding for the grant program comes from one-time tobacco settlement funds allocated by the Vermont Legislature to the Department of Health in 2018. Priority was given to programs that increase access for low-income children and youth; create or expand options in underserved areas of the state; serve adolescents and teens; and/or foster skills in science, technology, engineering, and

math (STEM).

Afterschool and summer learning programs for children and teenagers are in demand across Vermont. With 77% of Vermont kids ages 6-18 having both parents in the workforce, these programs are crucial for working families.

According to Winooski 21C data, regular attendees in the afterschool program have a better school day attendance than non-regular attendees.

Studies show that quality afterschool programs boost kids’ school attendance, engagement in learning, and likelihood of attending college. They also help kids develop social and emotional skills, like problem solving and cooperation — and they help prevent risky behaviors.

“We are so grateful to receive this funding,” says Nancy Keller, MS Teacher and WMHS 21C Coordinator, “as we can expand our afterschool program, keep the library open, offer supportive and flexible supervision, and, ultimately, serve even more even more of Winooski’s students and families. What a bonus!”

A Teacher’s Travels in India

By Bill Clark, Ed.D., ELL Teacher

“The guest is God” said an Indian colleague during our orientation meeting in New Delhi. I found out what she meant over the next four weeks as I traveled in India as part of the Fulbright Teachers for Global Classrooms (TGC) and on my own through the desert in Rajasthan and Jaipur.

Still jet lagged and adjusting to a new culture and a new climate, I groggily woke at 0330 hours and joined the other Fulbright scholars to visit a farm outside New Delhi. Rugged roads brought us to the village of Pachayara and a greeting from dozens of children and adults. The high temperature—41 C or 105 F—had forced the schools to close. We loaded on to a farm wagon and a tractor pulled us to the nearby school. The headmaster greeted everyone, in between puffs on a hookah (water pipe). He called me out for special attention as the “elder” in our group. I rode the pillion seat on the back of his Royal Enfield motorcycle and then he presented me with a white welcoming

“The theme of becoming a better educator as a result of this experience wove through each day in India.”

scarf, a gift from one elder to another. I was touched beyond belief by his kindness and generosity.

I came to India as part of a cultural exchange designed to promote international education sponsored by the U.S. State Department through the Fulbright Program. Teachers from India (and other countries) come to the United States; American teachers spend time in other countries. During our stays, we share experiences and ideas about education and connect with our international teaching colleagues. We spent two weeks in New Delhi visiting schools, temples, and cultural sites, and another week in various school districts



throughout the country. I traveled by myself through Rajasthan and the United Kingdom.

On July 4th, the cohort visited the School of Excellence in New Delhi. Students put garlands of marigolds around our necks and applied a bindi to our foreheads. We joined the Deputy Chief Minister of Education as honored guests, planted several trees in the courtyard to commemorate our visit,

(continued on page 8)

TEACHER TRAVELS (cont. from page 7)

then toured a “connected classroom,” where students learned science using Chromebooks and an integrated study program. As we watched, students took a short assessment and the teacher projected the results.

Students congratulated me on our Fourth of July celebration and U.S. independence. They asked questions about democracy and how America became independent. Nothing in my experience can compare to being in another country, thousands of miles from home, and talking about Thomas Jefferson and the Declaration of Independence. In this history teacher’s dream, I felt totally grateful for my U.S. citizenship and Senator Fulbright’s vision to connect cultures.

We discussed how New Delhi schools introduced the Happiness Curriculum, which gives students an opportunity to formally study (and bring into their lives) mindfulness, story, activity, and self-expression. Administrators expect to roll out the curriculum in other areas of the country during the year (<https://www.indiatoday.in/education-today/news/story/here-s-how-happiness-curriculum-in-delhi-govt-schools-can-build-a-healthy-mind-1311804-2018-08-11>).

The next weeks were full of experiences that changed my way of thinking about our world and my work in ways I could have never predicted. (I described my summer adventures in greater detail in a series of blog postings which can be found at: <https://vt-international-ed.com/>.)

On Wednesday July 17th, our Fulbright cohort separated, with laughter and song marking a change in the life we had known for the three weeks of our field experience.

The local Fulbright alumni, who had helped us navigate the language and customs of India after planning all the elements, returned to their homes and their lives without a group of Americans occupying their days. Rajesh, Monta, Poonam, and Sonia had greeted us on our first day and introduced us to Indian



culture. They translated for us, suggested ways we could get the best out of our time in India, and carried with them a sense of the world in New Delhi. They proved to be invaluable guides. From our first day’s visit to the farming village, trips to temples, shopping visits, and during meals, their

message remained: The guest is a special person—and they treated us that way.

Our parting was bittersweet: We recognized our accomplishments in several sharing exercises during our meeting, presented our hosts with presents, and in turn received presents from them. Our feelings and words conveyed a sense of leaving an experience that had changed us considerably.

I had approached the field experience with some trepidation. I had not been out of the country before and I was comfortable living my life in Vermont. International travel and the Fulbright experience changed me greatly. I shared more of myself, made new friends, took an incredible amount of notes, wrote every day, learned new ways of using technology, and explored a culture that had seemed distant. I learned by throwing myself into a community of like-minded individuals. Equally important, the theme of becoming a better educator as a result of this experience wove through each day in India. Those threads now bind me, creating an awareness of another culture seen up close and personal, and powerful memories of people different than myself. In those differences, I have found a bond to the people of India, especially the Fulbright alumni who helped us, and to the members of the 2019 Fulbright cohort. Words seem insufficient to describe all the conversations and moments we shared over these three weeks.

The Teachers for Global Classrooms web site (<https://www.irex.org/project/fulbright-teachers-global-classrooms-program-fulbright-tgc>) describes the goals of the program and provides more information.





COMMUNITY NEWS

Municipal Update — September

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

Winooski City Council approved the realignment of our Commission Charters and Bylaws to better reflect our strategic vision areas and goals of our Master Plan. This work included language changes within each charter, consolidating commissions, and renaming others. The Commissions are now: Finance; Housing; Municipal Infrastructure (formerly Public Works); and Safe, Healthy Connected People (formerly Public Safety and Community Services). We also re-activated the Charter Commission, tasked with examining options to present Winooski voters that would enable non-citizen residents to vote in Winooski municipal elections, protect Winooski voter information, align the School and City’s charters, and consider additional governance changes identified by the Council, staff, and public. The work of the commission will include broad public outreach over the course of many months, with any recommended changes brought to public hearings. If approved by Council, changes would then be presented to current registered voters at a future general election. We are now seeking new members on most commissions. This is a great opportunity to get involved in decision making in Winooski – to learn more about these positions and to apply, visit winooskivt.gov/volunteer

For the past several months, the **Winooski Housing Commission** has

Employment Opportunities

The City of Winooski Fire Department is currently accepting applications for part-time, on call Firefighters. Visit winooskivt.gov/jobs to learn more and apply today!

spent their time working out the details of a Housing Trust Fund to support housing improvement and development for Winooski. At the August meeting, the commission finalized recommendations to present to City Council at the August 19th Meeting. The Housing Trust Fund has been designed to leverage money we already have available to achieve three goals: 1) Improve the quality of housing in Winooski 2) Expand access to homeownership, and 3) Create more affordable housing units. These goals would be achieved through three respective programs: home improvement loans, down payment assistance and loans for construction and rehabilitation of affordable housing. These funds will be targeted to low to moderate-income owner-occupied units, and to developers of lower-income units. The commission has spent their time designing a program that will be able to meet the housing needs of our city, being thoughtful about offering multiple options to improve our housing stock, and allowing room to adjust course as our housing needs change.

The Planning Commission continued their review of the Form-Based Code and how it is or is not creating the community’s vision for our gateways (Main St., E. Allen, Malletts Bay Ave.). A theme surfaced around new buildings needing more architectural detail to match the images in the community

vision. Specifically, some of the new buildings seem too big and boxy and could use more variation in their facades. The Block was brought up as an example of a large building that works well because the long façade is broken up with inset entrances to the businesses. The building housing Pho Dang and Junior’s was also a successful example because the pillars and inset seating create visual interest and work well with the streetscape.

Community Services Updates



New Community Services Program Registration Software

The City of Winooski Community Services Department is excited to announce that we have officially switched to a new online registration software (CivicRec) to better serve you. As of today, we will no longer be using the MyRec (www.winooskirec.com) platform. Community members can use this new software to register for any Community Services program or event (Recreation and Parks, Thrive After School, Winooski Memorial Library, Community Gardens, and the Winooski Senior Center). In addition, you can also use this software to rent a public park or facility space! In

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

some cases, we have migrated existing users of our previous platform (MyRec - winooskirec.com) to the new CivicRec platform, and if this is the case you will receive an email with login information for your new account.

We are working to migrate existing registrations and balances into the new platform, and appreciate your patience in the process. If you have not yet received an email, simply visit winooskivt.gov/rec and click on "Log In / Create Account" to set up your new account.



Winooski River Cleanup

September is Vermont's River Cleanup Month! The City of Winooski is joining Watersheds United Vermont in hosting a river cleanup event.

- 9am - 1pm, Saturday, 9/14
(Rain Date: 9/21/19)

For years, local watershed groups and other volunteers in Vermont have organized river cleanups to remove trash that has accumulated in our waterways. Trash in rivers and lakes not only creates an eyesore for paddlers and swimmers, but it also negatively impacts riparian wildlife and adds pollutants to our waters. In 2014, the Vermont legislature, recognizing the importance of river cleanups, designated September as Vermont's official River Cleanup Month.

Let's keep the Winooski River Clean! Winooski Recreation and Parks invite you to help us in this effort by cleaning the full length of the Winooski River that runs through our City.

Participants can:

- remove trash and debris from a riverbank
- help with invasive species removal
- pick up trash along the surrounding trails

Experienced kayakers/canoers - we want your help! Please be sure to let us know you intend on using your kayak or canoe, and please bring a life jacket/PFD if you plan to boat. Participants are

encouraged (but not required) to bring a water bottle, protective gloves, and grabbers. Water safety is our first priority! Children younger than 18 years old must be accompanied by an adult.

All participants must register in advance for this event (free and open to all, register right up to the day of the event) - at winooskivt.gov/rec



DIY Tuesdays: Autumn Edition

Crafts made easy - for youth!

- Tuesdays; Sept. 3 - 24, 2019
- The O'Brien Community Center
- 1 PM - 5 PM

Drop by the O'Brien Community Center for DIY crafts every Tuesday from 3 - 5 PM. There will be new and fun crafts to do each week plus outdoor activities. This program is free and does not require registration.

- Sept 3 - Flower Ornaments
- Sept 10 - Make Your Own Dragonfly
- Sept 17- DIY Wreaths
- Sept 24 - Pumpkin/Apple Roll Craft



Drop-in Youth Dance Program

- August - September 2019 Thursdays @ 4 PM O'Brien Community Center

This program offers an open space for youth to engage in creative movement that promotes exercise, discipline, and fun! This program is FREE - no registration required. Open to all levels of experience.

Basic Overview:

- 10 minutes-warm up and stretching
- 40 minutes-technique, across the floor work, choreography, free dance, and discussion of history/context of movements and songs
- 10 minutes-cool down and mediation



Adult 3 v 3 Basketball Tournament

Join Winooski Recreation and Parks for a 3-on-3 Adult Basketball Tournament!

- Wednesday, September 11 and Thursday, September 12, 2019
- 6 - 8 PM @ West Allen Street Park
- \$35 per team
- Adults 18+, co-ed
- Registration Deadline: September 4

Enjoy a 2-day, double-elimination tournament! Teams choose their own t-shirt color before the tournament begins, winning team receives a trophy and bragging rights. Celebrate the championship game with us on Thursday, September 12th - join us after the game at the Last Stop Sports Bar in Winooski to commend all who played (21+)! Register today at winooskivt.gov/rec



Winooski Memorial Library Pokémon Club

- Fridays / August 23 - Nov 15
- 3:15 - 5 PM
- Ages 12+ / Free & Open to All

The Pokémon card game is the best way to practice your reading and math skills in the most fun way possible. New Players: no experience necessary - learn the rules of the game! We'll provide the cards. Experienced players: improve your strategies, trade with others, and build your deck. Bring your cards! All experience levels welcome. Youth under 12 require adult permission. Unexpected cancellations will be posted to the Library's Facebook Page (@winooskilibrary).

Other Updates



Winooski Trustee Needed for CCTV

The City of Winooski and CCTV are looking for a Winooski resident to join their local trustees. Under the direction of the Chittenden County Government Access Channel Trust, Town Meeting Television Trustees play an important role in the present and future of Channel 17/ Town Meeting Television. Town Meeting TV Trustees are appointed by the elected bodies of its member municipalities (Burlington, South Burlington, Essex, Essex Junction, Winooski, Williston, and Colchester). The Trustees are responsible for policy, negotiations with local cable companies, and financial matters. Trustees may be elected or appointed from the community at large and serve at the pleasure of their member municipalities.

Town Meeting Television airs local government meetings and community events on Comcast, Burlington Telecom, ch17.tv, and YouTube. In addition to coverage of public events, Town Meeting TV offers training, equipment and production opportunities for members of the public with a local story tell or an issue to mobilize. Town Meeting TV is operated on behalf of the Trustees by CCTV Center for Media & Democracy and is part of a network of 25 community media centers that serve all corners of Vermont.

To learn more and apply, visit winooskivt.gov/volunteer

Register for City Updates

Register for emergency updates and winter parking ban notifications - TEXT "WINOOSKI" TO 888-777 or visit <https://local.nixle.com/register/>.



Senior Center Gallery



Senior Center Updates

By Barb Pitfido, Winooski Senior Center Programs Manager

As America ages, Hunger Pains Grow

According to Feeding America, the rate of hunger among seniors aged 60 and older has increased by 45% since 2001, a lingering effect of the 2008-09 recession. At the current rate, the number of food-insecure seniors may grow to more than 8 million by 2050. And hunger pains can be increasingly painful as we age:

- 63% of senior households are forced to choose between food and medical care.
- Households that include an adult of the age 50 or older are at an increased risk of having someone with a chronic health condition, including diabetes (41%) and high blood pressure (70%) - conditions that can be mitigated by healthy food options.
- Only 42% of eligible seniors are enrolled and receiving SNAP benefits (formerly Food Stamps) - making assistance programs for SNAP enrollment that much more important for seniors.

How can you help? Let's join forces and work together to improve our neighbors health.

- Volunteer to deliver Meals on Wheels (We need drivers - Call us!)
- Recommend Senior Center's who serve meals through a Nutrition Program (Come share a meal with us!)
- Donate food to local food shelves (Bring food to us for The Winooski Food Shelf!)
- Volunteer to help in kitchens that provide food for seniors (We need your help!)
- Connect with government officials and be vocal about seniors needs and support funding for the Older American Act (OAA). Learn more about that here: <https://www.ncoa.org/public-policy-action/older-americans-act/>

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 Exercise - (10-11am) Follow along to Barbara Jordan's video and work on balance and stretching
- 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. Free programs at 12:30pm
 - » 9/3 - Menu: Beef steak, rice w/ vegetables, brussels sprouts, bread, peaches
 - » 9/17 - Senior Harvest Party! Special Menu: Roasted chicken, Mac & Cheese, "Make your Own" Salad Bar w/ local produce, fresh baked roll & herb butters, warm apples & ice cream
 - » 9/17- Menu: Chicken, corn and potato stew, mixed vegetables, roll, pineapple
 - » 9/24 - Bagel Breakfast Bar - FREE! Bagels with all the fixings, fresh fruit, juices, chocolate desserts

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 - (12:30-2:30pm) Come play cribbage or cards or Wii bowling or work on a craft project (all materials supplied). Bring your lunch. Our Snack Bar will be open for purchasing treats. Free popcorn while you play!
 - » 9/4 - Decorate a mini wooden keepsake box
 - » 9/11 - Marble Painting
 - » 9/18 - Make a Fall Wreath
 - » 9/25 - Holiday Card making

Thursdays:

- Senior Exercise - (10-11am) Follow along to Barbara Jordan's video and work on balance and stretching.
- Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)
 - » 9/19 - Talk like a Pirate! Day
 - » 10/31 - Halloween Costume Party
- 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.
- New American Senior Lunch & Learn
- 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

- Friday, 9/5 - Celebration of Bhutanese/ Nepali elder's photos and artwork
- Tuesday, 9/10 - Senior Harvest Lunch at Noon - RSVP by 9/5
- Saturday, 9/21 - UVM Historical Walking Tour - 10am FREE! Call us for more info.
- Monday, 9/23 - Medicare Mondays with the Community of Vermont Elders (COVE) Get help and advice with Medicare. 10am, coffee and treats served.
- Tuesday, 9/24 - Open House and FREE Bagel Bar Breakfast 10am - 1pm
- Wednesday, 10/23 - Pumpkin Carving for Seniors

The Winooski Senior Center...the most exciting place in Winooski! Connect with us anytime: 123 Barlow Street • 802 655 6425 • seniorcenter@winooskivt.gov
Facebook: [@winooskiseniorcenter](https://www.facebook.com/winooskiseniorcenter)

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!

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 9:30 AM – 11 AM. Family Friendly!

Senior Center Morning Support:

Under the direction of the Winooski

Senior Center, Morning Support Volunteers will be the first friendly face that people see as they walk in. Morning Support will greet seniors, encourage senior engagement, answer the phones, and assist with our nutrition programs. This opportunity is based on your availability between the hours of 9-11 Tuesday-Friday.

Senior Center Nutrition Support:

Under the direction of the Winooski Senior Center, Nutrition Support Volunteers perform tasks in the Kitchen to support our nutrition program. This could include basic food prep, chopping vegetables, serving food, using the dishwasher, cleaning tables, and more. Hours: Tuesday 10-1.

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.

Our Lady of Providence Celebrates Summer with Luau

By Gail Callahan

The setting may have been Winooski, but the vibe was tropical as the Our Lady of Providence Residential Care facility residents and staff enjoyed a Luau in the latter days of July.

Stirrings of Hawaiian flavor simmered weeks ahead of time as tropical-themed decorations found a new home at the facility. The items later graced tabletops and hung from the dining- and living-room ceilings.

Once the Luau kicked off, strains of music came from the strings of Vermont Suzuki Violin musicians. A variable feast cooked by Our Lady of Providence's Dietary staff graced tables, featuring an array of fruit, warm-weather drinks,



A decorative vase of colorful leis, waiting to adorn residents and staff.



Musicians with Vermont Suzuki Violins prepare for their performance at Our Lady of Providence's Luau.

smoked pork and hamburgers and hot dogs.

Director of Dietary Services Chris Lavalette had a wonderful time at the gathering. He walked around the dining room, ensuring that residents and guests enjoyed the food.

"I enjoy participating with the residents on special events like this," Lavalette said. "Coming up with different foods to try, inviting friends and family to join us and to meet them makes for a



Sister Barbara Gregoire, RSM, wishes everyone much Aloha.

great time."

The residents got into the spirit of the event, inviting family and friends. Once the music and food were finished, some of the residents joined staff in Cornhole, a popular lawn game, where players throw bags at a raised platform that has a hole in the far end.

Sister Jean Marie LaFreniere, RSM, invited a friend to the Luau and welcomed an event like this, pointing out they build community.

"I thought it was a very creative, and a good opportunity to get together and enjoy one another's company," she said.

Colorful decorations aided the Aloha spirit come alive during the Our Lady of Providence Luau.



Clare Bisceglia, a resident at Our Lady of Providence, is ready for the Luau to begin.



Photos by Gail Callahan

Winooski Girl Scout Troops September Report

By Amy Lothrop

Winooski Girl Scouts had a great end of the year and summer kick off. All four troops celebrated all their accomplishments with a ceremony. We earned badges for Dancer, Painting, Mechanical Engineering, Outdoor Adventurer, World Thinking Day, Archery, Give Back and more. We received patches for Orienteering, Fire Safety, Knot Tying, Slime making and more. Thanks to KC Red Hots Food Truck for catering our event.

Daisy Girl Scouts went bowling to finish the year. Brownie Troop 52013 went overnight to ECHO. They learned about all the hazards faced by frogs trying to cross the road. They completed an engineering project to see if they could design a safer method to help frogs. To wrap up the night, they explored the aquarium and watched a movie. Troop 30948 traveled to Jay Peak's Pumphouse for a day of fun after a behind the scenes tour.

Cadette Girl Scout Troop 30187 have had a busy summer. We started off with an archery class at Camp Twin Hills. The Cadettes traveled to Kittery, Maine. The Scouts were excellent at setting up camp, executing their kaper chart chores and cooking dinner. Naturally we ended the meal with s'mores. We spend our four days exploring our campsite and the area. We traveled up to Kennebunkport to see the ocean and find seashells. Hiking in the Rachel Carson Preserve was so peaceful. They were dedicated to their budget and even came home \$700 under. They were really proud of how well they managed their budget. We enjoyed our first time camping trip and cannot wait to go again.

Troop 30187 is preparing for our upcoming Costa Rica 2020 trip. We will



End of the Year Ceremony

travel for 10 days between San Jose, Monteverde and Manuel Antonio. Our trip includes cultural activities, kayaking, tree planting, volcanoes, hiking, white water rafting, butterfly sanctuary, farm tour and so much more. To support our goals, we held a successful bake sale in July but need to do more. We are really getting close to our goal and appreciate any of your support.

If this sounds like an adventure that you'd like to join, contact Amy Snow Lothrop at gs253recruiter@gmail.com or 802-373-7288. We are open and welcoming to all girls ages K-12.

What's Happening at North End Studios at the O'Brien Community Center

Fall is right around the corner so it's time to do some of those things you have been meaning to do all summer long!

Karate • Saturdays, 9:00-11:00 am:

Druk American Shito Ryu Karate Do (DASRKD) is a non-profit community based Karate organization



committed toward its immediate community with special focus on engaging children, youths and adults for their physical and mental development. Age: 5 years & older. Contact hemanttamang2009@gmail.com.

Nepali Dance • Saturdays and

Sundays, 4:00-6:00 pm The Bhutanese Nepali New American community offers rehearsals three times a week to provide a safe place for Bhutanese Nepali youth to meet, learn about their cultural heritage, and ultimately share it with the broader community. Contact Bishnu Khadka at 802-777-8795 for more information.

Pole Dancing • Schedule on Website:

Vermont's premier pole fitness training facility, is located at the North End Studios O'Brien Center. They teach beginners through advanced levels how to safely use the vertical pole in order to strengthen, dance, and express themselves in a group class setting. www.POLEFITVT.com.

T'ai Chi Ch'uan-New Beginner's Class, Tuesdays 7:00-8:00 pm starts 9/3

Patrick Cavanaugh, senior instructor of Long River Tai Chi Circle, will teach a new class for beginners at the Center. The course of study takes a full year. 802-490-6405, or Patrick@longrivertaiichi.org.



West Coast Swing • Thursdays 7:00-8:00 pm, month of September

Classes will be taught by Bridget Fischer for brand



new dancers or those who have been doing West Coast Swing for less than a year. There will be a one-hour social for all dancers following each class. Info at <https://www.facebook.com/events/351778262412082/> to sign up or contact Bridget at 802westie@gmail.com.

And a Special Event!

On **Saturday, Sept. 21**, there will be an authentic Ethiopian/Eritrean dinner prepared by Mulu Tewelde. The meal will be served buffet-style in the Community Room from 5:00 to 7:30 p.m. The cost will be \$20 per person, half-price for 5-to-10 year olds, and free under 5.

Find classes and events as they are confirmed on our website and in future editions of this publication. Come to our **Open House on Friday and Saturday, September 27-28**.

Enjoy live music, international foods and a beer garden on Friday evening, and then come back on Saturday for free sample classes and information on the different organizations that run programs for the Winooski. And please visit our website www.northendstudios.org.

Winooski Food Shelf Schedule for September

By Linda Howe, Winooski Food Shelf Coordinator

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

Wednesday, September 11th	2:00 pm to 4:00 pm	Pantry staples, meat, eggs
Saturday, September 14th	9:30 am to 11:00 am	Fresh fruit, veggies, bread, deli items
Wednesday, September 25th	2:00 pm to 4:00 pm	Pantry staples, meat, eggs
Saturday, September 28th	9:30 am to 11:00 am	Fresh fruit, veggies, bread, deli items

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: The Winooski Senior Center, 123 Barlow Street, will accept donations of food Tuesday thru Friday from 9:00 a.m. to 2:30 p.m.. Their phone number is 655-6425. And J & J's Corner Market, located at 12 Malletts Bay Avenue is our other new drop off location. They are open Monday thru Saturday from 10 a.m. to 9 p.m. Their phone is 654-8008. Thank you for caring about our neighbors!

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 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!

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

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

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



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

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 the 21st of 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.



Please join your neighbors to celebrate the United Nations international Day of Peace on Saturday, September 21, from 5:30-7 at the Winooski Senior Center. St. Stephens will provide a wonderful spaghetti dinner and the Winooski Peace Initiative will provide activities for children and adults.

Visit here for ideas: <https://internationaldayofpeace.org/get-involved/>

Contact us for additional ideas, help or to coordinate: patricia.sears@gmail.com.

Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager

Youth to Youth 2019

Stephie Siki, a junior at Winooski High School and one of our youth board members, and Elaine Ezerins, our communications and development manager, attended Youth to Youth Eastern States Conference, a substance use prevention leadership conference for youth in Rhode Island, the weekend of July 26.

Lukas Zweres, a sophomore and WPP's other youth board member, attended Dover Youth to Youth in New Hampshire at the beginning of July.

At Eastern States Conference, Stephie attended four different skill building workshops, joined a youth action group with Burlington ATI to brainstorm ways to recruit more youth to their respective after school programs, watched youth skits about drug prevention, listened to two nationally-renowned speakers, and participated in family group, a group of 10-12 of her peers that met seven times to have deeper conversations about the conference and what was going on in their life back home.

Stephie said her favorite memory from the conference was playing an inflatable game where you had to jump over or duck a pole that swung around the circle with her roommate and friends.

"Something that I learned from the conference was how great it can be to have a positive environment where people feel open to be themselves. In Winooski High School, I want other high schoolers to join ATI, an after school program where students have a safe place to be themselves. Because when a youth has a lot of positive factors in their life, they are less likely to go down the drug, alcohol addiction path."

Jesse LeBeau was one of the speakers invited to talk to the 600+ middle and high school students at the conference. The theme of his talk centered on this



motivational quote:

"One man said he could. One man said he couldn't. They both were right."

For Jesse, life is all about having the right mindset. A 5'10" youth from the middle of nowhere in Alaska, all he wanted to do growing up was be a professional basketball player. But the odds felt stacked against him due to his environment and his peers who said his dreams were unrealistic due to his height.



He chose to not let their negativity affect him. He chose to believe in himself and his talents. He focused on his dreams, trained and worked hard until he created a career out of playing basketball. He said

and believed he could and that made all the difference.

Youth to Youth focuses on empowering youth to step up, take over the reigns of their life and pursue their interests and goals.

Over the weekend, youth participants consistently heard that their voice matters and they should use it. The voice of youth needs to be heard and factored into policy decisions. They were encouraged to ask questions, and to not take information at face value, especially from alcohol and drug industries who often target youth with their marketing.

Youth had an abundance of great role models at the conference to look up. The youth and adult staff exemplified leadership, thoughtful listening, and how much fun one can have being alcohol and drug free.

Most of all, youth participants were

able to get to know kids just like them, who want to make a difference in their communities, from all over the country.

Lukas said his favorite part of Dover Youth to Youth in New Hampshire was doing a Samantha Skunk presentation to a group of 7 - 9-year-olds because they were able to practice the public speaking techniques they learned over the course of the week and teach the kids about the dangers of smoking in a fun way.

"What I would say to people that want to know about the trip is that you can have fun, learn public speaking skills, learn the dangers of using drugs/cigarettes/alcohol and practice your skills out in the field."

Stephie, Lukas, and Elaine cannot wait to bring what they learned from Youth to Youth back to Winooski. Winooski Partnership for Prevention would love to bring more Winooski students to Youth to Youth Eastern States Conference next summer to experience the power of youth coming together to change the world into a more connected, happier, healthier place for all.

Above the Influence 2019/2020

The start of the 2019/2020 school year at Winooski is right around the corner! This means it is almost time for students to decide what programs and activities they would like to do afterschool.

Winooski Partnership for Prevention is excited to once again offer our afterschool program, Above the Influence, on Tuesday afternoons from 3 - 4 p.m. at Winooski Middle School!

Above the Influence educates middle schoolers about the risks of substance use, while empowering them to be leaders in their community. In the program, students will learn public speaking skills and how to interact with media, develop public service announcements, do school and community outreach projects to raise awareness of substance use and do a plethora of art projects and games with their peers.

Please reach out to Kate Nugent, Executive Director of Winooski Partnership for Prevention, with any questions or for more information about the program. Hope to see you there!

HEALTH CORNER

Health News

By Elizabeth Parris, School Nurse

Welcome Back! We are so excited for the opportunity to spend another year taking care of children. Please remember to get the emergency health information sheets as well as permissions slips for the School Based Health Center back into the health office ASAP.

If you are a new family to the district and your child has a medical condition, please notify the health office immediately so we can make a plan to keep your child safe and healthy while at school.

I am pleased to announce that the School Based Health Center will be starting back up on Tuesday 9/3. Dr Heather Link from UVM Primary Pediatrics will be here on Tuesdays and Sherry Larose PA from CHCB will be with us on Thursdays. The providers are able to treat acute illnesses such as strep, rashes, ear infections, upper respiratory infections etc. If you have any questions, please see Liz or Katharine in the health office, call 802-383-6094, or email eparris@wsdvt.org (Liz) or kmonje@wsdvt.org (Katharine).

Our dental transportation program will also be operating again this year. If you would like more information on how to sign your child up for this program, ask one of the nurses.

Lastly, Katharine and I are delighted to welcome Leanne Deliduka to the health office staff. Leanne will fill the part time health office assistant position. Please stop by the health office and welcome her!

Tooth Tutor

By Tracy Towers RDH, CDHC

I am excited to be starting my second year at the WSD as a Tooth Tutor. I am a Registered Dental Hygienist who works during the school year making sure each of our students has seen a dentist within the past year, and helps connect students who may not have a dentist to a “dental home” where they can receive routine dental care.

As you may know we have a School Linked Dental Program, available to students. We partner with Vermont

Dental Care in Winooski, and provide transportation during the school day to the Dental Office, students receive comprehensive dental care, and are transported back to school.

For those students who are currently enrolled in the program, we are asking that you complete updated paperwork for the upcoming school year. For those of you who may want to sign your child(ren) up for this program, please fill out the

paperwork in the back to school packet that you received.

Part of my job, which I love, is interacting with the students and visiting classrooms each year.

I look forward to meeting many of you at the back to school barbecue, please stop by my table and say hello! I will have forms available to fill out and can answer any questions you may have.

ELEMENTARY SCHOOL MENUS — SEPTEMBER

Winooski Elementary School Breakfast
September 2019

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAPPY LABOR DAY	3 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	4 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	5 Breakfast Round WG Asst. Cereal String Cheese	6 Blueberry Bread WG Asst. Cereal String Cheese
9 Iced Honey Bun WG Asst. Cereal String Cheese	10 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	11 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	12 Breakfast Round WG Asst. Cereal String Cheese	13 Blueberry Bread WG Asst. Cereal String Cheese
16 Iced Honey Bun WG Asst. Cereal String Cheese	17 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	18 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	19 Breakfast Round WG Asst. Cereal String Cheese	20 Blueberry Bread WG Asst. Cereal String Cheese
23 Iced Honey Bun WG Asst. Cereal String Cheese	24 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	25 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	26 Breakfast Round WG Asst. Cereal String Cheese	27 Blueberry Bread WG Asst. Cereal String Cheese
30 Iced Honey Bun WG Asst. Cereal String Cheese				

Meal Prices
Community Eligibility Provision
Meals to all Students are free
Snacks & Snack Milk not included
Adult Breakfast \$1.95
Adult Lunch \$3.85
Milk \$0.50

Breakfast in the Classroom
Please Click Links Below for Nutrition Information on Daily Options
OFFERED DAILY
100% Fruit Juices & Fresh Fruit
1% White Milk, Skimmed Milk & Fat Free Chocolate Milk
Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

Fresh Fruit & Juice | Milk | Condiments

Pay for meals on-line. For free on-line services go to:
K12 Payment Center

wake up!
School Breakfast

This institution is an equal opportunity provider.

Winooski Elementary School Lunch
September 2019

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAPPY LABOR DAY	3 Chicken & Cheese Fajita Garden Salsa Rice Pilaf Steamed Corn	4 Cheesy Breadsticks Marinara Dipping Sauce Creamy Tomato Soup Caesar Salad	5 Honey Lemon Chicken Zucchini Parmesan Chef's Mashed Potato Homemade Dinner Roll	6 Cape Cod Fish & Chips Crinkle Cut French Fries Cilantro Lime Cabbage Slaw Homemade Dinner Roll
9 Meatball Sub Garden Pasta Salad Baked Beans	10 Chicken Alfredo Steamed Broccoli Caesar Salad Homemade Cornbread	11 Pepperoni Pizza Cheese Pizza Veggie Pizza Steamed Corn Fresh Celery Sticks	12 Oven Roasted Turkey Chef's Mashed Potato Cranberry Sauce Steamed Green Peas	13 Maple Apple French Toast Bake Sweet & White Homefries Green Pepper Strips Apple Fest
16 Oven Baked Chicken Nuggets Roasted Potato Wedges Steamed Carrots Homemade Dinner Roll	17 Beef Nachos Supreme Garden Salsa Rice Pilaf Warm Black Beans	18 Pepperoni Pizza Cheese Pizza Veggie Pizza Fresh Corn on the Cob Caesar Salad	19 Macaroni and Cheese Homemade Cornbread Steamed Green Beans	20 Grilled Cheese w/Cabot Cheddar Chicken Noodle Soup Fresh Cucumber Slices
23 Chicken Patty Sandwich Hand Cut French Fries Steamed Broccoli	24 Beef Burrito Garden Salsa Rice Pilaf Roasted Chick Peas	25 Pepperoni Pizza Cheese Pizza Veggie Pizza Roasted Broccoli Steamed Corn	26 Spaghetti w/Meat Sauce Caesar Salad Fresh Carrot Sticks Garlic Breadsticks	27 Homemade Pancakes Real Maple Syrup Sweet & White Homefries Twin Sausage Links Green Pepper Strips
30 Dress Your Own All Beef Hot Dog Roasted Sweet Potato Wedges Fresh Corn on the Cob Baked Beans	Harvest of the Month: Sweet Bell Pepper Taste Test Event Wednesday, September 25, 2019			

Meal Prices
Community Eligibility Provision
Meals to all Students are free
Snacks & Snack Milk not included
Adult Breakfast \$1.95
Adult Lunch \$3.85
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options
Daily Lunch Offerings:
Main Meal, Cabot Yogurt, Pair Chef Salad or Vegetarian Option
Fresh Fruit, 100% Fruit Juices & 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.

Deli Bar K-8 | Fresh Fruit & Juice | Milk

Pay for meals on-line. For free on-line services go to:
K12 Payment Center

Happy Birthday Celebration
Thursday, September 19, 2019

This institution is an equal opportunity provider.

Newsletter of the Winooski School District

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.

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