



WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 6 PAGES OF **Community News!** STARTING ON PAGE 14

MARCH 2020

* DO YOUR PART *

VOTE!

MARCH 3, 2020

Celebrating Our Achievements!

Voting Day Information

To help you get to know them a little better, candidates for School Board and City Council have provided details which we share on pages 12-13 your information.

You are also invited to attend an information meeting **Monday March 2nd, 2020** in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets and to meet the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues will begin at 7:30 p.m.

Please do your part and become informed, and vote on March 3, 2020 at the Senior Center, 123 Barlow Street, between 7 a.m. and 7 p.m.

WOMEN'S HISTORY MONTH INTERVIEW

A Conversation with Winooski's First Female Mayor

by Alia Ross, WMHS Class of 2022



Winooski Mayor Kristine Lott started her path to office by volunteering for the housing commission in Winooski. She had a desire to give back to the community and to become more connected to the people in it. After serving for a year, a seat opened up on the city council with no one running for it, and with the time and interest to fill this position she decided to run. Later, when the mayor stepped down because of a conflict of interest with a new job, Kristine Lott ran and was elected, as Winooski's first female mayor.

To her, Winooski was always a very welcoming place. When she went door to door during her campaign, she felt encouraged. "There were a lot of people who were excited to see a change here. People were excited to see a woman running for office." She does recognize, though, that there have been situations in her life, professionally, where she has felt underestimated or was taken less seriously because she was a woman. Running for mayor, Kristine says, "Offhand, I didn't feel qualified, I didn't feel like I had enough background." Her male opponent, however, had about the same amount of experience as her, and did feel confident in moving forward. Mayor Lott says that is something she sees a lot in professional experiences, as well as hearing from female peers; women often don't feel that they are ready for something as early as men.

Politics are a good example of the gender gap. Vermont is one of several states that has never sent a woman to represent us in Washington. Women, especially women of color, or mothers without sufficient support, do not always have the opportunity to get as far as men in politics, and we see this shown very strongly by the statistics of the people representing us. Women still make up a small minority in congress, the highest seat held by a woman being Speaker of the House. Mayor Lott believes that there "has been a trajectory of equalization."

As Lott reminds us, coming up on the 100th anniversary of women's suffrage, we happily have seen a lot of change. Today there are more and more women in politics, in business leadership roles, and more attention being paid to women in sports. We are making slow progress, and we're not there yet, but equality for women is growing.

Alia Ross is a Winooski High School sophomore interested in equity and politics.



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SAVE THE DATE: Monday, March 2nd Annual Meeting

BUDGET PRESENTATIONS

6:00pm: City Budget • 7:30pm: School Budget

LOCATION

Performing Arts Center, Winooski Educational Center

March School Board Notes

By Mike Decarreau, WSD Board President

March 3rd is Town Meeting day in which we have some key items overall. For the school budget we have worked hard to keep our “other” spending to a very low 0.61% while our bond activity for the capital project will be 5% of the overall spending increase of 5.61%. This overall investment in our schools and our town will have a tax impact of just under 7.5%. A vast majority of this school funding increase is due to the education funding formulas’ CLA component. The CLA is a measure of the housing sales in Winooski over the past 3 years being sold above appraised value. This is a great sign for the city though it has a negative impact on school funding. The nearly 5 point drop in the CLA translated to a 5 % increase in the tax rate out of the total 7.4% rate.

As we move beyond a hopefully successful budget vote we will see the work begin on the investment in our facility. In late



WINOOSKI SCHOOLS
We are the future.

spring, with the permitting and pre-construction work behind us, we will finally get the shovels in the ground to begin this overdue work. You can see the planned upgrades on the school website. We are very excited about this investment and thank you for being such a supportive community.

Please remember to vote on March 3rd 7am to 7pm at the Senior Center. Please use your vote as your voice. An informational session will be held on March 2nd at the Performing Arts Center with the city presenting at 6pm and the school at 7:30pm.

WOMEN'S HISTORY MONTH SPOTLIGHT

Lessons Learned from A Lifetime of Working

By Emily Hecker, Communications and Development Director

Louise Kelley, better known as “Grammie”, has been a member of the SeniorCorps for more than a decade. She volunteers at the Winooski School District every day, 40 hours a week, assisting children who need extra support in reading or math.

Volunteers for the Foster Grandparent Program are able to choose the district they work in, and Grammie chose Winooski. Her grandchild attended Winooski years ago, and she always felt like part of the school community.

In honor of Women’s History Month, we wanted to ask Grammie, who was born in 1935, about how she feels our society has changed for women over the past eight decades.

She was born in Virginia, and moved to Vermont to be with her grandchild who was living here several decades ago.

Her graduating class was made up of 197 students. Only four or five girls went on to college, mostly to study for careers in nursing or teaching. “In the early 50s education after high school wasn’t a thing for most of us girls,” Grammie said. “But people think that my brain power has expanded over time. I will read anything people recommend. I’ve learned a lot that way.”

She ruminates that if she’d been encouraged to attend school she would have liked to be a teacher, which is probably why she is so comfortable in her role in our school. After graduating from high school she got a job in a variety store, what was called a Five and Dime back in the day, making \$0.35 an hour. Shortly after graduating she got engaged to her high school sweetheart.

When Grammie was in her early 20s, she felt women were just seen as an extension of their husbands - often asked: “What does your husband do? Rather than anything about themselves



as individuals.” She’s happy to observe that today women aren’t incessantly asked if they have husbands or children. “Priorities have shifted and there’s no longer pressure to conform to what society thinks you need to do.”

Grammie divorced in 1971, got a job working in a restaurant and ended up managing a chain of successful restaurants. “Women were right up there with men at Red Lobster. Although women who made the cut worked harder than the men did. When they were promoted they deserved it. I know that’s not true in all industries.”

When she moved to Vermont she was trained to be a reading coach. She worked for JFK Elementary School for six years. “I retired in June and was back in August for the Grandparent Program. I haven’t really retired yet and I don’t plan to!”

Grammie says her advice for her grandchildren, students, and retiring teachers is the same: Make a plan!

“When my granddaughter went to school I said, ‘Study something so you can support yourself. You need to be able to take care of yourself. I don’t care who you marry. Be independent.’ Getting up every day and working and holding yourself to high expectations is important.”

She acknowledges that things may be harder for young women hoping to break into a traditionally Androcentric industry, but doesn’t think we should give up hope. “We have to know that women are not being treated as equals today. We only have to look at the differences in pay scale and male preference for promotions and jobs. When you get right down to it, it hasn’t changed that much from when I was young. But there are a million jobs out there, you have to start at the bottom - just apply yourself and make decisions that will benefit you.”

Family Night

By Dennis Barcomb

In true Spartan Spirit, the girls basketball team served dinner to the boys basketball team and their families and the boys returned the favor the following week.

Everyone had a great night and thank you coaches and PTO for organizing.

Special thanks to Papa Frank's in Winooski for the generous donation!



WINOOSKI SCHOOLS
We are the future.

Playgroup for families/ caregivers and young children (0-5years old)

Join our playgroups held weekly at the Winooski Family Center, 87 Elm Street in Winooski:

- Tuesday: 9:30-11:30am
- Thursday: 9:30-11:30am



Why attend playgroup?

- Socialize with other parents/caregivers
- Learn about resources
- Children will learn to share, take turns, and to communicate

EVERYONE IS WELCOME

Please reach out to us if you have questions or want more information: 655 1422 or mkerkering@howardcenter.org.



Miss a School Board Meeting? Watch it Online!



Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

WINOOSKI PUBLIC SCHOOLS www.wsdvt.org

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Winooski Middle and High School

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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

Capital Project Updates, March 2020 — Creating Tranquility from Floor to Ceiling

By Emily Hecker, Communications and Development Director

The design team from TruexCullins met with WSD Principals, Sara Raabe, Kate Grodin and Jean Berthiaume and Facilities Supervisor, Cheyne Racine, to share the latest selections of carpet, tile and paint color samples for the new building. All materials are a reflection of the Capital Project’s guiding principle of wellness, aiming to create a tranquil and natural environment for Winooski students and staff.

“The initial selection of colors for floors and walls were based on scientific study of color and its effects on student attentiveness and attitude. Greens and blues tend to be more calming, so they are prevalent in this design,” said architect Cam Featherstonhaug.

The base colors are light grey floors and off-white walls with blue and green accents. There will probably be flashes of other colors too, but in very small quantities. The designers are avoiding colors in the red and orange family. There will also be natural wood cabinets in most spaces, to add some warmth.



All of the materials in the school will be low-Volatile Organic Compounds (VOC) and compliant with high standards for indoor air quality.

“We have reached a point where the school leadership team is largely satisfied with the choices of materials and colors. We will be making additional selections of ceiling systems and other bits and pieces and will check in with the school as we move through the project,” says Featherstonhauh.

The administrative staff is appreciative of the design team’s attention to detail. Much of their discussion involved the impact the colors and selected materials would have on students’ overall experience, and narrowed in on details such as the colorful stripes in the floor being a place elementary students could line up when walking in the hall.

“Being able to see and choose the materials that will work the best for our school is allowing me to really envision what the finished building will look like. The



David Epstein shows tile, carpet and paint samples to administrative staff



process made me even more excited for the finished project,” said Sara Raabe, JFK Elementary Principal.

The Faces of the Winooski School District

By Emily Hecker,
Communications and
Development Director

What do you do at WSD?

I make sure staff and students come to a safe place each and every day.

I'm the Facilities Supervisor for the district. I'm in charge of running all day-to-day operations including but not limited to: event set-up, working with contractors, snow clean up, heating and ventilating, cleaning equipment and everything else facilities related. I work with the custodians and maintenance staff to ensure our 148,000sq ft building and the entire grounds and fields for sports and athletics are in good shape.

I'm also on the Executive Planning Committee for the Capital Project. I'm very excited to be part of a project expansion this big and to lend my expertise as this project evolves and develops.

How long have you worked for the district?

I have worked for the district since February 2012. I became Facilities Supervisor February 2019. Prior to that I was a Maintenance Technician.

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

I'm an avid fisherman. I spend most of my time ice fishing during the winter months. I'm also a big horseshoe player in the summer, and I love to host barbeques.

Why do you heart WSD?

Because of all the amazing staff and students in the district. There are always smiles and everyone's so happy to be around each other. They make each and every day a wonderful place to come work.

Advice for students interested in a career in Facilities?

Don't be afraid of stepping into a role that might seem overwhelming. Approach opportunities openly and honestly and don't be afraid to take on a challenge.

Also, reach out and ask questions. As a crew, we are always looking for a better or more efficient way to do things. I have a mentor I rely on heavily for advice. I welcome students and staff to connect with me if they have questions or interest in learning more about what I do, or want to get involved in our work.



Cheyne Racine

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

WSD Alumni Profile: Taylor Langlais

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

What are you doing now?

I'm in college at Eckerd in St Petersburg, Florida, studying business administration and marketing. I picked the college because I wanted to get out of Vermont and mature away from my support system. I love it there, it's a lot like Vermont, with a real community feel. It's very open to all races, religions, and LGBTQ people... it's the only place in Florida that's like that. Saint Pete is just like Burlington, but with warmer weather.

My school has given me so many opportunities. Their goal is to have each student study abroad at least once during our college career. I've participated in two trips. I went to Paris my sophomore year to learn international business. This past summer I went to Portugal for the European Innovation Academy. I learned a lot about marketing and created a business with students from all around the world. The experience gave me more stuff to put on my resume, which helped me land my internship at Marketopia - which develops marketing strategies for IT companies. Hopefully they'll hire me when I'm done!

I live in an apartment with one roommate. I prefer to live off campus so I can cook for myself and save money. Getting an apartment was really scary. But fortunately I took a personal finance class with Ms Poquette, which really prepared me for adult life. She taught me how to do my taxes, buy a car, and write the perfect resume. Ms. Poquette is the reason I started studying business!! I took every single business class that she offered. At the point I graduated, I think I had the most business credits in the school's history. She's definitely why I'm where I'm at today.

How did WSD prepare you for your current success?

Ms. Poquette's classes for sure. I took her entrepreneurship class, where I developed a business plan for an indoor trampoline park - before Get Air opened! I won second place in the Vermont State Business Competition. Another student in my class won first place. Ms. Poquette rocks. I loved preparing the logo and ads and stuff. That's why I'm in to marketing. I loved all the creative stuff that she taught me. Making posters and working in the store. She also took me to NYC! It was so much fun and opened up my world. It was a life changing experience.

Advice for current students?

Find your passion. Even if other people don't agree with it or want you to do it, just follow it and you'll find a way to make it into a job.



*Taylor Langlais,
Class of 2016*

(continued on page 6)

TAYLOR LANGLAIS (cont. from page 5)

Fondest memory of WSD?

My sports teams. I'm still best friends with everyone I played with. I miss playing. I miss going to practice. I miss the bus rides to games. Those were the best experiences. You don't appreciate it in the moment, because you have so much homework and just want it to be over, but now I wish I could still be doing it.

Why do you heart WSD?

I didn't realize how much I loved Winooski until I went to college. The first day I went to Eckerd there was an opening day celebration and I was looking around and realized how much less diverse my college was compared to Winooski. The school made me into a respectful, open-minded person. Winooski taught me not to stereotype. The diversity is really unique and my

favorite part about it, looking back. You need to experience it and talk to people and build relationships. I talk about it in my college classes all the time, about how my friends were Muslim, or from Nepal, and my classmates didn't understand it because not many schools are as diverse as Winooski. The lack of diversity is the one thing I don't like about my college. In Winooski, everyone's views and perspectives are so different. Being part of that made me into the person I am today.

ANNOUNCEMENTS

Traffic Flow at School Drop off and Pickup

By Jason Ziter, School Resource Officer

Student drop off in the morning

During the morning drop off, passenger cars will use the left lane and busses will use the right lane (closest to the school). If the school bus lights are flashing RED, you still are required to stop. This drop off lane is just that - DROP OFF. If you need to walk your child into the building, it is asked that you park in a designated parking spot and then walk your child in. Please do not leave your vehicle unattended in the drop off lane.

Student pick up in the afternoon

The inner loop is restricted to busses ONLY. No passenger vehicles are allowed in the inner loop. This is due to pedestrian traffic of students, family and staff exiting the school.



Thank you for your cooperation to help make our schools safe.

Join us for Friday Coffee Hour at the O'Brien Community Center

By Sr. Pat McKittrick

Please join us at the O'Brien Community Center, every Friday from 9am - 11am. Neighbors join together to share coffee and pastries from Starbucks. We also provide tea, hot chocolate, oatmeal, fruit and juice. This is a free event to allow us to come together and enjoy a break from daily activities, an opportunity to make new friends.

Free blood pressure screening offered at the Coffee Hour on the 3rd Friday of each month.

For more information contact Sr. Pat at 847-6534 or pat.mckittrick@uvmhealth.org



WSD PTO presents

Celebrating Winooski's Talent 2020!

Community Talent Show

Performance at Winooski School Performing Arts Center
Friday, March 27, 2020, 6:30pm

Free Admission. Donations welcome to support PTO of WSD.

Join us at the Winooski Farmers Market!

Mark your calendars! The Winooski Farmers Market opening day is **May 31, 2020**. Apply to be a vendor and get more information by visiting www.downtownwinooski.org or emailing farmersmarket@downtownwinooski.org. We're looking forward to a great season!





March Update

By Sara Raabe, JFK Principal

Each year, JFK participates in the Big Change Roundup. The Big Change Roundup is run every year by WOKO and benefits the University of Vermont Children's Hospital. 100% of the money raised is invested in clinical care, research, and education supporting pediatric care at the UVM Children's Hospital.

At JFK, we raise money through a costume contest. This year we have 12 staff members participating:

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



WOKO came to our All School Morning Meeting on January 30th to kick off the event. The students had voted earlier in the year on what costume would be part of the contest this year. At the All School Morning Meeting, WOKO revealed to them that the staff member that raises the most money by March 25th, gets to prance around the school in a Tutu Hippo costume:

The students are interested in this contest every year. This year, they are even more engaged as they got to choose which costume the winner would have to wear. Within the first four days, we have raised close to \$1,000! We highly encourage our families and community members to stop by the JFK office to drop your change in a jar of your choice or go online to donate <https://give.uvmhealth.org/team/275274>

Budding Biologists

By Tiffany Demore, Grade 3 Teacher

Over the past several weeks there has been a BUZZ in third grade. These Third Grade "Budding Biologists" have been buzzing as they research animals that live in Vermont. Back in October we took a trip to the Missiquoi Wildlife Refuge in Swanton and learned about how animals survive in Vermont. In late January students brainstormed a list of animals that live in Vermont's Wild. Every student then chose which animal they wanted to become an expert on and began researching with a partner. Students have been taking and organizing notes, as they prepare to write an informational article that will inform their readers about animals that live in Vermont. Some of the most interesting facts they have shared are Opposums use their tails to hold babies on their backs, butterfly wings are made from scales, and garter snakes bear live young.



MIDDLE/HIGH SCHOOL HIGHLIGHTS

Parent Engagement Opportunities on the Horizon

By Jean Berthiaume & Kate Grodin, WMHS Co-Principals

It takes a village to raise a child is a popular proverb with a clear message: the whole community has an essential role to play in the growth and development of its young people. In addition to the vital role that parents and family members play in a child's education, the broader community too has a responsibility to assure high-quality education for all students.

This fall we made changes to our student and family conferences to continue to put students at the center of our collective efforts to support their education. The feedback we received from parents was overwhelmingly positive.

On March 19th and 20th, we will again host conferences for our middle and high school students and their families here at Winooski Middle and High School.

In addition to our spring conferences, we want to make more of an effort to connect in person with WMHS families. This spring we will host a series of

community forums to support families to understand and learn more about the proficiency based learning system at Winooski and the paths to graduation. Hosting these conversations in smaller groups and settings will offer the opportunity for families to feel comfortable asking questions and getting their individual needs met. These meetings will be facilitated in collaboration with the Vermont Student Assistance Corporation (VSAC) GEAR UP program and offered throughout the Spring 2020. The specific meeting dates, times and venues will be shared with our community early in March and also with families during our spring conferences.

These community forums will cover topics such as topics:

- Proficiencies at WMHS and statewide



WINOOSKI SCHOOLS

We are the future.

- Graduation Requirements
- Graduation timeline & expectations (Changing the narrative of what it means to be a high school student)
- Flexible Pathways
- Dual Enrollment
- Post Secondary planning
- Empowering families to actively participate in their students education
- Build relationships with parent/guardian(s) from the community

We hope you will be able to attend both our spring student/family conferences as well as one of our community forums!

WSD Students Perform at "International Lunch" at the Senior Center

By Aden Jelle, Student Journalist, 9th gr.

Today was the 6th Annual International Lunch, a collaboration between Winooski School District and Winooski Senior Center.

The food was a delicious mix of baked penne, spicy chicken, roasted vegetables, dumplings, salads, spicy rice and a whole table laden with dessert!

While the seniors ate, Winooski students shared traditional Nepali dances.

We asked WHS student, Isha, about why she participates in this annual event.

"I like tasting different kinds of food. My favorite food was the dumplings.

It is fun to celebrate our Nepali culture with people who might not know about it. We do it every year. It's good to meet new people, especially elders. I was glad my mom and grandma were there.

A lot of people said I was an amazing dancer, and that they followed along with the story because of the expressions on my face, even if they didn't understand



the words.

I started dancing in Nepal...but there I was studying hip hop. Once I moved to Vermont in 2013, I learned Nepali dancing. There is a Nepali dance group that helps us maintain Nepali culture and share it with our new community. I do lots of performances so I'm not all that nervous anymore."



Photos by Aden Jelle, WHS student

Dumpling Festival

By Emily Freiji and Ivy Resmer

On January 17, 2020, Team Journey 6th graders celebrated finishing their long math unit on ratios by making dumplings. The Journey 6th graders used their knowledge about ratios to find the unit price when one representative of each dumpling group went shopping. Learning ratios also helped them know how much of each ingredient they needed to put in the dumplings and helped them know how to multiply and divide to get the correct number of dumplings. Each group of Journey 6th graders chose what kind of dumplings they wanted to make, and with help from adults and UVM student teachers, the 6th graders made dumplings.

After the dumplings were made and cooled down, 4 liaisons judged each dumpling, and they had things to say! But, in the end, only one dumpling could "win". The "winners" were the core 1 potsticker, core 1 Empanadas and core 2 Sambusas. In the end, the Journey 6th graders got to eat the amazing dumplings.



Artist of the Month

By Jessica Bruce, Fine Arts Teacher



Please join me in congratulating the WMHS Artist of the Month for March, 2020: **Ayush Pradhan!**

Ayush has enrolled in an Independent Art class this semester to work on his visual arts portfolio, using his previously learned painting skills from Middle School and last semester in High School. This artwork in progress shown is an example of his willing to experiment with different techniques and his love for drawing. He has done research on what artworks he likes and is using them as inspiration for creating his own works. Congrats, Ayush!

Family/Teacher Conferences

Save the date for student-family-teacher conferences on **Thursday, March 19th** from 12:00-5:00 pm and 6:00-8:00pm and **Friday, March 20th** from 12:00pm-3:00pm. School will be in session for the mornings on both days with an 11:00 am early dismissal on both conference days. Bagged lunches are available for students to take out each day.

Conferences are an opportunity to establish a relationship and partnership with your student's teachers to support their success. Our conferences will be scheduled by your student's advisor for 30 minutes. Advisors will be calling during the week of March 9th. We strongly encourage your student to join the conference, but do not require their attendance. If you feel the need for a longer conference, please contact specific teachers directly to set up a mutually agreeable date and time before or after the district scheduled conferences.



Penguin Plunge 2020 was a Blast!

By Catrina Hughes



our newest school club, the Unified Spartans. The Unified Spartans is a high school club that anyone can join affiliated with the Special Olympics. Unified Spartans has the

main goal of promoting inclusion across campus and our school community for people with different abilities/disabilities. This year, the Unified Spartans have worked to organize the Wicked-Cold Comedy Night to fundraise for our Unified Sports teams. Also, they are bringing the global “Spread the Word: Inclusion” awareness campaign to our school. Take the pledge this spring to promote inclusion in Winooski, and continue to make our school a place where all are welcome!!

This past January and February were exciting months for the Winooski Spartans! Our students, staff, and community helped our Penguin Plunge team to raise over \$7,300 to donate to Vermont Special Olympics! Special this year, high schooler, William Perrotte, was invited to speak on behalf of Special Olympics at the kick-off of the plunge in front of hundreds of spectators! He spoke about the benefits and positive experiences he has had participating in Unified Sports, and encouraged other schools to start their own Special Olympics programs. Way to go, Will, on giving a great heartfelt and motivational speech!

The Middle and High School participated in the Pizza Party Challenge to see which advisory class could get the most students and staff to take the Penguin Plunge in WSD. Our pizza party winners were Sona Iyengar’s advisory for middle school, and Matt Webb and Jessica Bruce’s advisory for high school. Congratulations on taking the plunge and enjoying some delicious pizza!

A huge thank you to all the brave Winooski students, staff, and their families for taking the icy dive into Lake Champlain on February 1st, 2020! Way to go Winooski Spartans!

Fun fact: a portion of the proceeds from the Penguin Plunge comes directly back to our school to cover much of the costs for our amazing Unified Sports bowling and bocce teams, along with



Business Student of the Month

By Courtney Poquette, Business Teacher

Andy Phuong

has been recognized as a leader in the Accounting class by working ahead of schedule and helping to explain topics to his classmates. In this class, Andy is earning both high school proficiencies and college credits through Vermont Technical College. Congratulations Andy!



Congratulations

David Klinker!

David Klinker, high school student and owner of DJKSS Productions, a film company, was recognized in the state's 11th Annual Entrepreneurship Video Contest. This is the first time a Winooski student has entered the competition and we were thrilled to see David win this award.



Hamilton Opportunity Brings History Alive

This past summer, I heard about an opportunity to bring Winooski students to see Hamilton on Broadway for only \$10 a student! This grant is funded by the Rockefeller Foundation and Gilder Lehrman Institute of American History. It was with great surprise that our application was accepted and we will have the opportunity to bring 30 students to New York City in April. Let the planning begin!

The students will spend a day of learning, followed by a performance of the show. Together they will discuss historic events and perform with the actors and students from other schools. Selected students applied for this opportunity and committed to attend six after school programs, co-taught by Brent Litterer and Marc McQuinn.

We will make this a two day trip, so students will also get to experience the State of Liberty, Ellis Island, 9/11 Memorial, Times Square and Broadway. We are currently seeking donations for an upcoming community raffle. It is our hope that gift certificates or products from local organizations can be used in prizes for this raffle. Please contact me at cpoquette@wsdvt.org if you are able to contribute.

Congratulations Scholarship Winners!

For the past three years NextGen Personal Finance has offered a nationwide scholarship application for students who learn about paying for college.

Students participate in an online simulation, then are tasked with writing 250 words about their experience. Winooski is the only school in Vermont to have a winner each year! I also believe that Winooski High School is the only school, in the country, to have FIVE scholarship winners in three years! We are possibly the only school to have two national winners!

Congratulations this year to

- **Ayoob Musanovic** for winning one

of two state awards and a \$500 scholarship

- **Ali Hussein** for winning one of ten national awards and a \$5,000 scholarship

The following is a quote from Ali's essay:

"In order to succeed in college, you will need to develop three important life skills: time management, social skills, and most importantly, good financial decision making.

If you don't want to be riddled with a depressing amount of student loan debt,



Ayoob Musanovic



Ali Hussein

then you should always be thinking of how you can save money. Whether the choice is for textbooks, food or dorms, weigh your options so you choose the one which is best."

Meet the Candidates

Here is information submitted by the candidates to help you get to know them better. **You are also invited to attend a meeting Monday March 2nd, 2020** in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets, in addition to meeting the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues is scheduled to begin at 7:30.

Please do your part and become informed, and vote on March 3, 2020 at the Senior Center, 123 Barlow Street, between 7 a.m. and 7 p.m.

TORI CLEILAND

Running for: School Board, 2-year term

Contact: 34 Audette Street, 655-7678.

Work: Vergennes Union High School
Special Educator

Education: Biology, BA, Skidmore College; Special Education, M.Ed, St. Michael's College

Hobbies/activities: Being a Mom, doing yoga, cooking, keeping a house from falling apart, and staying sane in the modern world.

Community service: Serving on Winooski's School Board (2011-2020), serving as a school liaison to the Charter Commission for the City of Winooski.

Reason for running: I'm running for the board to create something extraordinary for our kids that would mutually benefit our Winooski community. After nine years as your representative, we have had made much progress building greatness in our schools. But there is still hard work ahead. My goal is to continue to build more capacity for community connection. Our district is in the midst of extraordinary work and change for the mutual benefit of kids and families.

HAL COLSTON

Running for: City Council

Contact: 802-922-2908

Work: State Representative; part-time instructor for Vermont Adult Learning, Snelling Center for Government, and Peace and Justice Center.

Education: University of Pennsylvania (1975), St. Michael's College (2000).

Hobbies/activities: – cooking, hiking, skiing, writing.

Community service: Board Trustee for Vermont PBS, Flynn Center for Performing Arts, Vermont College of Fine Arts, UVM Medical Center, Vermont Community Foundation; serve as Winooski City Councilor, Winooski Restorative Panel, UVM Medical Center Equity, Diversity and Inclusion Steering Committee.

Reason for running: I am running for another term as city councilor to continue seeking ways for all residents to have a voice and participate in our city government. I will continue supporting efforts for city council and city leadership to develop our lens of equity and inclusion to create policies and ordinances that are fair to all. As a state representative I will seek resources to support the noise mitigation grant program being designed by the FAA.

MIKE DECARREAU

Running for: School Board, 3-year term

Contact: 802-310-4032

Work: Globalfoundries Supply Chain

Education: BS in Business from UVM

Hobbies/activities: Road biking, snow-shoeing

Reason for running: As I complete my ninth year on the Board, I am proud of the positive climate and culture that has been built between the staff, Board and the community. I want to see the investment in our schools (upgrades and additions) and our student-centered learning approach take shape. We currently have a very strong leadership team with great teachers and staff, and I fully expect this to continue as we move into the future.

MIKE MYERS

Running for: City Council

Contact: : 47 Bellevue St., 802-355-5348
Winoo22@yahoo.com

Work: Master Licensed Electrician, Owner/Operator Michael Myers Electric LLC. DBA: Myers Electric

Education: St. Francis Xavier School, Winooski High School, University of Vermont, Electrical Apprenticeship trade school – (4 year program) Graduated.

Hobbies/activities: Camping, Hiking, Fishing and Ice Fishing, Skiing

Community service: City appointed Pool Rebuild & Feasibility Committee, Kenneth R. Myers Memorial Pool Foundation, Coached Winooski Youth Football, Coaching now in the Winooski Little League Programs Volunteer at St. Francis Xavier School & Parish

Reason for running: I am running for council as someone who was raised in Winooski and is now raising a family here. I am the grandson of one of the original founders of the Kenneth R. Myers Memorial Pool. I am very proud and excited to be working on the upcoming project for new Pool. Political compromise and common sense are tools that will be useful if I get elected, to align my views for sustainability and affordability.

WATCH DEMOCRACY IN ACTION!

Town Meeting - March 3rd



**WATCH OUR LIVE TOWN MEETING
ELECTION RESULTS SHOW @ 7 PM ON 3/3!**

Find all our coverage on TV or online!



CH17.TV | 802-862-3966 | CH17.PODBEAN.COM

**OFFICIAL BALLOT
ANNUAL CITY AND SCHOOL BALLOT
CITY OF WINOOSKI, VERMONT
MARCH 3, 2020**

INSTRUCTIONS TO VOTERS

A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this:

B. Follow directions as to the number of candidates to be marked for each office.

C. To vote for a person whose name is not printed on the ballot, write the candidate's name on the line provided and completely fill in the OVAL.

FOR COUNCILORS	
Two Year Term HAL COLSTON	<input type="radio"/>
(Vote for not more than TWO)	
MICHAEL MYERS	<input type="radio"/>
(Write-in)	<input type="radio"/>
(Write-in)	<input type="radio"/>

ARTICLES

ARTICLE TWO: CITY BUDGET
Shall the voters of the City of Winooski approve the budget for the Fiscal year for 2021 in the amount of Seven Million, Six Hundred Twenty-Seven Thousand, One Hundred, Forty-Eight Dollars and Sixty-Two Cents (\$7,627,148.62)? The amount to be raised from property taxes is Five Million, Nine Hundred Twenty-Six Thousand, Six Hundred Thirty-Eight dollars and Four Cents (\$5,926,638.04). YES NO

ARTICLE THREE: OTHER FUNDS
Shall the City Council be authorized to apply for and accept funds from sources other than property taxation, and to expend the same for the benefit of the City in addition to sums for which budget appropriation has been made? (Approval of this article will not impact property taxes) YES NO

VOTE BOTH SIDES OF BALLOT

WINOOSKI INCORPORATED SCHOOL DISTRICT

FOR SCHOOL TRUSTEE	FOR SCHOOL TRUSTEE
Three Year Term MICHAEL DECARREAU	Two Year Term TORI CLEILAND
(Vote for not more than ONE)	(Vote for not more than ONE)
<input type="radio"/>	<input type="radio"/>
(Write-in)	(Write-in)

ARTICLES

ARTICLE IV: OTHER FUNDS
Shall the District accept and expend the sum of Two Million, Seven Hundred Ninety Thousand, Five Hundred Twenty-Five dollars (\$2,790,525) or whatever sum is provided by federal programs for the support of compensatory education and special programs? Said sum shall be exclusively federal funds received by the District. (No local or statewide school property taxes included in these funds.) YES NO

ARTICLE V: SCHOOL BUDGET
Shall the voters of the School District approve the school board to expend Nineteen Million, Five Thousand, Sixty-Four dollars (\$19,005,064), which is the amount the school board has determined to be necessary for the ensuing fiscal year? It is estimated that this proposed budget, if approved, will result in education spending of Fifteen Thousand, Eight Hundred Fifty-Four Dollars (\$15,854) per equalized pupil. This projected spending per equalized pupil is 4% higher than spending for the current year. YES NO

ARTICLE I: CHAMPLAIN WATER DISTRICT
Shall general obligation bonds of Champlain Water District in an amount not to exceed Three Million Five Hundred Thousand Dollars (\$3,500,000) be issued for the purpose of making certain public drinking water system improvements, namely construction of a um station and transmission line in the Town of Essex and construction of a transmission line in the Town of Colchester, the approximate estimated cost of such improvements being Three Million Five Hundred Thousand Dollars (\$3,500,000)? YES NO

VOTE BOTH SIDES OF BALLOT



Budget information Available Online

See pre-recorded forums on the Winooski City Budget and School Budget on TV Channel 17 and online at <http://www.ch17.TV>

Learn about the city and school budgets.

On March 3rd, 2020 after you vote, tune in at 7 p.m. for a Live Election Results show.

Available online now at bit.ly/TMD2020-Forums:

- [Winooski FY21 Budget and Ballot Items](#) (aired 1/28)

- [Winooski FY21 School Board Budget Presentation](#) (aired 1/28)

For full details visit www.Ch17.TV
Channel 17/Town Meeting TV -
Opening the doors to your local democracy.

Out of town on Town Meeting Day?

- **You can vote early** at the Town Clerk's Office (27 W Allen St) 7:30am to 4:30pm or call and request a ballot be sent to your home (802-655-6419) starting February 10, 2020.
- **Vote March 3, 2020** at the Senior Center at 123 Barlow Street, between 7am and 7pm.
- Did you know that **you can register to vote at the polls the day of the vote!**





COMMUNITY NEWS

Municipal Update — March 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 Winooski Housing Commission met in January to discuss indicators of gentrification in our City. Gentrification is “the process by which higher-income households displace significant numbers of lower-income residents of a neighborhood, thus changing the essential character and flavor of the neighborhood.” As Winooski grows, City Staff conducts a yearly analysis of various data points on income and housing price data to monitor whether our community is experiencing gentrification, alerting staff, Council and the community to any signs of change. Based on the initial findings, the Commission does not see any signs of gentrification that are of immediate concern.
- Programming and operations of the Myers Memorial Pool was discussed at a recent Safe Healthy Connected People (SHCP) Commission meeting! Construction at the pool is ending for the winter but will continue in the coming months followed by a tentative opening date announcement. The pool will have more open hours than it did before closing in 2016. We are looking at a schedule that includes both early morning and early evening hours, along with open swim throughout the day. The schedule will include swim lessons, lap swim, open swim and space for the swim team and camps. We could also offer private event hours on weekend mornings. The commission discussed adding in some aqua aerobics, Zumba, and adult programming.
- The Winooski Finance Commission continued working to understand the City’s financial landscape as they

get off the ground. The commission also looked at the City’s reserve funds (our savings) and the Tax Increment Finance District (the downtown debt and financing).

City Updates



Reminders from the City Clerk’s Office Important dates:

- Mar. 2: Town Meeting Day meeting and presentation (6pm at the Winooski School District)
- Mar. 3: Town Meeting Day (7am – 7pm at the Winooski Senior Center)

The proposed FY21 budget and full Town Meeting Day information is available for viewing at winooski.vt.gov.

Winooski Receives Vermont Working Communities Planning Grant

The City of Winooski is proud to announce that Winooski has been selected to receive the Vermont Working Communities Planning Grant! Eight regional teams, including Winooski, have been selected to receive a \$15,000 planning grant and move forward in Vermont’s Working Communities Challenge. The challenge, launched last

May, is a grant competition that supports local collaborative efforts to build strong, healthy economies and communities in Vermont’s rural towns, regions, and smaller cities. “It’s great to see Vermont communities collaborating together with a wide range of public and private partners to address complex issues to improve the future of Vermonters and make our state a better place to live,” - Governor Phil Scott Each team has chosen an initial focus for their initiative. In Winooski, we will focus on the increasing participation of underrepresented populations in policy-making. Visit winooski.vt.gov to read the full press release.

Notice of Advisory Council on Historic Preservation Meeting

The Vermont Division for Historic Preservation is evaluating whether or not the buildings located at 33 East Allen Street and 41 East Allen Street meet the evaluation criteria for listing in the State Register of Historic Places. The final determination of eligibility will be made by the Vermont Advisory Council on Historic Preservation (VACHP) at their meeting on March 19, 2020. To ensure that their decision is based on the most current and available information, they are reaching out to ask if you have any pertinent information about the history and/or significance of these properties. Please submit any information for consideration to the VACHP office by

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

March 5, 2020. This is a public meeting, and you are welcome to attend and participate. The meeting agenda, which includes the time and location, will be posted to the VACHP website the Friday prior to the meeting date: <https://accd.vermont.gov>

Questions and information regarding this notification can be sent to Devin A. Colman, State Architectural Historian Vermont Division for Historic Preservation: 802 585 8246 / devin.colman@vermont.gov



I-89 2050 Study Public Meeting

Wednesday, March 11, 2020 – 6pm at Winooski City Hall

The goal of the I-89 2050 Study is to assess the capacity of Interstate 89 (especially through the urban core of the county). The study will consider safety, operational and resiliency issues, and a multitude of other factors to develop an implementation plan for interstate and interchange investments. For full details, visit envision89.com.



Winter Parking Bans 2020

Remember, overnight street parking is prohibited during winter parking bans in Winooski. To receive up-to-date winter parking ban alerts, text 'Winooski' to 888-777 or register for our emergency alerts at nixle.com

- Winter parking bans are made on a case-by-case, weather-dependent basis or for area-specific snow removal.
- When issued, bans may last more than one evening and are in effect until further notice
- The City of Winooski reserves the right to tow vehicles at the owner's expense
- Overnight street parking is prohibited in Downtown Winooski from 2:30am to 6am (December 1st to March 31st) regardless of notification.

- Landline users must retrieve their updates by calling the dedicated parking ban line at 802 655 3908
- Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect
- Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at kiosk or by ParkMobile app) from 6pm to 7am
If you have questions regarding winter parking bans, please call 802 655 6410 or visit winooski.vt.gov/parking

Programs and Events at the Winooski Memorial Library

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

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



Dungeons & Dragons

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

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



Pokémon Club

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

- Fridays / August 23-Nov 15
3:15-5pm

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

The Pokémon card game is the best way to practice your reading and math skills in the most fun way possible. All experience levels welcome. Youth under 12 require adult permission. Unexpected cancellations will be posted to the Library's Facebook page (facebook.com/winooskilibrary)



Friday Playgroup and Storytime

Families with children under the age of 5 are welcomed to our Friday playgroup and read-aloud. As the weather gets colder, bring your young kids for some indoor fun with us. Connect with other parents in the community while your children enjoy play tunnels, collaborative games, and sensory play.

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



Academic & Career Support

Are you stuck on an assignment? Need help coming up with ideas? Trying to write an essay for your college applications? Applying for a job? Our Academic & Career Support program at the Winooski Memorial Library is here to help you with your challenging assignments for class and life. Make and revise your resume, research a career, apply for college or a job, get help in

math, or finish a paper for Language Arts.

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



Tinker Thursdays

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



Young Writers' Project

- Monday March 16th, 2020
- 4 – 5:30pm at the O'Brien Community Center,

New to nonfiction? Want to learn more about crafting a personal essay? Come join this creative nonfiction workshop! We'll break down all of the layers that go into a personal essay and writing about ourselves, tackle different writing prompts and activities, and read essays by influential nonfiction writers to inspire our own writing. This workshop is intended for high school students. There will be snacks and drinks. For more information Contact Susan Reid, sreid@youngwritersproject.org / 802 324 9538



6th Annual! Seed Share

- Saturday, March 21, 2020
 - 10am at the Winooski Senior Center
 - Free and Open to All
- Participants can pick up free seeds

and resources while trading tips with seasoned gardeners. Meet your friends and neighbors and spend the morning preparing for spring. This year, we're featuring a very special presentation by Mike Lizotte, Vermont Author of *Mini Meadows: Grow a Little Patch of Colorful Flowers Anywhere around Your Yard!*

Recreation and Parks



Movie Nights

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

Friday, March 6, 2020 / 6-8pm ©2019 Disney Feat Beyoncé & More

In Africa, the lion cub Simba is the pride and joy of his parents King Mufasa and Queen Sarabi. Mufasa prepares Simba to be the next king of the jungle. However, the naive Simba believes in his envious uncle Scar that wants to kill Mufasa and Simba to become the next king.



Ukulele 101 & 102

There are two levels of instruction, perfect for those who want to master this beautiful instrument:

101 - Four-week Level 1 classes are for folks who have never played the ukulele or who want a refresher of the basics. It's light-hearted and fun, and we cover how to hold the uke, strum it, form chords, and play songs. You don't have to have any musical experience for this class - just

a song in your heart and eagerness to learn!

- Professional instructor: Clare Innes
- \$50 resident, \$55 non-resident
- Ukuleles available for rent (\$20 for the duration of the course) or purchase in class
- Note: baritone chords not covered
- Registration deadline: Friday, April 17, 2020

102 - Four-week Level 2 classes delve into various techniques to improve strumming, moving smoothly among chords, and playing well with others. You'll pick up some tricks and tips that will help make you a stronger, more confident player. Please be familiar with maintaining a basic strum and be able to move with relative ease among these chords: Am, C, D, Em, F, G & G7.

- Professional instructor: Clare Innes
- \$55 resident, \$60 non-resident
- Ukuleles available for rent (\$20 for the duration of the course) or purchase in class
- Note: baritone chords not covered
- Registration deadline: Friday, May 22, 2020



Learn to Play the Harmonica!

Did you know that all harmonicas are already in tune and playing them can actually help tune your ears to the right pitches, which can help you become a better singer? Playing them regularly can also help improve your lung capacity and function, which is great for anyone with lungs, especially those with respiratory issues.

- Tuesdays / April 21 - May 12 6:45 - 7:45pm at the O'Brien Community Center
- \$55 resident, \$60 non-resident
- Led by professional instructor Claire Innes
- Participants will need a harmonica in the key of C for this class. Bring your own or purchase from us!

Children and Family Programs

Sign up for and learn more about all of our programs at winooskivt.gov/thrive

Call or email with questions regarding our programs: 802 655 1392 / thrive@winooskivt.gov



Spring Family Mixer

- Wed. March 25
- 6 - 8pm at the Winooski Senior Center
- Free & Open to All

Winooski Families are invited to join the Thrive After School and Community Services Staff for a springtime mixer! Meet other families in the community and connect over crafts, activities, games, and fun for all ages. We'll have engaging activities and icebreakers as well as light refreshments. All children must be accompanied by an adult family member.



April Vacation Camp

Our April Vacation Camp provides a safe and enriching environment for children in grades K-5 during the time off from school. This year's camp will be Safari themed, so we will enjoy games, crafts, and science experiments related to animals of all kinds. If weather permits, we'll explore the living things outside of our classroom, too! Students will have time for free play as well as guided collaborative activities, creative expression, and improving literacy skills. Meals and snacks will be provided.



2020 Summer Camp

Our summer camp program is designed to engage youth participants in outdoor exploration, STEM activities, trips to the pool, and fun in the sun. We'll be hosting 6 exciting themed weeks!

- Wetland Week
- Edible Engineering
- Slime Time!
- Makerspace Creations
- Aquatic Adventures
- Construction Week

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!)



VOLUNTEER CORNER

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

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

Recreation and Parks / Vermont Patriots Soccer Coach

- U6 Coed Birth Years 2014/2015 Sunday 11pm -12pm
- 1.12.20 – 4.5.20 @ the Boys and Girls Club of Burlington

Under the direction of Recreation and Parks and VT Patriots, Volunteer Assistant Youth Soccer Coaches create a positive learning environment where children learn sportsmanship, fundamental skills, teamwork, and responsibility. Winooski's youth programs emphasize skill development, fair play, cooperation, and fun. The Volunteer Assistant Coach helps 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.

Transportation Driver

Under the direction of the Winooski Housing Authority (WHA) in partnership with the Winooski Senior Center, volunteer Transportation Drivers use the City of Winooski bus to give rides to seniors to and from various locations. Trips could include but are not limited to Walmart, Goodwill, Hannaford, and Shaw's. Contact us for more information about the schedule.

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.

Meals on Wheels Delivery Driver

Under the direction of the Winooski Senior Center, Meals on Wheels Delivery volunteers help to combat

hunger and to provide a lifeline and companionship for under-resourced community members who might otherwise be isolated. Meals on Wheels are delivered every weekday, Monday through Friday from 9:30am - 11am. We are looking for Monday and Wednesday morning drivers and substitutes throughout the week.

Safe, Healthy, Connected People Commissioner

This Commission is a policy advising group to the City Council and serves to implement its Strategic Vision area as outlined in the Master Plan. Safe, Healthy, Connected People: "Foster relationships across generations and cultures by providing a safe and healthy environment and providing opportunities to connect and engage with other residents of the City."

Winooski Youth Attend National Forum on Substance Use Prevention in D.C.

By Elaine Ezerins, Communications and Development Manager, Winooski Partnership for Prevention

A group of Winooski High School students traveled to Washington D.C. the first week of February to join more than 3,000 substance abuse prevention advocates, including close to 500 youth for CADCA's (Community Anti-Drug Coalitions of America's) 30th Annual National Leadership Forum.

The students – Lukas Zweeres, Stephanie Siki and Savion Thibou – are all involved in Winooski Partnership for Prevention's (WPP) after school program Above the Influence (ATI), educating their peers about the risks of youth substance use.

"I'm grateful members of the WPP coalition, including parents and students, had the opportunity to attend this national forum, where we can see that we are working in tandem with passionate people from all over the country, making a difference together," said Kate Nugent, WPP's Executive Director.

"At the Leadership Forum, we learned new ways to effectively grow our coalition, support youth to be strong community leaders and address substance abuse," said Elaine Ezerins, WPP's

Communications and Development Manager. "We are coming back reenergized to help make Winooski a safer, healthier community for all."

"My biggest takeaway from CADCA is that just making a change in one person can make a change in the whole community," said Savion.

The students utilized their public speaking skills, honed during ATI and the Leadership Forum, to address Vermont lawmakers at Capitol Hill mid-week. WPP joined other Vermont coalitions, more than 60 people strong, to speak with U.S. Representative Peter Welch and the staffers of U.S. Senators Bernie Sanders and Patrick Leahy about youth substance use rates in their communities, local prevention successes and challenges.

Stephie spoke up about her efforts to expand ATI at Winooski High School and invited lawmakers to attend WPP's



upcoming **Winooski Youth Wellness & Substance Use Prevention Forum** on **March 18**, where youth will take on leadership roles.

In 2017, a quarter of Winooski High School students thought there was little to no risk from

binge drinking every weekend and half thought similarly about regular marijuana use, which are both proven to negatively impact young people's developing brains.

WPP, along with the Winooski School District, City of Winooski and Chittenden County Opioid Alliance, are inviting community members to come together and discuss how we can ensure all students get the support they need to make healthy choices.

The event's program includes presentations on substance use prevention and local data, facilitated small group discussions, and identifying action-oriented next steps for the community.

NonViolence Workshop Series Launched

By Sister Pat McKittrick

The Winooski Peace Initiative will be sponsoring Dr. John Reuwer for a series on NonViolence: Wednesdays (2/26, 3/4, 3/11) from 6:00-7:30pm at the Senior Center.

Peace is Powerful: A Workshop Series to Inspire Hope

Would you like to think peace is possible, but just don't see how it can be when the world is filled with so much injustice? Do you have trouble thinking about world peace when it feels overwhelming just to get through the day, and keep your relationships in order? Discouraged by the seemingly endless violence in the news, and wonder how it can ever end? If so, you are invited to gain a fresh perspective on the things that make for peace across many aspects of the human experience. Join us for these three lively multimedia, interactive sessions with Dr. John Reuwer as he shares his experience with medicine, nonviolent communication, and nonviolent action to give hope that we can live more peacefully with ourselves, others, even our enemies, and make our world more like what we want it to be. Each is a 90 minute workshop that can stand alone, or serve to enrich the others.

Workshop #1: Peace from A to Z. Participants will learn:

- A simple model for understanding conflict and conflict management
- Useful ways to think about peace, violence, and nonviolence
- A glimpse of tools for making peace with your body, mind, and family, work, and community

Workshop #2. An introduction to nonviolent communication, a language of peace

- Learn how simple changes in the way we speak can give us much greater power to enjoy our relationships with loved ones, our neighbors, our co-workers, and even our opponents.

Workshop #3. An introduction to nonviolent action, meaningful peace & justice in a world of physical violence

- Presentation: Nonviolence around the globe: what makes it powerful?
- Real world conflicts – what does active nonviolence look like?
- Imagining security without violence in real life situations.

Dr. Reuwer practiced emergency, primary care, and occupational medicine for 37 years, and has been studying, practicing, and teaching alternatives to violence for over 30 years. He is currently adjunct professor of conflict resolution at St. Michael's College in Vermont where he teaches courses in nonviolent communication and nonviolent action.

Dr. Reuwer was a charter member of Christian Peacemaker Teams, where he deployed to Haiti, Colombia, Palestine/Israel, and several U.S. inner cities. His latest mission was in South Sudan for four months with the Nonviolent Peaceforce.

Light refreshments will be served. For more information, email Pat.mckittrick@uvmhealth.org.

Winooski Food Shelf Schedule for March

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, March 11th	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, March 14th	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, March 25th	2:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, March 29th	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items

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 or toiletries Tuesday thru Friday from 9:00 a.m. to 2:30 p.m.. Their phone number is 655-6425. And J & J's Corner Market, located at 12 Malletts Bay Avenue is our other drop off location. They are open Monday thru Saturday from 10:00 a.m. to 9:00 p.m. Their phone is 654-8008. Thank you for caring about your neighbors!

We are seeing a lot of very outdated food that we must throw away. Please only donate food that is within the expiration date marked on the can or box.

Winooski Little League and Babe Ruth Baseball

By Jeff Brosseau

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

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

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

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

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

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

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

Daily Mass helps define OLOP's Catholic identity

By Gail Callahan, Communications Director

Our Lady of Providence Residential Care Facility's Catholic identity is central to its lifeblood. Treating others with compassion and tenderness is at the "heart and soul" of its mission.

Feeding this is the celebration of daily Mass in OLOP's chapel.

The facility is fortunate to benefit from the priestly services of Msgr. Richard Lavalley and the Rev. Joseph Sanderson, both assigned to Winooski's St. Francis Xavier Roman Catholic Church, the Rev. Bernard Gaudreau, a retired priest from the Roman Catholic Diocese of Burlington, the Rev. David Theroux and the Rev. Paul Couture, Society of St. Edmund priests from Saint Michael's College.

Couture, who spearheaded the graduate theology program at the Colchester college, comes Saturdays to celebrate a 9 am Mass. Fellow Edmundite, Theroux, celebrates an 11 am Sunday Eucharist, while Gaudreau, Lavalley and Sanderson divide up the weekday 11 am communion.

Alice Collins, 101, said she is pleased she gets to attend Mass in her home. "I



The celebration of Mass at Our Lady of Providence Chapel

think it's wonderful," she said. "To have Mass every day, that's something else."

Photos by Gail Callahan

Senior Center Updates: March for Meals

By Barb Pitfido, Winooski Senior Center Programs Manager

Join us as we kick off a month-long celebration of **Meals on Wheels** to raise awareness, recruit more volunteers and build lasting community partnerships. Our local Agency on Aging, Age Well of Vermont is campaigning to the community to engage in this extremely important resource for seniors and disabled individuals who are in need of food and companionship. How can you help? Volunteer! Donate! Share! Your \$25 donation is enough to provide a nutritious meal and safety check for an entire week. Go to: www.agewellvt.org and find out more.

Upcoming Programs & Events

Mondays

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

Tuesdays

- **Senior Exercise** - (10-11am) Follow along to Barbara Jordan's video and work on balance and stretching. (Tuesdays and Thursdays). Free drop-in.
- **Senior Fun & Games** - (12:30-2:30pm) Join us for cribbage, cards and Ping Pong! Enjoy popcorn while you play. Free drop-in.
- **Senior Tuesday Lunches**
Please Note: Reservations are required for all meals. Please call before the RSVP date posted for each event.
 - 3/10 - Mac & Cheese Party - (Noon) Join us for our annual Mac & Cheese Toppings Bar Lunch. Add your own meats and veggies to your bowl. Includes salad and our dessert buffet. RSVP by 3/5. \$5.00 at the Door. Show and Tell/Open Mic at 11am - see description in Special Events)
 - 3/17 - St. Patrick's Day Theme Lunch

- (Noon) Join us for a St. Patrick's Day themed lunch. Corned beef and cabbage, Irish music and fun! Seating is limited. RSVP by 3/12. \$5 at the Door.

- 3/31 - Pizza Party - (Noon) Enjoy slices of all kinds, "Make your own salad", and our dessert buffet. RSVP by 3/26 \$5.00 at the door.

Wednesdays

- **AARP Tax Aide** - (8:30am-12:30pm) Free Tax Aide service from AARP Volunteers.
- **Bone Builders Exercise Program** - (3-4pm) Free drop-in on Mondays and Wednesdays.

Thursdays

- **Senior Exercise** - (10-11am) Free drop-in program
- **Brown Bag BINGO!** (Doors open at 11am, BINGO! at 12:30pm)
 - 3/12 - St. Patrick's Day Theme
 - 4/9 - Easter Theme
 - 5/14 - Garden Theme
- **Tai Chi with Mara** - (4:15-5:15pm) NEW! Come and learn this evidence-based wellness activity that helps reduce stiffness and pain, keeps joints mobile and is part of a falls prevention program. Taught by Age Well's certified trainer, Mara. Easy and adaptive for sitting or standing. Transition to tranquility with Mindfulness after class.
- **Community Mindfulness with Andrea** - (5:30-6:30pm) Free drop-in sessions.

Fridays

- **Coffee Time** - (9-11am) Free drop-in for coffee & breakfast treats
- **New American Senior Lunch & Learn** with Age Well
 - 11am - Tai Chi session led by a certified instructor, Viviane
 - Noon - Age Well's Fresh Nepali Lunch \$5 at the door - RSVP

Upcoming Special Events:

- **Yogi's Birthday "Paw-ty"** - Sunday, March 8th at Noon. Come. Sit. Stay. Play! Join us for a fun-filled afternoon as we celebrate our mascot's 4th Birthday. Enjoy a feast of Chili dogs, Pawtato Chips and Pupcakes. Games, Music and lots of water! Bring non-perishable pet or people food for the Winooski Food Shelf. Fur children are



welcome! RSVP by 3/5. Free!

- **Show & Tell / Open Mic** - Tuesday, March 10th at 11am. Join us before lunch for a really fun time. Want to participate? Show us something interesting, recite poetry, sing a song, play an instrument, tell a story or a joke. This is your 5 minutes to shine! Call us to get on the list. Free!
- **Winooski Grows! Seed Share** - Saturday, March 21st at 10am. Meet Mike Lizotte, aka "the Seed Man". Mike is the Vermont author of "Mini Meadows" and the owner of American Meadows. Hear Mike's presentation on mini meadows, pick up free seeds and resources and trade tips from seasoned gardeners and neighbors. Refreshments and craft projects. Co-sponsored by the Winooski Library and the Winooski Senior Center. Free and open to all.
- **Senior Supper** - Saturday, March 28th at Noon. Join us for a delicious meal of Chicken & Biscuits from the Rotisserie, salad and our dessert buffet. RSVP by 3/24. \$5 at the Door.

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

Also, we will be closed for our annual Spring floor cleaning from 4/18- 4/26.

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

Connect with us anytime:

Visit: 123 Barlow Street

Phone: 802 655 6425

Email: seniorcenter@winooskivt.gov

Web: winooskivt.gov/seniorcenter

Facebook: @winooskiseniorcenter

HEALTH CORNER

Details About the National Census

By Liz Parris, RN, School Nurse, Health Office Coordinator

The National Census will be occurring in April 2020.

What is the Census? The Census counts every person in the US. The very first census took place in 1790. Article 1, Section 2 of the US Constitution mandates that the United States (US) Census occur once per decade and the last Census was in 2010 so it is time again to count the US population.


According to data from the 2010 census over 2 million children were not counted. The National Census takes the data and uses it to determine funding for Medicaid, CHIP, SNAP, child care programs, school lunch programs, headstart, foster care, Title I, IDEAS and Special Education.

When accurate counts are not received, funding and resources in our community may be impacted. Some families do not complete the census out of fear their information will not be protected. Filling out the Census is safe. The Census is confidential which means that your information will not be used except for the Census.

If you have any questions or concerns, need help filling out the census, or would like to know more information about the National Census, contact your child's primary care provider for help. **Every child matters and it is important that every child gets counted!**





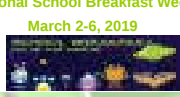
ELEMENTARY SCHOOL MENUS — MARCH



Winooski Elementary School Breakfast

March 2020

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	5 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	6 Blueberry Bread Rice Chex Cereal String Cheese
9 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	10 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	11 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	12 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	13 Blueberry Bread Rice Chex Cereal String Cheese
16 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	17 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	18 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	19 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	20 Blueberry Bread Rice Chex Cereal String Cheese
23 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	24 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	25 Danimals Yogurt Scooby Grahams Cinnamon Toast Crunch Bar	26 Breakfast Round WG Cinnamon Toast Crunch Cereal String Cheese	27 Blueberry Bread Rice Chex Cereal String Cheese
30 Iced Honey Bun WG Cheerios Cereal Honey Roasted Sunflower seeds	31 Strawberry & Cream Cheese Bagel Stick WG Frosted Flakes Cereal String Cheese	National School Breakfast Week March 2-6, 2019 		

This institution is an equal opportunity provider.


Meal Prices
Community Eligibility Provision
Meals to all Students are free
Snacks & Snack Milk not included
Adult Breakfast \$3.85
Adult Lunch \$3.85
Milk \$.50


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

Fresh Fruit & Juice Milk
Condiments

Pay for meals on-line. Click Image Below

Click Image Below for employment opportunities







Winooski Elementary School Lunch

March 2020

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 Cheese Pizza Pepperoni Pizza Veggie Pizza Caesar Salad Fresh Cucumber Sticks	5 Green Eggs Pancakes Real Maple Syrup Mini Hash Browns Green Pepper Strips	6 Grilled Cheese Sandwich Chicken Noodle Soup Fresh Carrot Sticks
9 Chicken Chili Baked Potato Maple Dill Carrots Dinner Roll	10 Chicken Tacos Garden Salsa Rice Pilaf Steamed Corn Maple Sundae	11 Cheese Pizza Pepperoni Pizza Veggie Pizza Mixed Greens w/Maple Vinaigrette Fresh Carrot Sticks	12 Macaroni and Cheese Maple Muffins Steamed Green Beans	13 French Toast Sticks Real Maple Syrup Scrambled Eggs Sweet & White Homofries Fresh Celery Sticks
16 Cheesy Breadsticks Marinara Dipping Sauce Country Veggie Soup Fresh Celery Sticks	17 Homemade Shepherd's Pie (Ground Beef, Corn & Mashed Potato) Homemade Cornbread Steamed Green Beans	Maple Fest Week Cape Cod Fish & Chips Crinkle Cut French Fries Dinner Roll Creamy Coleslaw		20 Bag Lunch Extravaganza
23 Corn Dog Hand Cut French Fries Fresh Carrot Sticks	24 Beef Nachos Supreme Garden Salsa Rice Pilaf Steamed Corn	25 Cheese Pizza Pepperoni Pizza Veggie Pizza Roasted Broccoli Fresh Cucumber Sticks	26 Sloppy Joe on a Bun (Ground Beef) Spaghetti w/Meat Sauce (Ground Beef) Roasted Sweet Potato Wedges Tossed Garden Salad	27 Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Steamed Green Peas
30 Oven Baked Chicken Nuggets Oven Crisp Tater Steamed Broccoli	31 Beef Taco Bar w/ The Works Garden Salsa Rice Pilaf Vegetarian Refried Beans	Harvest of the Month: Maple Syrup Maple Fest March 9-March 13, 2020 Lent Begins February 26- Thursday April 9, 2020 Meatless Options offered every Friday Happy Birthday Celebration Wednesday, March 25, 2020		

This institution is an equal opportunity provider.


Meal Prices
Community Eligibility Provision
Meals to all Students are free
Snacks & Snack Milk not included
Adult Breakfast \$3.75
Adult Lunch \$3.75
Milk \$.50

Please Click Links Below for Nutrition Information on Daily Options
Daily Lunch Offerings:
Main Meal, Cabot Yogurt Parfait, Chef Salad or Vegetarian Option
Students must take a minimum of 1/2 cup of fruit vegetable with every meal.
Fresh Fruit, 100% Fruit Juice & Milk offered with all meals

Deli Bar K-8 Fresh Fruit & Juice
Condiments Milk

Pay for meals on-line. Click Image Below

Click Image Below for employment opportunities



Daily Lunch Offerings:

Main Meal, Cabot Yogurt Parfait, Deli Bar, Express Lane, Homemade Pizza or Vegetarian Option. Fresh Fruit, 100% Fruit Juice & Milk offered with all meals. Students may take two fruit servings with each meal. **All meals are FREE for students.**

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.



WINOOSKI SCHOOLS
We are the future.

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Newsletter of the Winooski School District

60 Normand Street
Winooski, VT 05404

*** DO YOUR PART ***

VOTE!

MARCH 3, 2020

POSTAL PATRON

*****ECRWSS**

WINOOSKI, VT 05404



VOTING DAY is on **Tuesday, March 3** • 7:00am to 7:00pm • Winooski Senior Center



Learn more about the school budget:

<https://www.wsdvt.org/about/board-of-education/budget/>

Learn more about the city budget:

<http://www.winooskivt.gov/1411/2020-Town-Meeting-Day-Information>