



WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 10 PAGES OF **Community News!** STARTING ON PAGE 13

JANUARY 2020

celebrating Our Achievements!

Music Filled The Halls!

In December, Winooski School District proudly hosted two major musical events that always draw a great crowd.

Our Middle High School Concert featured the MHS Orchestra and Band led by Randall Argraves, and a beautiful selection of songs by the Middle and High School Chorus led by Mikayla Kelemen.

Read more about the JFK Elementary Winter Performance, *Community and Light*, on page 10.



Interested in Running for Local Office?

By Carol Barrett, City Clerk

Election petitions are available at Winooski City Hall. **The deadline for filing petitions is Friday, January 31, 2020 by 4:30pm.**

Petitions must include a minimum of 50 signatures, although we recommend acquiring more. Petitions may also be obtained via the City's website (winooski.vt.gov/voting), but must be filed in-person at Winooski City Hall (27 West Allen Street).

Council Members up for re-election:

Hal Colston (2-year term), Michael Myers (2-year term)

School Board Members up for re-election:

Michael Decarreau (3-year term), Tori Cleiland (2-year term)

Please note: as of 2019, voters may now sign as many candidate petitions as they want, even for the same office, regardless of how many seats are being elected. This means that if you have already signed a petition for one candidate for an office, and you receive a petition from another candidate for the same office, you can sign both petitions if interested. A voter's signature can be counted on multiple petitions. (Per 17 V.S.A. § 2681)

If you have questions about running, please contact Carol Barrett or Janet Brouard at 802-655-6419 or email cjbarrett@winooski.vt.gov or jlrouard@winooski.vt.gov.

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Building Relationships, Health and Community

By Sean McMannon, Superintendent of Schools

According to the US Census Bureau data from 2017, Winooski has 7,337 residents. How many of your fellow citizens do you know? While much of the world is fixated on using strategic planning, finance and marketing to solve their challenges Winooski is primarily focused on a different approach. We want to grow a real community by utilizing our strengths---people! My favorite definition of community which comes from the Google search of “community definition” is a “feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals”. Everyone will agree that strong, close-knit relationships, and healthy bodies and minds make for a deep, strong and sustainable community.

A few years back, former Winooski City Manager “Deac” Decarreau said on Vermont Public Radio’s Vermont Edition that the city is “talking about developing our community services to group people who are not black or white or rich or poor, but gardeners, or cooks or book readers. We’re working hard at developing community. The relationships are what get you past all those other things, and if we get to know each other, it works.” Our renovated building will provide wonderful spaces for community members to come together and do the things they love, learn new skills and share their expertise with their neighbors.



Is this all touchy-feely stuff that makes us feel good but doesn’t really work? Well, research shows that relationships provide a purpose for living a healthy lifestyle. People in stable, healthy relationships develop a larger meaning and purpose in life and are more motivated to

protect themselves against disease/illness/injury (Sullivan, 1997).

Relationships provide a group identity. Individuals in social networks feel social control and peer pressure to behave like other group members. Groups of individuals that have health-promoting behavior have members with better health status (Berkman, 1984; Valliant et al., 1998). As a community we can grow the health of every citizen by intentionally engaging in building more relationships. Mentoring is one example of how WSD is growing youth developmental assets, and ultimately a healthier student

population. Many of our high school students work with Business teacher Courtney Poquette in the Effective Communication class to learn about relationship-building, public speaking and leadership. Following this



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We are the future.

important learning they take these skills to the other side of the building and mentor our elementary students, and even teach 5th graders how to mentor kindergartners .

Another way WSD is working on health is through the Spartans-In-Motion (SIM) middle school movement program. Eric Jensen, author of Teaching with the Brain in Mind says “movement will influence the brains of students and can be an effective cognitive strategy to (1) strengthen learning, (2) improve memory and retrieval, and (3) enhance learner motivation and morale.” Each day middle school students and teachers engage in a variety of activities such as yoga, soccer, walking, basketball and jump rope. Also, our high school students engage in team and relationship building activities throughout the school year in the Advisories



Neuroscientists are coming to the realization that social-emotional skills, like self-awareness, self-regulation, and resilience, are more important than IQ in academics and later life achievement (Farrington et al., 2013). We have seen tangible growth in

the elementary through the Social Thinking curriculum. Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotions (<http://www.socialthinking.com/>).

The selection of Persistence as one of our Graduate Expectations (GXs) is an example of the importance we place on the quality of resilience which is always mentioned when the conversation turns to defining college and career readiness. Self-awareness and regulation is fostered through mindfulness which is practiced across our school.

Lastly, *New York Times* best-selling author, Patrick Lencioni says “an organization is healthy when it is whole, consistent and complete, when its management, operations and culture are unified.” This graphic WSD has created a unified direction that supports the school board’s ENDS Statement by having clearly defined Graduate Expectations (GXs), engaging all learners through Project-Based Learning (PBL), Expeditionary Learning (EL), Student-Centered Learning (SCL), developing Personalized Learning Plans (PLPs) and providing wellness opportunities like mindfulness, movement, self-regulation and food security as the strong foundation to increase all students’ readiness to learn. Thank you for working with WSD to benefit our students.

January School Board Notes

By Alexander Yin, Board of School Trustees

I was very fortunate to attend Luke Dorfman and Nellie Maley's Culture & Community's Class, where I listen to students' presentations about their capstone projects and its impact on them. What impressed me about the students' presentations was listening to them develop confidence in themselves as they learned to become valued community members and take ownership that they could lead positive change projects. With each student who presented, I asked, "Now that you understand you can be a leader, how do you ensure you do not let power corrupt you and you do what is right for the community?"

Now it wouldn't be fair for me to ask this question without me asking it myself. After spending two and a half years on the School Board, I asked myself that question. Like many children, at one point in my life, I wanted to become President of the United States. In such a leadership role, I could be the one that would right the wrongs of the world. People would just listen to my infinite wisdom and they would do the right thing (or at least what I thought was the right thing). Yet, when I got my first formal leadership role, I learned that is not how the world works. Leadership is not about giving orders for people to follow. Leadership is about finding that common good, which hopefully aligns with individual goals, and motivating the community to reach it.

I also learned that no matter how much education I receive, I would never be smarter than the wisdom and experiences of our community. Oddly enough, as I went through these self-reflections, I realized our school board in their own way came to the same conclusion. For those who watch our school board meetings online, you can see we have been reflecting on how we can be better at listening and communicating to our community (see Board Management Delegation during the June 2019 School Board Meeting: <https://www.retn.org/show/winooski-school-board-meeting-june-12-2019>). Yes we are following all the rules (i.e., posting the agenda of our meetings and holding public meetings), but we know we can do better.



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One of our focus this year has been on getting the student voice (see Governance Processes in the November School Board Meeting: <https://www.retn.org/show/winooski-school-board-meeting-november-13-2019> and Focus on Learning in December School Board Meeting: <https://www.retn.org/show/winooski-school-board-meeting-december-11-2019>). We are excited that students in Luke and Nellie's Culture & Community's Class will also be tackling the problem as they work on reconstituting a student government. We are excited about what comes out of this work, because we know as a School Board and as a community we will be better for it. We look forward to working with you and you give us an opportunity to show that we value you as partners in your education.

At this moment, the School Board wants to thank the community members who rearranged their work schedules and made every effort to attend our budget and board meetings in December. It takes great strength and commitment of time to voice your concerns and appreciation. I personally want to thank you for holding me accountable as your school board member. I hope our actions at the December meeting demonstrate that we heard you and I hope we can continue to work together in making the Winooski School District an educational place for all of our children.

Happy New Year and know that I am grateful to be living in Winooski!

WINOOSKI PUBLIC SCHOOLS

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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

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.

Meet our new Community Based Learning (CBL) Coordinator, Andrew Wild

By Emily Hecker, *Communications and Development Director*



What is your background?

My work in education began in Northern Thailand 15 years ago. That year, I took the GRE in chemistry and planned to start a career as a chemist, but I appreciated the relationships with my Thai colleagues and students so much that teaching science seemed like a perfect fit - and it was! I completed my master's degree and teaching credential at Stanford and taught high school science in the San Francisco Bay Area. Eager to learn more, I went back to graduate school and completed my PhD in education, during which I worked on a project-based curriculum for middle school students. After graduate school, I helped to develop a new, proficiency-based master's program for pre-service teachers in Cambridge, MA. My partner is an assistant professor at UVM, and in order to be together and live in Vermont, I settled here full-time in June. Just before joining Winooski MHS, I was working as a research associate for the Tarrant Institute for Innovative Education at UVM.

Why are you excited to be in Winooski?

My cultural curiosity and social justice orientation have been drivers for all the places where I have worked, Winooski included. I share the school district's appreciation of cultural diversity, commitment to preparing all students for college and careers, and developing proficiencies like critical thinking and well-being that are needed to thrive in a democracy. I am excited about the inspiring examples of community-based learning that I have already heard about: student Iron Chefs hosting a dinner at Waterworks, students getting marketing advice from professionals in the Winooski community, and an interdisciplinary project with Circus Smirkus. There is a strong and innovative foundation on which to build a program.

What is Community Based Learning?

Community Based Learning (CBL) includes all types of learning that connects to the community, including, but not limited to internships, projects with community partners, job shadowing, feedback from community members, etc. All of these learning experiences break down barriers between school and the community, which makes for more authentic and meaningful learning than many of us might have experienced when we were in school. Whether CBL be internships that lead to unimagined career trajectories or community-based projects that solve real problems, I look forward to working with students, teachers, and community members to provide inspiring learning experiences for Winooski Middle High School students!

The Faces of the Winooski School District

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

What do you do at WSD?

I'm the School Resource Officer. In the morning I greet the students as they come to school, watching for traffic and pedestrian safety.

After that I take my morning walk, checking in with the elementary, middle, high school and alternative education programs. I like to follow the model designed by the National Association of School Resource Officers (NASRO); an SRO's role should prioritize:

1. Safety
2. Education
3. Counseling

I teach everything from DARE to community safety, water safety, and how to get to and from school safely. I've taught health classes about the impact of drugs and alcohol. I also teach in the driver's education class about obedience to traffic laws and DUIs.

During school breaks, I am a regular patrol officer. Being an SRO it helps me when I'm on patrol, since I'm familiar with students and families. Usually the juvenile calls are turfed to me as I know the students and families. I also do community outreach planning such as Coffee with A Cop, Pizza with A Cop and help coordinate block parties sponsored by the police department, which I really enjoy.

How long have you worked for the district?

I've been at WSD for 2 and a half years. I've been with Winooski Police Department for 3 years. Before that, I was with the Grand Isle Sheriff's Department since 2005. I made the move to be closer to home. Being an SRO is something I've always wanted to do.

What do parents and students need to know about you?

In the counseling and support aspect of my job, I often have students come to me when they need support at home. Those students have fears of domestic violence or relationship violence. Students also come to me with questions about their careers, either in law enforcement or public safety. I was also a firefighter in Burlington for four years.

Parents come to me with questions they have. Usually the questions they have are conflicts between students outside of school or concerns in the community.

What's the hardest part of your job?

Seeing the impacts of domestic violence and trauma.

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

I'm an assistant pastor at my church. I'm a musician, I sing, play drums and guitar. I like the outdoors, mountain biking and hiking. My wife and I have two birth sons and one adopted son who just turned nine. We adopted him when he was in first grade.

Why do you heart WSD?

This district is full of amazing people. From staff to students. I love the students. I have a goal of learning Swahili.

That's cool! How do you say hi in Swahili?

Jambo! "How are you?" is "Habari?". I also have a Nepali friend who is teaching me some Nepali. You can use "Namaste" as a greeting. WSD is an exciting place to work and learn!



Jason Ziter

Ask WSD: The Doctor is IN! A Mini Doctor's Office with a Big Impact

THIS MONTH'S QUESTION: "What Is the School Based Health Center?"

ANSWER:

No student can fully access their learning if they are unwell. However, for many students getting to the doctor's office can be a challenge, due to transportation issues, appointment scheduling, and caregiver's working hours. That's why Winooski School District (WSD) created a partnership with a local pediatrician's office to bring the doctor into the school.



The goal as a district is to reduce absenteeism, tardiness and early dismissals while keeping students healthy enough to stay in school and continue learning.

There is no need to book appointments in advance. Students can stop by the health office, parents can call 383-6094 and ask that their child be seen, or teachers can call to book an appointment if they are concerned about a student.

In our district, approximately 500 students have turned in their SBHC forms, granting permission to receive treatment. The form goes home the first day of school or is included in new student registration packets. It is totally free to register.

If students come in needing treatment and don't have the form on file, the Nurses' Office calls their caretaker to request that they come in and fill out paperwork. It is important to note that no student will be turned away, regardless of their paperwork or insurance status.

Dr. Link works for the UVM Children's Hospital Pediatrician Primary Care in Burlington. She is also the physician for WSD's School-Based Health Center (SBHC) on Tuesdays. She can provide care for any physical, mental or behavioral issue to any student who is enrolled in WSD. We asked her about her collaboration with our school:

What do you see students for?

On any given day it could be strep throat, urinary tract infections, coughs, colds, rashes, belly pain, or headaches. We also see students for sports injuries, following up on concussions or sports-related participation concerns. We also coordinate with students' families for complex behavioral needs. If a student is anxious or depressed we look into what stress management techniques they can use to feel better, and what resources the school is already offering to help them. If it's a new diagnosis of depression I will bring the parents in to talk about treatment.

Why do students come see you instead of going to their regular pediatrician?

Often it can be hard for students to make it into their regular doctor's office. Parents have difficulties getting off work, or students might have to miss more school than they should. Also, we're right here in the school, so students just have to walk down the hall to come get the care they need.

Teens can come in to see us for any teenager-health concerns. Those can be mental, sexual or physical health concerns. Confidentiality is respected in the SBHC the same way it is in my office at UVM.

What don't you treat at the SBHC?

We don't do check-ups or yearly physicals. Us pediatricians are very territorial...at least I am. I know students' primary care providers want to see their patients for those yearly visits.

How is the SBHC different from the Nurses' Office?

We are a full-service pediatric provider. A "mini doctor's office" right here in the school. While student health concerns can go through the nurses, our SBHC services include prescriptions and referrals.

Do you work in other School Based Health Centers?

Our practice has presence in Burlington High School, Edmunds Middle School, and a Burlington Elementary School. There are other SBHCs slowly developing in other districts across the state, as everyone is catching on to what a great resource it is!

How do you ensure parents and primary care physicians stay in the loop?

We really try to work with families. I make big efforts to connect with parents and communicate about their child's health needs. Parents can be with their child during the visit or we call them and let them know how the visit went. We can see patients who are registered at any health office and we coordinate with students' doctors to share notes from the day. If there is a broader concern I call the provider directly to follow up.

When is the office open?

The SBHC is open Tuesdays with Dr. Heather Link and Thursdays with Sherry Larose, PA. Questions? Contact School Nurses Liz Parris or Katharine Monje at 802-383-6094.

Capital Project Updates — January 2020

It's All in the Details: Phasing and Logistics



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By Emily Hecker, Communications and Development Director

Construction management company, ReArch, are working closely with our district and architects from TruexCullins to develop phasing and logistics plans that optimize construction safety, efficiency and productivity while simultaneously maintaining a safe, productive learning environment and minimizing the impact of construction activities on students, faculty and staff.

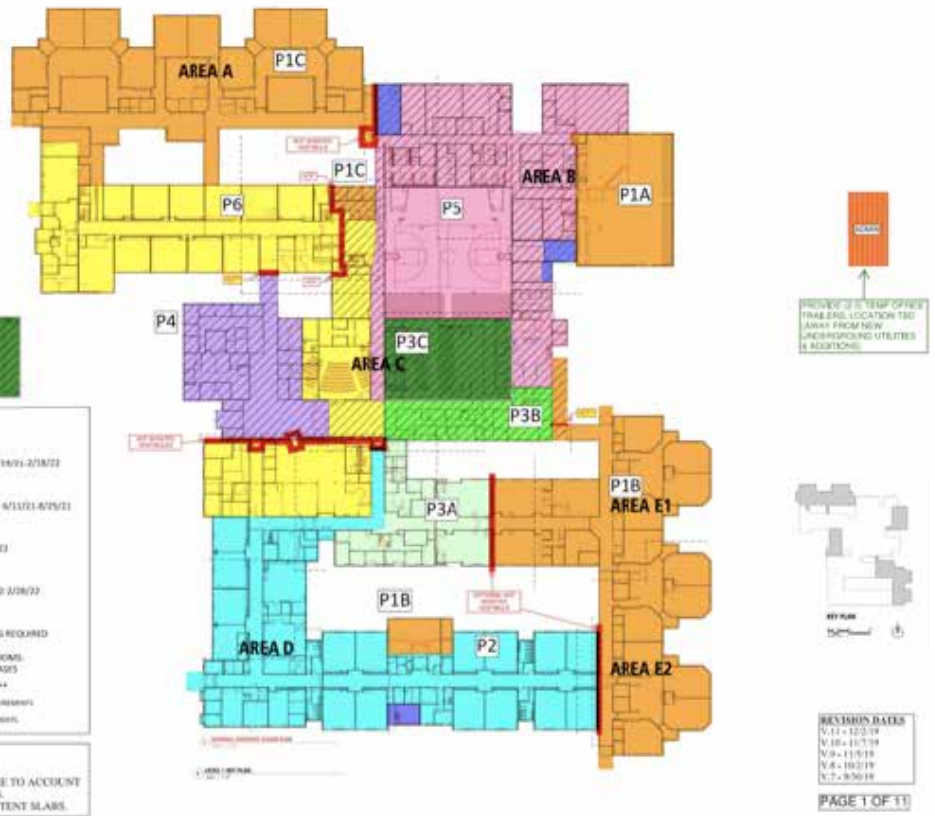
“As can be expected, this is a complex and challenging process with teamwork and communication being vital to success. While these plans are still being developed and are not yet finalized we are excited and proud of the progress we as a team have made thus far,” said Mike Hollister, ReArch Project Manager.

If you haven't had a chance to take a virtual tour of the new building, you may do so here: <https://cp.winooski.org/facility-project/virtual-tour/>

As always, if you have any questions please contact me Emily Hecker [ecker@wsdvt.org](mailto:hecker@wsdvt.org)

Left: The team has developed a site logistics plan for May 1, 2020 to February 28, 2022. We have shared the first month of site logistics here. Fortunately, we are not anticipating any disruption to spring sports.

Below: The WSD Capital Project Construction Managers, ReArch, have established a phasing plan for building progress from May 1, 2020 to February 28, 2022.



WSD: PHASING PLAN
MAY 1, 2020 THRU FEBRUARY 28, 2022

WSD Alumni Profile: Fred Norful

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. Fred Norful graduated in 1970.

What are you doing now?

Living in Cleveland Heights, Ohio. Semi-retired from IT Consulting (including with AT&T, Accenture and the U.S. Air Force). I spend time exercising, maintaining an old house, and quite a bit of socializing - my wife and I entertain a lot.



Fred Norful, Class of 1970

What travel destination have you enjoyed most?

The Galapagos Islands - it was a bucket list item. It was what is called "Eco-tourism", which we prefer when we do travel. It was a very immersive tour - we spent a lot of time hiking and snorkeling and in close proximity to quite a few endemic species. It is one of many natural habitats at risk. We wanted to go because of the shelf life of the experience - ecotourism started 50 years ago and the Ecuadorian government manages the islands like a foreign country - limited immigration, limited ability to work there, limited ability to bring animals, etc. The experience is degraded a little by each visitor, so they are carefully balancing the demand despite tourism being their main economic source after oil.

Are you an environmental activist?

Not exactly, but I try to do my part. I live in an urban setting of about 45k people. We have a large apartment complex in our neighborhood that "generates" many abandoned cats. I bring the animals to a no kill shelter, the Animal Protective League, to get them spayed, neutered, and adopted into a new home. Once or twice a year I round them up and take them in. I get very attached to those stray cats, at some point we had five rescues living with us. Others live in the near neighborhood.

What brought you to Cleveland Heights?

I got a job here in 1996.

Is that what you imagined your life would be like in 50 years ago?

Nope. I thought I would have been in a science field - most likely in the medical area. That didn't work out for me. I didn't make the grades in undergrad in college. I was shelled, some due to lack of preparation and also not really knowing what I wanted. The attitude

when I graduated from high school was that boys were being prepped to be in the military and girls were going to be secretaries. We had no AP courses at school. It was a hard transition for me to go from being a good student in high school to competing against kids who were smarter and significantly better prepared.

Where did you go to college?

UVM - that's the only college I applied to. I wish I'd gone on a college tour and expanded my horizons a bit more. I didn't know any better. It was way more on me to get it done than I realized. I felt the guidance department didn't deliver on what they offered in the way of assistance and guidance.. I had other chances to change things later on, but as I get older I've realized it really didn't matter - I've ended up where I probably would have ended up no matter what.

What is one of your fondest memories of your time in Winooski?

It would be hard for me to say. I loved my time in high school. I'm hearing that Springsteen song, "Glory Days"... in many ways I was closest to being my best there than at any other time in my life. I was involved with different organizations, groups, school politics, the community and sports.

Being that age is special - on the cusp of adulthood. You're not prepared to be an adult, but you get a glimpse of what it may be like. There's plenty of literature devoted to the adolescent awakening - unless you're being deliberately suppressed it should be a similar experience for nearly everyone. You are starting to grow up. Out of the fishbowl

of existentialism where it's all about me and it's all immediate. By high school you can imagine this could go on - that's what makes it so special.

How did your WHS education prepare you for your current success?

We had a college prep curriculum - but it wasn't advanced enough. At one point I went to UVM for calculus, but logistically it was too challenging to get there everyday while still attending to high school. Only 15 or so students out of our class went on to college right after high school. Yet the school needs to concentrate on what the needs of the majority of the students are - and that's what it did. I was too much an outlier so it was tough for me to get what I could have benefited from.

You are organizing a class reunion in June. Why you? Who are you most excited about seeing?

That's a good example of unintended consequences. I ran for class president in 1969 and by extension I'm now "managing" the class reunion in 2020. We've had two other reunions. It's really nice to simply see the people. Get together, spend an evening or two around food and drink and reminisce.

What's something about you that may surprise your classmates?

That I wasn't more successful (laughs). And I may be able to relate to the things they've done in their lives better than they think. And I like to create a little ruckus when I can.

Advice for current WHS students?

Be nicer to other people - even nicer than you are right now. Be more inclusive and reach out even to those who might not seem like they want you to.

Why do you heart Winooski?

I've always had an affinity for the underdog (Go River Rats!), for people who face real challenges and maintain a sense of optimism. Despite not having the resources to do it all we still dream big.

ANNOUNCEMENTS

Free Throw Contest

By Jeff Brosseau

Winooski Knights of Columbus Council # 2284 and St. Francis CYO Basketball are once again sponsoring a free throw contest on Saturday, January 11th, 2020 at 1:00 PM for boys and 2:00 PM for girls at the Winooski High School gym. The contest is open to all local girls and boys ages 9 through 14. Proof of age (as of January 1, 2020) is required for participation. For more information please contact Jeff Brosseau at 233-5530 or George Ashline at 654-2434.

January 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.

When? Tuesday: January 7th, 14th, 21st, 28th from 9:30-11:30am at the Winooski Family Center on 87 Elm Street.

(Please note that we will be closed on Winooski School District snow days.)



Hats For Kids

By Lori Johnson

It all started with a back to school ad for school supplies last fall. After buying school supplies for many years for my children, when those ads come on TV I always feel a little nostalgic about not having to go shopping for them.

Seeing that my daughter Morgan is working at JFK Elementary, I asked her if the kids there could use some school supplies. She replied by saying they could really use hats. She knows that I'm a knitter and always knitting something. That year she was working in two classrooms, and needed around 30 hats. The hats turned out to be a big hit with everyone.

When this year approached, I asked her how many she needed and she said she is in one classroom around 14, and works with all the 3rd grade classes which is around 50, which would be a lot of hats to make. I said how about I make 75 hats, that should be enough for everyone. I started making them in late September and finished them by the first part of November.

I enjoy making them knowing how excited the kids will get when they get to pick out their own hats. I'm already starting to plan for next year!



Goodbye from Parents and Youth for Change

By Infinite Culcleasure

As of December 31, 2019 Parents and Youth for Change (PYC), which originally began as Parents for Change, will be functionally dissolved. While there were some prospects for continuing implementing the entire work plan in 2020, it became increasingly clear that the resources and capacity for this work would be hard to come by in order to meet the high demand for community organizing on education issues in the Burlington and Winooski schools.

We are encouraged to know that Voices for Vermont's Children will continue to support the efforts of youth leaders and their families in designing and implementing work related to student and family-centered restorative practices and leadership development.

Considering the limited resources, volatile political climate, high turnover of decision makers and the increasing needs in our public schools, PYC achieved some tremendous milestones, which will be illustrated in a beautiful summative report of our work coming soon! Please allow me this opportunity to thank all of the teacher allies who provided us with the insight that helped to guide us through our blind spots; the classroom teachers, superintendents, administrators, school board commissioners, support staff and other community partners who extended their

work day and/or week to meet us part way, and took risks that supported families and youth seeking school reforms that were responsive to their needs and concerns.

There is a deep appreciation for the Nellie Mae Education Foundation for having the foresight to include a lead community partner in its "district-level system change" work, so that school reform isn't a completely top down effort, and changes are being informed by the people who are the most directly impacted by the current flaws in the system.

Most importantly, to the students, parents, guardians, grandmothers, grandfathers, aunts, uncles, cousins, retirees and countless unknown local leaders that volunteered their labor, your trust in PYC helped us find common ground across many differences in our community. This made it possible for change to happen right before our eyes.

You can rest assured that many of us will continue to work above and beyond the job description for equity in our public schools – trying our best to center the lives of the young people who deserve our commitment to their well-being. Fortunately, plenty of amazing work continues to move forward in our public schools across the State of Vermont, and I look forward to joining some of you in that work. For copies of our Zine, or questions regarding our transition, please feel free to contact Infinite Culcleasure at infinitepyc@gmail.com.



January Update

By Sara Raabe, JFK Principal

On December 12th, 2019 JFK Elementary students and staff welcomed families and community members to join us at our annual Winter Concert. The Winter Concert is, by far, our best attended community event.

This year's Winter Concert theme was Community and Light. Barb Crandall, our art teacher, worked with students to create lanterns to decorate for the concert. Barb also worked with each grade level to create a grade level banner, and students decorated handprints to adorn the banner.

Sara Poland, our music teacher, worked with students starting back in September. Sara picked songs, choreographed them, worked with classes to master the songs, put together the rehearsals, and managed to get the details for the show all done. From the rehearsals to the staging to the final performance, she is a dedicated individual that helps our students to shine during this big event. This year's songs were:

- Opener All School: *Not Giving Up*
- Kindergarten: *Here Comes the Sun*

- 1st Grade: *Wonderful Life*
- 2nd Grade: *Try Everything*
- 3rd Grade: *Proud Corazon*
- 4th Grade: *Little Wonder*
- 5th Grade: *Unstoppable*
- Closing All School: *Proud*

The entire JFK staff works together to make the Winter Concert a success each year. Having students ready to perform takes a huge effort from all of the students and all of the adults. Our JFK staff practiced the songs with the students in classrooms, at recess, at lunch, walking down the halls - wherever they can! Everyone worked together towards the common goal of an amazing concert by supporting each other and the students.

This event shines a light on our students, staff, families, and community members that all come together to create a memorable experience each year for everyone. A huge thank you to everyone who helped create such a fantastic evening. Happy New Year!



Hip Hop Dance

By Mag Thomas

There is a new afterschool program this year that we are very excited about! It is Hip Hop Dance.

There are two different age groups that meet. Kindergarten, 1st, and 2nd graders meet on Wednesdays and 3rd, 4th, and 5th graders meet on Thursdays. Students spend their time expressing themselves through music and dance.

Each group will learn a Hip Hop Dance routine that they will perform for families and friends. The first session's group performed their routine at the All School Morning Meeting in November. They did an awesome job!! Can't wait to see this session's group performance!



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.



School Site Visit Supports WMHS's Continuous Improvement Journey

By Jean Berthiaume & Kate Grodin, WMHS Co-Principals

Last year, the Barr Foundation awarded Winooski Middle High School a grant to “Widen the Eco-System of Learning”, which provides us the resources and support to increase community-based learning in our school. Community-Based Learning requires us to maintain and develop strong bridges between our school and the community. Community partners, such as non-profits organizations, businesses, government, and civic organizations, work alongside teachers to support learning in authentic ways. As a requirement for the grant, an organization called Springpoint: Partners in School Design recently conducted a 2-day school site visit of Winooski Middle High School. The focus of the visit was to provide us with targeted and actionable feedback to inform our approach to ongoing design work and support our continuous improvement journey.

The school site visit provided our middle and high school with valuable and insightful feedback regarding our strengths and recommendations for how to further develop our proficiency based learning system for all of our students. We are delighted by the positive feedback that highlights so much of what makes WMHS special: a dedication to equity, a safe and inclusive environment, and a clear set of shared values that are understood, internalized and upheld by students and staff...[and] are aligned to the broader goals of positive youth development. It always feels good to know that guests notice the unique and incredible community we have created here at Winooski Middle and High School!

The recommendations from the report reminds us that the work of school transformation is challenging and often muddy. Although the feedback highlighted areas where our academic systems and proficiencies need attention and clarification, there was this student comment: “It’s very confusing but I do think it is the greatest grading because it is based on what you can do and not just what you memorize...the concept is applying knowledge not reciting knowledge.” This comment captures where we are, perfectly. Many students agree that even when new systems cause initial confusion, they can see in Winooski we are building an inclusive, rigorous, educational experience of deep value. We know it needs continuous improvement and attention. Please read some points from the report below. You can learn more about Springpoint here: springpointschools.org. As always, thank you for your continued support of this journey!

Strengths of our School:

Positive School & Classroom Culture:

- Adults at Winooski High School actively seek to build nurturing and trusting relationships with all students, and are seen by students as accessible, supportive and trustworthy.
- Student-adult and student-student relationships are characterized by mutual respect and serve as a key source of support for students in their creation and pursuit of academic and personal goals.

- Furthermore, the community at Winooski High School has a clear set of shared values that are understood, internalized and upheld by students and staff. These values are aligned to the broader goals of positive youth development.

Student Supports:

- At Winooski High School, each student has a primary person with whom he or she meets to discuss progress to graduation and has a meaningful relationship based on trust and personal connection.
- The ‘primary person’ has a manageable caseload, and works to ensure that each student is making adequate academic progress.

Recommendations:

Academic Systems:

- Articulate a clear, consistent, and shared understanding of the content and skills students must demonstrate, strategically sequence learning experiences grounded in those content and skills, and articulate a vision for what instruction should look like to support students’ progress towards graduation and college and career readiness.
- Until all members of the school community can clearly articulate what every student needs to know and demonstrate in order to graduate and be college ready, student progress will be inconsistent and students will be unable to take full ownership of their learning. Building a true proficiency-based school model requires every stakeholder to be engaged in the process; it also requires a strategic plan to ensure the shifts in mindsets and practices that must occur in every class, with every staff member and student.

School leaders can pilot this work by working with the school community to establish:

- a.) What the proficiencies are,
- b.) How a student demonstrates and moves through them in a clear arc of learning, and
- c.) How coursework and learning experiences are aligned to and can support their development.

Shifting from traditional grading structures grounded in pass/fail models and seat time to more progressive and equitable proficiency-based models is a hard, but necessary process for creating a school that truly is responsive to learner’s needs. In making a commitment to that journey, Winooski High School has taken the first step towards making this a reality for their school community. By developing a clear vision for what the model will look like when fully realized and creating a plan around how each stakeholder will engage with that vision, the school can move further down the continuum towards a fully proficiency-based model. In doing so, there is an opportunity to create a learning environment that will truly allow students to own their journeys and be champions of their learning and development long after they graduate.

The Winooski Hangout

By Alexis Blend, 7th grade student

The “Winooski Hangout”, as it is called, is an outstanding place to be after school. You might go to the library for many reasons. Maybe you have a late soccer practice, need help with homework, or just want to read.

Whatever the reason may be, there are amazing and kind staff willing to help you, supervise you and give you a meal. Honestly, I love it! I think it is an amazing improvement from last year because you can participate in something after school that is not really structured and you do not have to focus on just one thing. In the library, you can do whatever you want. (within reason!)

I asked some students that were in the library with me what they liked most about the library program and they said: “Books!”

—Ivy Resmer, 6th

“I like getting a chance to read and not having to wait outside in the cold, wet, grass for soccer to start.”

—Norah Heikel, 6th

“I like getting food.”

—Auishma Pradhan, 7th

“I don’t have to wait outside in the cold before practice.”

—Carol Doung, 7th

Artist of the Month: Alisha Rai

By Jessica Bruce, Fine Arts Teacher



Please join me in congratulating the WMHS Artist of the Month, Alisha Rai!

Alisha has been doing an amazing job in her Art class, becoming a model student in her dedication, persistence, and using her creative style to add to all assignments. She recently created her own version of the famous woodblock print, The Great Wave off Kanagawa, for an art auction event to raise money for our school!

Awesome job, Alisha! Keep up the excellent work!

Business Students of the Month

By Courtney Poquette, Business Teacher



This month it was a challenge to select a single business student for recognition, as so many students are exceeding expectations. A group of students in Entrepreneurship, have spent the semester creating their own businesses.

The students nominated have been staying after school, working through their lunches and emailing questions at night. This month, students began researching expenses and estimating sales in their future businesses. They have each discovered they need to make major changes to their plan, once they see the associated costs.

Students in this group have been revising their plans, critiquing one another, and sharing feedback. The conversations have been great to listen to, as the students analyze whether or not their plan is viable and prepare for their capstone presentations.

\$4,250 Received in Artists in Schools Grants

By Emily Hecker, Communications and Development Director

Vermont Arts Council awarded Winooski Middle High School \$2,500 to support a ten-day expressive arts residency with the Flynn Center for the Performing Arts *Words Come Alive* program.

Teaching Artist Tracy Martin is working with a group of Winooski High School students to develop expressive skills in dance. Throughout the session, the class works together on choreography and developing a message they want to share with their audience. “The work that the students are doing combines meaning with movement,” says Nellie Maley, WHS teacher. Stay tuned for details about their performance this spring.

Vermont Arts Council has also awarded the school an additional \$1,750 to support a five-day playwriting residency with Vermont Young Playwrights, the largest youth playwriting program in Vermont.

Heather Win, WSD Theater Arts teacher, says young Winooski playwrights are thrilled to be able to hone their skills and discover their authentic voice through playwriting. There will be live readings of the students’ plays during the Creativity GX Showcase during JanPo.



Above: Students practice with VYP artist on their playwriting.

Right: Students practice the intro to their *Words Come Alive* dance using greetings from all the languages spoken by students in their class.





COMMUNITY NEWS

Municipal Update — January 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 winooski.vt.gov

- **The Housing Commission** met recently to continue a discussion of the connection between parking and housing in the City. The Commission spent the bulk of its time talking about what possible actions to recommend for consideration by the Planning Commission, specifically thinking about how they can support the City's housing goals.
- **The Winooski Finance Commission** had their first meeting in November and spent their time overviewing the big picture of Winooski's finances. This included revenue and expenses for all the City's accounts, our reserve fund balances, and an introduction to the Tax Increment Finance District (TIF).
- **City Council** received a great economic vitality update on yearly goals and all are on track. Some highlights are that wayfinding is progressing and should be completed by March, the City submitted a grant application to support hiring a consultant to conduct a historic resource inventory, and staff are actively working on a Legacy Campaign for when our City turns 100 in just a few years.

City Updates

Reminders from the City Clerk's Office

- Join us for our regular City Council meetings: January 6, 13, 21, 27
- Winooski City Hall will be closed on Monday, January 20 for Martin Luther King Jr. Day



Parks and Open Space Master Plan

What do you love about Winooski's parks? What would you like to see changed? The City of Winooski is continuing the Parks and Open Space Master Plan public process with Omnes and your input is needed.

The plan will create equitable and connected public space, with the goal of having a park within a ten-minute walk of every resident. The plan is being led by the City of Winooski in partnership with Omnes, a landscape architecture, planning, and art studio based in the historic mill town of Easton, Pennsylvania. The planning process is community-driven, with the voices of all informing strategies for both improvement and implementation of new parks within the City.

Full details regarding this project can be found at winooski.vt.gov/parksplan

Email your questions and comments to: info@omnes.studio



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.

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	mmyers@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.vt

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, please call 802 655 6410 or visit winooskivt.gov/parking



First Month 2020: The Roaring 20's

The City of Winooski presents First Month – an annual themed celebration of engagement, entertainment, and education! January is a perfect time to start new and nurture long-lasting community connections. For the month of January 2020, we'll be celebrating the "Roaring 20's" through a number of events and programs with themes including:

- Great Gatsby
- Harlem Renaissance
- Women's Suffrage
- Prohibition
- Jazz & more!

Visit winooskivt.gov/firstmonth for full program and event details!

Programs and Events at the Winooski Memorial Library



Dungeons & Dragons

WANTED! Wizards and warriors, druids and rogues. 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.



Classical Music Encounters

Wu Brothers Music brings you Classical Music Encounters - a performance series in Vermont libraries with the objective of introducing a diverse audience to classical music through performance and commentary. Enjoy works by Bach, Mozart, Elgar, Glière, and more:

- Friday, January 10, 2020
- 5pm at the Winooski Memorial Library
- Free & Open to All



Pokémon Club

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

- Fridays through 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.

- Playgroup: 9:30 - 10:30am @ the O'Brien Community Center
- Storytime: 10:45 - 11:45am @ 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 - 7:30 PM

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

Tinker Thursdays

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

Come to the library for interesting STEAM activities and challenges exploring the arts, sciences, math, and engineering.

Sign up for and learn more about all of our programs @ winooskivt.gov/library

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

Recreation and Parks

We've got an amazing lineup of winter programs coming up, including:



Winooski Youth Basketball 2020

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. They will be taught the fundamentals of the game and practice dribbling, passing, and shooting skills through fast-paced drills and mini-games that take place at the Winooski School District. The Registration deadline for this program is Friday, January 10, 2020. Participants should bring a pair of dry sneakers and gym clothes. Enjoy an end of season pizza party on Feb. 29!

Grades K - 2: 6 wk Skills-Based Clinic

- Saturdays Jan. 25 - Feb. 29
- 9:30 - 11am
- \$25 Resident / \$30 Non-resident
- @ Winooski School District Cafeteria

Grades 3 - 6: 8 wk Skills-Based Clinic

- Saturdays Jan. 11 - Feb. 29
- 9 - 11am
- \$35 Resident / \$40 Non-resident
- @ Winooski School District Gym



American Sign Language 1

Join Winooski Recreation and Parks for our new ASL1 Course! 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.

- Registration Deadline: Jan. 31, 2020
 - Class is February 7 - March 27 2020
 - Fridays, 4 - 6pm @ the O'Brien Community Center (Small Meeting Room)
 - \$55 Residents, \$65 Non-Residents
- Sign up for and learn more about all of our programs @ winooski.vt.gov/rec

Call, text, or email Recreation and Parks with questions regarding our programs: 802-777-1621 / recreation@winooski.vt.gov

Knights of Columbus Support Winooski Groups

Worthy Grand Knight Greg Clairmont from the Knights of Columbus Saint Stephen's Council #2284 presented the following organizations with checks recently to help fund their work:

- \$1000 Gift for the Kenneth Myers Memorial Pool Foundation to Jeff Myers, President and Founder, of this amazing non-profit organization, focused primarily on recreation and athletics.
- Joseph's House Director Lori Daudelin with a \$500 check during their Thanksgiving Holiday Celebration in Burlington.
- Rice Memorial High School's Annual Giving Manager Nancy Viner with a \$500 check for the Rice-Cathedral Annual Fund Drive.
- Our Lady Of Perpetual Help Radio Founder Donna McSoley with a \$500 check for the OLPH Radio operational expenditures here in Winooski.
- Winooski Food Shelf Director Linda Howe with a \$500 check during their 2019 Thanksgiving Holiday Celebration in Winooski.



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!)



The next Winooski Art Walk is **January 16**, 6-8pm! If you haven't attended an art walk yet, this is your chance! Bring family and friends on a fun night. Take a

walk around Winooski and support local artists. Visit www.downtownwinooski.org for the list of participating venues and map. Questions? Email info@downtownwinooski.org.



Keep Your New Year's Resolution At North End Studios At The O'Brien Community Center

Do you want to get your body moving in 2020? There is no better place to do it than North End Studios at the O'Brien Center! There are many ways to do this at our studios, be it slow and steady, like Tai Chi, or fast and snappy with West Coast Swing or Salsa.



West Coast Swing

- Thursday, 7:00-8:00 pm
- Level 1 Foundations of West Coast Swing for brand new dancers or for Westies who have been dancing for less than a year. General Admission: \$15 for class only, \$5 Social, \$45 monthly. Special rates for college students, seniors and military with ID: \$12 per class, \$5 Social, \$36 monthly.



Fourth Friday Contra Dances

Contra dancing is a great way to meet other people. It is a social dance that one can attend without a partner. Families are welcome! The dancers form couples, and the couples form sets in long lines starting from the stage and going down the length of the dance hall. The evenings also include other formations of New England social dance such as square and circle dances. There's always live music with fiddles and piano plus other instruments played by musicians who sit in with the band. Guest callers are featured each month. Admission is what you can afford to pay (suggested donation is \$5 to \$10).

T'ai Chi Ch'uan

- Tuesday, 7:00-8:00 pm
- With Patrick, senior instructor of Long River Tai Chi Circle. Fee: \$65 per month. Contact Patrick at 802-490-6405 or email patrick@longrivertaichi.org.

Pole Dancing

- With Bohemienne Fitness
- Pole is a form of dance fitness that teaches unique strength, skill, and flexibility. Offering Intro to Pole, Pole 1, Pole 2/3. Foundations Workflow and more. Contact polefitvt.com or call 802-662-0009.

Karate

- Druk International Shito-Ryu Karate Do- Vermont
 - Sundays, 9:00-11:00 am
- Disk Dojo is committed toward its immediate community with a focus on engaging children, youths, and adults. Fee: \$20 per month. Contact Hemant Ghising at himanttamang2009@gmail.com.

To find out more about activities at North End Studios Winooski, go to northendstudios.org.

January is Mental Wellness Month

By Adam Brooks, Howard Center Assistant Director of Communications

Feeling stressed? Regardless of your age, these suggestions from Howard Center may help.

- Practice mindful relaxation by focusing on breathing and what is happening now.
- Surround yourself with supportive people.
- Give yourself permission to share your feelings with others.
- Keep a journal or a notebook.
- Use medications as prescribed and avoid other drugs or alcohol.
- Spend time outdoors. Get moving—even a short walk helps.
- Maintain healthy eating habits and a regular sleep schedule.
- Listen to music that lifts your mood. Watch TV or movies that make you laugh or are distracting. Avoid violent content. Take a break from social media.

Consider these resources if your stress continues or gets worse.

- Contact your therapist, case manager, or other provider to discuss your symptoms and treatment.
- Make an appointment with your primary care provider or prescriber.
- If you have access to a smart phone, download the free app, the Virtual Hope Box.
- Reach out to local peer support options. Text the Vermont Crisis Text Line at 741741.
- Call the National Suicide Prevention Hotline at 800-273-TALK (8255).
- Call 211 for information about local resources that can help reduce your stress.



Howard Center Main Phone
Intake Line - 802-488-6000



Crisis Line 24/7/365
First Call For Chittenden County -
802-488-7777

Battle of the Badges Blood Drive

- **Thursday, January 9, 2020**
- **11 am - 5pm at the Winooski Fire Department**
- **120 Main St, Winooski, Vermont**

Join the Winooski Police and Fire Departments to see which badge can donate the most! Members of each department will be donating all day and encourage our friends and neighbors to do the same. The need for blood is constant and your contribution is important for a healthy and reliable blood supply - help us save lives! This event is free and open to all.

Are you eligible to donate? Donors must schedule ahead of time. To schedule, visit our event page at winooski.vt.gov or call 802-660-9130.

Remember, your donation can save a life.

Questions regarding this event can be sent to Erika Bailey, Assistant Fire Marshal/Captain: ebailey@winooski.vt.gov.



VOLUNTEER CORNER

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

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

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. Program begins January 11th.

Catamount Ski Cubs Program Volunteer

Limited opportunities available! Under the direction of Winooski Recreation & Parks in partnership with Catamount Trail Association, Catamount Ski Cubs Program volunteers will ensure students' success at cross-country skiing on and off the snow at Bolton Valley Nordic Center. There are 3 volunteer tiers for this program: Ski Instructor - Teach beginner and/or advanced cross-country skiing technique.

Advanced skiing experience required. Ski Assistant - Ski with students after lessons. Basic skiing experience required. Monitor - Helping students on the bus ride and in the lodge. No ski experience required. Skiing is optional.

Meals on Wheels Delivery Driver

Meals on Wheels Delivery Drivers are needed! Under the direction of the Winooski Senior Center, the Meals on Wheels program helps to combat hunger and to provide a lifeline and companionship for under-resourced community members who might otherwise be isolated. Meals on Wheels delivery drivers are needed Monday and Wednesday mornings from 9:30-11:30am. Substitutes needed Monday-Friday.

Library Youth Activities Volunteer

The Winooski Memorial Library is looking for volunteers to do a read-aloud, play music, and more at the Friday Playgroup and Storytime between 10:45-11:45am.

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 phone 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.

Chill Snowboard Program Mentor

Limited opportunities available! Under the direction of Recreation & Parks in partnership with Chill, Chill Snowboard Program Mentors ensure students success at learning to snowboard at Bolton Mountain. Mentors will monitor youth on the bus, help youth get geared up for lessons, and snowboard with youth on the mountain.

Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager

Above the Influence (ATI) wants to educate peers about risks of vaping through PSA

On Wednesday, Dec. 4, ATI participants visited the CCTV studio to film a short public service announcement (PSA) about the risks of vaping and e-cigarette use.

The high school students jumped behind the cameras to film, while the middle school students acted out the script they wrote.

In the PSA, a student approaches another student, asking them if they want to purchase a new, grapefruit-flavored JUUL pod. The student says no and her refusal is supported by her peers, who raise concerns about nicotine being addictive and how it can lead to regular usage, which is expensive to maintain.

ATI participants want to send a message to their peers that vaping and e-cigarette use has costs, both health and financial, and to raise awareness of how the tobacco industry uses flavors to attract younger users.

We are excited to share the final product soon!

Students are welcome and encouraged



ATI filming PSA

to join ATI at any point in the year. To join, contact Hannah St. Don, our Youth Mobilization Coordinator at hstdon@winooskiprevention.org.

Parent Up VT: Talk with your child about substance use

ParentUp VT, developed by the Vermont Department of Health, is an excellent resource for parents interested in learning more about the risks of youth substance use and how to start



conversations with their children about alcohol, marijuana, and other drug use.

Did you know that in 2017, 24% of high school students in Vermont reported smoking marijuana in the past 30 days and 14% reported driving under the influence of marijuana?

Marijuana may now be legal for adults in Vermont, but like alcohol, there are health risks associated with youth use. Short-term marijuana use is linked to problems with learning, memory, and judgment and regular use is linked to problems later in life such as addiction and mental health issues.

Have the Conversation

As a parent, it's important to let your child know the risks that come with using marijuana because research shows, parents are the number one influence on their children's behavior.

For an in-depth conversation guide and other resources, visit parentupvt.org.

A new Little Free Library has arrived in Winooski!

Since its inception in 2009 with a book-exchange box on one man's Wisconsin lawn, the "Little Free Library" movement has mushroomed worldwide to more than 75,000 Little Free Libraries (LFLs). St. Francis Xavier School, located at 5 St. Peter Street, is one of the newest additions to this book-sharing initiative thanks to St. Francis Xavier School 7th grader Sophia Schifilliti.

Nearly two years ago, an unfinished but basic box was given to SFX School with the goal that it would be transformed into an active, weather-proof LFL. But it languished in a storeroom until Sophia discovered it at school in the fall of 2018. "I really enjoyed the books I found in a Little Free Library in a friend's neighborhood", Sophia explained, so she was inspired to bring one to SFX as her first Genius Hour project. For Genius Hour projects, students at St. Francis



The Free Little Library in front of St. Francis Xavier School, Maintenance Director Andy Dufresne, Principal Eric Becker, SFX student Sophia Schifilliti, and School Librarian Kathleen Finn.

explore a topic of personal interest and present or demonstrate that learning in some way. Sophia hopes her Little Free Library will help students and community members alike find a good book.

SFX school librarian Kathleen Finn is thrilled with Sophia's work to bring her idea to fruition. "Studies have shown that books in the home are a key component to academic success," notes Mrs. Finn. "Whether the books in the SFX Little Free Library are shared with our own school community or residents of the broader Winooski community who happen to be walking by, it's all good!"

Principal Eric Becker and Maintenance Director Andy Dufresne built a stand for Sophia's Little Free Library and recently installed it near the sidewalk in front of the school building. If you can't visit the SFX Little Free Library in person soon, go to the LFL website to find it on the LFL global map. The SFX School LFL joins two other Little Free Libraries in Winooski and these can also be found on the website map.

Winooski Food Shelf Schedule for January

By Linda Howe, Winooski Food Shelf Coordinator

**** Please note we are back to our usual Wednesday schedule.****

Wednesday, January 8th	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, January 11th	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, January 22th	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, January 25th	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items

We are very grateful for the community support during the holiday season. Every donor helped to brighten the holidays for our ill and disabled neighbors! You helped to make the season a joy to hundreds of families!

We continue to need ongoing community support. We have 700 Winooski residents registered with us. The need is constant throughout the year. We send a 3 day supply of food home to over 150 people each Wednesday we are open. In the past year, our client base grew by 27%.

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!

Christmas decorating galore at Our Lady of Providence

By Gail Callahan



A sampling of OLOP Christmas décor.

It was just under three weeks to Christmas and all through Our Lady of Providence several creatures were stirring, but none was a mouse.

Overseen by Life Enrichment Program Director Kristie Daigneault, the Winooski

residential-care facility turned into a Christmas wonderland after Daigneault, Human Resources Coordinator Jennifer Hanley and volunteer Christa Willettes spent the better part of a day decorating.

A day in early December, boxes were moved out of storage, wreaths were put on large dollies to be hung with care from doors and Santas found places of honor on tabletops.

The two-story, brick facade building is stylishly and tastefully adorned with wreaths, twinkling lights on evergreen trees and Santa's Village, just to highlight a bit of the décor.

Sister Cecile Bouchard, RSM, appreciates the thought that went into the decorating effort. "It just raises our spirits," said Sister Cecile. "It's just so delightful, and it makes you feel at home."

Christa Willettes jumped on the bandwagon quickly when asked to help. Her late mother, Ruth Markowski, lived at OLOP.

"I just love the environment here at Our Lady of Providence," said Willettes. "I love the people, and I just like to decorate."

Executive Director Mary Belanger had words of praise for staff and volunteers. "The decorating team did a wonderful job getting OLOP in the Christmas spirit," she said. "I think our holiday decorations are simple, elegant and timeless."



OLOP Human Resources Coordinator Jen Hanley and volunteer Christa Willettes decorate OLOP.



Sister Elizabeth Driscoll, RSM, decorates a Christmas tree at OLOP.

All photos by Gail Callahan

January is Human Trafficking Awareness Month

By Sister Pat McKittrick

Does human trafficking happen in Vermont? Yes. In January, the Winooski Peace Initiative will be hosting a multi-disciplinary panel to discuss human trafficking. Details of the event will be shared through posters, Front Porch Forum and bulletins.

The following information was taken from The Salvation Army Women's Ministries Resources: <https://wmresources.org/january-2020-human-trafficking-awareness-month/>

What is human trafficking? It is modern-day slavery that involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Human trafficking is a hidden crime as victims rarely come forward to seek help because of language barriers, fear of the traffickers and/or fear of law enforcement.

Traffickers look for people who are susceptible for a variety of reasons,

including psychological or emotional vulnerability, economic hardship, lack of a social safety net, natural disasters, or political instability. The trauma caused by the traffickers can be so great that many may not identify themselves as victims or ask for help, even in highly public settings.

Warning Signs

Signs of physical abuse • Deprived of food, water or medical care • Restricted communication • Too many occupants in one residence • Individuals are rarely seen outside of the residence • Unable to communicate • Shows evidence of intimidation or fear • Not allowed to socialize or attend religious services • Always accompanied when outside the residence • Outside locks on doors and windows to keep people in • Lacks ID/ documentation

Questions to Ask

If you suspect that someone is a victim of human trafficking the following questions are helpful in making that determination:

- Can you leave your job if you want to
- Can you come and go as you please?
- Have you or your family been threatened?
- What are your working and living conditions like?
- Where do you sleep and eat?
- Do you have to ask permission to eat, sleep, go to the bathroom?
- Are there locks on your doors or windows so you cannot get out?
- Has your identification been taken away from you?
- Does someone prohibit you from socializing?

<https://wmresources.org/january-2020-human-trafficking-awareness-month/>

<http://givewaytofreedom.org/>

The Winooski Abbey Hosts Thanksgiving Lunch

By Nina Hansen, SNS, Vice President of Operations

The Winooski Abbey food service program offered a delicious Thanksgiving luncheon to students, parents and staff. Homemade roast turkey, mashed potatoes, dinner rolls, peas, cranberry sauce and apple crisp with whipped cream was served to over 700 people. Winooski teachers and staff helped serve the crowd.



January Girl Scouts Report

By Amy Snow Lothrop, Troop Leader

Troop 58806 did the Citizen Science journey in a day at our November meeting! We had eight girls; Ariana, Audrey, Autumn, Grace, Harper, Lila, Rita, and Willa. We started with a game of observation where girls took turns making a small quick change and then the others guessed what it was. Then we watched a few SciStarter videos and picked our project, which was climate observations with iSeeChange. Then the girls decorated observation notebooks and played a game to sharpen their observation skills. Then we headed outside to make observations and take snow measurements. After lunch, we made a video to show what we'd learned. Here it is: <https://youtu.be/9CYXiUtAcOs>

Costa Rica in July 2020 by wrapping gifts. We sincerely appreciate the generous support from local businesses: Four Quarters Brewery and Phoenix Books. Cookie season begins in January 2020. Please be on the look out for our Girl Scouts who will be determinedly selling cookies. Amira, Amoni, Aundrea, Gabriella, Logan, Olivia, Thera and Zoe are laser focused on Costa Rica!

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.



Troop 52013 & 30948 learned how to be Color Bearers, Color Guard and Caller for ceremonies.

Troop 52013 and 30948 learned about civic engagement and responsibility. We completed the badge work by learning flag ceremonies. Thank you to Girl Scout Cadette Gabriella for helping younger scouts learn the role of Caller. She has served her troop and community in this role over the last eight years and will for many more to come. Aili, Amelia, Bayley, Carmen and Edna took turns holding the US, VT and WAGGGS (World Association of Girl Guides & Girl Scouts) as Color Bearers and Color Guard. We are excited to show these new skills at our next ceremony.

Troop 30187 has been working on their Silver Awards. They submitted their project plans to the Girl Scouts of the Green and White Mountain Council for approval. While we anxiously await the approval letters, we focused on raising the last \$5000 for



Troop 30187 wrapping gifts at Phonenix Books in Burlington to raise money for Costa Rica 2020.



Left: Troop 58806 Brownie Girl Scout learning to use binoculars.



Right: Troop 58806 Daisy Girl Scout taking measurements.



Above: Troop 58806 working on their observations.



Right: Troop 58806 working together on their observation workbooks.

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 this new year! 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 Programs & Events

Mondays

- 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 instructor, Jim Shea.

Tuesdays

- Coffee Time - (9-11am) Free drop-in for coffee & breakfast treats. Senior Exercise - (10-11am) Follow along to Barbara Jordan's video and work on balance and stretching. (Tuesdays and Thursdays). Free drop-in.

Wednesdays

- Coffee Time - (9-11am) Free drop-in coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
- Senior Fun & Games - (12:30-2:30pm) Come play cribbage, cards, Wii bowling or work on a craft project (all materials supplied). Enjoy popcorn while you play! Free drop-in
- Bone Builders Exercise Program - (3-4pm) Free drop-in on Mondays and Wednesdays.
- 1/8 - Jessie Baker, City Manager, City of Winooski - Join us for an informal conversation and learn about City initiatives and programs.

Thursdays

- Senior Exercise - (10-11am) Free drop-in program
- Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)
- 1/16 - Squirrel Appreciation Theme
- 2/13 - Valentine's Day Theme
- Community Mindfulness - (5:30-

6:30pm) Free drop-in sessions led by instructor Andrea O'Connor

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



Special Events

- Tea & Parlor Games - Saturday, January 4th from 2-4:00pm. Enjoy Afternoon Tea, Finger Foods and Fun Parlor Games. FREE!
- Senior Great Gatsby Theme Party - Tuesday, January 7th at Noon. Menu items created from the novel. 1920's attire and creative black tie optional. Jazz music, door prizes and tons of fun! You must have a reservation to attend. Seating is limited. RSVP by 1/2. \$5.00 at the Door.
- Roaring 20's Arts & Crafts Party - Wednesday, January 15th from 11am-2pm. Try your hand at Pyrography (aka Woodburning), Tramp art, create Art Deco paper crafts. Celebrate National Bagel Day with a Bagel Buffet, hear vintage music and have fun! FREE!
- Senior Supper & 90th Birthday Party - Saturday, January 18th at Noon. Chicken and Biscuits lunch from the Rotisserie. Birthday cake

& ice cream. RSVP by 1/16. \$5.00 at the Door. Free for 90+ and their companion.

- From the Parlor to the Polling Place: Stories and Songs from the Suffragists - Saturday, January 25th at 1:30pm. Enjoy a historic performance from Linda Radtke. Refreshments will be served. FREE!
- Chinese New Year Luncheon - Tuesday, January 28th at Noon. Join us and celebrate the year of the Metal Rat. Chinese food from Jin. RSVP by 1/23. \$5.00 at the Door.
- 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!



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>

Facebook: @winooskiseniorcenter

HEALTH CORNER

Happy New Year from the Health Office!

By Elizabeth Parris, School Nurse

Flu season has arrived. The health office wants to share some common symptoms of the flu and ways to help prevent germs from spreading. Symptoms of the flu include:

- nasal congestion
- cough
- fever
- sore throat
- body aches and malaise

Stay home when you are sick. You will help prevent spreading your illness by:

- not going to school, work or going out into the community while symptomatic
- disinfecting surfaces or objects
- coughing/sneezing into your sleeve
- washing your hands often and avoiding touching your eyes, nose and mouth

Flu shots are available at your doctor's offices and local pharmacies. If you haven't already done so, we encourage you to get your flu shot today.

Tooth Tutor

By Tracy Towers RDH

In any season, we can celebrate Healthy Smiles! Is it time for a dental check up? It's a new year!

Our School-linked dental program between WSD and Vermont Dental Care, means your child can receive comprehensive dental care throughout the school year.

If you are interested in learning more about this program, please contact Tracy Towers RDH, WSD Tooth Tutor Dental Hygienist.



ELEMENTARY SCHOOL MENUS — JANUARY

Winooski Elementary School Breakfast
January 2020

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

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
6 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	7 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	8 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	9 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	10 Blueberry Bread Rice Chex Cereal String Cheese
13 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	14 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	15 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	16 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	17 Blueberry Bread Rice Chex Cereal String Cheese
20 MILK DAY	21 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	22 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	23 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	24 Blueberry Bread Rice Chex Cereal String Cheese
27 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	28 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	29 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	30 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	31 Blueberry Bread Rice Chex Cereal String Cheese

This institution is an equal opportunity provider.

Winooski Elementary School Lunch
January 2020

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-6
Fresh Fruit & Juice
Milk

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

Click Image Below for employment opportunities

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Beets Taste Test Event Thursday, January 9, 2020	Happy Birthday Celebration Friday, January 17, 2020	No School	2 Dress Your Own Hot Dog Oven Crisp Tater Tots Baked Beans	3 Grilled Cheese Sandwich Creamy Tomato Soup Fresh Carrot Sticks
6 Homemade Beef Goulash Garlic Breadsticks Chopped Green Salad	7 Beef Nachos Supreme Garden Salsa Rice Pilaf Warm Black Beans	8 BBQ Chicken Garden Pasta Salad Dinner Roll Fresh Broccoli Sprigs Ranch Dip	9 Macaroni and Cheese Rainbow Slaw Dinner Roll Glazed Carrots	10 Sloppy Joe on a Bun (Ground Beef) Hand Cut French Fries Steamed Green Peas
13 Chicken Patty Sandwich Roasted Sweet Potato Wedges Steamed Green Beans	14 Beef Taco Bar w/ The Works Garden Salsa Rice Pilaf Steamed Corn	15 Cheese Pizza Pepperoni Pizza Veggie Pizza Magenta Slaw Fresh Cucumber Sticks	16 Dress Your Own Beef Burger Potato Salad Tossed Garden Salad Fresh Watermelon Fun Frosted Sugar Cookies Winter Beach Party	17 Pancakes Sweet & White Homefries Twin Sausage Links Green Pepper Strips
20 No School	21 Chicken & Cheese Fajita Rice Pilaf Garden Salsa Black Bean & Corn Salad	22 Cheese Pizza Pepperoni Pizza Veggie Pizza Roasted Broccoli Fresh Carrot Sticks	23 Spaghetti w/Meat Sauce (Ground Beef) Spaghetti Squash Bake Garlic Breadstick Fresh Celery Sticks	24 Chicken Fried Rice Vegetable Egg Roll Steamed Broccoli Fortune Cookie
27 Meatball Sub (Beef & Chicken) Meatballs on a Bun Roasted Beets Fresh Carrot Sticks	28 Corn Dog Roasted Potato Wedges Steamed Corn	29 Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Fresh Cucumber Sticks	30 Oven Baked Herbed Chicken Chefs Mashed Potato Dinner Roll Steamed Broccoli	31 Cape Cod Fish & Chips Tartar Sauce Crinkle Cut French Fries Creamy Coleslaw

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
60 Normand Street
Winooski, VT 05404

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Music brings the community together at school concerts in December. Visit www.wsdvt.org for a full listing of upcoming events in January 2020!

