



WINOOSKI SCHOOL DISTRICT NEWS!

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

FEBRUARY 2020

Celebrating Our Achievements!

Screen Time and the Teen Brain

A Team Nexus Learning Expedition

The students kicked off their learning expedition by visiting the Fleming Gallery at UVM, where they did print-making workshop, and a tour of an exhibit, *Resist! Insist! Persist!*, exploring the theme of art as a tool for communicating ideas. Following the Fleming visit, students spent time collecting data on screen usage in the UVM Student Center and Library.

In English Language Arts, students read articles about how screens can affect adolescent brains, and can potentially distract people from what is going on in the world. "I've often seen people paying attention to their devices instead of interacting with others, and missing important things happening in our world," said student Carol Duong. "I represented this in my artwork by drawing



a fire burning outside, seen through the window." Students collected and analyzed data about their own screen time use, in school and in their personal time, in math class.

In social studies, students learned about how some people who don't limit their use of screens can become very consumed by technology. "I've learned about how the internet—and especially social media—can be super absorbing," said student Thera Nelson.

"Many people become obsessed and addicted to it, and once they reach a certain level of this neurological addiction, it can be really hard to separate their sense of self from social media and come out of that world. My artwork specifically shows a girl who is so connected to and controlled by Instagram that she can't come out of it, and it's all she sees and wants to do."

While much of the students' work does focus on the all-absorbing power of social media, some students chose to highlight what they perceive as the positive side of connecting online.

"Social media can broaden our perspective and inform us about the world around us, so that we can have a better understanding of our place in society and how we can contribute to society," said student Maeree Jan.

In January, groups of students presented to elementary classrooms on the impacts of excessive screen time. The students also produced artwork as their primary learning product of the unit. A selection of work is exhibited at Scout & Co. in Winooski through March.



INSIDE THIS ISSUE	
Notes from the Central Office	2-6
District and Contact Information	3
Announcements	7
JFK Elementary News	8
Middle and High School Highlights	9-10
Community News	11-18
Health Corner	19
School Menu	19

2020-21 Vision-Driven, Learner Investment

By Sean McMannon, Superintendent of Schools

“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.”

WSD Ends Statement above clearly states the high expectations we have for our students. This past November, December and January the WSD administration worked with the Board of School Trustees to tackle the challenging task of determining the proposed budgetary investment in our school for the upcoming year based on the WSD Ends Statement. Thanks to board members Mike Decarreau, Tori Cleiland, Margaret Bass, Matt MacNeil and Alex Yin for their student-centered and forward-thinking approach to budget development.

Six years ago we began investing in creating a PreK-12 systemic approach to supporting student needs and monitoring student progress with positions such as Wellness Coordinator, Data Manager, Director of English Language Learning & Curriculum, and Reading, ELL and Special Education specialists. Now we can confidently say we have established a strong foundation that provides food security, wellness opportunities, access to technology and a system that tracks attendance, behavior, reading and math levels of every student while providing literacy, math and behavioral supports needed to help students grow. Also, we were an early investor in Pre-Kindergarten with four half-day programs on campus so we can begin to engage students and parents as soon as possible.

During this budget cycle I gave board members a baseline budget and data about enrollment, staffing, Special Education, English Language Learners (ELL), Information Technology and Operations. All of this information can be found on our website.

Overall, our enrollment is currently 855 PreK-12 students and we expect this number to stay relatively flat for the 2020-21 school year. WSD is in the sixth year of Act 166 which requires universal PreKindergarten programming for all children who are three, four or five by the date established by the district of residence for kindergarten eligibility. Act 166 will also provide \$3445 per child to offset the costs of providing universal PreKindergarten.

JFK Elementary is making wonderful progress with Responsive Classroom, Positive Behavioral Interventions & Supports (PBIS), our School Wide Expectations- HEART, and Project-Based Learning (PBL). See the article on page 8 about 4th graders working with ReArch Construction Project Engineer and Winooski resident Danylo Whalen on exploring ways that



WINOOSKI SCHOOLS
We are the future.

people are transforming energy that promote sustainability.

WMS has made tremendous strides this year through their Social Contract, cell phone policy, the 6th Grade Academy and the exciting Expeditionary Learning (EL) approach. WMS 6th graders had a fabulous learning experience working with Circus Smirkus on a four-week residency entitled “Power of Persistence” which resulted in a WMS student-led circus for JFK students and WMS parents. WMS 7th and 8th graders studied the effect of screen time on the adolescent brain and produced artistic representations that are displayed at Scout & Co.

WHS continues moving toward meeting Vermont law of providing proficiency-based graduation requirements by 2020 through the growth of our Graduate Expectations (GXs), Graduate Proficiencies (GPs), a new transcript and exciting student learning exhibitions throughout the school year.

The FY21 budget reflects no new investments for the upcoming school year in order to reduce the impact of the first bond for our capital project. The expense of this bond is \$900K or 5% increase year-to-year. Total investments results in a 5.61% expense increase which means we have worked diligently to hold all other expenses under 1%. Also, this budget includes funds to continue to support student transportation which will transport students who live over .75 miles away from our campus to and from school each day for 80-90 days during the winter months.

Over the years, your Board of Trustees has put forth fiscally conservative budgets when compared to the rest of the state as evidenced by our Educational Spending Rank being in the bottom quartile the past six years , over \$1000 less per pupil compared to other PK-12 districts in VT. I think you will see that the Board of Trustees has constructed a thoughtful, vision-driven investment in Winooski children that continues to move us forward to meet the high expectations of our WSD Ends Statement! We are blessed with a diverse student population who also require a high level of support to meet our high standards. Our staff and leadership team clearly understand the strengths and challenges of our students and forge ahead with creativity, collaboration and compassion.

Please join me on Wednesday, February 19th at 5:30pm at the O’Brien Community Center and Monday, March 2nd at 7:30pm in the WSD Performing Arts Center for more information about our proposed investment in Winooski students for the 2019-20 school year.

And note that **voting is on March 3rd from 7am to 7pm** at the Senior Center on Barlow Street. Thank you for working with WSD to benefit our students!

February School Board Notes

By Mike Decarreau, WSD Board President

In May 2019, Winooski voters approved moving forward with a capital investment in our schools not only to repair long overdue facility issues, but to create a modern, healthy facility that will provide for students well into the future.

Nearly half of the capital investment is to upgrade old infrastructure such as a 100% roof replacement, heating and ventilation system replacement, installation of insulation where none exists, replacement of old windows, doors and lighting to improve energy efficiency, to name just a few. Also, we have a need for additional space just to meet the current educational programming needs of our students and to provide a modest amount of space for student enrollment growth.

In an effort to spread the tax impact over time we will see this increase over a three-year period, fiscal years 2021-23. This will allow us to bond only for the funds that we need for construction from June 2020 through February 2022 and reduce the interest paid on funds not being utilized immediately for the upgrade work. In the fiscal year 2021 budget, we will have the first increase added.

The fiscal year 2021 budget has a 5% or \$900K spending increase that will allow us to have the first phases of the project started. In early January the board approved an overall spending increase of 5.62%. The WSD Leadership team has taken the capital project into consideration when they presented their spending needs for fiscal year 2021. Total "other" increases amounted to 0.62% or \$100K increase in the spending. This includes increases in salaries and benefits for the staff. Small staff reductions that will move the student-to-teacher ratio up in specific areas are not expected to cause any significant loss of progress in our ability to deliver a great education to our students.

As noted, the fiscal year 2021 budget has the first of three



WINOOSKI SCHOOLS
We are the future.

increases to support our investment in our schools.

For the fiscal year 2022 budget, there will be the bulk of the increase to support this capital investment, then in fiscal year 2023, the last portion will be added for the final work. All of this work is being done through thirty year bonds. This is important to note as the initial vote that was passed in May 2019 was to allow the board to move forward with up to \$57.8 million dollars for design and construction to bring this important project to fruition. Before the vote last year we conducted over a dozen informational sessions as well as facility tours to give an opportunity to better understand the capital and program needs and the design itself. If there is significant interest, the board would be willing to hold another session before the March 3rd vote to give the voters a deeper understanding of the need for this investment. If interested please email me so that I can keep a list of those responding. Saturday mornings have been the best time for one of these sessions.

Between now and Town Meeting Day we will be having two informational sessions to present our budget to the voters of Winooski:

- On **February 19th** at 5:30pm at the O'Brien Community Center the city officials and school board will present our budgets in a Q&A session to better inform our residents.
- On **March 2nd** at 6:30pm we will both be presenting this information again at the Performing Arts Center (PAC) at the school.

Voting is on March 3rd from 7am to 7pm at the Senior Center, 123 Barlow Street.

WINOOSKI PUBLIC SCHOOLS

www.wsdvt.org

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wsdvt.org

John F. Kennedy Elementary School

Principal: **Sara Raabe**
802-655-0411
sraabe@wsdvt.org

Winooski Middle and High School

Co-Principals:
Kate Grodin and Jean Berthiaume
802-655-3530
kgrodin@wsdvt.org
jberthiaume@wsdvt.org

Board of School Trustees

Mike Decarreau, President: 802-310-4032
mdecarreau@wsdvt.org
Margaret Bass, 315-854-0646
mbass@wsdvt.org
Tori Cleiland, 802-655-7678
tcleiland@wsdvt.org
Matthew MacNeil, 802-999-3218
mmacneil@wsdvt.org
Dr. Alex Yin, 516-423-9601
ayin@wsdvt.org

WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

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

Preschool Registration & Skills Screening

By Maybeline Lopez, EEE District Evaluator and Act 166 Coordinator

WHEN: Friday, February 21, 2020

TIME: 9:00am – 2:00pm

WHERE: Preschool room in JFK Elementary School

Quality early childhood experiences are the foundation for school success and lifelong learning. If your child is or will be 3 by September 1st, 2020 please come to register for preschool and complete a preschool skills screening. If you have concerns about your child's development, our Winooski Early Childhood team will screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. This screening is play-based and free for 3 and 4-year-old children, living in Winooski.

Please call Maybeline Lopez at 383-6063 to schedule an appointment for you and your child.

Teachers will also be filling out applications for all Winooski preschool slots at this time:

- Early Learning Center Head Start (located in Winooski School District)
- Winooski Early Childhood Program (located at Winooski School District)

The Winooski Early Childhood team will also be assisting families with the application process for:

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

Publicly funded prekindergarten education is defined as:

Ten hours per week for 35 weeks in a community private early care and education programs. These pre-approved programs meet specific quality standards and provide developmentally appropriate learning experiences that are based on Vermont's Early Learning Standards. Prekindergarten education is limited to the academic year (September 2020 – June 2021).

Some of the community early care and education programs that Winooski School District partners with are:

- Ascension Childcare 658-0212
- Burlington Children's Space 658-1500 x13
- Burlington Forest Preschool 310-7028
- Carolyn's Red Balloon 878-5001
- Children's Preschool and Enrichment Center -878-1060
- Davis Studio 425-2700
- E.J.'s Kids Klub 860-1151
- Freedom Rains 654-7300
- Frog & Toad Child Care & Learning Center 871-5309
- Future Einsteins 288-9035
- Greater Burlington YMCA Preschool 862-8993 x148
- Green Mountain Montessori School 879-9114
- Heartworks & Renaissance School (Shelburne) 985-8133
- Kid Logic Learning 660-3600

- Learning Adventure 372-3930
- Little One's University 872-7444
- Little Tot's Academy 876-7317
- Lund Early Childhood Education Program 864-7467
- Robin's Nest 864-8191
- Steamworks Preschool 871-3376
- The Bellwether School 863-4839
- The Janet S. Munt Family Room 862-2121
- Trinity Children's Center 656-5026
- UVM Campus Children's Center 656-2091
- Williston Enrichment Center 846-9402
- Y Early Childhood Program at UVM Medical Center 338-9208

As well as many other programs.

Is this 10 hours/week pre-kindergarten program tuition-free?

The prekindergarten program offered in the public school is tuition free. The prekindergarten program offered through a partner program will charge families for the care and education program the child needs beyond the 10 hours/week during the academic year. Your child's preschool must deduct these public funds from your annual tuition bill.

Is my child eligible for publicly funded prekindergarten?

If your child is 3 years old by September 1, 2020, and resides in Winooski, then your child is eligible to participate.

How much will Winooski School District pay?

The statewide rate of \$3,356.00 per child was established by the Agency of Education for the 2019/20 school year. This amount will be adjusted for the upcoming 2020/21 school year once the new tuition rate is available. This covers 10 hours per week of high-quality prekindergarten education for 35 weeks.

How do I apply?

Application forms will be at the Preschool Skills Screening, may be picked up in the support services offices within the Winooski School District, or printed off of the Winooski School District website (under Support Services, Pre-Kindergarten link). Families interested in participating need to fill out a new application each year and provide a copy of their child's birth certificate and proof of residency (a utility bill or mortgage/lease).

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

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

Capital Project Updates — February 2020

By Emily Hecker, Communications and Development Director

Teachers and staff members have been asked to provide specific feedback on elements of the overall design - walls, doors, windows, storage, that most impact their work. Architects TruexCullins delivered a schematic design in November and are working diligently to ensure the project stays within budget.

ReArch Project Manager, Mike

Hollister, says finalizing plans to ensure everything runs smoothly is a team effort, “We are continuing to develop and coordinate the phasing, logistics and moving plans with the design team: the architects and their consultants, Owner Representative, and the school district.”

“We are also investigating the condition of the under slab plumbing and testing the soil outside,” said Tom



TruexCullins rendering of the new Winooski school district cafeteria.

Barden, Owner’s Project Manager.

For updates on the Capital Project, visit www.cp.winooski.org

Meet our new Multi-Tiered System of Support (MTSS) Coordinator, Graham Clarke

By Emily Hecker, Communications and Development Director

What is your background?

I am very excited to return to Winooski High School where I student taught in 1979; it’s my 40th anniversary of working in education. For the past decade I have been a building principal in the Burlington schools; at Flynn Elementary School and as a long term principal substitute this year and last at Burlington’s alternative high schools.

As a teacher, administrator and professional developer, I have worked in elementary, middle and high schools, primarily in Vermont. However, I also taught on the Mohawk Indian reservation in upstate New York and in a large preK-12 international school in Beijing, China.

Why are you excited to be here?

At the expense of sounding trite, I have been amazed by the warmth and welcoming of the people in the hallways. So many people, including students, have come up to introduce themselves and welcome me to WMHS. It really sets Winooski apart from many other schools I’ve worked in. There is a vibrancy amongst the staff and their connection to students that strikes me as unique and real. The challenges and opportunities are both immense and exciting. It seems like there is a lot of talent among the students and staff.



What is MTSS?

MTSS stand for Multi-Tiered Systems of Support. Many learners are taught in more than one level, or tier. All students receive instruction, called the first tier of learning, in their high school classroom. Some students also receive instruction in a second tier such as small group, or through accommodations such more time on a task, to complement and support their classroom learning. Finally, the third tier of support, often referred to as Special Education, is where students are provided with an Individualized Education Plan (IEP). We are now improving our systems that collect data and evidence to better inform the efficacy of our teaching. This will help teachers reach students who didn’t respond to the first tier of instruction.

My job is to collaborate with teachers to help them focus on the efficiency of their teaching and to ensure all students get the instruction they need, specifically in areas of reading, math and social and emotional wellness.

I hope that the current exciting learning opportunities for Winooski students, families, and staff can be supported by new positions like the MTSS Coordinator and Community-Based Learning Coordinator.

COMMUNICATION CORNER

Ask WSD

By Stephi Siki, 11th grade student

THIS MONTH’S QUESTION: “What’s JanPo?”

ANSWER:

JanPo is a milestone for student learning. JanPo is short for JANuary ExPOSITION. It’s an exam week where students present their learning from the semester. Students present as well as observe their peers’ presentations. Presentations range from Capstone readiness to practicing for a Capstone. January presentations were for the Communications, Culture and Community, Critical Thinking and Creativity Capstones. JanPo can be kind of stressful, but I’m glad I am getting the chance to develop the presentation skills I will be using throughout my career. I support the way the school encourages students as they prepare for their Capstones.



WSD Alumni Profile: Key Nguyen

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, hecker@wsdvt.org. This month's Alumni Profile is on Key Nguyen, who graduated in 2017. His Co-Valedictorian was Mariah Metevier.

What are you doing with your life these days?

As of right now I'm a junior at UVM's College of Nursing and Health Science, majoring in Professional Nursing with a minor in Healthy Behavioral Change Studies. I'm currently working as a nursing assistant at Converse Assisted Living downtown, and I'm a tour guide at UVM. This year I stopped everything to focus on my studies, but the first two years I was very active in a lot of leadership roles on campus. I had to shift my focus because of my clinical work. I used to live on campus but I had to move home because my parents don't speak English well, and they need my help with day-to-day stuff. They are afraid of driving anywhere new, so I have to drive them places and help them with bills and their bank account... anything that involves English or that is out of the ordinary for them.



Key Nguyen, Class of 2017

system at the school — Ms. Green and Ms. Mellen and Ms. Bundy and Mr. Clark — everybody was really supportive, and because of that I was able to learn a lot and get back on track.

Things began to get better 2nd semester of 9th grade. That was when I picked up more confidence.

The teachers didn't make me feel like I was going to fail — they just assumed that I would succeed.

Sounds like you found the quality of your Winooski education to be excellent?

Rainbow Chen and I were very involved in music and we were well known outside of the school. Not a lot of people expected us to come from Winooski High School — a lot of people downplay WHS for some reason. People migrate here from other places, so based on testing we are below the average, but the quality of education is the same as anywhere. Actually, I think it's better. You can't expect a new immigrant to score perfectly on a standardized test. If you'd tested me first semester of 9th grade I would have scored a zero.

Other schools don't have so many immigrants. The reality is that we have so many students from other countries still learning English. We have a great support system and all the resources we need.

I wouldn't be who I am today without Winooski High School.

Why do you heart Winooski?

At Winooski, everybody knows each other. We only have one hallway, and we see each other every day. We are a close family and the teachers are well equipped with their knowledge and great with their teaching styles.

I'm a singer and I sing opera. But my family is a low income family and we couldn't afford music lessons. So, Winooski High School sponsored me to go to performances and festivals. I was the only student in the New England

Music Festival from Winooski. Mr. Argraves, the band teacher, drove miles and miles to come support me. Other teachers there had dozens of students, but it was just amazing that he was there to support me. That's something you can't get at a bigger school.

When I had a chance to perform at Carnegie Hall as part of their 100th anniversary, I couldn't afford to stay in NYC for three days to rehearse and perform, but the school supported me and they allowed me to have that amazing opportunity.

So, what are your next steps?

I'm getting my Doctorate of Nursing Practice. UVM only has a traditional track and then you apply for the doctorate program, and I'm petitioning the University to have an accelerated track. I need to do this to save money.

Advice for current students?

A lot of people think that the academic program isn't challenging enough. I will say that's not true. I'm well prepared compared to other students at UVM, and even one of the top students. I'm not afraid to say that. WHS provided me with so many resources and knowledge, I'm confident walking around UVM and not afraid to face the other students. I don't see myself as "less than" students from private schools and schools with better reputations. If anyone thinks WHS doesn't prepare students for college I can assure them: That's NOT true!

As for writing skills — I'm a TA for some classes and I can say that we are better writers. We have to do a lot of writing and because of all our GXs we are so prepared for everything.

What's your source of inspiration?

I know the power of education and my family knows it too. If you have education in your hand other people cannot control you. It gives you so much power.

I want my next 80 years to be the brightest of my life. I hope students will see the school as an opportunity instead of a place they have to go.

What brought you to Winooski?

I moved to the U.S. in 2013 from Vietnam. The whole entire reason we moved here was for my education. My parents were already old, close to retirement age, so for them to make such a big change was a really big deal. The transition was really difficult. Learning a new language and culture was a really hard shift for them.

That's so touching...Your parents sacrificed a lot for you by coming here, and you in turn sacrifice a lot for them. So, did Winooski live up to your expectations for your education?

I came straight here from Vietnam. I started in 9th grade. I didn't speak any English. It was rough. But I had a lot of help from teachers and friends. At first I was isolated. In class, I couldn't understand what the teacher was saying... it was a lot of pressure...my parents gave up their whole life, and I didn't feel successful and it felt like everything was falling apart.

Luckily, I had a really great support

ANNOUNCEMENTS

Are You Running For Elected Office in March?

If you are planning to run for school board or city council, we would like to introduce you to readers of this newsletter in our March issue.

Please provide the following information by **February 11** for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates.

Please submit the following information to editor Anne Linton Elston at annelinton@mac.com:

- Name
- Address & Telephone
- Work
- Education
- Hobbies/activities
- Community service
- Reason for running (75 words or less)

Learn about the Candidates, Budgets, and Ballot Items

By *Barrie Silver*

Catch up with all things Winooski on Channel 17/ Town Meeting TV at <http://bit.ly/Winooski-Meetings>



This Town Meeting Day, on March 3rd, Winooski residents will vote on city and school budgets as well as fill school board and city council seats.

Watch Channel 17 election forums to meet the candidates beginning in early February.

Learn more at www.CH17.TV

Celebrating Winooski's Talent Show

Get your act ready — We need you for the Celebrating Winooski's Talent Show

Auditions are in February!

This event is open to all Winooski community members, students, teachers, and parents. Its purpose is to build confidence in students and bring our community together. It is a chance to enjoy the diversity of talents in Winooski and for participants to have fun. It is a wonderful team-building experience for all ages.

We are looking for your talent! Calling magicians, musicians, actors, comedians, mimes, and gymnasts. Need ideas? Perform a sports demonstration, recite a poem, hula hoop, juggle, or jump rope. Consider sharing a magic trick or favorite dance.

We greatly encourage community members and parents to participate in the talent show. Individual and group acts are welcome. Please email Lucy at lbdaponte@gmail.com to let us know which audition and rehearsal you are planning to attend or for more information.

Auditions and rehearsals are meant to prepare participants for the show and are in no way designed to limit or exclude participation. All auditions and rehearsals and the show will be held at the Winooski School District Performing Arts Center. If your talents are more on the production side of things or you are interested in making a donation, please contact the Winooski PTO: pto@wsdvt.org. We welcome your support.

Important Dates for Celebrating Winooski's Talent Show for 2020

- **Auditions:** Tuesday, February 11, 3-4:30pm OR Saturday, February 15, 10-12pm
- **Student Rehearsals:** Tuesday, March 5, 3-4:30pm OR Saturday, March 7, 10-12pm
- **Full Cast Dress Rehearsal:** Saturday, March 21, 10-12pm
- **Performance: Friday, March 27, 2020, 6:30pm**

Winooski & The Buffalo Soldiers: A Celebration of Black History Month

- **February 2nd at 2:00 p.m.**
- **United Methodist Church of Winooski**, 24 West Allen Street
- **Free parking** anywhere in the City on Sundays including the parking garage.

Join us in celebrating with music, song, and history — the remarkable story of the heroic Buffalo Soldiers and their contributions to Winooski in honor of Black History Month.

The United Methodist Church of Winooski was the home church for many of the Buffalo Soldiers, their wives and children during the time they were garrisoned at Fort Ethan Allen, from 1909-1913. Many of the soldiers decided to retire here rather than deploy again. We remember and honor their ties and contributions to the United States, the church and the community.

Featured musicians include: Choir member of the Winooski Seventh Day Adventist Refugee Fellowship and renown Afro-Jazz Singer Irene KeruBo Webster; A2Vt, Vermont's on-the-move African-Hip Hop Fusion Band with their new CD "Twenty Infinity"; Stephan Conrady, master organist, playing the 100-year old Hall Organ; a Community Sing Along; and much more.

Refreshments will be served. The building is not wheelchair accessible, but assistance with navigating stairs will be provided.

Sponsors: The Chittenden County Historical Society, The Winooski Historical Society and the United Methodist Church of Winooski.

February Playgroups

Stay warm during the colder months! Join the Winooski Family Center playgroup for some cozy and fun playtime. Come with your children (5years and under) to enjoy winter themed activities, stories, songs, and a small Snack. Every Tuesday and Thursday from 9:30-11:30am at the Winooski Family Center on 87 Elm Street.





February Update

By Sara Raabe, JFK Principal

Each year, JFK participates in the Big Change RoundUp. The Big Change Roundup is run by WOKO, and supports the University of Vermont's Children's Hospital. The money goes to support the patients, as well as their families. The UVM Children's Hospital consists of the maternity unit, the Children's Specialty Center, Pediatric Primary Care clinics, and parts of the Emergency Room. Many of the students in the Winooski School District, and in the Winooski community, have accessed the UVM Children's Hospital to stay healthy, or to deal with medical issues. This connection to our community is the reason that the staff at JFK want to support the hospital through The Big Change Roundup.

A person from WOKO and UVM Medical Center were at our All School Morning Meeting on January 30th to help us kick off the event. Each year this kick off event gets better and better. The students know what the event is, and have a great understanding of what the money goes for. The students were so engaged during the presentation explaining what the UVM Children's hospital does, and how their money will help children all over VT. Many students had connections about how the hospital has helped them!

This year, the students voted on the costume the winning adult would wear. They chose between some

fantastic outfits, but the inflatable ballerina hippo won. We have 12 adults at JFK participating:

- Amanda Babcock, Behavior Coach
- Sally Bissonette, 5th Grade Teacher
- Kari Bohlen, 3rd Grade Teacher
- Courtney Bryan, Kindergarten Teacher
- Grace Holcomb, K-2 Guidance Counselor
- Jacie Knapp, 5th Grade Teacher
- Katie Letourneau, Instructional Assistant
- Angela Moulton, 2nd Grade Teacher
- Sarah Murphy, 3-5 Guidance COunselor
- Liz Parris, School Nurse
- Sara Raabe, JFK Principal
- Andy Schlatter, 2nd Grade Teacher

Each adult has a jar in the front office. The adult that raises the most money gets to wear the outfit for the day on March 27th. We reviewed with students the importance of getting an adult's permission before bringing change in to add to a jar. Students, staff, families, and community members are always welcome to bring change into school to add to a jar, or go online to <https://give.uvmhealth.org/team/275274> to donate to a team member online!

Exploring Ways to Transform Energy

By Sean McMannon, Superintendent of Schools

4th graders worked with ReArch Construction Project Engineer and Winooski resident, Danylo Whalen, on exploring ways people can transform energy to promote sustainability. Students designed and built models of their own solar and wind power systems to reduce our district's energy expenses and the impact on the environment.



WHS Reflects on Teaching and Learning Via Expo Week

By Jean Berthiaume & Kate Grodin, WMHS Co-Principals

When students know they will share their work with an audience beyond the classroom, they are motivated to make it high quality. Recently, Winooski High School (WHS) students exhibited their work in all 6 Graduate Expectations known commonly to us as GXs. Exhibitions showcase what students have learned, how they thought critically, problem solved, and revised their work through multiple drafts. Exhibitions are a great way for students to share their writing, speeches, art work, performances, experiments, engineering projects, business plans, podcasts, or videos.

Here at WHS, exhibitions set the expectation that all students, not just a select group, are capable of producing high-quality work that must be shared with people beyond their classroom. They motivate all students to do their best, so they can stand proudly beside their work. Recently, we celebrated our students' journey of learning during our Expo week, short for exhibition. Our second Expo week happens in June at the end of the school year.

During the week of January 13th to January 17th our high school paused to reflect, grow, and celebrate student learning. Students in grades 9-12, as well as our students who participate in our tech centers, presented their learning in all six Graduate Expectations (GX's). Student work was grounded in artifacts/evidence from their own work, and shared with peers and adults for feedback and support on next steps. For students who did not present work, they learned from other students on how to present work and receive feedback. Additionally, exhibitions provided teachers with rich feedback on how they can continue to support students on their learning journeys.

What did these exhibitions of learning look like? In written communication, students and staff sat together as writers, read their work, and gathered positive feedback on what was successful, as well as ideas for how to improve a piece of writing. Creativity exhibitions showcased student work from presentations of visual arts to performances of music, theater and readings of students' original plays. In persistence exhibitions students demonstrated how they took an academic risk, related it to their learning experience, and reflected on its effectiveness or offered an analysis of their mistakes to move their learning forward. Some of the work that students shared focused on coding and the study of non native language.

When we originally started these exhibitions, they were limited to one-time speeches and presentations. Now our Expos have evolved to be more authentic and relevant celebrations of learning as well as times to gather critical feedback for improvement in the transferable skills embedded in our Graduate Expectations, GXs. Exhibitions are an essential component to a proficiency-based learning system because they provide students the opportunity to take ownership of their work, demonstrate their learning, and to gain constructive feedback from both peers and teachers.



WINOOSKI SCHOOLS
We are the future.

Whether it is getting student work on display, showcasing a class project, or hosting a whole-school exhibition with community, we celebrate students' work and learning by making it visible.



Robotics students demonstrating and explaining their learning and the trial and errors of coding.



Student playwrights sharing their work.

Celebrating Our Presidential Scholar

The Vermont Presidential Scholars Program recognizes graduating high school seniors who show outstanding scholarship, leadership and service to their communities. Winooski student, **Maryam Alchaderchi**, was selected as one of five Vermont nominees for the 2020 Presidential Scholars in Career and Technical Education (CTE) Programs.

Maryam was recognized in a ceremony at the Vermont State House on January 13. CTE scholars will be invited to apply to be national Presidential Scholars, which is facilitated by the U.S. Department of Education.

We caught up with her to ask a few questions about her achievement.

How do you feel now that you've been recognized for your hard work?

I feel happy, proud, confident, and blessed. Hard work paid off.

You're in the Nursing program at Essex Technical School. How has your program set you up for success?

My program set me up for success by allowing me to study something I'm interested in. Having to apply for the program and leaving my school gave me experience in getting results by using my own initiative.

What are your plans post-graduation?

I plan to go to college and study physical therapy.

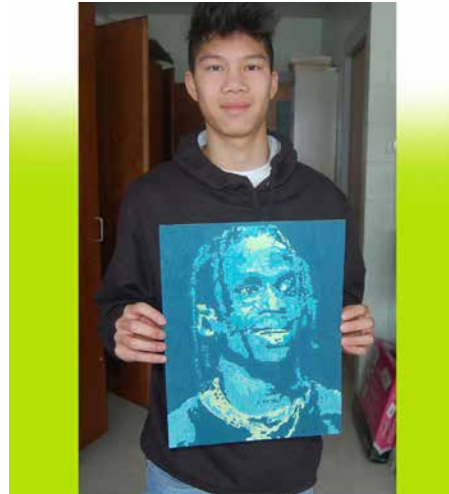
How does your family feel about you being a presidential scholar?

They feel proud, happy, and appreciative of the chances I'm getting in the U.S.



Artist of the Month

By Jessica Bruce, Fine Arts Teacher



Please join me in congratulating this month's WHS Artist of the Month: Sebastian Syharaj!

Sebastian has done an amazing job with his last Art1 Unit: A Celebrity Portrait using a Grid and Values. He is always very focused in class, often helps peers, and has enjoyed this particular project so much that he has requested materials to create another one on his own time! He is inspiring to his classmates and deserves this recognition. Good job, Seb!

Business Students of the Month

By Courtney Poquette, Business Teacher



Max and Dylan started the year strong, but ended the semester even stronger.

Both students were academic role models in their business classes. They stayed on top of their assignments and contributed to class discussions. They even dedicated their time to help their peers.

Dylan spent time after school and during lunches helping his classmates complete business plans. Max spent time teaching math tips and strategies to students in his Financial Decision Making class.

Great work to Max and Dylan!

Winooski Spartans Unified Bowling Team

By Catrina Hughes

The Winooski Spartans Unified Bowling Team struck bronze, silver, and GOLD at the Special Olympics Vermont statewide bowling tournament this past December 16th, 2019! Our Spartans competed against dozens of other school districts from around the state at Twin City Lanes in Barre, VT. Many of our teammates competed for the first time, but



they fearlessly knocked down pins, all while having fun and



showing our Spartan spirit! Students on our team were broken up into smaller teams which came in 5th and 6th place for Division 5, and took home 1st, 2nd, and 3rd place medals for Division 6. Go, Spartans!! We are so proud of you!!



COMMUNITY NEWS

Municipal Update — February 2020

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

- City Council has been primarily focused on the budget season. On 2/19, the City will host our annual Community Dinner where the Council-approved budget will be presented to the community. You can also join us on 3/2 for the pre-Town Meeting Day presentation at the Winooski School District. Full Town Meeting Day and voting information can be found at winooskivt.gov
- A recent Planning Commission meeting focused on parking recommendations received from the Housing Commission in December. The Housing Commission had reviewed vehicle ownership and commuter data in Winooski and read up on parking minimums and their impact on housing affordability. The final recommendations included several options for changes to parking regulations that could encourage more affordable housing, along with a recommendation to pursue a deeper parking study. Staff are applying to work with Chittenden County Regional Planning Commission to conduct a study on parking inventory and utilization. The study would focus on the gateway corridors: Main St., East Allen, Malletts Bay Ave., and include recommendations for parking management throughout the city. The Planning Commission will likely wait for this study before considering regulatory changes.
- Winooski was awarded a Municipal Planning Grant from the State of Vermont to hire a consultant on historic preservation. The consultant will survey our historic structures and lead a community outreach effort to understand what we as a

community would like to preserve, then make policy recommendations to the commission. A request for proposal will go out this month to hire a consultant.

City Updates

Reminders from the City Clerk's Office Important dates:

- Monday, February 3, 2020 – City Council Meeting
- Monday, February 17, 2020 Presidents Day (City offices closed)
- Tuesday, February 18, 2020 City Council Meeting
- Saturday February 15, 2020 – Taxes/Water Sewer Payments are due Payments can be made at winooskivt.gov/pay or at the City Clerk's Office (cash, check, or credit card). Because the 15th is on a Saturday and Monday the 17th is President's Day (city offices closed) the City Clerk's Office will be accepting payments until 5pm on Tuesday, 2/18/2020. Payments can also be placed in the Clerk's Office drop-box at the Winooski Police Department.
- **Feb. 19:** Town Meeting Day Community Dinner & Presentation (6pm at the O'Brien Community Center)
- **Mar. 2:** Town Meeting Day meeting and presentation (6pm at the Winooski School District)
- **Mar. 3:** Town Meeting Day (7am – 7pm at the Winooski Senior Center)



Town Meeting Day 2020

The proposed FY21 budget is available for viewing at winooskivt.gov. Full Town Meeting Day information, including the annual report, budget information, sample ballot(s), and calendar listings will be posted soon.



Winooski Finance Commission Seeks New Members

Looking for a way to give back to the community? Want to get involved in the public process? Serving on the Finance Commission is a perfect way to get engaged and to enhance your financial resume. This Commission is a policy advising group to the City Council who helps implement the Economic Vitality Strategic Vision area as outlined in the Master Plan while ensuring the City maintains an overall strong financial

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	mmyers@winooskivt.gov	802-355-5348
City Manager Jessie Baker	jbaker@winooskivt.gov	802-655-6410

Visit the city website at winooskivt.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 @winooskivt

position. The Finance Commission meets on the 2nd Tuesday of the Month at Winooski City Hall (5:30pm).

Learn more and apply at winooski.vt.gov. Questions? Call or email Angela Aldieri, Finance Director: aaldieri@winooski.vt.gov / 802 655 6410



Winter Parking Bans 2019 – 2020

Remember, 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

- Winter parking bans are made on a case-by-case, weather-dependent basis or for area-specific snow removal.
- 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 2:30am to 6am (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 kiosk or by *ParkMobile* app) from 6pm to 7am

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

Programs and Events at the Winooski Memorial Library



Dungeons & Dragons

WANTED! Wizards and warriors, druids and rouses. Elves, dwarves, halflings, and all other adventurers are welcomed. Come on a journey of the mind at the Winooski Memorial Library and join our new Dungeons & Dragons Club. Battle dragons, learn magic, ride a unicorn — the imaginative possibilities are endless.

This program is free and open to all — available at 5pm on alternating Fridays.



Pokémon Club

Join the Winooski Memorial Library for our brand-new Pokémon Club:

- Fridays / August 23-Nov 15 3:15-5pm
- Ages 12+
- Free & Open to All
- New Players: no experience necessary — learn the rules of the game, we'll provide the cards.
- Experienced players: improve your strategies, trade with others, and build your deck. Bring your cards!

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. Youth under 12 require adult permission. Unexpected cancellations will be posted to the Library's Facebook page (facebook.com/winooskilibrary)



Friday Playgroup and Storytime

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.

- Fridays
- Playgroup: 9:30-10:30am at the O'Brien Community Center
- Storytime: 10:45-11:45am at the Winooski Memorial Library
- Join us for one or both

Academic & Career Support

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.

- M-Th, 4:30-7:30pm
- Get help from an experienced tutor from the University of Vermont's education program — WIFI, computers, and printers are available.

Tinker Thursdays

- Thursdays: 3:15pm-4:30pm
- FREE!
- Youth Ages 8+ (under 10 require adult supervision)

Sign up for and learn more about all of our programs at winooski.vt.gov/library

Call or email with questions regarding our programs: 802 655 6424 / winooskilibrary@winooski.vt.gov



802 Reptiles

802 Reptiles has partnered with the Winooski Memorial Library for an exciting educational experience! This event features 5 reptilian creatures for all to see — enjoy an educational presentation where the audience can interact with the animals. 802 Reptiles provides a hands-on learning experience that is truly unique, safe, and fun. Owner Kevin Clarkson is an experienced reptile enthusiast with years of research, handling, and presentation experience in herpetology.

- Friday, February 28, 2020 3-4pm at The Winooski Memorial Library
- Free & Open to All

Recreation and Parks



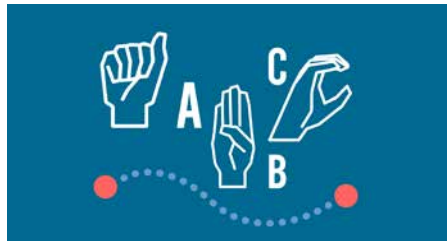
Movie Nights

Winooski Recreation & Parks are excited to bring you Movie Nights — perfect for the whole family! Enjoy a free movie with your friends and neighbors at the Winooski Senior Center (123 Barlow Street). Free popcorn or purchase items from the snack bar. These events are free and open to all. Please note: due to our movie licensing agreement, we can't use the titles of the films — please see the descriptions below:

- **Friday, February 7, 2020 / 6-8pm**
©2019 Disney Feat Will Smith
A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true!
- **Friday, March 6, 2020 / 6-8pm**
©2019 Disney Feat Beyoncé & More

In Africa, the lion cub Simba is the pride and joy of his parents King Mufasa and Queen Sarabi. Mufasa prepares Simba to be the next king of the jungle.

However, the naive Simba believes in his envious uncle Scar that wants to kill Mufasa and Simba to become the next king.



American Sign Language 1

Sign language can broaden your communication skills, stimulate your senses, and increase your ability to be expressive. This can be an excellent preparatory tool for fostering a career as an interpreter or to communicate with other community members in social settings. This course is taught by instructor Alex Grist and includes general fingerspelling, vocabulary signing, using facial expressions, and role-playing. Students with some or no experience are encouraged to attend

- February 7-March 27 2020
 - Fridays, 4-6pm at the O'Brien Community Center (Small Meeting Room)
 - \$55 Residents, \$65 Non-Residents
- Learn more and sign up today by visiting winooskivt.gov/rec

Children and Family Programs



Thrive 2020 February Vacation Camp

Thrive's full-day February Vacation Camp provides a safe and enriching environment for children in grades K-5 during the time off from school. This year's camp will be Tropical Beach themed, so we will enjoy games, crafts, and science experiments designed to help us forget about the cold weather! Students will have time for free play as well as guided collaborative activities, creative expression, and improving literacy skills. Meals and snacks will be provided.

Learn more and sign up today by visiting winooskivt.gov/thrive

You're Invited: Friday Morning Coffee Hour

By Sr. Patricia E. McKittrick

Join us for coffee, tea, hot chocolate, juice, fruit, pastries, and a relaxing environment to enjoy the company of others. Free and open to the public. We're at the O'Brien Community Center, 32 Malletts Bay Avenue, between 9 and 11 am every Friday. Hope to see you there!



Mindfulness Continues, Available Online, Too!

- **What:** Guided Mindfulness Practice and Discussion
 - **Where:** Winooski Senior Center
 - **When:** Thursdays, 5:30-6:30 pm
- The Winooski community continues to practice mindfulness together each Thursday evening at 5:30pm, led by volunteer Andrea O'Connor.

Since January of 2016, these sessions have also been recorded and uploaded to the school website. You can listen to them by visiting this link: <https://www.wsdvt.org/winooski-mindfulness/>

Downtown Winooski Happenings

Enjoy a discount at your favorite local business, discover new ones and support



Downtown Winooski with the 2020 ACCESS Winooski Card! Visit www.downtownwinooski.org/access to find out how to buy and what discounts are included (so far!)

A Place to Dance, Cook and Celebrate In Your Neighborhood

On September 27, 2019, North End Studios had its Grand Opening of the North End Studios located in the O'Brien Community Center complex on Malletts Bay Avenue. This neighborhood community center offers everything from dance classes (West Coast Swing and Traditional Contra) to a place for your Baby Shower. Here are some of the things you may not know about the North End Studios.

- Did you know that North End Studios is home to a commercial kitchen? There are very few commercial kitchens in the Burlington area that you can rent to start your fledgling baking or catering business. Have you always wanted to sell your baked goods at craft fairs and didn't have a commercial kitchen to use...this is the place! This kitchen meets all health department specifications and will get you moving toward your cooking/baking dreams.

- Do you have a family event coming up and need to find an affordable place to celebrate that special day? North End Studios has the Community Room for smaller gatherings such as birthday and anniversary parties, showers and the Ballroom for larger celebrations such as Bat and Bar Mitzvahs and weddings.
- Affordable spaces are difficult to find for corporate trainings and workshops, and North End Studio has space that has plenty of free parking and kitchen facilities for providing food for breaks and lunches.
- North End Studios offers everything from Tai Chi to Contra Dancing. Check out their weekly schedule of activities at northendstudios.org.



Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager

Save the Date

Join us for the Winooski Youth Wellness and Substance Use Prevention Forum: A Community Conversation on Wednesday, March 18 from 6 – 8:00 PM at the Winooski School District Cafeteria!

The forum is an opportunity for our community to gather and build connections, learn about current youth substance use rates and discuss how we can support our youth in Winooski to live healthier lives. Attendees will leave with a better understanding of youth substance use prevention and the skills to support the wellbeing of Winooski families.

Schedule: Dinner 6:00 PM – 6:30 PM; Program (speakers, breakout sessions) 6:30 PM – 8:00 PM

The event is free! Child care and translation services will be available. The forum is co-hosted by Winooski Partnership for Prevention, Winooski School District, City of Winooski and United Way of Northwest Vermont's Chittenden County Opioid Alliance.

Above the Influence

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

Year with a bang! Students saw their hard work pay off when their anti-JUULing public service announcement was published. Check out the final product on our Instagram @WinooskiPrevention

They also carried out Sticker Shock – a project where students visit an alcohol retailer to place stickers on alcoholic beverages, asking customers to not share the products with youth. The field trip raises awareness about the health risks associated with underage drinking.

Looking ahead, the students will visit Outright Vermont's Burlington offices and meeting space this month to learn more the LGBTQ community and how the alcohol and tobacco industries have historically targeted this community and other marginalized populations with their advertising and marketing.

The students are constantly looking for the best ways to enable change and ensure a healthy community for all. We are excited to update you about their journey along the way!

How can I help prevent my child from using substances? Talk about it

Did you know? Children whose



**Winooski Partnership
for Prevention**

Education | Awareness | Engagement

parents tell them about the risks of drug use are significantly less likely to use drugs, according to the Partnership for Drug Free Kids' 2012 Study.

Don't know where to start? You're not alone. There are excellent resources online to help guide parents and guardians have these difficult conversations about underage drinking and marijuana use, vaping, and prescription drug misuse, and outline the health risks associated with each substance.

Resources:

- Parent Up Vermont: www.parentupvt.org
- Partnership for Drug Free Kids: www.drugfree.org
- SAMHSA's "Talk. They Hear You." Campaign: www.samhsa.gov/underage-drinking

Winooski Food Shelf Schedule for February

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, February 8	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, February 12	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, February 22	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, February 26	2:00pm to 4:00pm	Pantry staples, meat, eggs

The Food Shelf volunteers want to express our sincere thanks to everyone in the community who has volunteered, sponsored a food drive, or donated food, toiletries or funds over the years. We could not provide the level of support to our clients without all of your help. In 2019 we served 844 clients. Over a third of our clients are children. We have about a 25% to 30% increase in clients each year. Most of our clients are out of work due to illness or permanent disability. They are very grateful for the love and support we are able to provide. Please feel free to stop by and help out for a few minutes or a few hours and get to know your neighbors in need. We can always use help around noon on the second and third Wednesday as we get set up for a food shelf. On Saturdays, volunteers show up around 8 a.m. to get things ready and unload a truck full of food.

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!

Residents Knit for the Homeless

By Gail Callahan, Communications Director

Mary Jordan is putting her talents to work as she and a group of about a dozen residents from Our Lady of Providence (OLOP) Residential Care Facility craft cold-weather items for the homeless.

The group is gathering Thursdays in the Winooski facility's library to knit or crochet items such as hats and scarves for homeless in the area.

Crafting for the homeless isn't new for Jordan. She undertook a similar project, knitting cold-weather clothing in Boston.

On a recent Thursday, the library was filled with eager crafters, anxious to help those in need. Some of the residents chatted to each other, comparing notes on their individual projects. Others leaned in closely to another, showing their technique. Tasty refreshments sat on a nearby table.

Kristie Daigneault, life-enrichment coordinator at OLOP, enthusiastically embraced the project. "I think it's fabulous," said



Sister Mary Rita Kelley, MSOLA, works on a hat for the homeless

*Charity and love
prevail at Our Lady
of Providence.*

Daigneault. "I think it's a great idea."

Sister Mary Rita Kelley, a Missionary Sister of Our Lady of Africa, is motivated by a desire to help those in need. A novice knitter, Sister Mary Rita admitted she was a perfectionist while crafting her hat.

I never knitted a hat before. I persisted in getting it right," said Sister Mary Rita Kelley. "We've got to carry on God's work, and we need people to motivate us."

OLOP resident Jean Koehne welcomes the opportunity to start knitting again, praising Jordan for the activity. Koehne also is pleased to have the chance to serve the needy. "It'll be wonderful to knit for the homeless."

Some of the yarn slated for use to make cold-weather gear



L to R- Sister Elizabeth Driscoll, RSM, and Mary Jordan work on a project for the homeless.



All photos by Gail Callahan

Winooski Little League and Babe Ruth Baseball

By Jeff Brosseau

Online registrations will open on February 1st! See our website address below and:

- open the link
- register and set up your account to register your child
- volunteer as Head Coach, Assistant or Team Manager

Fees for Little League are \$50 for one player, family will be \$90.00,

Babe Ruth Baseball ages 13-18 year old fee is \$75.00. You will have the option to pay with either a Visa/Mastercard or pay with check and mail to me. Let me know if you have any issues. After March 31st, a late fee of \$10 will be added.

Winooski Little League and Babe Ruth is open to all Winooski residents and anyone who attends St. Francis School and the Winooski School System that may reside outside of our city boundaries.

Website address is: <http://tshq.bluesombrero.com/winooskibaseball>.

For more information contact Jeffrey Brosseau at 802-233-5530, Jeffrey.brosseau@aol.com

Free Throw Contest Winners

Winooski Knights of Columbus Council # 2284 and Saint Francis CYO jointly sponsored their annual Free Throw Contest on Saturday, January 11 at the Winooski High School Gym.

Congratulations to all thirty-nine of the young people who participated in the event!

The winners are:



AGE	BOYS	GIRLS
9	Ethan Belchamber	Esme Cyr
10	Aidan Provost	Paige Barcomb
11	Jack Eldred	--
12	Coleton Merchant	Kaitlyn Zierak
13	Drew Bessette	Eliza Stearns
14	--	Simone McCormick

Each winner was invited to a Council reception to receive a Knights of Columbus winner's certificate and prize (a bookstore gift card).

Each winner is eligible to participate in the District level free throw competition in February, date TBD and possibly the State competition in March 15th in Winooski.

February is Heart Month

By Sister Pat McKittrick

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, The Winooski Peace Initiative is proudly participating in American Heart Month. We all know someone who has heart disease.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Limit your time at computers and

phones.

- Go outside and play with your children. Teach them games that do not require technology.

Be supportive of your family and friends – suggest a walk, craft, or an outing. Did you know that the Winooski Library offers opportunities to visit museums and other places of interest? Check with the Winooski Library to see what free passes or reduced prices on passes are available.

Science is telling us that our attitudes influence our health. Read what Mayo Clinic Staff have to say, "How sharing kindness can make you healthier & happier." <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/how-sharing-kindness-can-make-you-healthier-happier/art-20390060>



American Heart Association®

life is why™

In summary, the Mayo Clinic suggests:

- Loving –Kindness meditation (LKM)
- Acts of Kindness
- Focus on Gratitude

You'll find that while helping others, you also benefit from these small acts of kindness. May 2020 treat you kindly!

For more information, contact me at Pat.mckittrick@uvmhealth.org

Senior Center Updates

By Barb Pitfido, Winooski Senior Center Programs Manager

There are some great new opportunities waiting for you at the Winooski Senior Center! As a result of a survey we conducted this spring, we've created some new activities to provide interest-driven programming that follows our mission — to empower seniors for personal independence, healthy aging, social connection and life-long learning. Make a resolution to come by and join us!



Upcoming Special Events

Upcoming Programs & Events

Mondays

- AARP Tax Aide - (8:30am-12:30pm) Free Tax Aide service from AARP Volunteers from February 5th to April 13th. Call the Senior Center Office to make an appointment for Mondays or Wednesdays at 8:30am, 9:45am or 11:00am. Sorry, No Walk-ins.
- Bone Builders Exercise Program - (3-4pm) Free drop-in on Mondays and Wednesdays, this program is designed to prevent (and even reverse) the effects of osteoporosis. Presented in partnership with RSVP/United Way. Lead by certified instructors.

Tuesdays

- Coffee Time - (9-11am) Free drop-in for coffee & breakfast treats.
 - 2/4 - Chat with Kathy Johnson from HomeShare Vermont
 - 2/11 - Coffee with the Winooski Police Department
 - 2/28 - Dr. Jean Szilva will present another lively conversation on aging issues and solutions
- Senior Exercise - (10-11am) Follow along to Barbara Jordan's video and work on balance and stretching. (Tuesdays and Thursdays). Free drop-in.
- Senior Tuesday Lunches
 - 2/4 - Homemade Soup Day - (Noon) Join us as we celebrate National Homemade Soup Day. Choose from our variety of soup offerings and enjoy a fresh baked roll and a dessert buffet. RSVP by 2/3. \$5.00 at the Door.
 - 2/11 - Italian Theme Lunch - (Noon) Join us for an Italian themed lunch. Pasta from Papa Frank's, our Chopped Salad, Italian dessert buffet. RSVP by 2/6. \$5 at the Door.

Wednesdays

- AARP Tax Aide - (8:30am-12:30pm) Free Tax Aide service from AARP Volunteers from February 5th to April 13th. Call the Senior Center Office to make an appointment for Mondays or Wednesdays at 8:30am, 9:45am or 11:00am. Sorry, No Walk-ins.
- Bone Builders Exercise Program - (3-4pm) Free drop-in on Mondays and Wednesdays, this program is designed to prevent (and even reverse) the effects of osteoporosis. Presented in partnership with RSVP/United Way. Lead by certified instructors.

Thursdays

- Senior Exercise - (10-11am) Free drop-in program
- Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)
 - 2/13 - Valentine's Day Theme, 3/12 - St. Patrick's Day Theme
- Community Mindfulness - (5:30-6:30pm) Free drop-in sessions

Fridays

- Coffee Time - (9-11am) Free drop-in for coffee & breakfast treats
- New American Senior Lunch & Learn with Age Well
 - 11am - Tai Chi session led by certified instructor, Viviane
 - Noon - Age Well's Fresh Nepali Lunch \$5 at the door - RSVP
- Intergenerational Visual Arts - (3:15-4:30pm) Join us for a NEW 6-week program beginning February 7th. Together with Winooski School District's 21C Program we will create visual art with fellow Middle School students. Each week we will create a different colored masterpiece that will culminate in a art show at the Senior Center. Please RSVP by 2/5. Free!

- International Lunch - Friday, February 7th at Noon. Join us for a unique cultural experience presented by the Winooski MS/HS ELL Program. RSVP by 2/2. FREE!
- Senior Supper - Saturday, February 15th at Noon. Join us for a delicious meal of meatloaf, mashed potatoes and veggies from the Rotisserie, dessert buffet. RSVP by 2/13. \$5 at the Door.
- Mardi Gras Party! - Tuesday, February 25th at Noon. Join us for a party inspired by the Big Easy and enjoy all the tastes and sounds of New Orleans. RSVP by 2/20. \$5 at the Door.
- St. Patrick's Day Party! - Tuesday, March 17th at Noon. Join us for a lunch of corned beef, cabbage, and all the fixings! RSVP by 3/12. \$5 at the Door. Space is limited.

Please NOTE: We will be closed for all programming on Tuesday, March 3rd due to Elections. Come out and VOTE!

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

Connect with us anytime!

Visit: 123 Barlow Street

Phone: 802 655 6425

Email: seniorcenter@winooski.vt.gov

Web: <https://www.winooski.vt.gov/247/Senior-Programs>

Senior-Programs

Facebook: @winooskiseniorcenter



HEALTH CORNER

IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

In contrast to the flu, a common cold can be caused by many different types of viruses. The condition is usually harmless and symptoms usually resolve within two weeks.

Symptoms include a runny nose, sneezing, and congestion. High fever or severe symptoms are reasons to see a doctor, especially in children.

Most people recover on their own within two weeks. Over-the-counter products and home remedies can help control symptoms.

How it spreads

- By airborne respiratory droplets (coughs or sneezes).
- By skin-to-skin contact (handshakes or hugs).
- By saliva (kissing or shared drinks).
- By touching a contaminated surface (blanket or doorknob).

February is Children's Dental Health Month

tooth decay is the most common childhood disease

3 out of every 5 children are affected by tooth decay

5x more common than asthma

51 million school hours missed due to oral disease

tooth decay is almost entirely preventable!

Every \$1 spent on prevention in oral care can save you \$8-\$50 on restorative and emergency procedures

ELEMENTARY SCHOOL MENUS — FEBRUARY

Winooski Elementary School Breakfast

The Abbey Group February 2020 Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	4 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	5 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	6 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	7 Blueberry Bread Rice Chex Cereal String Cheese
10 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	11 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	12 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	13 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	14 Blueberry Bread Rice Chex Cereal String Cheese
17 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	18 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	19 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	20 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	21 Blueberry Bread Rice Chex Cereal String Cheese
24	25	26	27	28

Winter Break

This institution is an equal opportunity provider.

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

Click Image Below for employment opportunities

Winooski Elementary School Lunch

The Abbey Group February 2020 Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Dress Your Own Beef Burger Hand Cut French Fries Baked Beans	4 Chicken & Cheese Fajita Garden Salsa Steamed Corn	5 Pepperoni Pizza Cheese Pizza Veggie Pizza Roasted Broccoli Fresh Carrot Sticks	6 Spaghetti w/Meat Sauce (Ground Beef) Garlic Breadstick Caesar Salad	7 Hearty Chicken & Biscuits Steamed Green Peas Fresh Celery Sticks
10 Dress Your Own Hot Dog Roasted Sweet Potato Fries Seasoned Green Beans	11 Beef Nachos Supreme Garden Salsa Rice Pilaf Vegetarian Refried Beans	12 Pepperoni Pizza Cheese Pizza Veggie Pizza Fresh Cucumber Sticks Creamy Coleslaw	13 Honey Lemon Chicken Chef's Mashed Potato Dinner Roll Glazed Carrots	14 Cheesy Ravioli Bake Garlic Breadstick Caesar Salad
17 Oven Baked Chicken Nuggets Oven Crisp Tater Tots Dinner Roll Chopped Green Salad	18 Beef Taco Bar w/ The Works Garden Salsa Rice Pilaf Steamed Corn	19 Cheesy Breadsticks Cheddar Broccoli Soup Marinara Dipping Sauce Fresh Carrot Sticks	20 Cape Cod Fish & Chips Crinkle Cut French Fries Homemade Combread Roasted Broccoli	21 Pancakes Twin Sausage Links Sweet & White Homefries Green Pepper Strips
24 Harvest of the Month: Beef	25	26	27	28

Winter Break

This institution is an equal opportunity provider.

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:

Click Image Below for employment opportunities

Daily Lunch Offerings:

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

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

ALSO: Middle and High school menu information is available at <http://wsdfood.abbeygroup.info>. You can also learn about options for managing your child's account at the website.

Newsletter of the Winooski School District

Winooski School District
60 Normand Street
Winooski, VT 05404

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BURLINGTON, VT
PERMIT #361

POSTAL PATRON
*****ECRWSS**
WINOOSKI, VT 05404



“I’ve learned about how the internet—and especially social media—can be super absorbing.”



See this month’s cover story on screen time brought to you by Team Nexus in the Winooski Middle High School.