



WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 5 PAGES OF **Community News!**
STARTING ON PAGE 14

MAY 2020

Celebrating Our Achievements!

May School Board Notes

By Michael Decarreau, President, Winooski Board of School Trustees

I am not even sure where to start this month. Normally I try to begin with any new news happening in the district or from the state level that is current and pertinent. The path we have all travelled over the past several months is anything but normal. Normal is not teaching our K-12 students remotely. Normal is not having parents trying to work from home, if they are working, AND help their children try to understand how to study and learn new material outside of a classroom environment. Normal is not seeing this level of our neighbors and friends struggling to make ends meet.



From ensuring our students were able to maintain their learning early in this pandemic to finding ways to move that learning forward, remotely, as we look ahead. Our support staff deserves special thanks for attending to the special needs

of our students and families and keeping the facilities clean to an extent never required before.

To our families who have been tasked with helping their children in their learning while at the same time trying to find ways to make ends meet and/or working from home, THANK YOU!

As we move through these uncertain times I look back to the recent past to find that this community is strong and resilient. We will make it out the other side of this stronger than ever and ready to tackle the new normal.

Out of all this we will have a new normal in many respects that we cannot even imagine yet. I am confident that we will adapt well to our new normal and be stronger than before as a community.

To our staff, teachers and all the support staff, who have worked under extremely uncertain situations for the past month and a half, THANK YOU!

Until we get clearance to get back to normal please take good care of yourselves and each other. Stay in touch with those close to you and reach out to rekindle old friendships. Be safe. Stay strong and be careful.

New COVID-19 Webpage!

For the all the latest info, visit www.wsdvt.org/Covid19



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Gratitude

By Sean McMannon, Superintendent of Schools

Dear Winooski families, I hope you are all safe and healthy! The week of March 16th seems like such a long time ago. It was an incredibly hectic time as many folks were filled with anxiety and fear, and information was coming fast and furious from Governor Scott, Commissioner of Health Levine and Secretary of Education French. Most importantly, we safely dismissed school on Tuesday, March 17th and began the construction of our new “normal”. Our staff quickly prepared maintenance of learning materials, developed a meal delivery program including daily meals, Backpack Program for weekends, and Veggie VanGo every other Friday. In addition, we connected essential workers to childcare services, moved almost all employees to remote work environments and wrote our Continuity of Learning (COL) Plan. Phew, it was an unforgettable few weeks and the only antidote I know of to balance this unparalleled uncertainty is GRATITUDE!



WMHS Student Services Assistant Karen Greene and Wellness Coordinator Jaycie Puttlitz selflessly and creatively are leading all of our food security programming. They have coordinated with our food service team, the Abbey Group, the VT Foodbank, Association of Africans Living in Vermont (AALV), the Winooski Housing Authority (WHA), City of Winooski, Winooski Food Shelf to ensure our students have access to food. And they accomplished all of this while



training our staff and families about the importance of social distancing, washing hands, sanitizing and recently, wearing masks. Thank you Karen and Jaycie for your compassionate leadership, and to all the support and Abbey staff who continue to help run our food security programs!!

Our JFK Elementary teachers and staff worked tirelessly into the night on March 18th and 19th to prepare two weeks of learning packets to distribute on Friday, March 20th. Also, art supplies, musical instruments and Chromebooks were distributed. Thanks to all WSD staff for coming together like a true community and doing what needed to be done for our wonderful students! And thanks to our School Resource Officer (SRO) Jason Ziter and the WPD for keeping us all safe during this massive undertaking!

The WMHS teachers and staff quickly shifted to remote learning and sent out personalized Remote Learning Checklists to all students on Monday, March 23rd. Watching our WMHS staff adapt to remote learning has been very impressive as they have embraced new skills while keeping the wellbeing of our students at the core of all they do. They could not have made this transition happen without the incredible support of our IT team. Big shout of THANKS to Ron Mack, Matt Gonzalez, Randy Wood, Carl Affinati and Drew Blanchard!

Emily Hecker, our Director of Communications and Development has had a tremendous impact in a variety

of ways in her first year and has really added value to our community through the timely communication to families throughout this crisis. She has worked with Kirsten Kollgaard, our Director of English Language Learning and Curriculum, and our amazing cultural liaisons, Tul Niroula, Dalib Bulle, Lan Nguyen, Abeer Al Zubaidy, Stevya Mukuzo, and Faridar Ko to ensure ALL families are getting timely and clear communication about this complicated situation.

Special educators and Director of Support Service and Early Learning Robin Hood have a particularly daunting task of complying with federally-mandated Individual Education Plans (IEPs) in a remote learning environment. They have reviewed every single IEP and developed creative ways to meet the learning goals of students to ensure students continue to make progress on their goals. Great job!!



While all of this was happening our Facilities department continued to do the work of keeping our building clean and safe while supporting our food security programming and learning material distributions. Thanks to Cheyne Racine for his leadership and all the guys for their amazing can-do attitudes!

Leadership is tremendously important during a crisis and I am very grateful for my talented team: Sara Raabe, Kirsten Kollgaard, Robin Hood, Kate Grodin and



Jean Berthiaume are doing a fabulous job managing all the chaos, putting people first and finding the silver linings in this challenging situation! Our administrative assistants have been coordinating everything throughout this ever-changing environment and jumping in to help wherever needed, including dressing up as a T-Rex to bring smiles during difficult times, and our district office folks have been keeping everyone paid and up to speed with the latest human resource changes. Also, special shout to City Manager Jessie Baker and her team who have galvanized the entire city blending heart and mind to support residents and skillfully coordinate services!

Parents and guardians, you have been amazing! Throughout this crisis all I have heard is gratitude and encouragement

from you. When I was directing traffic at WSD on Friday, March 20th while we were handing out learning materials and food, the line was down past Lafountain Street, and all I heard from parents after a long wait was “thank you”, “you are doing a great job”, and “stay safe”. You have been put into a position of providing for your child(ren)’s basic, emotional and educational needs in a unique and challenging way and are rising to the task. We have a truly thoughtful, connected and loving community! Thanks for setting such a great example for our children! As the African-American novelist, playwright, poet, and activist, James Baldwin said:

Children have never been very good at listening to their elders, but they have never failed to imitate them.



Lastly, please continue to take care of yourself and everyone in Winooski by following social distancing precautions, wearing masks when you go out, wash and sanitize your hands frequently, call or email your doctor if you are sick, and stay positive! Stay home, stay safe! We will get through this together and be stronger because of it! Thank you for working with WSD to benefit our students!



WINOOSKI PUBLIC SCHOOLS **www.wsdvt.org**

Superintendent of Schools

Sean McMannon: 655-0485
smcmannon@wsdvt.org

John F. Kennedy Elementary School

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

Winooski Middle and High School

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

Board of School Trustees

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

WSD ENDS STATEMENT

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

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 490 students attending JFK Elementary (grades PreK-5) and 396 attending Winooski Middle/High School (grades 6-12).

As one of the most diverse school districts in the state of Vermont, Winooski’s teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

“District News!” is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: newsletter@wsdvt.org

How to Navigate Our New Learning Landscape

An introduction to the Winooski School District "Continuity of Learning" Plan

By Emily Hecker, WSD Communications and Development Director

Remember, this is new for everyone. Show your children and yourself compassion and understanding as we all adapt to this new environment. Keeping our schools closed to stem the spread of the COVID-19 virus is truly a matter of life-and-death. This life-and-death perspective offers us a chance to evaluate what is most important in our lives. As a parent, I urge you to treasure these moments with your child. Focus on staying connected and keeping everyone mentally and physically healthy. Our Continuity of Learning work, while important, should not increase stress in your or your child's life. Please keep that in mind as we move forward together.

The information below is specific to the Winooski School District Continuity of Learning (COL) plan as a whole. Our COL plan was accepted by the Agency of Education on April 13. All WSD families have already received detailed information as it relates to their child's specific, grade-level learning from school principals, teachers and special educators. We are sharing this information here as a reminder to families as well as for those of you who don't have students in the district but are curious what distance learning looks like.

The Vermont Agency of Education has useful information about this new phase of learning for families. You can find suggestions about how to engage children and keep them thinking, how to design a home learning environment, as well as resources for families of children with disabilities. Read more on their website: <https://education.vermont.gov/covid19-continuity-of-learning/information-for-parents>

Parent/Guardian Expectations:

- Be your child's biggest fan - you are not expected to be their teachers.
- Partner with teachers to keep your child on track.
- Encourage your child to engage with their assigned learning activities.
- Communicate with teachers and principals as needed.
- Develop a schedule with your child that leaves plenty of time for school work, play and relaxation.

It can be difficult to create a calm and positive environment during such stressful times, check our resources page if you need support (page 6).

Attendance

In accordance with Vermont Statute, we will track and record student attendance. Our expectation is that students will check in with their teachers and engage with their learning on a daily basis while school is in session.

WSD is maintaining our 2019/20 school calendar. May 25th is the next vacation day. No attendance will be taken that day. The last day of school for students will be June 10.

Schedule

Our goal is to design learning so that it is meaningful and engaging for all students so they remain motivated and confident.

Our remote learning goals are focused on three areas:

- *Connection* - keeping students connected with each other and their teachers
- *Health and Wellness* - supporting and developing social, emotional and physical health and wellness of students during this period
- *Academic Learning* - focusing on the concepts and skills that are most critical to moving onto the next grade level successfully or preparing high school graduates to be college and career ready as determined by our Graduate Proficiencies (GP) and Graduate eXpectations (GX).

Student learning will happen in two ways:

- Interactive video-conferencing and phone calls
- Independent online and paper/worksheet learning and the completion of related tasks

Each student's individual schedule will be communicated by their teachers. Middle High School students' individual schedules were sent home April 14. Here are the schedules for the three schools:

JFK Elementary School

JFK students do not have a school-wide schedule set, but classroom teachers will hold two Zoom meetings a week with students. Students will have a writing/phonics, reading and math assignment every day. Each grade level has a weekly music Zoom class.

Middle School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am	Advisory (zoom)	Advisory (zoom)	Advisory (zoom)	Advisory (zoom)	Advisory (zoom)
12:00pm	Humanities, ELA (online reading & writing)		Humanities, social studies (historical inquiry & reading/writing)		Office hours
12:30pm	Math	Science	Math	Science	
2:30pm	Elective (art, PE, music)	Elective	Elective	Elective	

High School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 a.m.	Faculty Meeting	Teacher Prep 8:00 - 9:30 a.m.			
10:00 a.m.	Teacher Collaboration and Assessment Time	Green 1 (Class Support/Office Meeting Time)	White 1 (Class Support/Office Meeting Time)	Green 3 (Class Support/Office Meeting Time)	White 3 (Class Support/Office Meeting Time)
11:30 a.m.	ADVISORY (200 and 400 both meet for synchronous class)	ADVISORY	ADVISORY	ADVISORY	ADVISORY
12:30 p.m.	Special Community Space & Connection	Green 2 (Class Support/Office Meeting Time)	White 2 (Class Support/Office Meeting Time)	Green 4 (Class Support/Office Meeting Time)	White 4 (Class Support/Office Meeting Time)
2:00 p.m.	Faculty Meeting	Concert Time	Concert Time	Concert Time	Concert Time

Special Education

Individualized Continuity of Learning Plans for students on IEPs have been sent home. Please contact your student's special educator if you have questions about your student's plan.



Elementary students working on literacy and math homework.

Curriculum

Kindergarten through 12th grade teachers have developed a blend of paper and pencil activities and online activities that are differentiated to support all learners. Please visit our website for more specific information about grade-specific learning resources.

Teacher Expectations/Connect Time

- A JFK adult (through phone calls, emails, postcards, Remind, and/or WhatsApp) will connect with elementary students and their families daily.
- Middle and high school teachers will use both synchronous (working together as a class via video conferencing) and asynchronous (assigning work that students complete at their own pace) instruction.
- Teachers/advisors will check in with the students that they haven't been able to connect with during class support or office meeting times.
- Middle High School teachers will be available every day to answer questions from any of their students via email from 2:00pm-3:00pm.
- All teachers will communicate weekly learning expectations, including learning targets and assignment details every week.

Technology

Every student K-12 will have access to a Chromebook or iPad (as of 4/17). Please review our Expectations for Online Meetings for Students for more information about WSD technology standards (page 7).

Learning Assessment

Across the WSD, teachers and administrators have developed a system to ensure students are still learning to the best of their ability during this period of school closure and state-wide quarantine.

The elementary school grade level teams will assess all students weekly in either math, reading and writing or phonics. Lessons will focus on the standards critical for students to move onto the next grade level.

Middle and high school teachers have planned critical proficiencies and learning activities for each student. They have also developed performance assessments that will show whether students have reached these proficiencies.



We recognize that this period is challenging for everyone. Teachers and staff will continue to work with each family to make sure children have the support they need to succeed. Do not stress about grades, as long as students participate when required, their targeted proficiency outcome (grades) will not decline.

As always, please contact our district at info@wsdvt.org or 802-655-0485 if you have questions or concerns.



Middle school students at a virtual meeting with teacher Jean Plasse.

Tips From the Vermont Agency of Education:

- Engage in family activities such as board games, cooking, and crafting.
- Take the opportunity to explore nature and the outdoors.
- Identify projects that might help others. Write letters to neighbors or others that might be stuck at home alone.
- Create art, sing, or read to one another.
- Stay connected and maintain relationships. Isolation is a new concept for families and students.
- Find ways to break down the barriers of isolation and keep track of how your family is doing.
- Be ready to help discuss conflicts and set guidelines for how to resolve problems that arise due to tight quarters and limited time for personal space.

RESOURCES FOR FAMILIES

WINOOSKI RESOURCES

Veggie VanGo:

- will be held outside Winooski School District from 9am -10am, rain or shine, until the end of school year on the following dates:
 - » May 15
 - » June 5 and June 19

Winooski School District meals

WSD is providing free meals for all students and children under 18, to be picked up from 9:00am-10:00am, every Monday, Wednesday and Friday, at either of these three sites:

- Winooski Family Center, 87 Elm Street
- O'Brien Community Center, 32 Malletts Bay Avenue
- Winooski School District, 60 Normand Street

Winooski Food Shelf

- Located at 24 West Allen Street
- Now offering pickups on Saturdays (check their Facebook page to confirm)
- See page 18 for full details and schedule

VERMONT HELPLINE: 211

A free service that connects people to local help - anything from food to paying for utilities.

- Call by dialing 2-1-1 24 hours/ 7 days a week
- Text your zip code to 898211, M-F 8:00am to 8:00pm
- Email info@vermont211.org, M-F 8:00am to 6:00pm

Feeding Chittenden County Residents

Community members can pick up prepared meals and groceries at 228 North Winooski Avenue in Burlington.

Call 802-658-7939 or email: info@feedingchittenden.org

- Hot Meals Program: Monday-Friday • 6:30am to 9:30am and on Sunday • 8:30am to 11am
- Food Shelf: Monday-Friday • 9:00am to 4:00pm

3SquaresVT

Families could be eligible to receive a 3SquareVT benefit or increase the benefit they already receive. To get help applying:

- Visit www.vtfoodbank.org/nurture-people/3squaresvt
- Call 855-855-6181
- Text VFBSNAP to 85511

Spectrum Youth Services:

- Any young person, ages 14-24, can stop by the 191 Bank Street location to get lunch or dinner.
- Open Mondays-Fridays, to-go only lunches will be handed out from 12pm -1 pm and to-go only dinners will be handed out from 5pm - 6pm.
- Pickup location: 191 Bank Street (next to Phoenix Books).

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

- WIC services are available to all eligible families affected by COVID-19. WIC services, including new enrollments, breastfeeding support, and nutrition education are being provided by phone to align with social distancing and Stay Home, Stay Safe guidance. If your income has been affected by recent events, and you are pregnant or have a child under age five, WIC can help provide nutritious foods and resources to keep your growing family healthy.
- Visit the website to apply online and to learn more about WIC (<https://www.healthvermont.gov/wic>) or text VTWIC to 855-11. Completing the online application is the first step to enroll in WIC; final eligibility will be determined at your first WIC appointment.

OTHER RESOURCES FOR NEW AMERICANS

Association of Africans Living in Vermont (AALV)

AALV helps new Americans from all parts of the world to gain independence in their new communities. This can include helping them apply for benefits while they transition to living and working in Vermont. Go to www.aalv-vt.org/ or call (802) 985-3106 for more information.

Vermont Refugee Resettlement Program (VRRP)

VRRP helps refugees to apply for benefits. Call (802) 655-1963 or go to www.refugees.org/about-us/where-we-work/vrrp/ for more information.

COVID-19 INFORMATION IS AVAILABLE IN MANY LANGUAGES: www.newamericansinvermont.com

Keep Smiling Winooski Community!

By Tracy Towers RDH, WSD Dental Hygienist

I know this is a very tough time for all of us. I have been overwhelmed by the support from the Winooski School District Community during this time. They are superheroes!

I wanted to let you know that if you are a patient at Vermont Dental Care, in Winooski, and you have a true dental emergency, you can call the office and the dentist on call will return your call. All elective treatment is suspended at this time.

If your child attends school in Winooski, this is a great time to update me on the name of their dentist and the approximate date of their last dental visit. Collecting this information is part of my job in the school district, and keeping our health records up to date. If your child DOES NOT have a dentist and would like to eventually sign up for our school linked dental program, please email me.

I can be contacted by email at ttowers@wsdvt.org. Stay safe and healthy.



Online Meeting Guidelines For Students

Even though school looks a lot different right now, many of our rules and agreements are the same. Please read through our expectations below to learn more about how we will work together as a remote learning community.



Have H.E.A.R.T!

We still expect students to be Honest, Engaged, Appropriate, Responsible and Timely.

Here is what that looks like in our new learning environment:

- **HONEST:** Be truthful about your learning, only turn in your own work.



- **ENGAGED:** Communicate with your advisor and teachers. Stay connected to your learning. If you don't understand an assignment, ask questions!

- **APPROPRIATE:** When video conferencing, be respectful of other students and your teacher. Behave & dress like you're in class.

- **RESPONSIBLE:** Take care of your Chromebook/iPad & use it only for school-related learning.



- **TIMELY:** Turn in work on time and don't be late for video or phone meetings. Create a schedule that works for your family and make sure you have plenty of time for learning.



Online meeting guidelines for students

Hazing, Harassment, & Bullying Policies are still in effect.

Please know that if you have concerns about yourself or a friend who may be in trouble regarding hazing, harassment or bullying, you should tell your advisor when they call, or email your principal. The school will still conduct an investigation and there will be consequences if one of these policies is violated.

Acceptable Use of Chromebooks

School staff will continue to monitor Chromebooks for acceptable use. If you or a friend goes to a site that is considered inappropriate or unsafe, the school will be contacting you and your family. Consequences for misuse will be enforced.

Confidentiality & Privacy

When students join a video conference they have a right to privacy. No student or teacher may record any of these conferences or any online interactions.



Expectations for Students in Online Meetings:

- Please be dressed for school.
- Attend from an appropriate place: kitchen table, desk, common area, etc. (not sitting on your bed or walking around the house, etc.)
- Set up in a place with good lighting.
- Headphones are helpful. Headphones with a built-in microphone helps prevent unwanted sounds being picked up from the background.
- Consider who else might be at home, and let others know you shouldn't be distracted during the meeting, if possible.

Stay Safe, Stay Home, Stay Appreciative

By Sara Raabe, JFK Principal

This spring, school looks different for all of us. As the situation evolves, I am reminded on a daily basis how lucky we are to have such a fantastic staff. Every teacher and staff member has been flexible and responsive, grounding every action with concern and care for the students and families in our community. I know their hearts are with each of their students every day as they teach and connect from the safety of their homes.

Each May we hold a Staff Appreciation Week. This year we are celebrating May 4th - May 8th. In the past, I have planned one special acknowledgement each day, and our wonderful PTO would host an all-staff breakfast. As with most things these days, the plan has to change this year. To do this, I want to enlist the help of our families and community to recognize the amazing work our staff does every day, from our custodians and meal service providers, to instructional assistants and teachers. Here are some ideas:

1. Take a video of yourself or your student telling a school staff member what they like about them. You can email your video(s) to one adult a day during the five days of staff appreciation week
2. Mail a note to a WSD staff member at school, and we'll make sure they get it: WSD, 60 Normand Street, Winooski VT 05404. Please be sure to write "Attention JFK" or "Attention WMHS" on the envelope.
3. Send an email to an adult at school thanking them for something they do for students each day. Remember to think about all district employees, especially those that do work "behind-the-scenes." WSD emails are the first letter of the person's first name, then their last name @wsdvt.org (i.e. Sara Raabe is sraabe@wsdvt.org).

We have such a strong school community. Our staff has been working tirelessly to make sure our students get what they need, from food, to learning materials, to daily check ins. This time is stressful for so many of us. Taking a few moments to thank someone will ensure a bright spot in their day! Please Stay Safe!

Staying Healthy at Home

By Jaycie Puttlitz, WSD Wellness Coordinator

The COVID-19 pandemic has changed our lives in ways we probably weren't ready for and had to quickly adapt to. Much of what we are experiencing greatly impacts our health and well-being. The proven way to stay virus-free is practicing proper hygiene and social distancing. But keeping your immune system healthy is also important in fighting any infection. The best way to do that is to eat a healthy, well-balanced diet, get plenty of exercise, adequate sleep, and manage your stress. Oh, and hydrate!



This dramatic change in our daily routine has impacted our regular eating pattern. Now that we are settling into a new routine, it's time to refocus on our diet. While there are many things you can do to eat healthy meals, I want to focus on two important things. First is to make sure you have fresh fruits and vegetables every day so you are getting those immune-boosting

vitamins and minerals. Specifically, but not limited to, Vitamin C, Vitamin D and Zinc. If dark leafy greens, like spinach, kale or collard greens, are available to you, I recommend at least one serving each day. Second, monitor your food intake, or at least, be mindful of what and how much you are eating. Staying home means having full access to your kitchen so be aware of the foods you snack on because a "little bit" here and a "little bit" there add up. A little trick I find useful is brushing my teeth after a meal. When the food taste is gone, my craving diminishes.

Make it a point to plan physical activity breaks in your day, every day. Ideally, you need a total of 30 minutes of heart-accelerating movement each day. You don't have to break a sweat, but if you swing your arms a little more when you walk, you will increase your heart rate, which brings more blood and oxygen to cells throughout your body. Going outside for walks/runs/bike rides is still recommended during the COVID-19 Stay Home, Stay Safe protocol, you just have to practice physical distancing and wear a mask if you are on a busy recreation path. There are plenty of at home exercising options. If you have access to YouTube, look up "Orangetheory Fitness" or "Ready, Set, HIIT at Home" for starters. Or, put on a live streaming concert and dance around your living room. ([bit.ly/livestreamconcertsCOVID](https://www.youtube.com/watch?v=ly/livestreamconcertsCOVID))



For many people who don't have to wake up for work or school at a set time in the morning, turning off their daily alarm can lead to fluctuating sleep schedules. It is still important to make sure you have a set bedtime routine and still get up at the same time each day. And although your bed is nearby, avoid taking naps so that you can still go to bed at a regular time. Be aware if you are drinking more caffeinated drinks like coffee or soda. Sipping it all day could cause you to have trouble falling asleep until late, thus shifting your routine.



As for managing your stress, that is more personal. It's hard to give general advice because each one of us reacts or responds to stress differently. But there are a couple of things that can help all of us. First, checking in with friends and family members. While we can't be physically together, we can still connect. And second, take deep, purposeful breaths. Even if you are not one for meditating, deep breathing has physical and mental benefits. It increases oxygen to the brain and stimulates the parasympathetic

nervous system (the system that relaxes you). If you are paying attention to your breathing, it helps you focus your thoughts and calm your mind. My favorite technique is to count the number of heart beats it takes me to breathe in, and count the number it takes me to breathe out. After a few rounds, I find that the number beats it takes to inhale is about half of the number of beats it takes to exhale. Then, I feel more relaxed. If you are ready to explore mindfulness and guided meditation, click here for the latest Winooski Mindfulness sessions (wsdvt.org/winooski-mindfulness/). If you are ready for some guided mindfulness, I recommend searching for "Calm" on YouTube.



And don't forget to stay hydrated! Keep a water bottle filled near your work space so you can sip as you work. Having optimal levels of fluid in your body will help it remove toxins and feed cells the nutrients needed to stay healthy.

While all of these tips are basic guidelines for staying healthy during the COVID-19 quarantine and beyond, it is also okay to give yourself a break. You don't have to reinvent yourself or take advantage of this "extra time" at home to launch a self-improvement project. Getting by, one day at a time, is enough. Be kind, patient and gentle with yourself and with others - the foundation of staying well while at home.

ANNOUNCEMENTS

WMHS Parent Engagement Meetings Postponed

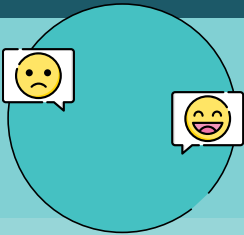
Due to the COVID-19 pandemic, parent forums will not be taking place, as outlined in last month's newsletter. Please connect with your liaison or principals at 655-6410 if you have any issues you need to discuss. We continue to value the importance of connecting with families as often we can, but will need to find new ways to do so, given the social distancing measures that need to be taken until further notice..

New American Safety Festival Cancelled

The free event scheduled for Sunday May 17 has been cancelled for now. It will be rescheduled at a later date.



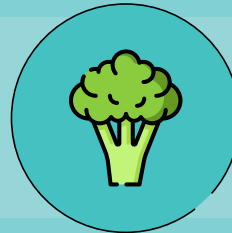
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

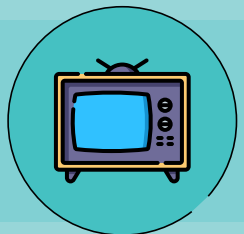
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

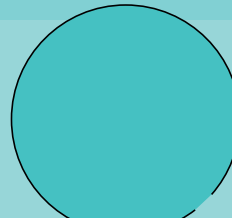
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Foster Parents Needed

By Kristy Haapala, Recruitment and Retention Specialist

Are you ready to celebrate his first ever birthday party? Can you help a teen discover her growing independence in healthy ways? Do you and your family have a lot of patience, determination, and most of all, an abundance of love to share?

BECOME A FOSTER PARENT!
The Family Services Division of the Department for Children and Families may be looking for someone just like you to provide foster care for a child. Could you offer a safe, stable, loving home for an infant, toddler, siblings, child with special needs, school-age child, teen? Can you set age-appropriate expectations and boundaries? Are you patient, kind, and resilient to the demands a child may place on you? Are you able to navigate through the many demands that being a foster parent will create in your life? If so, we would love to hear from you. Foster parenting can be challenging but it also provides one of the richest rewards you'll ever experience.

For information call (802) 863-7370

Ask to speak with our Recruitment and Retention Specialist or the Resource Coordinator. White Cap Business Park, 426 Industrial Ave. Ste. 140, Williston, Vermont 05495

Interview with JFK Elementary Student During COVID-19 School Dismissal

By Emily Hecker, Communications and Development Director

Do you know why everyone is being asked to stay home?

We are home because there is a bad virus called Coronavirus and it is really dangerous and we have to be careful because it can do something really bad to all of us.



What have you been doing since you've been home?

We have made a game up outside throwing blocks to knock down giant cubes. When you knock it down you get points and the other team has to knock down your cubes. I was on a team with my dad, against my brother and stepmom, and I didn't win either time.

How have you been learning at home?

We are doing writing and reading. We find books at our house that we like to read and I've been using the writing prompts my teachers have sent me. My favorite prompt was about what I want my birthday party to be like. I wrote that I want to have a H2O slide in my backyard and have cauliflower chips. I will get out my blue tent and we will have lemonade

and bundt cake with strawberry frosting. I made that cake a few weeks ago. I like to bake! I can also make peanut butter and jelly sandwiches all by myself.

What is your favorite part of having school at home?

That I get to have my own space and play with stuff that I like to play with at home. I have all my stuff around like my toys and my room and I get to use those whenever I want.

What is your least favorite thing?

I don't get to see my friends and I miss them. I miss them because they are funny and I like spending time with them.

What do you miss the most about school?

I miss the structure and how everything is put together. And the teachers. I really miss the teachers.

What are your tips for other students doing "school at home"?

We have been making it fun. In the middle of the day we mix it up. We made



WINOOSKI SCHOOLS
We are the future.

a fort in the living room and then we did our school work inside.

We also talk long walks a lot - I just took a 20 minute walk. We also play games like Keep Away and Tag and Monkey in the Middle. I liked having my Zoom class. I saw my teacher and friends. We did stuff like we do in school. Reading is good to have fun. Right now I'm reading a good book called Stick Dog (by Tom Watson). It's weird and the characters are really funny!

Most people alive today haven't experienced anything like this pandemic. What do you want to tell kids in the future about what it was like to be a kid today?

We have to wear a face mask everywhere we go. And you can't touch anything, pretty much. We didn't have school for months. School is almost never closed because usually if kids get sick they stay home but school doesn't close. It sounds like a big deal because there is a sickness so bad it made schools close.

Zinnia Pregger is a 2nd grade student at JFK Elementary.

Business Department Announcements

By Courtney Poquette, Business Teacher

The Most Important Class You Never Had

The April 16th screening of *The Most Important Class You Never Had*, featuring Winooski High School Students was cancelled because of the COVID-19 pandemic. But it's available online! We would welcome you to view this informative documentary at your own convenience by visiting <https://www.ngpf.org/mostimportantclassfilm/>

We were one of a few schools in the country, selected to be featured in this film and I think you will find that our students are impressive and articulate about the need for more financial education.

Winooski Hamilton Trip Raffle Update

The Hamilton Trip Raffle (as well as our trip) have been postponed too, but will happen at a later date. If you

purchased tickets from a student or have questions about the raffle, please contact Business Teacher, Courtney Poquette at cpoquette@wsdvt.org

We were excited by the amount of community support and hope that we can continue this raffle when we return to school. Any tickets purchased will still be in the drawing for great prizes. Thank you!

A Day in the Life of a WHS Student During COVID-19 School Closure

By Hussein Amuri

“Can this get any worse?!” Those were the first words to exit my mouth when I first received the news that due to the Coronavirus (COVID-19) pandemic, school was dismissed for the rest of the year. Due to this order from Governor Phil Scott, the Vermont Principal Association (VPA) was forced to cancel all spring sports, something that deeply devastated my heart even more. I participate in our school Track & Field program, and this year I had already begun training for the season. But the cancellation of all springtime sports took away my motivation to train and put me in what I call an “athletic blip”.



But life under quarantine as a student has been progressing well. The fact that the school district staff team has been serving the community in any way they can, has put my family and I at ease. From the food distribution that has been taking place, to the weekly phone call I receive from my Advisory teacher, and even the communication about what is happening around the state has been extremely beneficial. But life under quarantine as a student during this COVID-19 school closure has been very work demanding. As of this semester, I was enrolled in 7 classes, and weekly, I receive work from all of them, with a due date Friday. In my Civil War: Socratic Seminar class I’m learning about Union and Confederates soldiers who took part in the American Civil War. In Biology class I’m studying the virus of COVID-19, diving deep into its history and structure. In my Government Critical Thinking Capstone (GCTC) class I’m writing a 10-page paper on Education Inequity.

All this work has created a schedule that I’m not quite used to, but enjoy. Every day I wake up around 10:30 A.M., where I spend over an hour taking care of myself and checking in with my family. At 11:30 A.M I enter my room where I prepare for a 12:00 P.M Zoom class that’s usually my Biology or my GCTC class. I usually have these classes only on Tuesday, Wednesday, and Thursday. After an hour of virtual learning, I directly enter my Remote Learning Checklist

Google Doc where I have my weekly school work posted. Here, I decide what work I want to complete and I work on it until 3:15 P.M with a few breaks in between. After working for that time I’m normally mentally drained, which leads me to either go out for a run or just play video games on my phone. At 5:00 PM I enter Khan Academy and take my Princeton Review SAT book for some studying. About two hours later I usually just start “binge-watching” Netflix shows and eat dinner at the same time. I continue this until 10:00 P.M. Then I clean the house. At 11:00 P.M I’m usually ready for bed, and here I pick up my Catching Fire book and read it for two hours. After that, I’m wide awake, but ready to go to sleep.

It is no doubt that there are many negative outcomes coming from this pandemic. But although that’s a fact, I’m personally experiencing quite a few silver linings. The first, and the most important to me currently, is that I’m able to devote a huge chunk of time to studying for the SAT (standardized test widely used for college admissions in the US). As a Junior in high school, I was scheduled to take this college test on May 2nd, but due to COVID-19, the date was moved to the first week of June, depending on the situation. As a student, this is one major step before I apply for colleges in my senior year, and I want to make it count. Second, I’m getting more sleep

time, and it feels great to just sleep when my body tells me to and not follow the school-recommended time. Lastly, it’s easier for me to now receive office hours with my teacher, where the majority of our meetings we just spent time checking in and looking on the bright side of this pandemic.

Hussein Amuri is an 11th grade WHS student. He is an award-winning writer and athlete. His family immigrated to Vermont five years ago from Tanzania, a country in East Africa. His experience as a newcomer in Vermont inspired Hussein to become involved in politics. He sits on the Winooski City Charter Commission. His hobbies include reading books, watching anime, playing mobile games, having fun with his little brother, as well as running. He hearts Winooski because he feels welcome in a community with people from all around the globe that knows no boundaries when it comes to celebrating its diversity.

WHS Business Student of the Month

By Courtney Poquette,
Business Teacher

Please join me in congratulating Lucy Surma for both the Business Student of the Month and for being recognized



as Personal Finance Student of the Year! With the second recognition, Lucy received a \$500 college scholarship from NextGen Personal Finance. This semester Lucy had an open block in her schedule and opted to spend it helping students in Personal Finance. She showed up each morning, ready to help and answer questions. Her work continues as we switch to virtual learning. Thank you Lucy for being an advocate for Personal Finance Education.

Student Poetry

By Amy Sherrer

The Mushrooms is a poem by Norah Heikel in response to a seven-minute writing prompt given in week two of remote learning.

A Look Into Perfect was written by Alexis Blend at the first remote ThriWri meeting, a long-standing after school writing club. The form the club followed on Thursday, deemed a "Not" poem, was created by Holly Ray Sherrer to inspire an idealistic self-portrait.



The Mushrooms

The two mushrooms stand there
Feeling the wind without a care
With yellow golden tops, soft and fair
Hidden in the moss
Away from all the pain
The two mushrooms sit in vane

If only one, would this be the same
Whoever made them, whoever came
The mushrooms of golden tops
Sitting silently, they never stop
For they are the two, they are the one
Peacefully in the autumn sun

And so they lay after being slayed
Their lives stolen, crunched and gone
No one will hear their silent song
Goodbye golden tops and stems of white
Your lives have flown away like a kite
Stolen by the ever greedy foot

A Look Into Perfect

We

Know what's happening in our world
Know how to solve it
Know how to prevent it

We

Are full of knowledge
Know when the world will return

We

Don't know in the back of our heads
That things like child abuse will get worse
during this time
Don't know
That nothing good will come out of being
stuck at home

We

Can and do listen to the people who
know most
Accept all types of people for who they
are

We

Are all okay
Don't have problems sometimes
Spend our in money good ways
Always make the right decisions

We

Are all good people
Don't do drugs
Don't second guess our children

We

Live in a world where everything is right
Are perfect and always will be
We are real
We
Can live with ourselves always

We

Will live with ourselves always

A. Blend 2020

April Artists of the Month

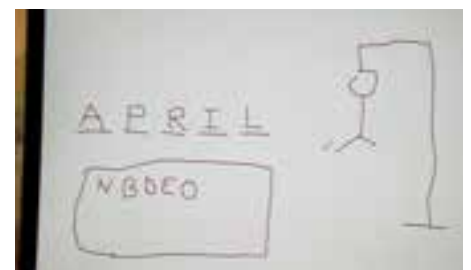
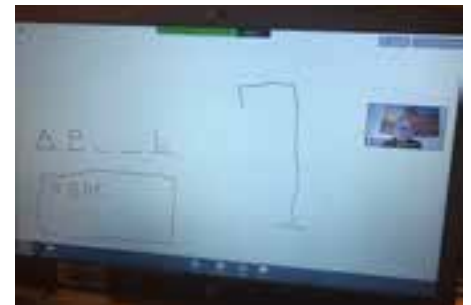
By Jessica Bruce, Visual Arts Teacher



Please join me in congratulating the Winooski High School Artists of the Month for April ... **Ehka Luu** and **Sara Schmoll**.

Both of these lovely ladies are enrolled in Painting class, and have continued to create beautiful works of art while remote learning and working at home.

Ehka Luu and Sara are always very enthusiastic to be in the art room, often creating additional artworks based on their interests and have recognized using the arts as a way of personal therapy and/or mental calming time at home. Great jobs, ladies. We miss seeing you at school!



At a recent MS ELL afterschool class offered by 21C, Ms. Skaflestad played hangman with a student. It's a fun way to learn new words!

A Lot Can Happen in a Year: The Winooski Hang-Out / The Library Welcomes You

by Nancy Keller and Sandra Lynch

It was the middle of April in 2019 when Winooski Middle and High School students found out that their grant for an afterschool program, The Winooski Hang-Out, was awarded. Eric Buker, Thera Neilson, Alia Ross and Savion Thibou, submitted a proposal to the Vermont Youth Council for a Youth4Youth Grant to fund a school-based drop-in center for Winooski's middle and high school students. These students had noticed that if an athlete had basketball practice at 4pm, for example, there were limited options for them after school and, oftentimes, it meant that they would have to leave campus only to return an hour later. To fill this void, Eric, Thera, Alia and Savion wanted to create a flexible and supportive place after school so that students could "hang-out" until their sports practice began or until they could get a ride home.

It is now the middle of April in 2020 and we are celebrating the success of the first year of this program. Sandra Lynch, WMHS teacher and afterschool staff member, oversaw the Winooski Hang-Out/The Library Welcomes You and recently reflected upon its growth into a thriving place for students. She writes:

"Our first-takers were the middle-school girls soccer team. They came in on soccer days, and populated the space with their excitement to have a chance to make their own after-school environment. They stayed together as a bunch, chatting, doing homework, reading, snacking, working as a team to set the pace, and essentially initialized the program!

Quite unintentionally probably, they modeled the trend and behaviors we hoped others would follow. A few high-schoolers also populated the space, these were the more purpose-driven serious type, utilizing the space for career-meetings, private homework, clubs, and more.

As the soccer season receded, we found the robotics group with Mr. Thierry taking over the library space on Wednesdays and Thursdays, as they prepared for their upcoming competition. This group was also a high-energy, highly motivated, bunch of mostly middle school boys (boisterous at times), and they kept the momentum up throughout the school year! There was hardly ever a dull moment. Even when there was no robotics class, during the week, they were ever present at the library computers, competing in online games.

Toward the end of the fall semester,

we had the boys and girls basketball teams stopping by. Although most of this may be just trying to escape from falling outside temperatures, some students took advantage of tutoring help from members of staff, including Ms. Keller, Ms. Maeve, myself, and other guest tutors.

Some students who came brought their younger siblings out of necessity. These younger siblings also enjoyed watching the progress of the robotic project, time with friends, and using the computers.

We also had programs initiated by the City of Winooski, Anime in the earlier days, and career exploration later on, with Ms. Claudia Brown.

I conclude that overall the experience and project was a success! It was not unusual to have over 20 kids using the after-school library space at anytime, and once or twice we actually peaked over 40 users. The goals of the project were achieved, and the prime purpose of the space seems to have been accomplished-- to provide the students with an afterschool space for them to pursue their own personal interests or hobbies."

A lot can happen in a year.

Zooming with Kung Fu

By Nancy Keller

It is Thursday afternoon at 3:00pm and middle school student, Albina Rai, sets up her computer on the edge of her table in her home, clicks on the Zoom link, and is welcomed into a virtual Kung Fu class, taught by Dave McNally, a Winooski High School biology teacher and accomplished martial artist. Kung Fu is one of five online programs now offered to middle and high school students through the 21C afterschool programs.

"It sounded fun and I wanted to learn Kung Fu," Albina answered when asked why she signed up for the class. "This is my first time. I have done dance before



but not Kung Fu," she explained, "and I love it."

Even after just one class, Albina reported that she has already learned a lot and gets a good work out. "We start by bowing, and doing some exercises to warm up.

After exercises, we do horse stances, bow and arrow stances, and punches. We also learn how to make a fist properly. A horse stance is important," the future martial artist enthusiastically added, "because you need to have balance and, along with the bow and arrow stance, it gives you steady legs so you can punch."

"You should join, too," Albina encouraged, "because you can learn

something new and you can get better balance—especially if you play a lot of hopscotch like I do."

Are you interested in Kung Fu or any of the other 21C afterschool programs (High School Core Support in Technology or Mathematics, MS Writing Club, Tutoring, and MS ELL class)? Please email 21C Director, Suzanne Skaflestad, at sskaflestad@wsdvt.org, if you would like to attend one of these classes.





COMMUNITY NEWS

Municipal Update May 2020

By Paul Sarne, Communications Coordinator



In response to the Governor’s State of Emergency issued on March 13, 2020 and his “Stay Home Stay Safe” order, and in the interest of ensuring the public’s health, the City of Winooski has taken several steps. We have closed and stopped services. We have increased our communications and outreach efforts. And we have worked with our partners to assemble resources for our resident and business community. We want to share some of those with you today but please note, this is a rapidly changing situation. We are doing our best to keep all informed and the information provided herein may soon change.

For the most up-to-date information, please visit us at winooskivt.gov/covid-19 and catch our regular updates on Front Porch Forum and Facebook. For our neighbors that may not have access to the internet, we are recording messages at 655-3908 with updates.

The reality is that COVID-19 is present in our community. While this is scary for all, we need to take our individual roles in protecting each other’s health very seriously. It’s also a time to reach out to friends, family, and neighbors and connect remotely or from a distance. We are a city of strivers and we will use the opportunity of this crisis to come out better together!

Municipal Services During COVID-19



As we continued to watch the guidance provided by the State and Federal government, we continued to adjust and limit in

person services. During this time and moving forward, please know that all essential services will continue. We continue to provide Fire and Police

Services. If you need us, we will be there. We are also maintaining staffing to ensure our infrastructure (water, sewer, roads, and sidewalks) are fully operational and safe.

Here is a list of our other service changes:

- All City Buildings are closed to the public. There is minimal staffing in the office and those who can, are working from home. The City Clerk’s office is by appointment only for emergency needs. We encourage the public to use on-line services and to please make water and tax payments on schedule if you can.
- To meet downtown business needs, on-street parking enforcement is waived. Enforcement in the garage continues.
- All Policy Advisory Commissions (Charter, Housing, Finance, Municipal Infrastructure, and Safe Healthy Connected People) meetings are currently canceled.
- City Council meetings are held on schedule; however, a teleconferencing option will be made available to the Council, Staff, and community who would prefer to participate from home.
- Code Enforcement Residential and Commercial Inspections are suspended all non-essential inspections for the foreseeable future. Housing complaints will continue to

be processed.

- The deadline for dog license renewals was April 1, however, no penalty for late payment will be charged. As a reminder, you can request this license online if you have a current rabies certificate for your pet and we will mail the license to you.
- All disconnections due to utility non-payments are canceled for the quarter.
- Winooski Memorial Library – While the building is closed to the public, we are providing curbside or home delivery services. To request items, please call 802 655 6424 or email the Library: winooskilibrary@winooskivt.gov
- We are moving as much as possible to remote submittals for Building and Zoning permits and are maintaining our statutory requirements so we are strong coming out of this pandemic.
- Meals on Wheels is continuing to deliver meals, and we are seeing growth in the number of residents seeking support through this program. If residents are interested in this service they can contact the Age Well Vermont Helpline at 1-800-642-5119 or visit www.agewellvt.org/services/meals-on-wheels-community-meals
- The Senior Center staff will be in the office to receive phone calls in the event people are needing someone to

Your City Officials	Email addresses	Telephone
Mayor Kristine Lott	klott@winooskivt.gov	802-766-1988
Councilor Hal Colston	hcolston@winooskivt.gov	802-922-2908
Councilor James Duncan	jduncan@winooskivt.gov	802-310-7103
Councilor Amy Lafayette	alafayette@winooskivt.gov	802-598-7704
Councilor Mike Myers	mmyers@winooskivt.gov	802-355-5348
City Manager Jessie Baker	jbaker@winooskivt.gov	802-655-6410

Visit the city website at winooskivt.gov or call 802-655-6410.

Keep up to date with announcements and news:

LIKE US ON FACEBOOK We are “City of Winooski - Government”
 FOLLOW US ON TWITTER We are @winooskivt

speak to. They will be there Tuesday and Thursdays from 10am - 2pm and can be reached at 655-6425, or anytime by email at seniorcenter@winooski.vt.gov.

- On March 25th construction work was suspended on the pool project per the State's requirement. We are working with the contractors to determine the scheduling impacts given that they are currently not able to work. It is likely that the opening will be pushed into the middle of summer if not next season.
- Public Parks – The City has closed the following Public Parks effective 4/7/20 until further notice:
 - » Landry Park Skate Park
 - » Landry Park Playground Structure and swing sets
 - » Landry Park Tennis courts (nets will not be installed at this time)
 - » O'Brien Center basketball court
 - » West Allen Park swing sets
 - » West Allen Park basketball court
 - » West Allen Park Dog Park

Additionally, the playgrounds at the Winooski School District and Saint Francis Xavier School have been closed to the public until further notice.

Community and Neighbor Resources



The City is posting all municipal and community resources here: winooski.vt.gov/covid-19. On this site, you'll find many links and

resources organized by topic, including:

- Businesses and Employees
- Families and Childcare
- Federal/State/Local Support
- Food Security
- Health and Safety
- Multilingual/Translation
- Seniors & Older Vermonters
- Volunteering
- Winooski School District

Updates can also be obtained by calling our automated phone line: 802-655-3908. Seniors and older Vermonters can call our dedicated support line: Tuesdays & Thursdays: 10am - 2pm / 802-655-6425 / Voice Mail 24/7

Our Community Services Department has provided remote resources for community members during this difficult time. They include everything from

health and safety resources to education and entertainment offerings. We've got a little something for everyone, organized by department:

- Children and Family Programs
- Recreation and Parks
- Senior Programs
- Winooski Memorial Library

To view our remote resources, visit winooski.vt.gov/remoteresources

We also encourage you to go to the Vermont Department of Health for regular state-wide and data drives updates and resources: www.healthvermont.gov/covid-19

Winooski Business Resources



We are proud and grateful to our business community in Winooski for taking good care of their customers and employees

during this challenging time. Please continue to support our small business community if you are able! Downtown Winooski has created a "support Winooski businesses page" where you can find out how to help and support our business community: downtownwinooski.org/support-winooski-businesses-during-covid-19

Business owners can also access their Winooski Business Portal for an extensive list of resources for businesses: downtownwinooski.org/covid-19-winooski-business-portal

In response to the profound impacts of the COVID-19 pandemic on the Winooski business community, the City of Winooski has adapted the Winooski Small Business Loan (WSBL) Program to provide businesses with emergency loans to assist them in bridging this difficult time. The new Tier 4 COVID-19 Relief Loan through the Winooski Small Business Loan Program offers businesses a 0% interest rate for the first 24 months of the loan term through a City interest rate buy-down and defers the principal payments for the first four months of the loan. This proposed loan structure will allow businesses leeway while they remain under mandatory closure orders and is serviced by Opportunities Credit Union.

To learn more about this program and to apply, visit winooski.vt.gov/332/Small-Business-Loan-Program



April 9, 2020 – Update from Mayor Kristine Lott

Hello neighbors. I hope this message finds you well, especially during this difficult time.

I'm pleased to share an update on our local relief efforts from our April 6th City Council meeting. We spent most of our meeting discussing the City's response to COVID-19 and considered policy actions we can take locally to provide some relief to supplement State and Federal programs.

We are aware that the Governor's "Stay Home, Stay Safe" order creates a significant loss of income for many residents and businesses that will likely extend beyond the state of emergency. The Council's goal is to be flexible with your municipal payments and offer a grace period for those who need it. Given that the City continues to operate essential public safety and infrastructure services, we encourage those who can make their payments on schedule to do so. We believe there is enough cash on hand to manage cash flow for the next couple of months but permanently lost revenue and delayed payments could cause long-term challenges to municipal operations and our goals as a community.

The City already suspended utility disconnections for non-payment of water and sewer bills for this quarter. To further support our residents and businesses who have a short-term inability to pay, we aim to pass an emergency ordinance during our next City Council meeting on April 20th that accomplishes relief efforts within our local control. The ordinance under consideration, will:

- delay water and sewer bill due dates from May 15 to June 15
- eliminate the penalty and interest

payments on late water and sewer payments through June 30

- eliminate the penalty for late property tax payments between May 15 and June 30
- suspend Tax Sale processes for the duration of FY20 and FY21 (through June 30, 2021) for those impacted by COVID-19

We hope these potential changes provide some relief for residents and businesses that are struggling financially. We will consider further measures should the stay home order be extended. We also took action to revise the Small Business Loan Program to support local businesses with immediate cash flow needs as they wait for Federal funding to come in. Additionally, we passed a resolution outlining the support we'd like to see from the State and Federal government. The resolution will be shared with our legislative representatives to advocate for more support to individuals and small businesses and to ensure that support extends beyond the official state

of emergency. To view all of the materials from this meeting, visit our agenda center online: winooski.vt.gov/agendacenter

We are also thinking about how our upcoming projects will be impacted. Under the current "Stay Home, Stay Safe" order, construction on the Myers Memorial Pool has been postponed, making the Pool's opening delayed until later this summer. It will be easier to announce the official opening date once construction has commenced. Other projects such as Main Street, the new parking garage, and the work of our policy commissions are also being considered. More to come on these items.

In the meantime, we will continue to monitor this crisis. We are dedicated to ensuring that our residents and businesses get connected to the local/state/federal resources they need. Myself, your City Councilors, and city staff remain in regular contact with Winooski's organizations and community leaders - please do not hesitate to reach out with any concerns: klott@winooski.vt.gov

Volunteer Opportunities



Many community members have inquired about volunteering during this difficult time and are interested in helping their neighbors. For the time being, the City of Winooski has postponed all current volunteer opportunities and activities to focus our attention on COVID-19 related requests. Our top priority is the health and wellbeing of our staff, volunteers, and residents while following the state-wide goals of minimizing transmission and promoting social distancing. To learn more and apply, visit winooski.vt.gov/volunteer.

Governor Phil Scott is calling all Vermonters into service with the launch of a new website allowing people to sign up for volunteer assistance to support the state's response to COVID-19. To learn more, visit vermont.gov/volunteer.

Legislative Update

By Representative Hal Colston, Chittenden 6-7

The Vermont Legislature has entered into new and historical territory as all of us have, due to COVID-19. Our last session on the House floor was March 25, 2020 when we met in a special session for about 15 minutes to pass emergency COVID-19 legislation. This was done honoring physical distancing for nearly 100 members.

Since then House Committees have been meeting virtually via Zoom to take up bills that will have an impact on mitigating COVID-19. My Government Operations Committee has been meeting regularly reviewing bills that will provide assistance and resources to Vermonters during this pandemic crisis. All committee meetings can be viewed via YouTube with a 20 second delay. You can access meetings through a link on the committee's webpage at www.legislature.vermont.gov. Our next step is to be trained so that the entire House can meet virtually as one body as if on the floor to introduce, debate and pass bills.

I can't stress enough how



important it is to heed the recommendations of our elected officials and healthcare leaders to stay safe during this pandemic. All of us have a part to play to stop the spread of the virus so we can get back on the path to a normal life. I know these are very difficult times for many in our Winooski community and I want to assure you that the State of Vermont is doing all it can do to get all of us safely through this crisis.

Please contact me with any concerns or questions you might have with regards to the COVID-19 response. In the legislature a member has been appointed to communicate legislators' concerns to the Governor's office. You can contact me at hcolston@leg.state.vt.us or call my cell at 802-922-2908.

Stay safe as we come through this crisis together. It has been my honor to serve you!

Coping with COVID-19

By Karen Prosciak, Psy.D., Senior Donor Relations Director at Howard Center

Experts say that the psychological toll of a pandemic can be substantial, even for people with no prior mental health concerns. There are things that you can do now to lessen the stress and anxiety that you may be feeling: take care of yourself physically; control what you can; establish balanced routines that include virtual social time and self-care; and reach out for help when you need it.

Information and directives are continually evolving so check in with resources often, but be mindful to take a break to focus on other topics. Remember, more is not always better. Our website, www.howardcenter.org offers a wide range of useful links.

As hard as it may be sometimes, focus

on the day to day and not on what is to come. Be assured that you are being proactive and these efforts are valuable and worthwhile. You will most likely have more time for exercise, yoga, meditation, art projects, taking a leisurely bath or whatever relaxes you, so make a point of indulging. Perhaps make a schedule that includes work (if working from home); scheduled breaks; projects that you never seem to get to; and don't forget a time for fun and recreation on your own, virtually, or with those you share your space with.

Finally, remember that things like social distancing, telecommuting, and school closures are about containment and slowing the spread of the virus.

Be patient as these are preventative



measures to keep all of us safe and protected.

If you are experiencing heightened anxiety, Howard Center's Access and Intake Main Number, 802-488-6000, is available M-F 8 am – 6 pm. Our staff will offer support and connect you with services.

Also, our First Call for Chittenden County crisis hotline, 802-488-7777, is available 24/7/365. www.howardcenter.org. Help is here.

Our Lady of Providence Residential Care Facility Builds Community in Midst of COVID-19 Pandemic

Text and photos by Gail Callahan, Communications Manager

While the COVID-19 pandemic has impacted daily life, Our Lady of Providence (OLOP) recognized the need for keeping the strong bond between residents, families and staff vital and alive.

As a result, staff implemented a host of new programming.

Intent on keeping residents and staff healthy, the facility stopped in-person visits and activities in mid-March. In its place, OLOP Life Enrichment Director Kristie Daigneault developed a series of Zoom conference calls. Families of residents sign up for 30-minute slots—one in the morning, the other in the afternoon.

Openings are available three days during the week.

Also, Daigneault contacted volunteers, recruiting them for a "Phone A Friend" program. Its design allowed volunteers to remain connected, Daigneault said.

Kicking off after Easter, the community-wide voluntary program matches residents with volunteers. A resident can ask to be removed from the list.

"Our team of volunteers will be calling resident friends to check in, listen and offer positive support during this time of uncertainty and social distancing."

Also, the facility has a "Community Communication Wall" in the foyer. Messages from Catholic school students, residents' families and a former OLOP staffer adorn the trellis.



The Community Communication Wall adorned with supportive messages to OLOP residents.



The Hershey family of Colchester celebrate St. Patrick's Day with OLOP residents. Kris Koehne is OLOP resident Jean Koehne's daughter.



The Hershey family of Colchester celebrate St. Patrick's Day with OLOP residents. Kris Koehne's mother, Jean Koehne is an OLOP resident.

Winooski Food Shelf Schedule for May

By Linda Howe, Winooski Food Shelf Coordinator

The COVID-19 pandemic has drastically altered the operation of the Winooski Food Shelf. We can no longer hold the food shelf inside, so we have taken it outside. The Winooski Public Works Department has kindly roped off a few parking spaces in front of the Methodist Church. We have to bring the tables and food outside. We are packaging food up ahead of time since we can no longer give individual tours of the pantry to our clients. In addition, our client

base doubled over night! We now see 90 families each time we are open. Many of our neighbors are now out of work and need our help. Another wrinkle is that we used to bulk order food from local businesses; that is no longer possible since supplies have been depleted. We are relying on the Vermont Foodbank and the kindness of donors to keep food available.

The local supermarkets are helping us to provide food by giving us fresh food during the week. This helps provide

bread, deli meats, and fresh produce. We hope to be open each Saturday morning during this challenging time to provide fresh food. Please check our Facebook page to confirm our Saturday schedule. Any client that is ill or has an ill household member, should contact us ahead of time at 655-7371 so that together we can figure out a way to get food to the home.

Saturday, May 2nd	9:30am to 11:00am	<i>Check on Facebook to confirm</i>
Saturday, May 9th	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, May 13th	1:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, May 16th	9:30am to 11:00am	<i>Check on Facebook to confirm</i>
Saturday, May 23rd	9:30am to 11:00am	Fresh fruit, veggies, bread, deli items
Wednesday, May 27th	1:00pm to 4:00pm	Pantry staples, meat, eggs
Saturday, May 30th	9:30am to 11:00am	<i>Check on Facebook to confirm</i>

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. We are 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 at 24 West Allen Street. 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 is currently closed. Please visit our other donation drop off locations: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340, or J & J's Corner Market, 12 Malletts Bay Ave., 654-8003. Thank you for caring about your neighbors!

Winooski Partnership for Prevention

By Kate Nugent, Executive Director

Staying Healthy and Connected

First, our hearts and prayers are with the community and all of the families and individuals who have been directly impacted by the Coronavirus. We wish you well and hope that you stay healthy, and if you get sick, that you know we are all rooting for you. Please reach out if there is anything we can do to help make this time easier for you. We are right here with you, struggling to figure out how to navigate this new environment.

In this moment, the importance of prevention seems to stand out as much as ever. We can see how everything we do as a community has an impact on the health of others. We are all part of this

work to build a foundation of health that can help us better withstand the challenges that come our way.

So, what's happening at the WPP while we are staying home and staying safe?

In the next month, be on the lookout for engaging content delivered to you (both adults and youth) over email and apps that should help inform and entertain.

We are still getting email, still answering the phone, but not necessarily as much, and still carrying on with a lot of our work, just in a different way.

In the near future, we plan to host a



virtual parent get-together.

Over the summer, we will have opportunities to volunteer and or intern with us, as well as much more.

To stay up to date with program updates and useful information, subscribe to our newsletter by sending Kate at katenugent@winooskiprevention.org an email with the subject line "subscribe". Hope to hear from you soon!

*If You Smoke or Vape – The new coronavirus attacks the lungs, making it harder for people who smoke or vape to fight off the virus. There has never been a better time to quit. Find resources at 802Quits.

HEALTH CORNER

The health office wants to make sure that you have the most up to date information on COVID-19 along with precautions to take, information on different types of masks and which ones are appropriate to you and finally some resources to help keep your kids entertained during this time.

How to Protect Yourself and Others

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public,** for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others.** The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Masks

When used correctly masks can help, but social distancing and handwashing are most effective.



N-95 masks—these masks should be reserved for healthcare workers.



Surgical masks: can be used if there is enough in stock for healthcare workers.



Homemade masks: Use with care and wash after every use.

Outdoor Activities

With parks and playgrounds currently closed, some have asked what else their kids can do for exercise. Here are some ideas:

- ride bikes/scooters and don't forget to wear a helmet!
- play catch with a sibling

- go for a walk/run (with adult permission)
- make your own obstacle course (with adult supervision)
- listen to your favorite music and dance
- use sidewalk chalk and make your own jumbo size board games like Chutes and Ladders

Finally, in case of a rainy day, Dr Andrea Green from UVM Primary Pediatrics has provided multiple links to nature-related activities for the kids to enjoy at home. From visits to zoos, to art museums and National Parks - check out our website at wsdvt.org for all the links!



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Stay Home, Stay Safe, Stay Creative!

By Emily Jacobs, Middle School Art Teacher

Here is artwork students have done remotely. Their assignment was to create a portrait of anyone they chose, adapting artistic qualities of portraits painted by historical artist Gustav Klimt. Students also reflected on and were inspired by the work of contemporary portrait artists Kehinde Wiley and Amy Sherald for this unit.

