



WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 9 PAGES OF **Community News!** STARTING ON PAGE 13

OCTOBER 2019

celebrating Our Achievements!

Becoming American: The Rocky Road to Citizenship

By Kate Grodin, WMHS Co-Principal

On Wednesday, September 11, WMS 7th and 8th grade students were welcomed by the Honorable William K. Sessions III to the Statehouse to watch 31 people from 14 different countries become US citizens in a naturalization ceremony.



“relevance” and “authenticity” in education, this is it!

This trip launched students into their fall Expeditionary Learning project, “Becoming American: the Rocky Road to Citizenship”.

Over the next couple months, students will dig deeper into the experience of how people become US citizens. Through the lens of our *Culture and*



Bhutan, France, Mexico, Sudan, Canada, and Iraq are just a few of the countries that candidates represented. The day before the trip we learned one of WMS student’s parents were going to become citizens at this ceremony. When we were there, we were happy to see a WHS 2018 graduate taking the oath to become a citizen. Later, on the Statehouse steps, we recognized a WSD staff person who was celebrating his brother’s citizenship! When educators talk about

Community Graduate Expectation, students will explore and develop their cultural awareness and apply it to finding a way to better support community members’ path to citizenship. This is Expeditionary Learning in a nutshell.

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



The trip to the Statehouse, and all the connections students had to people there, illustrates just how relevant a topic this is. When classmates see a WHS graduate taking the Oath of Allegiance and then registering to vote, a topic that once was taught out of a textbook comes alive.

It is exciting to witness these moments because this our vision for learning, as defined by our Graduate Expectations (GXs).



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SAVE THE DATE: Parent Teacher Conferences

WMHS Parent Teacher Conferences

Thursday, October 24th (12pm-8pm) and Friday, October 25th (12pm-3pm)
(All K-12 Students released at 11:00am both days)

JFK Elementary Parent Teacher Conferences

Thursday, November 21st (12pm-8pm) and Friday, November 22nd (12pm-3pm)
(All K-12 Students released at 11:00am both days)

More info will be coming out in October on the district website at www.wsdvt.org.

Winooski Wellness

By Sean McMannon, Superintendent of Schools

Happy fall! As we enjoy the beautiful foliage it is also a reminder that cold temps and diminished daylight hours will be upon us soon so it is a great time to revisit, restart and rejuvenate one's wellness. As Allan Lokos says, "Your actions are your only true belongings." I would recommend using the *Six Dimensions of Wellness* as a framework to reflect on your individual and family wellness. Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), developed the *Six Dimensions of Wellness*. I have found them very useful when taking inventory of the different aspects of my life and planning for improved wellness. Below is an overview of the *Six Dimensions of Wellness*:

Occupational

- The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.
- Occupational wellness follows these tenets:
 - » It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
 - » It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

Physical

- The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption.
- Physical wellness follows these tenets:
 - » It is better to consume foods and beverages that enhance good health rather than those which impair it.
 - » It is better to be physically fit than out of shape.

Social

- The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.
- Social wellness follows these tenets:
 - » It is better to contribute to the common welfare of our community than to think only of ourselves.
 - » It is better to live in harmony with others and our environment than to live in conflict with them.

Intellectual

- The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands their knowledge and skills while discovering the potential for sharing their gifts with others.
- Intellectual wellness follows these tenets:
 - » It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
 - » It is better to identify potential problems and choose



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appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

Spiritual

- The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.
- Spiritual wellness follows these tenets:
 - » It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
 - » It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

Emotional

- The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.
- Emotional wellness follows these tenets:
 - » It is better to be aware of and accept our feelings than to deny them.
 - » It is better to be optimistic in our approach to life than pessimistic.

WSD has built a culture of wellness with the goal of increasing our student's readiness to learn. We do this through our mindfulness, food security, school-based health center and movement programs. Also, wellness is a guiding tenet of our capital project to bring better temperature control, improved air quality, and more natural light. Wellness contributes to the collective power of our community. In my time as your superintendent I have experienced the shared strength of Winooski through the Back to School BBQs, Winooski's Got Talent!, STEM Family Fun Nights and Fun Fairs. Sadly, we are also here to support each other through family tragedy. Whether we come together in celebration or hardship it is of infinite importance that we continue to stay connected. I would humbly suggest that if we, as a community, continue to embrace the concept of wellness we could become an even healthier city. Each of us can start by looking within. Please join me in making Winooski a city where every child is safe, healthy and feels like they matter! Thank you for working with WSD to benefit our students!

(http://www.nationalwellness.org/?page=Six_Dimensions)

Winooski School District School Board Notes

By Mike Decarreau, Board of School Trustees President

Change.

They say that change is good, but we don't always recognize the good until we have had time to understand the change. As we invest in our district through the Capital Project, we are changing classroom design to best support teaching and learning in the 21st century. Things are changing at such a rapid pace that we need to teach our students how to learn. This looks very different from the old-fashioned method of delivering the same material, in the same way, to all students in each class.

Change is also becoming a core part of how we are measuring our students. The state has begun gathering data called Snapshot which uses standardized test scores to look at not only the absolute score but each student's progress over three years. This data can be found here: [schoolsnapshot.vermont.gov/organizational]

As a school board we ensure taxpayers are getting good value out of our schools. While overall district standardized test scores are low, they also prove that we are teaching our students how to learn as they make progress each year.

At our board retreat on Sept 14, we continued to formalize our expectations for the outcomes of our students. The focus is on change. For example, in reading we use a program to measure



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progress called Fountas & Pinnell Benchmark Assessment Systems (F&P) at the elementary school. Overtime, we can track the progress of each student against the strict standards set in F&P. The staff has worked to align the outcomes of the assessment system to the state standards. We are able to give this assessment several times each year. It helps us understand if students are making a year of progress each year, which helps to pinpoint several areas for intervention. If a student is reading below grade level, but is making a year of progress each year, then the staff can put in place interventions aimed at helping the student get back on grade level. Students not reading on grade level and not making a year of progress need the most intensive plans and will get that help. For our students reading above grade level and making good progress, other aspects of their overall education can become the focus.

As always, the board thanks this awesome community for all your support. We are open to hearing from you on issues you may have.

Contact information for each school board member is on the back page of this newsletter as well as on the website (www.wsdvt.org).



Cathy Bray

The Faces of Winooski School District

Get to know the people who work for the Winooski School District every month in this column.

What do you do at WSD?

I wear a lot of hats - I'm the school receptionist, I also do security, run the copy center, and I'm administrative assistant to the school's Business Manager, Rebecca Goulet.

How long have you worked for the district?

It's my 12th year. I've lived in Winooski for 17 years.

What do parents and students need to know about you?

The students mostly come see me when their teachers send them to get copies. They call me the "Copy Lady". Parents come see me when they need directions to a classroom or an event in the building.

What's something people in the district might not know about you?

I'm really crafty. I love Pinterest, and I can just look at something and make it. I've done these really cool shadow boxes recently. It's a lot of fun.

Why do you heart WSD?

In a small town like Winooski everyone knows each other and if someone needs help, people are always willing to help you out. I love the district because of the diversity. It's amazing how many different cultures are here, and to learn about each one of them. It's incredible watching a kid come in who doesn't speak much English, a kid who is understandably scared, and by the end of the year they're confident and succeeding.



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.

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.



WELCOME NEW SCHOOL STAFF



Welcome New JFK Staff

Left to right: **Maia Zuchman**, Long-term sub/Guidance Counselor; **Daviah Lawrence**, ELL Teacher; **Corey Girelli**, Pre-K-5 Special Educator; **Holly Haggerty**, EEE Special Educator; **Emma Martinsen**, Behavior Interventionist.



Welcome New Middle School Staff

Left to right: **Emily Jacobs**, Creative Arts; **Erica McIntyre**, Team Journey - Math; **Hannah Handloff**, Special Educator Grades 6-8.



Welcome New High School Staff

Left to right: **Annie Schneider**, ELL Teacher; **Caitlin MacLeod-Bluver**, Reading Specialist; **Ghana Rimal**, Math Teacher.

Welcome Other New Staff

NOTE: some new staffers were hired after school started or were not available to be included in the group shots above.

Photos row 1 – **Joy Solomon**, Instructional Assistant, JFK; **Ellen Emers**, Program Assistant; **Mary Carlton**, Grade 4 Teacher; **Lauren Broadbent**, Administrative Assistant.

Photos row 2 – **Mandy Johnson**, School and Community Instructional Assistant; **Judy Edelstein**, School and Community Instructional Assistant; **Richard Lund**, Instructional Assistant; **Leanne Deliduka**, Health Office Assistant.

Photos row 3 – **Ann Berno Browning**, Special Education Grades 6-12; **Philip Smith**, Instructional Assistant; **Emily Hecker**, Director of Communications and Development; **Joshua Brown**, Maintenance Worker.

Missing – **Jai Magar**, Custodian; **Stevya Mukozo**, Interpreter, Translator, Tutor; **Brian Hullfish**, Instructional Assistant; **Ryan Miller**, Program Assistant.



Ask WSD

THIS MONTH'S QUESTION: What is the ranking of Winooski students compared to other districts in the state and the whole country?

ANSWER: Standardized tests are one way of measuring student performance, although they certainly don't paint a complete picture.

Many of our students have gaps when it comes to standardized test results. The gaps can be contributed primarily to the complex needs of our students.

- 70% of our students qualify for free/reduced lunch, which is a way to measure student poverty, (the state-wide average is 38%);
- 41% of our students qualify for English Language Learning (ELL) support, which means that they are not only learning new content but they are learning a whole new language, both social and academic language in most cases;
- 25% qualify for an Individualized Education Plan (IEP) with a disability.

Our district is committed to meeting students where they are and helping them to grow as learners and people. Our data shows that about 70% of students make at least one year's worth of growth in math and reading each year.

The VT Annual Snapshot, a state-wide look at district performance, shows that our 5-9th graders, ELL students, and students with an IEP, are making significant progress in English Language Arts (ELA) and Math with a rating of "excelling" according to the "performance change" indicator – a benchmark for how well students improve over time.

According to the US News and World Report, Vermont's K-12 education system ranks 4th in the nation. Read more about how Winooski High School ranks nationally, based on performance on state assessments and how well we prepare students for college here: (bit.ly/USEDURANK)

We have built a strong set of supports for our students, from basic needs such as food security, clothing, medical, and dental care to academic readiness needs such as behavior and attendance, so students can improve their literacy and math skills. We know this focus on the whole child results in growth for each and every student and helps them to be college and career ready, lead healthy, productive and successful lives and be engaged with their local and global community. (WSD Ends Statement).

If you would like more information about how WSD ranks on the Smarter Balanced Assessment Consortium (SBAC) standardized tests, read this article by VT Digger: bit.ly/SBACVTDIGGER

Strong schools need strong community support. Our district wants to do everything we can to connect with all community members so we can build a solid, open and supportive relationship. If you have a question you'd like answered, please send it to ehecker@wsdvt.org, Emily Hecker 60 Normand Street, 05404 or call 802.338.7061.

WSD Alumni Profiles

Winooski School District prepares students to lead healthy, productive and successful lives. The paths our students take after graduating can be as different -- and interesting, as our incredibly diverse students themselves. So, we created a place to celebrate the work WSD grads are doing in Winooski, in Vermont and around the world. If you know of a person who should be featured, please email Emily Hecker, ehecker@wsdvt.org. Justice Palmer graduated in 2017. Our interview took place on 9/4/19.

What are you doing now?

I go to the University of Vermont full time and work at the UVM medical center. I'm a Patient Access Specialist, which means I help 10 clinics throughout the network, doing various things for doctors and nurses. I am studying Public Health - Health in Society, with a minor in behavioral Health Change through the College of Medicine. I live on campus during the school year and share an apartment with my best friend during the summer and breaks.



How did your WSD education prepare you?

I had the ability to access Community College of Vermont, and through iLab I had the resources I needed to obtain college credits. I entered college with 40 credits! I felt like I walked in and already knew how to "do college" because I'd already been doing it for a while. I didn't need to learn how to take notes, for example.

The diversity of Winooski School District also exposed me to so many other cultures which opened my mind - far more than other students from other districts in Vermont. I'm not lost to other cultures and I can adjust well to other people's different perspectives.

Also, for my senior project I did Service Dog Training and I trained my dog, Bella. Her official title is "Emotional Support and Stability" dog. Winooski launched that for me which was awesome.

What's one of the fondest memories you have of your time at WSD?

I don't have anything specific, but I think about that one hallway, where everyone knows each other and everyone is laughing and creating this incredible community - it feels like all these good memories colliding together. A collection of good moments and good people.

Where do you think you'll be in 10 years?

I hope to be a physician assistant or a doctor. I'm looking to get into a Physician Assistant program, and if that goes well, I'm hoping to get my Doctor of Medicine.

What's the most valuable thing you learned as a WSD student?

Staying open minded. The school broadened my perspective of people around the world which changed my way of viewing the world and my place in it.

What advice do you give current WSD students?

Just because you go to a small school it doesn't mean you can't have big dreams! Also, be kind to each other.

Why do you heart Winooski?

I love it because it gave me experiences I wouldn't have gotten at any other high school!

Maximizing Capital Project Value Through Collaboration

ReArch Company hired to manage WSD construction process

By Emily Hecker, Communications and Development Director

The Winooski School District (WSD) School Board approved a recommendation from the Capital Project Executive Committee to accept the Construction Management bid from ReArch Company.

ReArch Company will provide pre-construction services including cost estimating, constructability review, phasing logistics and project scheduling during the multi-phase, 18-month construction project.

“We are happy to work with ReArch because they are approaching the work in a new, innovative, and exciting way,” says Mike Decarreau, WSD Board Chair.

ReArch was drawn to the Winooski Capital Project because it felt like more than a typical school renovation project. Johnny Illick, Vice President of Development at ReArch Company, explains, “Winooski schools are a community hub where students, parents and community members can come for a wide variety of services ranging from health checkups, food support, after school programs, English Language Learner programs and much more. It is a wonderfully diverse school with many different backgrounds and ethnicities that make this space unique, special and something we want to be a part of.”



Right to left: Johnny Illick, ReArch Vice President of Development; Sean McMannon, WSD Superintendent; Alexander Yin, WSD Board Member, at Back-to-School BBQ on 8.22.19.



ReArch strategy meeting in preparation for the Request for Proposal for the Capital Project Construction Manager Bid.



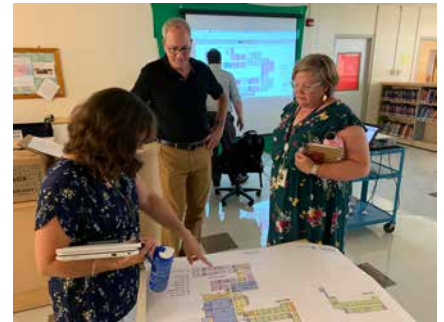
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ReArch will be responsible for ensuring the highest value of the work being done for the Capital Project during the early design phase up to project completion, projected for 2022, through collaboration with the Owner’s Project Manager, Tom Barden, the TruexCullins design team, and various subcontractors. Construction is slated to start in June of 2020.

“This project is important to us as it will be the future learning space for generations to come. It also allows us to showcase our ability as a construction partner and truly make a difference in the community of Winooski,” says Illick.

UPDATE:

The Winooski School District (WSD) Capital Project organization meeting was held Sept. 10th to delegate roles within the ReArch construction company team. Bert DeLabruere was designated Project Executive, for preconstruction and construction services.



The architects and construction teams are working on logistics plans and schedules, which will be ready to present by early October.

Environmental and engineering consultants, ATC Associates, are preparing a proposal for phase 2 testing, which will take place inside the WSD building. The phase 1 field work has been completed and the report is expected by the end of September.

The land survey has been completed and the report sent to the project engineer. The boundary survey field work is also complete, and final drawings are expected late September.

GeoDesign completed the drilling, a total of 15 holes, with a final report due at the end of September.

Also, toward the end of September, additional design meetings will be held with architecture firm TruexCullins, and their consultants to address the needs of WSD departments such as: food service, performing arts, facilities (including mechanical and electrical), and Information Technology (IT).

We plan to continue to keep you informed about Capital Project progress as often as possible. If you have a specific question or concern, please let me know! Emily Hecker, ehecker@wsdvt.org 802.338.7061.

ANNOUNCEMENTS



Annual Clothing Drive and Giveaway at the Winooski School!

By Jaycie Puttlitz, Wellness Coordinator

The 4th Annual Clothing Drive and Clothing Giveaway event is moving back to the Winooski School District this year.

Clothing Drive

From October 1st to November 15th, we will be accepting clean, gently used clothing items to be given back to Winooski children and families. Specifically, warm, winter clothing and gear is needed for ages infant to 18 years old, including winter boots, jackets, hats, mittens and snow pants.

Do not donate accessories (like ties or purses), evening wear, lingerie, or costumes. We also are not accepting toys or household items. We will accept undergarments and socks only if they are new and still in their original packaging.

Please sort, bag and label your donations by size. Donations can be brought to the Winooski school district (60 Normand Street, Winooski) from 7:30am to 4:00pm on Monday through Friday. Bring your donations inside the lobby and put them in the bin provided.

Clothing Giveaway Event

There will be two dates to get clothing and gear for your family this year. On Thursday, October 24, and again on Thursday, November 21, the Winooski school cafeteria will be open from 1:00pm to 6:00pm for families and community members to come and get clothing for free. A limited amount of shopping bags will be available while they last, so remember to bring your own bag to this event.

4TH ANNUAL

WINOOSKI CLOTHING GIVEAWAY!

Come get gently used clothing for you and your family. This event is free and open to the Winooski community.

THURSDAY OCTOBER 24
& THURSDAY NOVEMBER 21
FROM 1PM 6PM IN THE WSD CAFETERIA

Contact jputtlitzewsdvt.org with questions or to donate.

www.wsdvt.org



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#winooskiasheart



Here are the main ways to connect with us for district news and updates.



Website

wsdvt.org is your "go to" source for information about our district and schools. Our calendar and news section are updated regularly. We invite you to look around and check back often.



District Newsletter

Delivered monthly to each mailbox in Winooski, our newsletter features district news, celebrations, and events. Also available online: wsdvt.org/newsletter



Social Media

We are active on Twitter & Instagram @winooskilearns Facebook @wsdschools Engage with us using #winooskiasheart

Notifications

Urgent notifications are sent in the form of calls, texts and emails. Make sure your child's enrollment information is updated with your contact information.



School Updates



JFK Elementary, WMS and WHS all have specific communication tools - connect with school principals if you'd like to get in the loop.



Winooski PTO Summer Highlights

The Winooski PTO was busy this summer raising money for the kids:

Golf Tournament (June 22): The PTO hosted its first golf tournament at the beautiful West Bolton Golf Course. Nine teams participated, and the group raised \$6,800 for the school district's students!

3-on-3 Basketball Tournament (August 17): The PTO sold concessions at the VT Wolves Basketball 3-on-3 Basketball Tournament. There was a great turnout, and the food and cold drinks were flying from the tent for hours!

Lake Monsters 50/50 Raffle (August 30): At the last game of the Lake Monsters' 2019 season, PTO parents and WSD students sold raffle tickets. Thanks to everyone's help and a great crowd, we raised \$484, and the kids had a blast!

The PTO has a lot of exciting plans for the 2019-20 school year. Check out our web site (<https://www.wsdvt.org/parents-families/pto/>) and our facebook page to see what's coming next. If you'd like to get involved with other parents and teachers, we meet on the third Wednesday of the month in the school library at 5:30pm. We'd love to see you there!



Free Playgroups

Calling all parents and caregivers of young children (0-5years old)!



Did you know that young children learn social and emotional skills at a very young age? Sharing, taking turns, identifying, and expressing feelings are all part of their everyday experience. You can provide valuable learning opportunities for your little ones by attending playgroups.

Come and join us for some free and fun play time, crafting, sensory activities, singing, and a small Snack. Take this opportunity to meet other parents, to socialize, and to find out about other community resources.

We regularly meet on Tuesdays and Thursdays from 9:30-11:30AM at the Winooski Family Center on 87 Elm Street. We look forward to seeing you.

Contact Martina (mkerkering@howardcenter.org) or call (655 1422) with any questions. *The Winooski Family Center is part of the Early Childhood Program at the Howard Center.*



Winooski Farmers Market

The Winooski Farmers Market is open through October 27! Come down to Winooski Falls Way (in front of the Champlain Mill) every Sunday 10am - 2pm. Fresh produce, local products and prepared food. Free kids activity 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! Don't forget, free parking on the street and in the garage across from the market all day Sunday. www.downtownwinooski.org/winooski-farmers-market

Youth Baseball/Softball League Community Birthday Calendar

By Jeff Brosseau

Help support Winooski Youth Baseball/Softball by subscribing to our 35th edition of the Community Birthday Calendar.

Calendars are \$9.00 for (5) listings, listings could be a birthday, anniversary, in memory of or military service, each additional listings would be .25 cents. Advertisement spaces are also available, ad blocks are 1 3/4"x 1 1/4" in size for \$80.00. Calendar orders will be place October 5th for arrival before Thanksgiving, makes a wonderful holiday gift. For more information contact Jeff Brosseau 233-5530, jeffrey.brosseau@greenmountainpower.com

Holiday Vendor/Craft Fair



Raffles, Bake Sale &
Green Meadows Catering
Offering Breakfast and Lunch
Saturday, November 16

9am – 3pm

Winooski School
60 Normand St.

Brought to you by the
Winooski PTO



October Update

By Sara Raabe, JFK Principal

Each year, National Life Group Insurance Company sponsors an annual program called LifeChanger Of The Year. The program celebrates educators for the positive difference they make in the lives of their students, for being a leader in the school community, for exemplifying excellence as an educator, and for creating a nurturing atmosphere in our schools.

It recognizes K-12 educators and school employees across the country. At JFK, we are incredibly lucky to have amazing staff members, two of whom have been nominated for the 2019-20 LifeChanger Of The Year award.

Sarah Murphy has been a guidance counselor at JFK Elementary for 8 years. Sarah gets snacks donated so that we have extra food for students that are hungry. She was integral in starting a fall clothing drive so that our entire community has winter appropriate clothing. In addition, she works with local businesses to get shoes, coats, boots, etc donated so that she can give them to students in need throughout the year. Sarah not only works hard to get our students' physical needs met, she also works to get their emotional needs met. She launched a social thinking program in the school, and now uses it as the basis for her weekly guidance class lessons. She works with



Sarah Murphy



Amanda Babcock

outside agencies to coordinate care for our students and families. She has also stepped up to leadership roles in the school community, acting as Positive Behavior Interventions and Supports systems (PBIS) Coordinator. Since implementing PBIS and Multi-Tiered System of Support (MTSS) systems, there have been positive climate and cultural changes in the school. Sarah also runs our annual scheduling committee, no easy feat. While Sarah works hard at school to support our staff and students, she also has a family and is in graduate school for her administration certification. She manages to balance being the mother of two young children, a wife, a fantastic colleague, and a student beautifully.

Amanda Babcock has been working in education since 2005, and is starting her fourth year as the behavior coach at JFK. Amanda supports our students by implementing proactive behavior

plans or incentives and supporting staff in the building in implementing the plans, resulting in students being able to successfully navigate their day. Amanda is our school PBIS coordinator, a member of the JFK Leadership team, attends PBIS Coordinator meetings, is presenting at the VT PBIS conference this October, is a Vermont state approved PBIS coach, and has been instrumental in getting JFK's PBIS (Positive Behaviors and Interventions Supports) system up and running. While Amanda works hard at school to support our staff, students and families, she also has a family and recently finished graduate school for her Administrative Degree. She takes extra course work around the subject of trauma to learn how to better help our students. She balances being a wife, mother of two children, two step children, a "gram gram" of two little ones, and a colleague quite wonderfully.

Sarah and Amanda are both dedicated to the Winooski community, and the school. Both educators are exemplary professional educators who create positive experiences for students. You can join us in supporting Sarah and Amanda's nominations by leaving a comment on their profiles on the LifeChanger Of The Year website at <https://www.lifechangeroftheyear.com>.

Thank You JFK Summer Staff!

By Suzanne Skaflestad, 21C Director

While summer has come and gone, I wanted to take this opportunity to thank all the staff that worked so hard in the JFK Summer program. And a special thank you to Katherine Blair for her behind-the-scenes work in coordinating the program. Her flexibility and forward thinking always brings positive energy and

success to her work!

The Agency of Education visited the JFK summer program as part of the site visit process for the 21st Century Community Learning Center program. The purpose of the summer visit is to informally understand and observe the summer components of the project. The

program received very positive feedback which included that there is a high level of quality and care of the program, teachers and staff. It is the hard work, dedication and collaboration that brings high quality programs to our students!

Thank you to:

Amanda Babcock
Kyle Blindow
Ann Berno Browning
Savana Bechard
Margaret Beaudoin
Katherine Blair

Kari Bohlen
Courtney Bryan
Regan Charron
Joe Clark
Daryl Coutts
Amadeus Dorfman

Gordon Goldsmith
Karen Greene
Stefanie Hamble
Morgan Johnson
Nancy Johnson
Jacie Knapp

Maybeline Lopez
Shannon Fountain
Carolyn LaMothe
Katie Letourneau
Danielle Magowan
Marie Maillet

Kathy MacLellan
Samantha Martin
Jason Mayo
John Neilson
Katie O'Brien
Allison Saft

Marelyn Segura
Bernie Toth
Elizabeth Wood
Jenny Wright

Book Caucus

By Matt Gile, Librarian

JFK 5th graders held a Book Caucus to determine the first read-aloud book for library-time! Students had to decide between Neil Gaiman's spooky classic *Coraline*, and Mac Barnett's hilarious sequel to *Mac B. Kid Spy* (a favorite read-aloud from last year), *The Impossible Crime*.

Each book had a student representative who was responsible for giving a pitch to convince their classmates to caucus for their book. As the representative for *Coraline*, Carmen said "The movie was so good, and the book is always better, so this will be the best book!" Representing *The Impossible Crime*, Jahiem said "Freddie is the smartest dog, and the first book was really funny." Despite strong enthusiasm for both books, *Coraline* swept all three 5th grade classes!



MIDDLE/HIGH SCHOOL HIGHLIGHTS



WINOOSKI SCHOOLS
We are the future.

The Library Welcomes You to the Winooski Hang-Out

Thanks to the efforts of Winooski High School freshman, Eric Buker, 21st Century Community Learning Center Afterschool Director, Suzanne Skaflestad, and Middle School Teacher, Nancy Keller, middle and high school students have yet another option for their afterschool time! Since Monday, September 9, the Winooski School District's library is OPEN from 3:00pm until 4:30pm on Monday through Friday for Session 1 of the afterschool program for students in grade 6 or higher, and is staffed daily by Winooski High School teacher, Sandra Lynch. Plans include keeping the library open afterschool ALL year, but the schedule may change (slightly) with each afterschool session. The good news is that students can now choose to drop in to the library to do homework, hang out with friends, play games, read books, and get a snack!

Last spring, Eric, along with students Alia Ross and Thera Neilson, saw a need for a supportive and flexible space for students to hang-out after school before their sports practices or while they were waiting for a ride home, so they wrote and received a Youth4Youth grant, entitled The Winooski Hangout, to make it possible. Suzanne and Nancy thought it was such a great idea, they wrote and received another grant, entitled The Library Welcomes You, to expand the program, and now the library is open for all of Winooski's middle and high school students five days a week. Congratulations and thank you to Erik, Alia, Thera, Suzanne and Nancy for your efforts and for giving Winooski students another great place to go at the end of the school day!



Pursuing Greater Equity with a Rowland Foundation Grant

WSD students and educators met at a shared leadership retreat to build the vision for WHS teacher Luke Dorfman's Rowland Fellowship project. The Fellowship awarded \$100,000 to support a multi-year exploration of how we might build a more equitable educational system.

Dorfman is working to find ways to include more voices and perspectives to ensure the decisions our district makes will work for all students.

We will report in more depth on this project in future newsletters.



WMHS Staff on the first day of school.

Come Cheer on Boys Varsity Soccer!

By Coach Stephen Feiss

The Winooski Boys Soccer Team has gotten off to a great start to the fall season. We have a number of key players returning for their senior year including: Lek Nath Luitel - Forward Senior; Dhiraj Dhakal - Midfield Senior; and Milan Magar - Midfield Senior.

We also have some exciting newcomers: Hussein Amuri - Defense Junior; Emmanuel Omar - Forward Sophomore; Ayoob Musanovic - Forward Sophomore.

We are looking to continue the success of our last few seasons while still improving our tactical understanding of the game. We have a large group of players who are new to the country this season so teaching them to learn our program's style of play will be exciting to watch.

We will have our eyes on the individual record books this season as well with Lek Nath Luitel sitting at 73 career goals. He will be looking to try and top the century mark — something that only 4 boys players in Vermont have ever done before!



FALL SOCCER SCHEDULE - HOME GAMES:

Come see a home game and watch the team represent Winooski!

- 10/11 4:00pm vs. Enosburg
- 10/19 6:00pm vs. Hazen
- TBD Playoffs

Snapchat Doesn't Last But Yearbooks Do!

Yearbook Committee has begun meeting and would love more students to join!

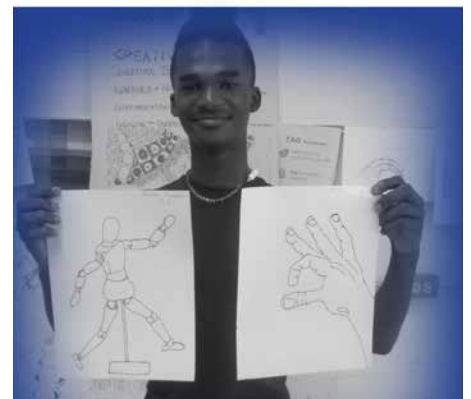
What do we do in Yearbook, you ask?

- Yearbook Members work hard, but also have fun too!
- We fundraise and make important decisions about the group
- We work on our social skills, keeping with deadlines, persistence, etc.
- We have snacks!
- We take photos, create book elements, create layouts
- We design the artwork that goes in the book, and make the cover
- We organize surveys to get all student input
- And More!

So, WE NEED YOU! Even if you cannot attend every meeting, you can still be a valuable member! Come to the high school art room Mondays afterschool. Can't wait to see you there!



Winooski High School
Visual Artist OF THE Month



September Artist of the Month Heritier Mampuya

By Jessica Bruce, Fine Arts Teacher

Heritier has been working hard on his hand-eye coordination in Drawing class, creating various contour drawings as a basis for his later works. Congratulations, Heritier!

Save Money and Support Students

Students are working hard to raise money for this year's prom and senior class trip. If you would like to support students, we are selling **SaveAround Coupon Books**. These books cost \$20 and have thousands of dollars worth of savings for both local restaurants & businesses, as well as online retailers. If you are interested in supporting the students and saving some money, please contact class advisor, Courtney Poquette at cpoquette@wsdvt.org or 802-383-6192.

WHS Advisory Focuses on Building Relationships

By Lindsey Cox

Winooski High School advisories cultivate healthy and caring relationships within the school community while fostering academic and personal growth and wellbeing. Last year was the second of a new advisory curriculum that integrated activities such as restorative practice circle conversations, one-on-one check ins, and college/career exposure.

This year, our student representative team is starting strong and helping with the planning, implementation, and systemic changes to the advisory system.

We kicked off the school year with a 9th grade orientation day, coordinated and led by 9th grade advisors and a group of upperclass students. First year students played games with their advisory, ran through their new schedules and went on a scavenger hunt to learn new information about their high school teachers. They also participated in their first circle as an advisory and started creating rituals they will follow during advisory for the rest of the year.

Last year was the second, year-long advisory challenge. Each advisory had a monthly challenge and accumulated points. The Dunn Advisory was the 2018-19 winner and they enjoyed a nice meal together at the beginning of the summer at Sneakers Cafe. In September, the advisory challenge aligned with our homecoming spirit week. Each day during the last week of September, students could earn points for their advisory by dressing up according to different themes like “twin day” or “green & white day.”



To kick off spirit week, the high school welcomed Akeem Lloyd, a motivational speaker who talked to the entire high school about being your best self and belonging.

On Sept. 18, all high school advisories headed out to experience team-building opportunities. The 9th graders went

to the UVM Ropes Course, the 10th graders tested their skills at the Esc4pe Room, the 11th graders learned about leadership on boats at the Community Sailing Center, and the 12th graders cooked a meal together and supported

each other at the high ropes course at MetroRock. These helped advisories develop stronger relationships and gave them a foundational, shared experience to bond over.

If you have any questions or feedback about the WHS advisory program, please contact advisory coordinator Lindsey Cox (lcox@wsdschools.org or (802) 363-2342.)



2019-2020 first year student advisories



COMMUNITY NEWS

Municipal Update — October

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 O'Brien Community Center reorganization process has been successful and **North End Studios** (www.northendstudios.org) are open for business. They have an excellent track record of engaging the full breadth of diverse communities.
- The **Myers Pool** rebuild project is underway! The engineers and contractors are on-site working towards a June 2020 completion. The Community Services staff is researching staffing and operational models to provide the best service to residents as the Pool Opens in 2020.
- Winooski City Council participated in a joint meeting with the Winooski Board of School Trustees where high-level financial overviews of both entities were presented. Also presented was the Equity Dialogue Group's recommended next steps in this work, including creating an **Equity Leadership Council** and expanding the roles of Community Liaisons.
- The Planning Commission continues their review of the City's **Form-Based Code**.
- For the past several months, the Winooski Housing Commission has spent their time working out the details of a **Housing Trust Fund** to support housing improvement and development for Winooski.

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!

City Updates



- The City of Winooski is proud to recognize **Rita Martel** - a lifelong Winooski resident, neighbor, and friend for her years of dedicated service and friendship! Although Rita isn't moving far and will always be our neighbor, the City wishes to her all the best in her future endeavors. On August 19th, Winooski City Council presented Rita with a special Resolution of Recognition. You can view this resolution detailing Rita's accomplishments by visiting winooskivt.gov.



- The Northern Border Regional Commission (NBRC) has awarded

the City a **\$450,000 grant** through their Economic & Infrastructure Development Investment program to support the **Main Street Revitalization Project**. In addition to this grant, the Vermont Department of Transportation (VTrans) has awarded the City \$400,000 through their Bicycle and Pedestrian Grant Program for the Main Street Revitalization Project. These grants are projected to provide an estimated \$1.25M debt and interest reduction to the taxpayers – an approximate savings of \$550 for an average home (\$225.5K) over the estimated loan period.

- Community members can now use the **ParkMobile app** in Winooski - available in over 1,000 parking spaces around the city at both on-street and off-street locations. ParkMobile is the most widely used mobile parking solution in the country (available throughout Vermont) with more than 15 million users across over 400 cities. For full details, visit winooskivt.gov/parking.
- **Water and sewer bills** will be sent out by the City Clerk's Office on October 5th. Please note that Winooski City Hall will be closed on Monday, October 14th in observance of Indigenous Peoples Day.

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

Community Services Updates



Halloween 2019

The City of Winooski Community Services Department is preparing for another amazing Halloween in Winooski event! This will include music and family-friendly fun at the VSAC building and Downtown Trick-or-Treating (Sat. 10/26), the Festival of Pumpkins in Rotary Park (Fri. 10/25 & Sat. 10/26), and the Haunted Mill (10/24 – 10/26). Stay tuned for the full event announcement and details at winooski.vt.gov.

As always, the City will be hosting a special pumpkin carving event at the Winooski Senior Center on Saturday, October 19th (9 AM – 5 PM) and Sunday, October 20th (9 AM until all pumpkins are carved). This event is free and open to all – stop by any time, carve as many pumpkins as you wish! All supplies will be provided – there is no need to sign up.

We also have two vital volunteer opportunities available to continue making this event amazing:

- **Pumpkin Carving Event Support Volunteer**

We need volunteers to support the Pumpkin Carving Event and its attendees. Volunteers will help carry pumpkins in and out of the Senior Center, carve the tops off, gut the pumpkins, and ensure a safe and fun event for all. Volunteer for as long as you are able for the entire event (Saturday, October 19th / 9 AM – 5 PM and Sunday, October 20th / 9 AM until all pumpkins are carved).

- **Festival of Pumpkins: Rotary Park Set-Up Crew**

Be a part of making Rotary Park come alive! On Friday, October 25th help us load the jack o' lanterns into Rotary Park, place candles in each jack o' lantern, and light the candles. We will begin the park set up at 9:30 AM and will start lighting at dusk.

To sign up for either of these important volunteer opportunities, please contact Olivia Miller, Volunteer

Coordinator: volunteer@winooski.vt.gov
/ 802 734 1836

Programs and Events

- **DIY Tuesdays – Halloween Edition**

Crafts made easy - for youth! 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. Visit winooski.vt.gov/rec for full details.

- October 1 - Skeleton Hand Print
- October 8 - Create your own Cauldron
- October 15 - Moveable Bat Paper Doll
- October 22 - Face in a Jar
- October 29 - Halloween Trophies

- **Tinker Thursdays**

Join the Winooski Memorial Library for Tinker Thursdays!

Thursdays: Sept 12 - November 21, 2019 / 3:15 PM - 4:30 PM @ the Winooski Memorial Library

FREE! - Youth Ages 8+ (under 10 require adult supervision)

Have you ever wondered what is inside a toaster? Or a flip-phone? Do you want to practice your fine motor tool use? At Tinker Thursdays (formerly Tuesdays), we will spend time taking things apart and re-configuring the pieces into new creations. We might be disassembling a telephone, VCR, vacuum cleaner, or all three! We could even try to fix something if it is broken... but no promises. Come by the Winooski Memorial Library after school and spend some time exploring the inner workings of your favorite machines and electronics. Donations of tools, small machines and electronics appreciated. Visit winooski.vt.gov/library for full details.

- **Winooski MHS Academic & Career Support**

9/9/19 – 6/18/20, Mondays - Thursdays, 4:30 - 7:30 PM @ the Winooski Memorial Library

The Winooski Memorial Library and the Winooski School District have partnered to provide Winooski MHS Academic & Career Support throughout the school year! Are you stuck on an assignment? Need help coming up with ideas? Trying to write an essay for your

college applications? Applying for a job? Our Academic & Career Support program at the Winooski Memorial Library is here to help you with your challenging assignments for class and life. Make and revise your resume, research a career, apply for college or a job, get help in math, or finish a paper for Language Arts. Get help from an experienced tutor from the University of Vermont's education program - WIFI, computers, and printers are available. Visit winooski.vt.gov/library for full details.



Soul Collage for Winooski Residents

By Sister Pat McKittrick

Want to experience a relaxing and rewarding event? Join us for SoulCollage.

What is SoulCollage? According to Seena B. Frost, "SoulCollage" is an accessible collage process with practical applications. It's easy to learn and inexpensive. Best of all, it inspires individual creativity and encourages good communication in families and groups." Her book SoulCollage®Evolving has received two book awards. For more details please Google "Soul Collage."

Soul Collage is done individually in a group and then shared as people feel comfortable. Some people compare it to vision boards...not everyone.

Join us for this fun, community building event. Watch FPF for time and place. Refreshments and relaxing atmosphere will be provided.

If you are interested in learning more about "SoulCollage" or participating in a group, please contact Sr. Pat: 847-6534 or email pat.mckittrick@uvmhealth.org

Howard Center's Access and Intake Service Makes it Easy for People to Get Help



As part of Howard Center's commitment to ensure community members have access to the help they need for mental health, substance use, or developmental disabilities, the organization offers an integrated Access and Intake service with a single main number for people seeking information or services: 802-488-6000. Individuals or community partners already connected with a provider can call the provider/program directly.

When someone calls 802-488-6000, an Access Specialist will provide support, conduct a brief screening, schedule an intake assessment, and provide information about other community resources. In addition, the caller will be paired with an Intake Navigator who will provide interim support and services while on a waitlist or eligibility for services is being determined. This will ensure that even while on a waitlist, prospective clients will receive support. First Call for Chittenden County, the 24/7/365 mobile crisis service can be reached at 802-488-7777. www.howardcenter.org • Help is here.

Winooski High School Graduate to Lead Revolutionary Adult Choir

Vermont's Freedom & Unity Chorus to Spread the Message of Peace and Justice Across the Green Mountain State

Given these troubling times where more and more people are being told they do not belong, Vermont's Freedom & Unity Chorus plans to demonstrate through their music and their singers that ALL voices are welcome in the chorus and in the state.

The musical director of the developing chorus, **Maria Rinaldi**, suffered a spinal cord injury at the age of 12 which left her paralyzed from the chest down. Not one to let her disability define her, she pursued her love for singing with acclaimed vocal coach and performing artist, Shyla Nelson Stewart. A native Vermonter, Maria was born and raised in Winooski. She graduated Valedictorian of her high school class and went on to attend Saint Michael's College, in Colchester, Vermont, where she graduated summa cum laude.

Although not a formally trained conductor, Maria has directed the Winooski Community Chorus for the last 10 years. She prides herself on having an innate ability to choose music that is not only enjoyable to sing but also moves audiences.

In 2016, she had the privilege of directing members of the Winooski Community Chorus and Mountainsong from Jericho, VT, as a combined choir for Counterpoint's annual Vermont Sings for Peace concert held each September. This positive experience from both the singer and audience perspective formed the foundation of her idea to create a chorus that values every human being, and supports and celebrates each person's uniqueness, experiences and contributions. To this end the chorus will welcome all voices regardless of race, color, religion (creed), gender, gender expression, national origin (ancestry), disability, and sexual orientation.

The mission of Vermont's Freedom & Unity Chorus is to bring together singers to perform music that represents the ongoing struggle for racial, social, economic and environmental justice in this country. The music they will sing will incorporate the popular folk songs and African-American spirituals from the civil rights movement. They will also explore contemporary songs from artists like P!nk and Ed Sheeran that speak to the issues of today.

Does music fill you with hope for a better world and a brighter future? Do you want to be part of a musical movement that will not only be fun, but will also make you feel good about what you are doing? Rinaldi plans to take the chorus to towns and events across the state wherever the message of peace and justice will be welcomed. She invites you to join this unique chorus where you will use your voice to ignite change, transform hearts and inspire audiences. To learn more, go to: www.vermontsfreedomandunitychorus.org



Adopt A Pumpkin

As Halloween in Winooski draws near, we're looking to you to support the Festival of Pumpkins (1,000 lit jack-o-lanterns in Rotary Park!) We want to keep this beloved event coming back year after year but we need your help. We thank Seasons Greetings for all of their years of service to Winooski in putting on this event. Downtown Winooski is gladly taking up the torch this year alongside the City of Winooski and Winooski Recreation and Parks. When our community comes together, amazing things happen. Please head to www.downtownwinooski.org/halloween to "Adopt a pumpkin" for \$5. Please email info@downtownwinooski.org with questions!

Live Meeting Coverage

Channel 17 covers Winooski City Council Meetings, Development Review Board, Winooski Elections,

and more! Occasionally, we cover community events and celebrations. We invite YOU to record Winooski events and share them on TV.

Watch Live Meeting Coverage at www.ch17.tv/live Visit the City website to view recorded City Council Meetings and watch episodes of "In the World of Winooski," the Mayor's LIVE program on Channel 17/Town Meeting Television! www.winooski.vt.gov/210/Mayor-and-City-Council



Senior Center Updates

By Barb Pitfido, Winooski Senior Center Programs Manager

The Community of Vermont Elders (COVE) is a small but powerful advocacy and education organization serving the needs of older Vermonters since 1981. COVE has maintained a strong and consistent voice in public policy decision-making to ensure the dignity, security and well-being of all aging Vermonters.

Their mission is to promote and protect a higher quality of life for the state's older Vermonters. COVE advances its mission through advocacy and education. It works with and for older Vermonters and the organizations that serve them to identify, interpret and respond to critical issues that impact the dignity, security and wellbeing of older Vermonters.

The Winooski Senior Center was awarded a grant from COVE to participate in the "Asking for a Friend" Program.

Have you ever wished there was a safe, fun, and trusting space where you could talk about getting older?

Please join co-facilitators from COVE— Kathy Lord, Northern Vermont Volunteer and Outreach Coordinator for the Senior Medicare Patrol and Marichel Vaught, Director of Building Bridges to Services for Older Vermonters — for food, fun, laughter, and great discussion with friends and neighbors.

Join us on October 28th at 3pm for a friendly get-together. Call the Senior Center if you need a ride. Want to learn more? Go to: <https://vermontelders.org/aboutcove/>

Upcoming events and activities

Mondays:

- Bone Builders Exercise Program - (3-4pm) Free drop-in on Mondays and Wednesdays, this program is designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University. Presented in partnership with RSVP/United Way. Lead by certified instructor, Jim Shea.

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.
 - » 10/1 - Chinese Food from Jin - sweet & sour chicken, rice, veggies, cookies. Call us for the menu for the rest of the month.

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!
 - » 10/2 - Make a Fall wreath
 - » 10/9 - Autumn suncatchers
 - » 10/16 - Halloween Candle decorating
 - » 10/30 - Spooky cookie decorating
- Bone Builders Exercise Program - (3-4pm) Free drop-in on Mondays and Wednesdays, this program is designed to prevent (and even reverse) the negative effects of osteoporosis.

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)
 - » 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
 - » Age Well's Fresh Nepali Lunch (served at Noon) \$5 by donation at the door - RSVP Required

Upcoming Special Events:

- Saturday October 19th and Sunday October 20th: Community Pumpkin Carving – 9am - 5pm or until all pumpkins are carved. FREE drop-in event for all ages. Come carve a pumpkin for the Winooski Pumpkin Festival.
- Wednesday, October 23rd Pumpkin Carving Party for Seniors – 9am - 2pm FREE drop-in pumpkin carving and Fall Food Buffet. Come carve a pumpkin for the Winooski Pumpkin Festival. Enjoy music, food and time with friends and neighbors.
- Monday, October 28th "Asking for a Friend" 3pm FREE drop-in discussion. Join co-facilitators from the Community of Vermont Elders (COVE) — Kathy Lord, Northern Vermont Volunteer and Outreach Coordinator for the Senior Medicare Patrol and Marichel Vaught, Director of Building Bridges to Services for Older Vermonters — for food, fun, laughter, and great discussion with friends and neighbors.

The Winooski Senior Center...the most exciting place in Winooski! Connect with us anytime: Find us at 123 Barlow Street

- Phone: 802 655 6425
- Email: 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!

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 of vegetables, serving food, using the dishwasher, cleaning tables, and more. Hours: Tuesday 10am–1pm.

Trail Crew Volunteer

Under the direction of Recreation and Parks Staff, Trail Crew Volunteers perform trail work at various City of Winooski owned trails.

TREX Program Volunteer

Under the direction of Recreation

and Parks, TREX Program Volunteers will ensure the continuation and success of Winooski's plastic bag collection program. Volunteers will collect, weigh, and deliver plastic bags as well as encourage the community to be more aware of plastic use. We need one volunteer who is available for 1 hour per week between the hours of 9am–5pm, Monday, Wednesday, or Friday.

Meals on Wheels Delivery Driver

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 9:30-11am.

Circle of Support and Accountability (COSA) Volunteer

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 to 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.

Life-enrichment Department Shakes Up Calendar Design

By Gail Callahan

Our Lady of Providence Residential Care facility Life Enrichment Director Kristie Daigneault views her mission to introduce, to expand and change programming, so she decided to re-work the activities' calendar residents receive monthly.

Now, the West Spring Street facility's residents are not only still getting the traditional 11' x 17' calendar in mailboxes, but a daily rundown of the day's events are also published and displayed.

The calendars can be viewed in public areas, such as the elevator, white boards and a space dedicated to life-enrichment programming.

"The new calendar format was a result



OLOP Human Resources Coordinator Jennifer Hanley shows off the calendar formats.

of needing to streamline the process for our residents," said Daigneault. "It creates greater accessibility for the programming."

The new format is gaining support and popularity

with residents and staff alike. "The new calendar is great,"

said Our Lady of Providence Human Resources Coordinator Jennifer Hanley. "I like the idea of a daily calendar, and I think that allows the residents to have a daily snapshot of what's going on."

Sister Barbara Gregoire, RSM, also is a fan of the daily calendar. She relies on the everyday version, eschewing the larger, monthly publication, she said.

"I think it's better," Sister Barbara said. "It's easier to read."



A sample of the new, daily calendar now utilized at Our Lady of Providence Residential Care Facility



The traditional, monthly calendar showcased in a festive display at Our Lady of Providence.

Winooski Girl Scout Troops October Report

By Amy Lothrop

Welcome back! We are back to scouting. Our summer was fantastic and this year will be even better!

Brownies (grades 2-3) and Juniors (grades 4-5) started on September 4th. We earned our Girl Scout Way badge. Several Daisy (grades K-1) Girl Scouts joined us for the first meeting. We sang some of our favorite songs -- *Brownie Smile*, *Down by the Banks of the Hanky Panky*, and *Magenta Flamingos*. We shared sisterhood and traditions. Brownie Girl Scouts had fun playing games to learn about our founder, Juliette Gordon Low.

Cadettes are raising money for their Costa Rica 2020 trip. They have about \$7,000 to go from a \$25,000 bill. These girls set this goal 5 years ago when they were only 8 years old. The leaders are so proud and excited to see their dedication and efforts come to fruition. We will be kayaking to a waterfall, visiting volcanoes, planting trees, experiencing a new culture

and exploring wildlife preserves. We held a bottle drive. Thank you to every one of you for donating. We made \$476.

If this sounds like an adventure that you'd like to join or support, contact Troop Leader Amy Snow Lothrop via email amylothrop@comcast.net or phone 802-373-7288. We are open to all girls from kindergarten to 12th grade. Our mission is to build girls of courage, confidence and character who make the world a better place.

Thank you Winooski for your support!



Top: Brownies learning a new song from a Cadette. Middle: Cadette teaching "Down by the banks of the Hanky Panky" song about a little green frog. Left: Cadettes' bottle drive to raise money for Costa Rica in 2020.

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

August was a busy month at the North End Studios in the O'Brien Community Center. There is something for everyone from classes to keep you healthy to gatherings that will make memories.

- **Tai Chi class** is now being held every Tuesday from 6-8 pm. You can still join through the end of September.
- If you are a chef and are in need of a **commercial kitchen**, North End Studios can rent space to you by the hour. For example, a local baker will be renting the kitchen ten hours a week to make cakes!
- If you need a space for parties, group meetings and gatherings, the **Community Room** may be the perfect place for you. Last week, a baby had his first birthday party there!
- We are happy to report that North End Studios has completed the **renovations in the new Ballroom**. One of our first events was a Hindu festival, and a beautiful Nepali wedding also took place in this newly renovated space.



Do you want to teach, learn, celebrate or be entertained at North End Studios-Winooski Call (802-863-6713) or email (info@northendstudios.org) to learn more. There are special discounts for Winooski residents!

Winooski Food Shelf Schedule for October

By Linda Howe, Winooski Food Shelf Coordinator

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

Wednesday, October 9th	2:00 pm to 4:00 pm	Pantry staples, meat, eggs
Saturday, October 12th	9:30 am to 11:00 am	Fresh fruit, veggies, bread, deli items
Wednesday, October 23rd	2:00 pm to 4:00 pm	Pantry staples, meat, eggs
Saturday, October 26th	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 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.

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



Winooski Wednesdays

Our last Winooski Wednesday event is on October 2nd – featuring the band **Honeytwist!** Join us in Rotary Park at 6 PM, enjoy free outdoor music and a beer garden provided by the Monkey House (cash only).

Looking to bring take-out into Rotary Park or discover a Winooski business during the event? Follow Downtown Winooski on social media see what's happening on #WinooskiWednesdays!

Special thanks to everyone who attended and made it a great season!

Howard Center presents
THE MARNA AND STEPHEN WISE TULIN
FALL COMMUNITY EDUCATION SERIES
FREE AND OPEN TO THE PUBLIC

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
Your Community. Credit Union.

HOWARD CENTER
Help is here.

802-488-6912 | howardcenter.org

United Way
United Way of Northland Vermont

Registration not required.

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

Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager

As of Sept. 1, Vermonters must be 21 to purchase and possess tobacco products.

Vermont has raised the legal age to purchase and possess tobacco products, including e-cigarettes, from 18 to 21 to help combat the e-cigarette and vaping epidemic among youth.

This change, effective September 1, aims to:

- Reduce smoking rates: The National Academies of Medicine found that raising the age to 21 would reduce the smoking rate by 12% and reduce smoking-related deaths by 10%.
- Reduce the likelihood of addiction: 95% of adults started smoking by the age of 21. Restricting access to these products also addresses the youth vaping and e-cigarette epidemic.
- Protect developing brains: Teens and young adults' brains are uniquely vulnerable to the effects of nicotine and nicotine addiction (including from e-cigarettes).
- Reduce social sources of tobacco products: About half of Vermont e-cigarette users under 18 borrowed or got them from someone who was over 18.
- Protect teens from harmful substances: The aerosol from e-cigarettes that users breathe in can contain nicotine and other potentially harmful substances including flavoring such as diacetyl (a chemical linked to serious lung disease), heavy metals, ultrafine particles, and cancer-causing chemicals.

"We've made great strides against tobacco use, but the popularity of e-cigarettes and vaping continues to skyrocket among our youth," said Vermont Health Commissioner Mark Levine, MD.

According to the Vermont Youth Risk Behavior Survey (YRBS) there was a significant increase in the percent of students who have ever tried e-cigarettes, from 30% in 2015 to 34% in 2017. Among high school students in Vermont, 12% said they used electronic vapor products in the past 30 days.

"We are also seeing evidence of

increasing rates of health problems associated with vaping," said Dr. Levine.

The Centers for Disease Control and Prevention, U.S. Food and Drug Administration and state and local health departments are investigating a multi-state outbreak of severe pulmonary disease associated with e-cigarette use. As of Sept. 6, there are 450 cases of lung illness associated with e-cigarette use and five reported deaths.

Patients in this investigation have reported symptom such as:

- cough, shortness of breath, or chest pain
- nausea, vomiting, or diarrhea
- fatigue, fever, or weight loss

If you use e-cigarette products and experience any of these symptoms, the CDC recommends seeking medical care immediately. Youth, young adults and women who are pregnant should no use e-cigarette products regardless of the ongoing investigation due to the health impacts of nicotine, according to the CDC.

If you or anyone you know is looking for help to quit smoking or the use of any kind of tobacco product, visit 802Quits.org for free resources and support.

Upcoming Community Forum

Winooski Partnership for Prevention is partnering with Chittenden County Opioid Alliance, United Way of Northwest Vermont and other community partners to host a community forum on youth substance use this fall.

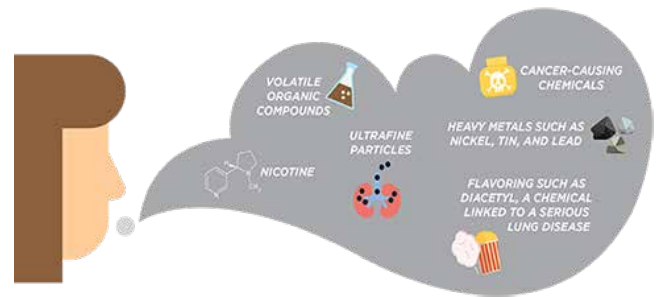
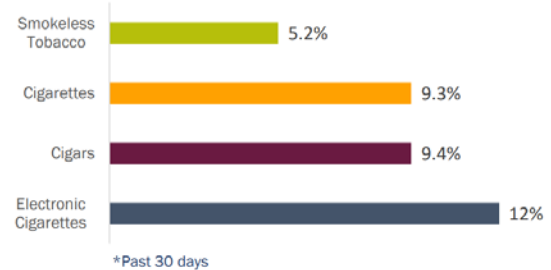
More event details will be announced soon. Stay tuned!

Above the Influence 2019/2020

We kicked off Above the Influence (ATI), our afterschool program for



Vermont Tobacco Product Use* among high school students



middle school students, on Wed, Sept. 11!

It was great to see old and new faces to our program. If you missed the first few sessions of ATI, do not worry. It is not too late to join. We accept participants all year round!

ATI 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.

ATI meets every Wednesday afternoon from 3 – 4 p.m. at Winooski Middle School.

Please reach out to Kate Nugent, Executive Director of Winooski Partnership for Prevention at katenugent@winooskiprevention.org with any questions.

Hope to see you there!

HEALTH CORNER



Health News

By Katherine Monge, School Nurse

Happy Autumn from the Health office! We are off to a wonderful start to the school year. We are excited to welcome Leanne Deliduka, our new assistant to the health office team.

Annual vision and hearing screenings have begun for all students in grades K, 1, 3, 5, 7, 9, and 12. If your child requires further assessment, a referral letter will be sent home in the mail. Please do not hesitate to call us or stop by if you have any questions.

The School Based Health Center and School Dental Program are in full swing. Students are transported to VT Dental daily to receive routine dental care and the health center is open Tuesday and Thursday mornings. If you are interested in learning more about these programs please let us know! Our number is 802 383 6094.

Tooth Tutor

By Tracy Towers RDH,CDHC

Greetings! I am in the early stages of gathering the dental information on the Health Forms that are being collected in the office.

This year, School Linked dental forms were mailed home with the back to school paperwork.

If you would like to sign your child up for dental program with Vermont Dental Care, please complete the paperwork, make sure it is filled out COMPLETELY,

and return it to the health office at school. If you return a dental form to the health office, please be expecting to receive a Medical History form from me that must also be filled out and returned to the health office prior to any dental appointment.

I look forward to my classroom visits this year, and will be including middle school students this year.

Our goal is to make sure each of our students has a “dental home” and has had a visit within the past year. I will be

reaching out to families whose kids have not seen a dentist in over a year. I want to help make the dental connection.

Dental health is so important and affects our overall health and well being on a daily basis.

As always, don't hesitate to contact me with any dental concerns/issues that one of your students may have. My email is ttowers@wsdvt.org. I check my email daily, so please don't wait to contact me if you have any concerns.

ELEMENTARY SCHOOL MENUS — OCTOBER

Winooski Elementary School Breakfast

October 2019

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	2 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	3 Breakfast Round WG Asst. Cereal String Cheese	4 Blueberry Bread WG Asst. Cereal String Cheese
7 Iced Honey Bun WG Asst. Cereal String Cheese	8 No School	9 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	10 Breakfast Round WG Asst. Cereal String Cheese	11 Blueberry Bread WG Asst. Cereal String Cheese
14 Iced Honey Bun WG Asst. Cereal String Cheese	15 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	16 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	17 Breakfast Round WG Asst. Cereal String Cheese	18 Blueberry Bread WG Asst. Cereal String Cheese
21 Iced Honey Bun WG Asst. Cereal String Cheese	22 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	23 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	24 Breakfast Round WG Asst. Cereal String Cheese	25 Blueberry Bread WG Asst. Cereal String Cheese
28 Iced Honey Bun WG Asst. Cereal String Cheese	29 Strawberry & Cream Cheese Bagel Stick WG Asst. Cereal String Cheese	30 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds WG Asst. Cereal String Cheese	31 Breakfast Round WG Asst. Cereal String Cheese	

Meal Prices

Community Eligibility Provision

Meals to all Students are free

Snacks & Snack Milk not included

Adult Breakfast \$1.75
Adult Lunch \$3.75
Milk \$.50

Breakfast in the Classroom

Please Click Links Below for Nutrition Information on Daily Options

OFFERED DAILY

100% Fruit Juice & Fresh Fruit

1% White Milk, Skim White 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](#)

This institution is an equal opportunity provider.

Winooski Elementary School Lunch

October 2019

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Kale Taste Test Event Thursday Oct. 17, 2019	1 Beef Nachos Supreme Garden Salsa Rice Pilaf Warm Black Beans	2 Cheesy Breadsticks Marinara Dipping Sauce Cheddar Broccoli Soup Fresh Celery Sticks	3 Corn Dog Hand Cut French Fries Wild Maine Blueberry Cups Steamed Green Beans	4 Layered Chicken Bowl (Popcorn Chicken, Mashed Potato, Corn, & Gravy) Kale Chips Homemade Dinner Roll
7 Chicken Patty Sandwich Oven Crisp Tater Tots Fresh Carrot Sticks	8 No School	9 Cheese Pizza Pepperoni Pizza Veggie Pizza Broccoli Salad Roasted Zucchini	10 Spaghetti w/Meat Sauce (Ground Beef) Garlic Breadstick Spinach Salad	11 Pancakes Real Maple Syrup Scrambled Eggs Sweet & White Homefries Green Pepper Strips
14 Dress Your Own All Beef Hot Dog Roasted Sweet Potato Wedges Baked Beans	15 Chicken Tacos Garden Salsa Rice Pilaf Steamed Corn	16 Cheese Pizza Pepperoni Pizza Veggie Pizza Kale Apple Salad Fresh Carrot Sticks	17 Cheesy Ravioli Bake Garlic Breadsticks Caesar Salad	18 Cape Cod Fish & Chips Hand Cut French Fries Creamy Coleslaw Homemade Dinner Roll
21 Meatball Sub (Beef & Chicken) Meatballs on a Bun Garden Pasta Salad Wild Maine Blueberry Cups Baked Beans	22 Oven Roasted Turkey Chef's Mashed Potato P3's Cranberry Sauce Steamed Carrots Pumpkin Squares 	23 Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Fresh Celery Sticks	24 Dress Your Own Burger Hand Cut French Fries Baked Beans	25 Whole Grain Waffles Twin Sausage Links Sweet & White Homefries Green Pepper Strips
28 Crinkle Cut French Fries Tartar Sauce Fresh Cucumber Sticks Northcoast Seafood Fish Sandwich	29 Taco Bar w/ The Works Garden Salsa Rice Pilaf Black Bean & Corn Salad	30 Cheese Pizza Pepperoni Pizza Veggie Pizza Broccoli Salad Roasted Broccoli	31 Oven Baked Chicken Nuggets Oven Crisp Tater Tots Roasted Zucchini Homemade Dinner Roll	 Happy Birthday Celebration Thursday, Oct. 24, 2019

Meal Prices

Community Eligibility Provision

Meals to all Students are free

Snacks & Snack Milk not included

Adult Breakfast \$1.75
Adult Lunch \$3.75
Milk \$.50

Please Click Links Below for Nutrition Information on Daily Options

Daily Lunch Offerings

Meat, Milk, Fruit, Bread, Pasta, Chef's Choice, Vegetables, Grains, Fresh Fruit, Soft Drink, Juice & 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](#)

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

[K12 Payment Center](#)

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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).

As 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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