



WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 7 PAGES OF
Community News!
STARTING ON PAGE 12

NOVEMBER 2019

celebrating Our Achievements!

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

An Attitude of Gratitude

By Sister Pat McKittrick

With Thanksgiving just around the corner, it seems an appropriate time to be grateful!

First, I would like to thank St. Stephen's Parish for hosting the Annual **International Day of Peace** on September 21st! Fr. Steve and his council did a great job organizing everything. The atmosphere was invigorating. The volunteers from both the parish and the community did an extraordinary job. They prepared a feast! The menu was fantastic — delicious spaghetti dinner with salad, garlic bread, etc. Then the community provided a variety of ethnic dishes from India, Asia, and Africa. Volunteers also provided a display of wonderful desserts. Thanks also to the Knights of Columbus for their support and to the Senior Center for sharing their great space.

Fr. David Theroux opened with a very inclusive blessing. The participants mingled and enjoyed the Social Bingo. All participants shared the Peace Pledge (above).

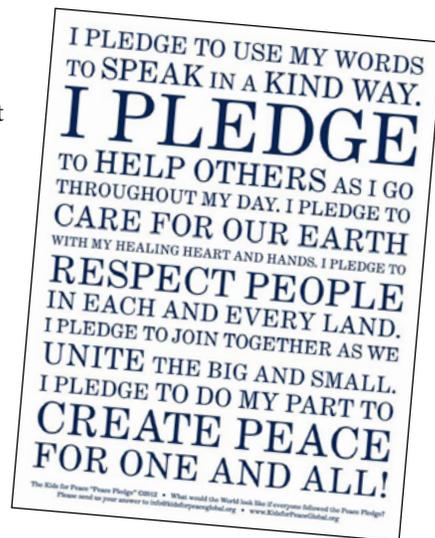
Personally, I am grateful for a diverse, active and supportive community. I am grateful for this interesting and informative newsletter. For what are you grateful? Gratitude influences our lives in many ways. As I was preparing a thank you note, I came across this article bit.ly/Articlebenefitsofgratitude.

Directly cited below are 10 statements taken from the above article.

“Here are 10 transformative benefits of gratitude:

- Gratitude improves your mental health and well-being.
- Gratitude helps you savor positive experiences.
- Gratitude helps you cope with stress and life difficulties.
- Gratitude boosts your confidence and self-esteem.
- Gratitude fosters empathy.
- Gratitude improves your physical health.
- Gratitude gives you a better night's sleep.
- Gratitude fosters resilience.
- Gratitude strengthens relationships.
- Gratitude enhances mindfulness.”

Why not consider starting a gratitude journal? Jot down three things you are grateful for every night before you go to bed. You will be surprised at what you will discover in just a short time. Feel free to contact me if you have questions or comments – email pat.mckittrick@uvmhealth.org.



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SAVE THE DATE: Parent Teacher Conferences

JFK Elementary Parent Teacher Conferences

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

More info will be sent home with students in November.

Winooski: A Great Place to Live, Work, Play and Learn!

By Sean McMannon, Superintendent of Schools

I am excited and grateful to begin my seventh year as your superintendent! One of the things that I noticed in my first few years was the high number of families moving in and out of Winooski.

In addition, changing schools has an impact on student learning. The greatest harm is associated with multiple moves. Children who moved three or more times in the first few years of school show the most negative associations. A high rate of mobility could be a contributing factor on its own, but it is consistently accompanied by other risks, such as family disruption, homelessness and economic disruption. *(Student Mobility: Exploring the Impact of Frequent Moves on Achievement: Summary of a Workshop <http://www.nap.edu/catalog/12853.html>)*

While it appears that more families are staying in Winooski longer, in large part to our fabulous school and vibrant city, I would like to encourage everyone to set roots, stay in Winooski and be a part of something great! Here are a few reasons:

Reason #1: Winooski School District (WSD) is a leader in the state and across New England in the area of student-centered learning. JFK Elementary students are participating in two Project-Based Learning (PBL) units each year and Winooski Middle School students are constructing two Expeditionary Learning (EL) units each year which prepares them for proficiency-based learning at Winooski High School. Vermont has required that all high schools have proficiency-based graduation for this year's graduates, 2020. Our local proficiencies are called Graduate Expectations (GXs):



- **Critical Thinking:** I ask challenging

questions, examine complex problems, and identify and propose solutions.

- **Wellbeing:** 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.

The GXs are coupled with essential content like financial literacy, historical inquiry and performing arts, and students are encouraged to design their own learning with support from teachers, parents and local experts in pursuit of demonstrating proficiency.

WSD was supported with generous grant funding from the Nellie Mae Education Fund (NMEF) from 2012-

18 which allowed the development of a student-centered learning model. In order to bridge the funding gap as the NMEF funds



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concluded we applied and received a planning grant in 2017 and an implementation grant in 2019 from the Barr Foundation to expand our student-centered learning model to include a system of community-based learning opportunities for our students. We have been held up as an example by former VT Secretary of Education Rebecca Holcombe as a school district that is way ahead of the curve when it comes to student-centered learning and proficiency-based graduation.

The bottom line: We are not only ahead but demonstrating innovative leadership when it comes to student-centered and community-based learning, and proficiency-based graduation!

Reason #2:

Winooski is a leader in wellness. WSD offers free meals programs all year available to each student and the VT Foodbank visits twice a month with fresh veggies for our families. In addition, students have access to health and dental care through our School-Based Health Center (SBHC) which includes on-site services from local pediatricians and transport to VT Dental. Each November we partner with the City of Winooski to organize a winter gear drive and clothing giveaway for our school and community. We take care of our staff by providing wellness programs such as yoga classes and fitness challenges through the Vermont Educator's Health Initiative (VEHI).



The bottom line: The City of Winooski and WSD are working with the community to ensure a healthy and vibrant citizenry!

Reason #3: WSD students who consistently attend and engage in our PreK-12 continuum perform well in



reading. For example, our NECAP data for 19 students who graduated in 2014 (36 total graduates) and took all the Reading assessments in grades 4-8 and 11 shows that 85% of WSD students tested Proficient or above in Reading (VT Avg=72%). Also, more recent local data shows that over 70% of elementary students who consistently stay at JFK through 4th grade are on grade level in reading and math.

The bottom line: Students that stay in the WSD system throughout the PreK-12 continuum will be ready to succeed in college, work and the world!

Reason #4: Finally and most importantly, Winooski just rocks!!! We are a wonderful, strong and diverse community. You cannot get the tight-knit and urban experience anywhere else in VT like in Winooski. While we have our challenges like every community, we have characteristics that other towns and cities do not. From our strong immigrant tradition of French-Canadians to recently-arrived refugees from across the globe we are blessed with a cultural richness that is like no other in Vermont! WSD students have come from over 35 different countries and speak over 20 different languages. This cross-cultural experience prepares all of our students to succeed in the global setting beyond Winooski.

The bottom line: Winooski is unique, resilient and quickly becoming the place families want to be for innovative and excellent education, cultural diversity and community wellness! Winooski just rocks!

Thank you for working with WSD to benefit our students!



Winooski School District School Board Notes

By Margaret Bass, Board of School Trustees

As the newest member of the Winooski School Board, I've much more to learn about our community and our school. I'm impressed by my colleagues on the board.

They've expended so much time and effort trying to juggle and balance the needs and demands of our children and youth with the needs and demands of members of the community. To that end, we spend much of our time seeking ways to reduce the tax burden on our neighbors, friends, and ourselves. We recognize the burden, but we also see and understand firsthand, the physical, academic, and environmental changes we must undertake to give our students the optimal educational experience they deserve.

We recognize, however, that we also have a duty to you, our fellow citizens. To that end, we're investigating all possibilities to shoulder the burden of the bond vote. Senators Phil Baruth and Debbie Ingram, Chair and Vice Chair of the Senate Education Committee, attended our board meeting on October 9th. We had a long and fruitful conversation with them about ways to secure additional funding from the state to assist with our renovation project. The senators had helpful suggestions for ways in which the board and the general public could assist in our search for additional sources of funding. We'll soon contact



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you about a letter writing campaign, and we'll encourage you to help us help ourselves by doing what we can to ease the tax burden.

Our cultural presentations are a highlight of board meetings. The cultural liaisons, who work directly with students and parents in our community, generally speak for thirty minutes about their cultural practices, celebrations, and rituals. Most also tell deeply moving and painful stories about why they were forced to flee from their home countries. I wish more community members were present during these presentations. We'd gain a deeper understanding of "New American" neighbors and friends.

We're encouraged by the participation of our student representatives to the board. They not only keep us informed about their perspectives on what we're doing right, but they also let us know how the district can improve. The student reps fully engaged our senators during the last meeting.

Please don't hesitate to reach out with comments, questions, suggestions, and complaints. We're here to serve you.



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.

Mandatory Composting Begins July 2020

Information for this article is shared from Chittenden Solid Waste District. Go to <https://cswd.net/> for more information.



Currently, about one-quarter of the trash that goes into the landfill from our homes is uneaten food or scraps from food preparation. Starting on July 1, 2020, all residents, schools and businesses will be required to remove all food scraps from their trash and put the material in a separate composting bin.

There are three options for composting:

- Backyard composting: residents can create a compost pile in their backyard! However, this option will not process meat, bones, or dairy. (<https://cswd.net/composting/backyard-composting/>)
- Drop-off composting: residents can bring food scraps and other compostables to any CSWD Drop-Off Center or Green Mountain Compost. (<https://www.greenmountaincompost.com/> or <https://cswd.net/chittenden-county-solid-waste-facilities/drop-off-centers/>)
- Compost pick-up: Many local garbage haulers offer curbside pick-up of food scraps. Check in with your current hauler or browse a list of haulers on the CSWD website. (<https://cswd.net/pickup-services/>)

Most food scraps can be prevented before they get to the compost bin by following basic steps to reduce food waste at home. The Chittenden Solid Waste District offers a wealth of information about how to reduce food waste on its website at <https://cswd.net/reduce-and-reuse/reducing-food-waste/>.

Students at JFK Elementary continue to be champions for reducing waste by sorting out recyclable and compostable materials from their trash at school. First and fourth graders had a lesson and participated in a trash audit in their classroom. They learned how to tell which plastics are recyclable, why recyclables need to be clean and dry, and they now know how to tell what types of paper products can be composted. They were very surprised to learn that there is only one landfill in the state for all of our trash.



Cathy Burbo

The Faces of the Winooski School District

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

Catherine “Cathy” Burbo (née Martin) graduated from Winooski High School in 1974. She now works as the library assistant for our district. She’s been working here for 17 years. “I loved to read and that was enough to get me in the door,” Cathy says.

How did your WSD education prepare you?

We didn’t have the opportunities students have now, so you were just “here” - so I guess it was the teachers opening up my mind more to what’s out there. It was a small school and the teachers knew all of us and what our interests were and everybody knows everybody, so if something came up our parents knew about it before we even got home!

What advice current students?

Don’t give up on anything you want to do. You can accomplish anything you set your mind to. If you have a dream you can go out and reach for it.

I didn’t go to college because my parents couldn’t afford it, but now there’s so much out there for people who can’t afford it, so go for your dreams.

Why do you heart Winooski?

I love the small community and the diversity we have. If you need help there’s some out there ready to help.

I’ve learned so much from our students about their beliefs and traditions.

Why do you love your job?

I assist Mr. Gile and help kids check out and recommend books. I love Young Adult literature, but I don’t have favorites - I love them all! I love the good picture books that come out and sharing those with the kids. A good one I read recently is called *Dear Martin*, similar to *The Hate U Give* - and for younger children, I love *Snack Attack!*

What is something people might be surprised to learn about you?

The first time I saw the ocean was a few years ago. I was 57. I’m not much of a traveler, but my kids took me. I don’t know how to swim, but I got my feet in the water and it was amazing — I loved the waves. It was very different from Lake Champlain.

Ask WSD

THIS MONTH'S QUESTION:

Are you making it mandatory for all teachers, aids, administrators and children to be completely vaccinated? If not why? And if not how do you protect those students who can't be vaccinated due to medical conditions?

ANSWER: Vermont law dictates immunization requirements for school age children in the school setting. When asked, we do suggest families check in with their primary care provider to see if vaccinations are the right choice for their child.

Currently, Vermont law requires the following:

1. Students must have a complete set of required immunizations on file with the school OR
2. Students may be enrolled in school conditionally with an incomplete set of immunizations on file and a date of next appointment with primary care provider to continue immunization process OR
3. A medical or religious exemption form completed and on file.

For information about state requirements for adult health services and communicable diseases in Vermont schools, here is a link to the Vermont Standards of Practice School Health Manual: bit.ly/VThealthschools

All staff at Winooski School District are required to complete annual mandatory trainings. These trainings include information about blood borne pathogens, universal precautions and ways to reduce the risk of spreading communicable diseases.

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 Profile: Usamah Abdul Khaleq

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](mailto:Emily.Hecker@wsdvt.org), ehecker@wsdvt.org. Usamah Abdul Khaleq graduated in 2018.

What have you been up to since graduating from Winooski High School?

I just graduated from Community College of Vermont with an Associate Degree in Liberal Arts. Now, I'm applying for a Bachelor Degree program in Computer Science at UVM and Vermont Technical School. I'm still driving a taxi, as I have been for the past four years.

Where are you from?

I'm from Baghdad, Iraq. My father and brother were killed during a terrorist attack in Iraq. I fled with my mom and brother to Damascus, Syria in December 2006. We waited for seven years. I worked double shifts doing any work I could pick up, as a dish washer and welder in a factory, to keep my mom out of a refugee camp. That's why I couldn't finish high school. Finally our asylum was granted by the US, and we were reunited with my sister, here in Vermont. We arrived on March 31, 2014, and I started school in September. When I started they thought I'd probably graduate in five to six years, but I did it in three. I picked up English really fast. In five years I have finished high school and got an Associate Degree... while driving a taxi full time to support myself and my mother. When I came I was 24, and people were discouraging about me starting high school. So, I want to encourage everyone to get an education, no matter how old you are. It wasn't easy being with much younger people, but life isn't easy. And after getting a degree my life has been much easier. My job prospects are much better. Without a high school degree I couldn't get any job other than a gas station attendant or dishwasher. After I complete my Bachelor's Degree I will have much more satisfying choices.

What did you think of Vermont?

When we left Syria we arrived and it was so cold. That winter 2014/15 was



Teacher Bill Clark and Usamah Abdul Khaleq

apparently one of the coldest in recent history. But I liked it. It is a beautiful place. So green. It was totally new for me. I was used to buildings and traffic and a totally different landscape. The change was nice.

What are you doing with your WSD education?

The most important thing I learned was English. I also learned a lot of science. I liked learning about computers and building computers, which is why I'm interested in a Computer Science degree.

What is your fondest memory of your time at WSD?

The best moment was when I graduated. Because I did something I'd waited a long time for. When I graduated from Winooski, I realized that I'd waited 11 years to witness that moment.

Did you have a favorite class or teacher?

My closest friend was ELL teacher Bill Clark - he helped me learn English and learn other important things about school.

How did WSD shape you?

I grew as a human. I had a lot of important experiences. I learned how to be patient...three years at school took a lot of patience. I had to go back and re-do some stuff that I'd already learned.

Why do you heart WSD?

I like Winooski School District because they accepted me and treated me well. I didn't feel like I was different or "other". The staff and teachers were nice to me and made me feel welcome. Like I was home. My advice for current students, and really anyone: Just keep working hard and you will achieve your goals.

So many people told me I'd never make it and I fought hard and now I'm here talking to you about it!

Updates on the Capital Project - November 2019

Digging Deep on Design

By Emily Hecker, Communications and Development Director

Design meetings are still in progress, and teachers and staff are being asked to provide feedback on elements of the design that will impact their work. The process has been very collaborative and thoughtful. "It felt empowering to meet with the architects and have them listen to my dreams for the library, that they will hopefully turn into a reality!" shares Matt Gile, Winooski School District librarian.

And speaking of reality, the construction team is also exploring different options about where to park job trailers, and construction vehicles during construction in order to be minimally disruptive.

Spafford and Sons Water Wells have completed their dig, drilling down about 305 feet, on the north side of the campus behind the Middle High wing. They were exploring the feasibility of a possible geothermal system. George

Martin, mechanical engineer at LN Consulting, very simply explained how the geothermal system works, "Basically all you are doing is taking 50F (10 Celsius) groundwater, and pumping it through a plate and frame heat exchanger and putting it back into the ground. On the other side of the heat exchanger you have the water source heat pump loop that distributes water to all water source heat pumps in the building. In heating mode we take the water and extract the heat from it."

As always, please let us know if you have questions about the capital project.

Emily Hecker:
ehecker@wsdvt.org, 802.338.7061.



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ANNOUNCEMENTS



Project Holiday Sharing

By Sister Pat McKittrick

Last year, in December, the Winooski Peace Initiative provided some small gifts at coffee hour for any member of the community who would like something for themselves or something to share with others. Each person could take up to 3 gifts.

We would like to do something similar this year. Many people told us they would have contributed items to give to others if they were aware of our project. Do you have any items at home that are new or nearly new that you would like to donate? Maybe you have a scarf, gloves, games, toys, jewelry, lotion, a cup, etc...an item that you would like to receive as a gift from someone else.

Items can be dropped off on Friday mornings between 9-11am at the O'Brien Community Center. Other times and locations will be posted soon.

Thanks for supporting our project. Just another way to connect our community. For more details contact Sr. Pat at 802-847-6534 or pat.mckittrick@uvmhealth.org.



Free Playgroups

Stay warm during the colder months! Join the Winooski Family Center playgroup for some cozy and fun playtime.

Come with your children (5 years and under) to enjoy fall themed activities, stories, songs, and a small snack.

We meet every Tuesday and Thursday from 9:30-11:30am at the Winooski Family Center on 87 Elm Street.

Contact Martina (mkerkering@howardcenter.org) or call (802-655-1422) with any questions. *The Winooski Family Center is part of the Early Childhood Program at the Howard Center.*

ANNOUNCEMENTS



Annual Clothing Drive and Giveaway at the Winooski School!

By Jaycie Puttlitz, Wellness Coordinator

The 4th Annual Clothing Drive and Clothing Giveaway event will take place at the Winooski School District this year.

Clothing Drive

Through 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

Get clothing and gear for your family this year 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 if you are able, 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 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.



November Update

By Sara Raabe, JFK Principal

JFK Elementary is beginning our 4th year of being a PBIS school. PBIS stands for Positive Behaviors Interventions and Supports. PBIS started in Vermont around the 2006 - 07 school year with 3 schools and 1 Supervisory Union. As of the 2018-19 school year, there are 156 PBIS schools in 48 Supervisory Unions/ Districts.

PBIS is a framework that we use at JFK to create a system of support for all of our students and our staff. The basis for our PBIS system is our HEART (Honest, Engaged, Appropriate, Responsible, Timely) expectations and the HEART acknowledgment system that leads to class and all school celebrations. By using a positive approach to behavior and

academics, we aim to create a positive school climate where students and staff feel successful, safe, and supported.

The more apparent ways that we build a positive school climate are through our morning meetings, closing circles, HEART acknowledgments, class celebrations, whole school celebrations, whole school morning meetings, and cheering while students add HEARTS to the HEART monitor. These are just a few of the ways you can see the way we build a positive school climate.

There are many ways that we build positive school climate that are less visible. The adults in the building are very deliberate about the language that we use with students. We are careful to use

language that build student's inner voice such as "I noticed that you..." Instead of "I like how you..." This subtle difference encourages students to make good choices because it is the right thing to do, not to earn adult praise. The adults at JFK are skilled at using language in a way that helps students build inner resilience that will stay with them as they grow and mature.

We encourage our families to attend our All School Morning Meetings and join us on Tuesdays and Thursday mornings to cheer students on as they add their HEARTS to the HEART monitor. If you want further information about PBIS, the pbis.org website is full of fantastic information.

ELL Newcomers Visit Apple Orchard

By Joanne Beaubien, Student Teacher, ELL, JFK Elementary

Mrs. Devost, Ms. Joanne, Miss Abeer and their ELL Newcomer class went apple picking at Allenholm Farm in South Hero recently. Everyone had a great time riding the wagon, picking fresh apples (and eating them!) and meeting some of the animals.

On the Monday after our trip, the class made three batches of delicious apple crisp with our apples. What a treat for everyone.



Students with freshly baked apple crisp, (left to right): Sumaili Wilondja, Vincent Stany, and Mohamed Adam Bakkali.

Left, our class riding on the wagon at Allenholm Farm.

MIDDLE/HIGH SCHOOL HIGHLIGHTS



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News from the Middle/High School

By Jean Berthiaume, WMHS Co-Principal



Amy Loomis

We are excited to welcome our new high school school counselor, Amy Loomis, to the Winooski Middle and High School family. Her extensive work experience with children, adolescents and their families will bring a unique skill set to our school.

Amy will work closely with our school counselors Amanda Spencer and Heidi McLaughlin to improve our middle school students' transition to high school as well as our overall graduation rate. Having another school counselor will go a long way in supporting our students in navigating a rich and meaningful high school career.

While working at Aptos Middle School in San Francisco as a school counselor, Amy had a caseload of 800 students and was responsible for counseling students on an individual basis as well as in groups. She worked collaboratively with the school administration, referred students and families to community-based agencies,

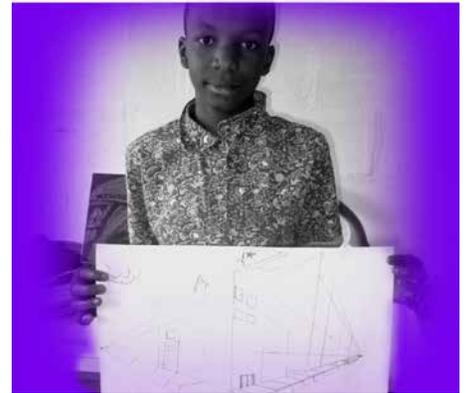
supported teachers in classroom management and individual student behavior modification.

In her previous position as a school social worker/school adjustment counselor at Chelsea High School in Chelsea, MA, she case managed over four hundred students, was responsible for crisis management, counseling, and referrals to community based agencies. Amy has experience developing socio-emotional curricula for school wide implementation as well as for targeted populations within a diverse student body.

Amy is excited about starting her work here at our school and within our community. Please be sure to introduce yourself and welcome her to our school.



Winooski High School
Visual Artist of the Month



October Artist of the Month: Ahmad Abdilah

By Jessica Bruce, Fine Arts Teacher

Ahmad has been working hard on his perspective city corner drawing in Art 1. He is always enthusiastic, eager to learn, and gets right to work! Congratulations, Ahmad!

November is Art Exhibit Time!

By Emily Jacobs, Middle School Art Teacher

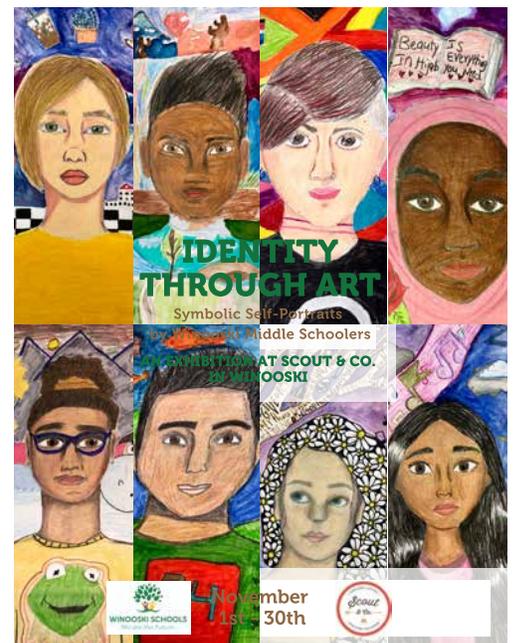
Winooski Middle School is thrilled to announce an exciting student art exhibition happening this month at Scout & Co. coffee and ice cream shop in downtown Winooski! The exhibit will feature 28 student self-portraits ranging from across grades 6-8, and will center around the theme of identity. These portraits not only celebrate Winooski's diverse population, but also share each student's individuality and unique point of view.

"Drawing my self-portrait really helped me to express my identity," shared student artist Logan Erwin. "Seeing as I'm part of the LGBTQ community, I added rainbow colors into the background to represent that part of who I am. I'm a little nervous about sharing my art," Logan adds, "but I like stepping out of my comfort zone, so I'm excited to see my

portrait on display downtown."

This event has also created opportunities to partner with arts-related area businesses, in addition to Scout & Co. The student work in the show has been professionally matted by Art Works Frame Shop and installed by Cornelius & Company Fine Art Installation. We are so grateful to have generous community partners like these, that share our enthusiasm for the arts and for our students!

The art exhibit--*Identity Through Art*--will remain on display at Scout & Co. through the entire month of November, with a **special reception on the evening of Thursday, November 21st** during the monthly Winooski Art Walk. All are encouraged to stop by Scout & Co. to see the show at any time throughout the month and, of



course, to come celebrate with us at the reception on the 21st!



Summer Program Turns Student's Passion into Business

By Emily Hecker,

Communications Director

This summer Winooski High School sophomore, David Klinker, participated in a Quarter Zero startup camp in New York City. The camp offers students real-world entrepreneurial experiences so they can develop the startup skills they need to create their own businesses.

David has been interested in videography for most of his young life. During the program, students learned about how to “fail fast”, explore prototypes, discover what services or products are missing in current markets, and how to develop a business plan. David says, “I learned everything I needed to know to kick-start my videography business DJKSS Productions.”

One big lesson at Quarter Zero: take your time. Most startups don't even begin to launch until 2-3 months of prep and don't make a profit until 3 years from launch. Also, get to know who your customers will be, how to make your product the best it can be for them, etc. In the photo, there are over 180 post-it notes on the wall. There were about 600+ more throughout the room. That is because of the number of ideas the students all made. They weren't allowed to say no to any ideas, only yes, leading to many great ideas they might never have thought of for their prototype.

You can learn more about his summer experience on the school website: wsdvt.org/davidklinker.

For a sample of his videography work check out YouTube channel Silvershadow32, or visit djksfilm.com.



Advisory Reps decorate the high school hallway for Spirit Week

WHS Advisory Talks Identity

By Lindsey Cox, Advisory Coordinator

Each month, WHS advisory selects a unifying theme and in October, we focused on Identity. Each of the 14 high school advisories selected 1-2 student representatives to join a leadership group called Advisory Reps. The Reps then generated questions that each advisory used to get to know one another better by diving into their identity. Some examples include: “What song best represents who you are?”, “What is your biggest pet peeve?”, and “What season are you most like?” The Reps facilitated circle conversations and students shared out their responses with each other. The 2019-2020 Advisory Reps are: Hussein Amuri*, Eric Buker*, Siddhartha Dahal, OJ Daring, Yatrika Dhamala, Kai Fan, Indra Ghaley, Anusha Gurung, Dylan Hutchinson, David Klinker*, Eh Ka Luu, Ruby Ly*, Heritier Mampuya, Michaela Parris, Tulasha Pradhan, George Rogers, Aniyah Smalls, Sarbin Majhi, Tide Gully, Robert Tyler.

Through the end of September and all of October, advisors have been focused on having one-on-one conversations with their advisees looking at graduation requirements and ensuring each student understands where they are on their pathway towards graduation. This involves using a tool called the “proficiency tracker” that helps highlight which classes count for which requirements and records what level of proficiency the student has demonstrated. These trackers will be used at family/teacher conferences when advisors have a chance to meet the families of their advisees and discuss graduation planning.

The advisory challenge in October was to come up with an advisory name and to create a flag that represents their advisory. These will be voted on and shared out during our November Community Meeting. This activity brings the theme of identity from being about the individual to forming an identity as a group. If you have any questions or feedback about the WHS advisory program, please contact advisory coordinator Lindsey Cox at lcox@wsdvt.org or (802) 363-2342.

* connotes the executive council



Civic Involvement: Speaking Up for the Voiceless in Iraq

By Emily Hecker, Communications Director

A group of native Iraqi students from Winooski and other local schools organized a public event in October to bring attention to how they feel the government in Iraq is mistreating citizens.

“This isn’t the first time my family has been scared for their lives, but I feel like this is the first time Iraqi people are coming together to stand up for each other,” says Winooski junior Rahmah Alchaderchi.

According to reports from Rahmah’s family, everything started with a peaceful protest in Baghdad, the capital of Iraq. They were protesting unemployment, but things escalated and the government sent a police force that attacked the protesters with tear gas and bullets. Iraqi authorities confirmed that 100 people were killed and thousands injured.

“Iraqi people go to college and study hard but they can’t get jobs. If they do get jobs, they don’t get paid a living wage. Usually, there is pressure and fighting between Sunni and Shia people in Iraq, but now these groups are coming together because they want the same thing,” Rahmah explains.

Rahmah’s sister, Maryam Alchaderchi,



a Winooski student studying at the Center for Technology in Essex, organized the demonstration with her friends because she was disturbed by the lack of response in Vermont. “We are a small community, but we still have a voice. Where are the voices of Iraqi people who are losing their lives? They are not able to tell the world what is happening but we can,” Maryam asserts.

“Everyone’s voice matters. If you have something to say you should say it. I know that my voice matters - because I’m here in the United States. If I protested in Iraq I might be shot.”

Maryam shares that even though her family is now in the U.S., her father was worried and didn’t want her to organize the demonstration, but she convinced him that it was important. Maryam shares proudly, “Even though my dad doesn’t like conflict and just wants to live in a peaceful world, he ended up coming to the protest to support us.”



QUESTIONS FOR MARYAM ALCHADERCHI, WHS STUDENT

What are you hoping to accomplish?

Be heard and let people see what’s going on in Iraq, hoping they will help. There are horrible videos of people being shot and killed and I tried to stop myself from watching the videos but I feel I have to know what’s going on. They were protesting peacefully.

Around the world and in other states in the US, people are reacting, but here in Vermont, nothing was happening. We are a small community, but we still have a voice. I didn’t care how many people show up, but I still have to do something.

Why do you think student voice is important?

Everyone’s voice matters. If you have something to say you should say it. No matter what your age is. I know that my voice matters - because I’m here in the US. If I protested in Iraq I might be shot. I might try it but my family wouldn’t let me. My dad didn’t want me to but I begged him and he let me do it. And even though my dad doesn’t like conflict, he ended up coming to the protest.

He just wants to live in peace... but I like to be in the middle. I told him “you can’t choose your kids!”



COMMUNITY NEWS

Municipal Update — November 2019

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 winooski.vt.gov

- **East Allen Street improvements** are being considered in a scoping study lead by Chittenden County Regional Planning Commission and VHB. The 3rd public meeting took place on 10/7/19. Visit bit.ly/east-allen-scoping to view the full project details.
- **The Department of Public Works Headworks Project** at the water treatment facility is on schedule to complete in mid-November. This project was approved by voters in March 2018 and modernizes our water treatment process. The project is currently tracking below budget. Hickok Street is on track for completion for mid-November and is also tracking below budget.
- **Main Street Revitalization** is in final engineering with construction anticipated to be in the Summer of 2020. Staff are coordinating with the Winooski School District on their construction plans, as well as Colchester and the planned construction at I-89 Exit 16. City Council will hear a comprehensive update on the Main Street project in November and make a decision on how to move forward – either with the full project or taking a phased approach to reduce cost.

City Updates

Reminders from the City Clerk's Office:

- Winooski City Council will meet on Monday, November 4th @ 6pm (Winooski City Hall, 27 West Allen Street)
- Winooski City Hall will be closed on Veteran's Day, November 11th
- Water/Taxes due November 15th - City Clerk's Office will be open from 7:30 AM - to 5pm from 11/12 to 11/15 (payments can be made online @ winooski.vt.gov/pay)
- Winooski City Hall will be closed on November 28th and 29th for Thanksgiving



Winter Parking Bans 2019 – 2020

- Annual reminder: Overnight street parking is prohibited during winter parking bans in Winooski.
- To receive up-to-date winter parking ban alerts, text 'Winooski' to 888-777

or register for our emergency alerts at nixle.com.

- When issued, bans may last more than one evening and are in effect until further notice.
- The City of Winooski reserves the right to tow vehicles at the owner's expense
- Overnight street parking is prohibited in Downtown Winooski from 2:30 AM to 6 AM (December 1st to March 31st) regardless of notification.
- Landline users must retrieve their updates by calling the dedicated parking ban line at 802-655-3908.
- Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect.
- Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at the kiosk) from 6pm to 7am.

If you have questions regarding winter parking bans, please call 802 655 6410 or visit winooski.vt.gov/parking

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/>



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

Keep up to date with announcements and news:

LIKE US ON FACEBOOK We are "City of Winooski - Government"
FOLLOW US ON TWITTER We are @winooski

Programs and Events at the Winooski Memorial Library



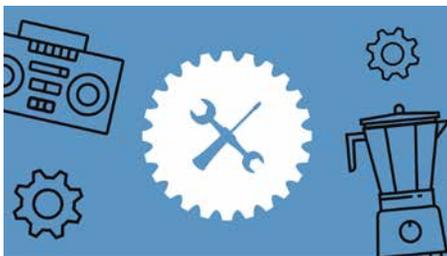
Game Day

- Wednesdays / 3 - 4:30pm / Free and Open to All
- Come by after school and play all sorts of fun and challenging games - we've got everything from card and board games to games of skill and strategy. Bring friends or find someone to play with here!



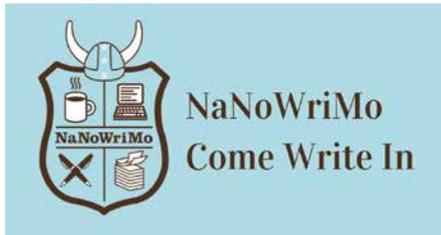
Pokémon Club

- Fridays / 3:15 - 5pm / 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. All experience levels welcome.



Tinker Thursdays

- Thursdays / 3:15 - 4:30pm / Ages 8+ / Free & Open to All
- 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!



NaNoWriMo Come Write In

- Sat Nov 2 & Sat Nov 16 / 2:15 - 3:15pm / Free & Open to All
- National Novel Writing Month (NaNoWriMo) is a month-long event in November in which people all over the world commit to writing a 50,000-word novel in 30 days. Join us and local writing expert Aurora Hurd for this fun and engaging write-in workshop! Light refreshments provided.



Dungeons & Dragons

- Alternating Fridays / Nov 1 - Dec 27 / 5 - 8pm / Free & Open to All
- We're looking for dedicated campaigners as we venture into unknown realms. Experienced or novice players and Dungeon Masters welcomed to learn or play games fit to your experience level. Imagination and improvisation encouraged.

Thrive After School Program: Children Under 5 Playgroup and Story Time

- Fridays starting Nov 15
- At The O'Brien Community Center and Winooski Library

Families with children under the age of 5 are welcomed to our Friday playgroup and read-aloud. As the weather gets colder, bring your young kids for some indoor fun with us! Connect with other parents in the community while your children enjoy play tunnels, collaborative games, and sensory play. Playgroup will meet Fridays from 9:30-10:30am in the O'Brien Community Center, followed by Story Time in the Winooski Library from 10:45-11:45am Join us for one or both! All children must be with an adult.



Winooski Middle/High School Academic & Career Support

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.

Hours are Monday through Thursday, 4:30-7:30pm.

Get help from an experienced tutor from the University of Vermont's education program - WIFI, computers, and printers are available.

Call or email the Winooski Memorial Library with questions regarding this program: 802 655 6424 / winooskilibrary@winooskivt.gov

"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits."

— MICHAEL PHELPS

VOLUNTEER CORNER

By Olivia Miller, Community Engagement & Volunteer Coordinator — volunteer@winooskivt.gov / 802-734-1836

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

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 9:30-11 AM.

Youth Basketball Coach

Under the direction of Recreation and Parks, Youth Basketball Coaches create a positive learning environment where children learn sportsmanship, fundamental skills, teamwork, and responsibility. This Saturday morning skill-development program is for children in grades K-6 and emphasizes having fun while being active and learning the basics of basketball. The assistant coach's job is to help facilitate a program that allows youth to grow and develop skills safely. An assistant coach

will engage directly with youth while being a dependable resource for our head coaches.

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 9-5 Monday, Wednesday, or Friday.

Senior Center Morning Support Volunteer

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.

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.

Library Youth Activities Volunteer

The Winooski Memorial Library is looking for volunteers to do a read-aloud, play music, and more. The schedule is flexible. Interested in learning more? Please contact Olivia Miller, Volunteer Coordinator: volunteer@winooskivt.gov / 802-734-1836.

Knights of Columbus Breakfast Schedule for 2019-2020

By Greg Clairmont

The Saint Stephen's Council #2284's Community Breakfast is ready to go yet again and will be held at the Winooski Senior Center at 123 Barlow Street.

Here are the dates for our 2019-2020 breakfasts, held on Sunday mornings from 8:00-11:00am

- November 17
- December 15
- January 19
- February 16
- March 22

Price is \$7.00 per person, with a maximum price of \$20.00 per family.

We hope to see you there!

Howard Center presents
THE MARN AND STEPHEN WISE TULIN
FALL
COMMUNITY
EDUCATION
SERIES
FREE AND OPEN TO THE PUBLIC
Registration not required.

An Overview of Cannabidiol (CBD) — Magic Elixir or Not?

A panel presentation moderated by Sandra Steingard, MD

November 13, 2019 | 6:00 – 7:30pm | Dealer.com | 1 Howard St., Burlington

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.



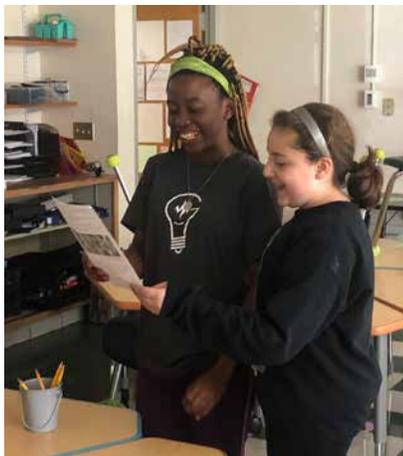
- Watch Live Meeting Coverage at www.ch17.tv/live
- Visit the City website to view recorded City Council Meetings
- Watch episodes of "In the World of Winooski," the Mayor's LIVE program on Channel 17/Town Meeting Television!
www.winooskivt.gov/210/Mayor-and-City-Council

Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager

Above the Influence

This session, middle school students in our afterschool program Above the Influence are learning presentation skills. Participants are learning how enunciation, animation of voice and body language can make their words more engaging and compelling. These skills can not only be applied to presentations the students make during school, such as book reports, but also with community outreach and education. As the school year progresses, Above the Influence participants will have the chance to educate a variety of



community members – city officials, business owners, pedestrians – about youth substance use prevention. Stay tuned to hear updates of the students’ outreach to the broader student body and city of Winooski over the course of the year.

If this program sounds interesting to you, stop by room 106 on Wednesday afternoons from 3-4pm. The door is always open!

Did you know?

Did you know that restricting alcohol

and tobacco advertising is a youth substance use prevention strategy?

That’s because research shows greater exposure to alcohol and tobacco advertising increases usage among underage youth.

In fact, a national 2006 study found for each additional ad a young person saw (above the monthly average of 23), he or she drank 1% more. And youth who are frequently exposed to tobacco promotion are 60% more likely to have tried smoking and 30% more likely to be susceptible to future smoking.

Winooski Partnership for Prevention has proposed establishing stricter outdoor sign regulations in Winooski to reduce the amount of advertising youth are exposed to. Interested in learning more? Contact us at eezerins@winooskiprevention.org

OLOP Welcomes Dog Who Brings Joy to Residents and Staff

By Gail Callahan

Jo-Z is a small, black Toy Poodle quickly has found a home in residents’ and staff hearts at Our Lady of Providence Residential Care Facility.

The path for Jo-Z and her owner, Monique Laperle, to visit OLOP caught fire when OLOP receptionist Sandy Bleau mentioned she knew someone who wanted to visit a facility with her dog.

“Sandy approached me,” said Life-Enrichment Director Kristie Daigneault. “Sandy told me, ‘I know this amazing woman who has this dog, and she wants to bring her into (a facility).’”

A series of email and conversations flowed between Daigneault and Laperle occurred followed by Daigneault receiving Jo-Z’s paperwork, enabling her to come into the facility. Laperle and Jo-Z, with her happy footsteps and tail going a mile a minute, made their inaugural visit to the facility in early October. Because Laperle is a Mercy Associate, her



relationship with the Sisters of Mercy—who live at OLOP—also paved the way for a smooth transition into the activity.

“Jo-Z made 15 visits in a one-week period,” Daigneault said. “That’s an appreciative amount of people touched by this dog.”

Laperle and Jo-Z walked down OLOP’s hallways, looking for an open door to see if residents want to visit with the dog. The environment, Laperle said, is a tonic for Jo-Z.

“She’s a barker outside,” said Laperle a retired Mater Christi School French teacher. “She goes to everyone. She loves people and enjoys the company.”

Sister Marie Heintz, a Missionary Sister of Our Lady of Africa, is drawn to the affectionate canine because she’s comfortable with animals. She welcomed Jo-Z recently, picking the 4-pound pup up, cuddling her in her arms.

“Dogs are man’s-and-woman’s-best friend. They really are,” said Sister Marie.



Monique Laperle and Jo-Z prepare to visit OLOP residents.



Sister Marie Heintz, MSOLA, cuddles Jo-Z during a recent visit.

We always had a dog in my family, different ones during the years. They don’t regret the past or worry about the future. They’re just happy and make us happy and like to have fun.”

Photos by Gail Callahan

Winooski Girl Scout Troops November Report

By Amy Lothrop

Bonjour mes amis! I'm in Paris, France right now on a Girl Scout training trip with EF Tours. I visited the Louvre, Musée de Rodin, Versailles and most of the famous monuments too. I also ate so much delicious food. Once a girl is 13, she is eligible to travel the world! My Troop 30187 leaves for Costa Rica in 2020. Stay tuned to see how it goes and where our next adventure begins.

In the meantime, we've been busy kicking off the new year. Troop 58806 Daisies and Brownies have earned their Outdoor Art badges: "Creator" for the Brownies and "Maker" for the Daisies. They found multiple colorful plants outside and made beautiful rubbings. In September, they went to Sam Mazza's to complete the corn maze.

Our Brownie through Senior Troops 52013 & 30948 have also been working on our Outdoor art badges: Creator, Explorer and Apprentice. We spent our last two meetings outside working on seeing a

new perspective on things that we see every day. We practiced macro and micro views. In September, we went to the Winooski Gorge Park for Letterboxing. The girls loved making stamps and going on treasure hunts to find them.

Cadette Troop 30187 joined their sister troops in supporting participants at the Walk to End Alzheimer's at the Shelburne Museum in September. During October, our girls participated in the Out of Darkness Walk to help our friends, families and neighbors who are struggling. A couple girls are tackling this as their Silver Award project.

If this sounds like an awesome adventure, contact Amy Snow Lothrop for more information about Girl Scouts at amylothrop@comcast.net or (802) 373-7288. Our mission is to build girls of courage, confidence and



character who make the world a better place. We are open to ALL interested girls, K-12.

North End Studios Thanks Winooski Community at Open House/Block Party and Features a New Photography Exhibit During The Month of November



On Friday, September 27th, North End Studios Winooski's held an Open House and Block Party with over one hundred residents enjoying local Winooski cuisine, music and tours of the O'Brien Community Center. Delicious food was provided by Papa Frank's; Sneakers; Pho Dang; Dale Boca and Sherpa Foods.

A Pole Dancing demonstration by Bohemienne Fitness kicked off the evening, followed by live outdoor music by A2VT (Afro Pop) and Brett Hughes (Bluegrass and Honky Tonk). Tours were held inside the O'Brien Community Center during the Friday-night festivities

and also on Saturday morning from 9am-noon. Sponsors for the event were North End Studios, Winooski Partnership for Prevention, and the Winooski Recreation and Parks Department.

During the month of November, North End Studios will host a photography exhibit: *Sanctuary: Seen, Heard and Respected* by photographer Carley Stevens-McLaughlin. This exhibit includes portraits of people who attended the World Refugee Day event in June of 2017 to celebrate community in Vermont and to remember the refugees still seeking safety here. This exhibit represents people who have refugee backgrounds and who are here as vital members of the Winooski community.



North End Studios is always adding



new classes in Winooski. Make sure to check out the website regularly to see what might be of interest to you. Northendstudios.org.

Call (802-863-6713) or email (info@northendstudios.org) to learn more. There are special discounts for Winooski residents!

Winooski Food Shelf Schedule for November

By Linda Howe, Winooski Food Shelf Coordinator

Please note that we will be open the 1st and 2nd Wednesdays in November and closed the 4th Wednesday for Thanksgiving.

Wednesday, November 6th	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, November 9th	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, November 13th	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, November 23rd	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
* Monday, November 25th	1:00pm to 4:00pm	Must register by 11/13: Handout of turkey and fixings

We desperately need more community support! We now have 10% of Winooski's population registered with us. We send a 3 day supply of food home to over 150 people each Wednesday we are open. We provide hope, dignity and respect to our ill and disabled neighbors.

Please help us make Thanksgiving and Christmas meals memorable for our clients. We need volunteers and donors. Our neighbors in need rely on the community and businesses to put together and donate meal fixing bags for Thanksgiving and for the December holidays. Bags should include: 2 cans of fruit such as pineapple and applesauce, 2 canned veggies such as peas or corn, 1 box of stove top style stuffing, 1 or 2 cans of turkey gravy or 2 packets of dry gravy mix, 1 can of cranberry sauce, 2 envelopes of instant mashed potatoes, 1 stick of butter and one prepared dessert such as a box of store bought cookies. And of course, we also need turkeys. We anticipate over 100 households. We hand out the turkeys and meal fixings on Monday, November 25th from 1:00-4:00pm.

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 9:00am to 2:30pm. 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 10am to 9pm Their phone is 654-8008. Thank you for caring about our neighbors!

2Creative Community Welcomes You

By Heather Fromkin

We are an eco art and design studio/school/performance space. 2C offers classes and on the job training programs which integrate the arts with environmentally friendly practices, featuring multiple disciplines for students to express themselves and impact the community and world at large in a positive and green way.

We are located at 110 W.Canal Street #102 in Winooski. Call 718-415-7135 for more information or visit us online at .

- **Monday Night Movies** at 2Creative Community Inc. 5:30-7:30ish. Starts Nov. 11th
- **Community Sewing Night** every Wednesday 5:30-7:30pm at 2Creative Community Inc. Come join the fun! Opened to all fiber arts! Sewing machines available but bring your own if you prefer!
- **Spoken Word Sundays** 4-6pm byob at 2Creative Community inc.

All events donation based — give what you could afford!

Celebrate Small Business Saturday!

Downtown Winooski is celebrating Small Business Saturday on November 30, 2019! Save the date and get ready to shop local! Grab all the details at www.downtownwinooski.org.



Senior Center Updates

By Barb Pitfido, Winooski Senior Center Programs Manager

Time is the most precious gift. During the Holidays we tend to focus on material things and get wrapped up in shopping and spending money on gifts for others. But if you thought about your time, could you be generous and give some of that precious gift to others? Becoming more generous and compassionate will have real tangible benefits in your own life. Generous people report being happier, healthier, and more satisfied with life than those who don't give.



Generosity produces within us a sense that we are capable of making a difference in the world, that we are actively addressing the needs of those around us, and that we are shaping our community into a healthier one. If you are looking to give a gift of time, we would love to see you at the Senior Center! Your gift could be a shared talent, an hour of talking, walking or listening, or maybe you have some time to be a community partner! Call us and see what your time could do.

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. (Tuesdays and Thursdays). FREE!
- Senior Lunch & Learn - November 5th (Noon) Menu from Papa Frank's. You must have a reservation to attend. RSVP by 11/1. \$5.00 at the Door.

Wednesdays

- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
 - » 11/6 - Come join us and meet Meredith Bay-Tyack from Downtown Winooski. She will talk about the mission of organization, holiday plans and events, and ways you can get involved.
 - » 11/13 - Join us for a lively and informative discussion on how to age gracefully with retired doctor and professor Jean Szilva.
- 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!

- 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. FREE!
- Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)
 - » 12/5 - Black and White Theme
 - » 1/16 - Squirrel Appreciation Theme
 - » 2/13 - Valentine's Day Theme
- Community Mindfulness - (5:30-6:30pm) Free guided sessions led by instructor Andrea O'Connor

Fridays

- Coffee Time - (9-11am) Free coffee & breakfast treats.
- New American Senior Lunch & Learn with Age Well
- 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

- Senior Thanksgiving Lunch - Tuesday, November 19th at Noon. Menu from Age Well: roast turkey, gravy, stuffing, cranberry sauce, mashed potatoes, sliced carrots, wheat roll, pumpkin pie. You must have a reservation to attend. Seating is limited. RSVP by 11/13. \$5.00 at the Door.
- Senior Holiday Party - Tuesday, December 10th at Noon. Menu from The Rotisserie. Music by Jazzou Jones. You must have a reservation to attend. Seating is limited. RSVP by 12/4. \$5.00 at the Door.

PLEASE NOTE: We will be closed the week of November 25 - 29th for cleaning.

The Winooski Senior Center...the most exciting place in Winooski!

Connect with us anytime:

Visit: 123 Barlow Street

Phone: 802 655 6425

Email: seniorcenter@winooskivt.gov

Web: winooskivt.gov/247/Senior-Programs

Facebook: @winooskiseniorcenter



HEALTH CORNER

Health News

By Elizabeth Parris, School Nurse

Happy fall from the Health Office! Hearing and vision screenings for grades K, 1, 3, 5, 7, 9 and 12 are wrapping up. If your child needs further assessment, the health office will send you a letter via mail.

Cold and flu season is upon us. Remind your child to wash their hands and cover their coughs and sneezes.

We encourage all students and their families to get a flu shot. Call your primary care doctor's office to see if the flu shot is right for you.

As always, Katharine and I are available to answer any questions you might have. Feel free to contact us at 802-383-6094.



Flossing Day is November 22, 2019!

By Tracy Towers RDH, WSD Tooth Tutor
Dental Hygienist

Celebrating Flossing Day is quite simple – get up in the morning and floss your teeth. Flossing removes the bacteria between your teeth, which can lead to cavities and gum disease (gingivitis) if it is not removed on a daily basis!

Flossing Day is meant to raise awareness about oral health, and as such, it would be a fitting occasion to schedule yourself a dentist's appointment, especially if you haven't visited the dentist in a while.

Remember we have a School Linked Dental Program available to all students in the WSD. Does your child need a dental appointment? Email me at ttowers@wsdvt.org.

ELEMENTARY SCHOOL MENUS — NOVEMBER

Winooski Elementary School Breakfast
November 2019

The Abbey Group

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		Start your Day with a Healthy Breakfast All School Breakfasts include FRUIT!		1 Blueberry Bread Rice Chex Cereal Honey Roasted Sunflower seeds
4 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	5 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	6 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	7 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	8 Blueberry Bread Rice Chex Cereal String Cheese
11 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	12 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	13 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	14 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	15 Blueberry Bread Rice Chex Cereal String Cheese
18 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	19 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	20 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	21 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	22 Blueberry Bread Rice Chex Cereal String Cheese
25 No School	26 No School	27 No School	28 Happy Thanksgiving	29

Meal Prices
Community Eligibility Provision
Meals to all Students are free
Snacks & Snack Milk not included
Adult Breakfast \$1.85
Adult Lunch \$3.85
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. Click Image Below

K12 Payment Center

Click Image Below for Employment Opportunities

Winooski Elementary School

This institution is an equal opportunity provider.

Winooski Elementary School Lunch
November 2019

The Abbey Group

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Thanksgiving Luncheon Parents Invited Thursday, November 14, 2019 Featuring local cranberries from Vt. Cranberry Farm Fletcher, VT	Harvest of the Month: Sweet Potatoes Taste Test Event Thursday, November 7, 2019		Happy Birthday Celebration Wednesday, Nov. 13, 2019	1 Garlic Roasted Garbanzo Beans Southwest Rice Pilaf Roasted Root Vegetables Fresh Carrot Sticks
4 Dress Your Own Burger Roasted Sweet Potato Wedges Baked Beans	5 Chicken Fajita w/ Sauteed Onions & Peppers Cabot Sour Cream Garden Salsa Rice Pilaf Black Bean & Corn Salad	6 Cheese Pizza Pepperoni Pizza Veggie Pizza Caesar Salad Fresh Carrot Sticks	7 Spaghetti w/Meat Sauce (Ground Beef) Garlic Breadstick Caesar Salad	8 Cape Cod Fish & Chips Crinkle Cut French Fries Creamy Coleslaw Dinner Roll
11 Hearty Chicken & Biscuits Steamed Green Peas Homemade VT Cranberry Sauce Fresh Celery Sticks	12 Beef Taco Bar w/ The Works Garden Salsa Rice Pilaf Mexicali Corn	13 Cheese Pizza Pepperoni Pizza Veggie Pizza Caesar Salad Fresh Cucumber Sticks	14 Oven Roasted Turkey Turkey Gravy Chef's Mashed Potato Hearty Stuffing Homemade VT Cranberry Sauce Steamed Green Peas Dinner Roll	15 Pancakes Real Maple Syrup Sweet & White Homefries Twin Sausage Links Green Pepper Strips
18 Northcoast Seafood Italian Parmesan Crusted Pollock Fish Sandwich Crinkle Cut French Fries Tartar Sauce Fresh Celery Sticks	19 Beef Nachos Supreme Garden Salsa Rice Pilaf Warm Black Beans	20 Chicken Patty Sandwich Oven Crisp Tater Tots Roasted Zucchini	21 Bag Lunch Extravaganza	22 Bag Lunch Extravaganza
25	THANKSGIVING BREAK		28	29

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:
Main Meal, Cabot Yogurt Parfait, Chef Salad or Vegetarian Option
Students must take a minimum of 1/2 cup of fruit vegetable with every meal.
Fresh Fruit, 100% Fruit Juice & Milk offered with all meals

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

Pay for meals on-line. Click on link below:

K12 Payment Center

Click Image Below for employment opportunities

Winooski Elementary School

This institution is an equal opportunity provider.

Daily Lunch Offerings:

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

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

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

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

Newsletter of the Winooski School District

Winooski School District
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Winooski, VT 05404

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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 490 students attending JFK Elementary (grades PreK-5) and 396 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.

"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