



WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 9 PAGES OF **Community News!**
STARTING ON PAGE 11

FEBRUARY 2021

Celebrating Our Achievements!

Girl Scouts Step Up to the 2020 Challenge

By Amy Lothrop, Troop Leader

Our Girl Scout Troops overcame a challenging 2020. We did persevere and complete our Bronze and Silver Awards. Congratulations again to Amelia Slade, Bayley Hayes, Carmen Johnson and Izzie Soutiere on earning Bronze. Also to Amira Mohamed-Oussaid, Amoni Barratt-LeBlanc, Aundrea Nunez, Gabriella Lothrop-Penn, Logan Erwin, Olivia Johnson, Thera Nielson and Zoe Need on earning Silver. We also worked on community service projects as well as outdoor skills.

In September, we had gorgeous weather for picking apples at Chapin Orchard in Essex. We picked 300lbs of apples for donation to Feeding Chittenden. For more information on all the programs and community support that they provide, please check out their website at <https://feedingchittenden.org/> With the time remaining, the Senior Girl Scouts of Troop 30187 led the Daisies, Brownies, Juniors, Cadettes and Ambassadors in Girl Scout songs like Brownie Smile, Make New Friends, Donut Song and Princess Pat.

In September, the Daisy and Brownie Girl Scouts made pinwheels. The Senior



Girl Scouts of Troop 30187 added those to their pinwheels for an installation in the Winooski Rotary Park. Our pinwheels were up for the International Day of Peace on September 21st. According to their website, "This is not political. Peace doesn't necessarily have to be associated with the conflict of war, it can be related to violence/intolerance in our daily lives, to peace of mind. To each of us, peace can take on a different meaning, but, in the end, it all comes down to a simple definition: a state of calm and serenity, with no anxiety, the absence of violence, freedom from conflict or disagreement among people or groups of people." For more details go to www.pinwheelsforpeace.com



learned about how candidates get on the ballot, how to register to vote and how to vote. Ember Quinn and Emily Hecker, Democratic State Representative candidates from Milton came to share their experiences with becoming a candidate and how to advocate campaign platforms. We really appreciated their insights and generosity. On August 26, 2020, the 19th Amendment was ratified by the 36th state, Tennessee. We discussed how important the 19th amendment was for women but just as crucial was who it left behind. This is a topic that we will return to as part of the Girl Scout's Citizenship series.

We are Girl Scouts from Daisy to Ambassador level and open to all girls. If you are interested in joining our adventure, contact Amy Snow Lothrop via WinooskiTroops@gmail.com or 802-373-7288. Stay well."

In October, we were able to take full advantage of the continued warm weather. Troops 58806, 52013, 30948 & 30187 met to hike the Casavant Trail in Winooski. During the hike, we worked on tree identification and the importance of environmental stewardship. The girls were really enthusiastic to learn about trees and test their knowledge. We will be continuing with outdoor skills in the Spring as part of Girl Scout's Outdoor series.

In October, we met to learn about our responsibility to be civically engaged. While our luck with weather came to an end and despite the rain, we

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2021-22 Vision-Driven, Learner Investment

By Sean McMannon, Superintendent of Schools

The WSD Ends Statement above clearly states the high expectations we have for our students. This past November, December and January the WSD administration worked with the Board of School Trustees to tackle the challenging task of determining the proposed budgetary investment in our school for the upcoming year based on the WSD Ends Statement. Thanks to board members Mike Decarreau, Tori Cleiland, Alex Yin, Liz Edsell and Steven Berbeco for their student-centered and forward-thinking approach to budget development. Also, it was wonderful to have budget buddies Jean Szilva and Allison Burlock's insight.

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

The FY22 budget reflects a modest and essential investment of \$60K in our cultural liaisons to provide most of them with full-year compensation. We managed to limit our growth in expenses to 2.69% which is particularly impressive given the onset of debt service for our capital project. We worked very hard to procure financing for our capital project with USDA with an incredibly low interest rate of 2.25% which is a full 1.6% less than what we were modeling during the vote on the capital project. This is expected to save WSD taxpayers over \$10 million dollars over the life of the 30 year bond. Also, this budget maintains current programs and staffing levels, and includes funds to continue to support student transportation which will transport students who live over .75 miles away from our campus to and



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“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.”

from school each day for 80-90 days during the winter months.

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

Please join board members Mike Decarreau and Alex Yin on Wednesday, Feb 3rd at 6:15pm for a budget presentation. The link can be found at bit.ly/CCTVWinooski.

The WSD Annual Meeting will be Monday, March 1st at 7:30pm in the WSD Performing Arts Center or a link will be publicized if we are still required to present virtually due to COVID-19 precautions. For more information about our proposed investment in Winooski students for the 2021-22 school year go to bit.ly/WSDBudgetInfo

Voting is on March 2nd from 7am to 7pm at the Senior Center on Barlow Street, and early and absentee voting information can be found at bit.ly/WinooskiVote.

WSD's primary legislative priority will be the Vermont Pupil Weighting Factors Report (bit.ly/PupilWeighting) which could bring significantly more resources to Winooski and other school districts with economically-disadvantaged students and English Language Learners (ELLs). New Winooski Representative Taylor Small is co-sponsoring a bill to make education funding changes in light of the weighting study. Read more about the bill here: bit.ly/BillStatusH54.

Second, we will continue to advocate for school construction aid. Lastly, we will be pushing legislators to utilize expected federal financial support to offset the \$58 million Education Fund revenue shortfall which could contribute to significant tax increases across Vermont.

Thank you for working with WSD to benefit our students!

School Board Update

By Mike Decarreau, Board of School Trustees

As I sit here on Jan 9, I am looking back on the events of this past week with the storming of the Capitol being one of the most unconscionable events of my lifetime. The hate fomented from the top of our government and the actions (worse yet is the inaction) taken by his followers is inexcusable. To me, what is even worse were the actions of the policing unit on the scene. My anger is not only at the early inaction but more aimed at the difference in the responses between a Black Lives Matter protest several months earlier in Washington and this white supremacist led riot that entered the heart of our government, the Capitol building. 300 arrests during the Black Lives Matter protest and only 80 during this egregious event so far.

Turning inward, I am focusing on Winooski and the actions we are moving forward with in our community. The anti-racist activities we are undertaking in the schools and the community at large are a critical first step in making this the best community to live in across the country. It will not be easy work to unlearn years of behaviors and attitudes and relook at our environment through a different lens, that of full and total inclusion.

The events of this past week only make me work harder to look to the future for a more positive outcome, We have much to be looking forward to and some hard work to push through. In addition to the

important work on the many facets of our antiracism work we have some near term items to work through as well.

In our budget sessions this past month we have worked through many scenarios for funding the schools in this very difficult fiscal environment. State revenues are way down due to COVID-19 and the many closures and restrictions put in place to keep us safer. Funding for education is going to be a challenge this year as well. If we do not increase the budget at all and have all other variables the same the tax rate will increase 9 cents. Given that we have salaries and benefits a completely level budget is not possible if we are to maintain the programs we have in place now for our students. The Administration team (lead by Superintendent McMannon and Business Manager Nicole Mace) have pared down the needs with surgical precision to get us a spending increase to the budget that is just over 2.7% last year. Nicole has done some incredible digging to help us understand, in this difficult financial time, how we can work with our Capital Project financing to minimize the impact in this current year. With the very good rates we were able to secure on the USDA loan for the project and the amount put into the budget last year for the first planned payments she was able to work out a plan to incorporate the budget increases



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to support this important upgrade to our facilities over the course of 5 years not the original 3 from our first plan. This will allow us to keep our spending down. Education funding in Vermont is rooted in the Property tax. The funding formulas are complex but one component takes into account the selling price of houses in the city against the appraised value. This is an attempt to keep all towns on an equal footing in this formula. Our housing stock is selling very well against the appraised value and this has a negative effect on education tax. The net result is that we have a preliminary estimate for a tax increase at 12.8% with a large portion of the being the starting point set by the state mentioned above.

We will be holding budget information sessions soon to explain this in greater detail and look forward to your attendance to hear about the budget and answer questions you may have. Please check the school website and/or Front Porch Forum for details and we look forward to seeing you there.

With regard to COVID-19 please stay safe so we can all enjoy a new found freedom (and a few hugs!) as we exit this very difficult time hopefully late this summer.

WINOOSKI PUBLIC SCHOOLS www.wsdvt.org

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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.

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RESTORATIVE JUSTICE IN THE WINOOSKI SCHOOL DISTRICT

The Winooski Restorative Justice for Multicultural Youth Project, launched in 2020, is a collaboration between the Winooski School District, Spectrum Youth and Family Services, UP for Learning, and the City of Winooski with funding from the Vermont Department of Children and Families and an anonymous donor. This monthly column will highlight the Restorative Justice work happening across the district among different groups. For more information please visit our website at <https://tinyurl.com/antiracism-equity>.

Student Engagement on Restorative Justice for Communication Capstone

By Carly Ngo and Kayla Loving

Dah Ler Moo is currently a senior at Winooski High School. She chose to learn about Restorative Justice for her Communication Capstone project. The Communication Capstone is one of six WHS Graduation Expectations and comes in two parts - mini internship and capstone class. For mini-internships, students are matched with a mentor within the community who's a professional in a field in which the student wants to explore further. The project sets students up in a field they may possibly want to pursue by cultivating network opportunities and expanding communication skills.

Stephanie Hackett, the Community-Based Learning Coordinator, has been supporting Moo through her "mini-internship". She was thrilled to hear that Moo wanted to work with restorative justice and said, "I think the work Dah Ler Moo, students and staff are doing to continue to build positive approaches to our learning community is what Communication Capstone is all about." Stephanie also hopes Moo continues her learning beyond her project and building on her experience.

The Restorative Justice Coordinator, Kayla Loving, is serving as Moo's mentor for her Communication Capstone. Through Kayla's community and restorative justice connections in Vermont, Moo had the opportunity to interview Josh Meyer, Burlington School District's Restorative Practices Coordinator. Based on her interviews, Moo has noticed people in this particular field are great listeners. In the near future, Moo will be interviewing Lisa Bedinger, the Director of South Burlington's Community Justice Center, and Virginia Litchfield, Restorative City and Restorative Practice Integration Intern at the Burlington Community Justice Center.

Prior to joining the Youth-Adult Restorative Justice team, Moo had very little experience with restorative justice, however she desired to work closely with the community and within the health field. The RJ team is a group of students, staff, parents, and community members that are



working to engage all stakeholders in defining what it means to be a beloved school and community. The information gathered by the team will inform them on how they can establish a strong foundation for a restorative justice culture in the Winooski community. In addition, the Youth-Adult team will utilize the information to design, implement and communicate possible restorative justice opportunities to their community. Moo has enjoyed being on

the restorative justice team, she said, "I know Winooski is a small place, but I was surprised that I knew almost everyone on the team. It feels like a family." She appreciates how the team has emphasized values such as prioritizing relationship building and highlighting the strengths that each person brings to the team. Moo mentioned how one of the parents on the team, Arica Bronz, poses very insightful questions that help the team examine its purpose more deeply.

Andrew Wild, the Community-Based Learning Coach, has also been working closely with Moo as her pod teacher and a fellow member of the Youth-Adult team. Andrew has been supporting Moo in shaping and meeting the goals of her Capstone project. He hopes that it will be a meaningful experience for Moo. He described Moo as a "deep thinker" who is "wise beyond her years".

Moo explained how restorative justice is not just for the community, but also for the individual because it encourages us to learn about and care for ourselves. She continues on to say that it helps kids feel safe and comforted by acknowledging that their voice is heard and if they do something bad they will be helped rather than punished.

Although Moo doesn't necessarily want to work directly in the field of restorative justice, she noted that RJ can be used anywhere and stated, "It's a way of life." Moo believes that it

teaches us how to better communicate with one another and treat each other with compassion. Moo has ambitions to work in healthcare, more specially she plans on entering the OB/GYN or lab/pharmacy field.

Unfortunately, Moo's senior year has



been extremely tough and she's disappointed that COVID-19 has made such a huge impact on her last year of high school. It's been difficult for her not to be able to interact with others face-to-face. Therefore, she appreciates that restorative justice genuinely values interacting with others and truly getting to know who they are. A positive of this school year are the people that continue to make an effort to get to know one another, especially the teachers. Moo listed Anja Mosehauer (middle school science and advisory teacher) and Heidi McLaughlin (guidance counselor) as school staff that have made a significant impact on getting Moo to where she is now. Anja said Moo "is very dedicated to learning in general and will push herself to have as complete a picture of something as she can. I have been so impressed with her work ethic and her motivation to reach her goals. Even in middle school I noticed how she could be reflective and honest about herself in such a mature way." Heidi said, "Dah Ler Moo is a student who has taken advantage of every opportunity when presented to her. She is an active member of Upward Bound and challenged herself by attending the BTC Health Sciences Academy."

Moo plans to stay involved in the community and is proud to be from Winooski. When asked what her hopes for Winooski are, Moo said that she wants Winooski to see its strengths and feel proud of the community they've become. She said, "Winooski is one big family". Moo thinks restorative justice will greatly help the city. She spoke about how people outside of Winooski tend to look down on it because of its diversity. Many of the students in the school district don't speak English as their first language which reflects negatively on test scores, however this is not taken into account. She continues on to say how people in Winooski have been through a lot. It makes the community stronger and should be something that the community is proud of.

Free Animation Course for Winooski Students

By Jane Henderson, Grants Manager, Winooski Partnership for Prevention

Happy February and Black History Month, Winooski! We'll be working to become better informed this month on all of the ways that substance industries (such as alcohol, tobacco, and cannabis) target certain communities, such as African-Americans, in the hopes of encouraging addiction. To start, we learned a lot from the Menthol and Race in Vermont: Establishing Equity by Eliminating Flavored Tobacco webinar hosted by the Heart Association (you can listen to the recording here: <https://bit.ly/35CCXEI>). Tune into our social media accounts throughout the month for other resources. We hope that each of you are staying safe and healthy and that you are enjoying winter!



Student Animation Course to Begin February 17th

Art can be a powerful tool for advocacy and change. We'll be offering a free 3-class course for all WSD students starting Wednesday, February 17th, on how to create animations. This series is in partnership with Scout Digital Media, a local creative and video marketing agency, who will help to teach students how animations (such as movies) are created.

While learning the basics, students will also be given the opportunity to creatively direct a new animation on substance-use prevention in Winooski (which will be shared on our social media and with our prevention partners).

All classes will occur on Wednesday afternoons (after-school) and will take place virtually. Any materials needed for the course will be provided. If your student is interested in signing up, please email us to RSVP (jhenderson@winooskiprevention.org).

Tools for Young People to Quit Vaping

In our county, 24% of high school students are currently using tobacco products – with electronic vaping devices being the most common form of use (YRBS, 2019). We also know that many of young people who vape want to quit.

Nearly two-thirds – 62% – of young vapers say they are more interested in quitting vaping now compared to before the coronavirus pandemic (Truth Initiative).

If you're looking for resources to help a young person in your life quit or cut down on use, consider sharing the quitSTART app (free for download). This app helps prepare someone to become smoke-free and helps to monitor their progress, milestones, and successes. It also includes helpful tips, inspirations, and tools to create a Quit Kit. To share this free tool, scan the code pictured and it will open a webpage for download.



February Update: Building a Better School

By Danylo O'Hara-Whalen, ReArch Assistant Project Manager

Middle School Wing Updates:

- Roofing is nearing completion with interior wall framing going up very quickly!
- Rooftop mechanical units have been “picked” (crane lift) onto the roof and installed.
- Interior mechanical, plumbing, and electrical rough-in is ongoing. This process involves hanging/installing the main mechanical, electrical, and plumbing systems prior to inspection by state officials. Once inspected and approved, we are allowed to proceed with hanging drywall and other finishes that would cover up this work.
- Up next is completion of mechanical, electrical and plumbing systems before framing and drywall can be completed.
- Windows are being installed.



Elementary School Wing Updates:

- Roofing is ongoing.
- Rooftop mechanical units have been “picked” (crane lift) onto the roof and installed.
- Up next is installation of interior framing.
- New Gym Updates:
- Masons are almost done and will be moving to the MS addition.
- Interior mechanical, plumbing, and electrical rough-in is ongoing. This process involves hanging/installing the main mechanical, electrical, and plumbing systems prior to inspection by state officials. Once inspected and approved, we are allowed to proceed with hanging drywall and other finishes that would cover up this work.
- Rooftop mechanical units have been “picked” (crane lift) onto the roof and installed.
- Up next is completing mechanical, electrical and plumbing systems before framing can begin for temporary walls and classrooms.



General:

- Main feed (primary electrical service) has been pulled into the new electrical room. Electricians are working to make connections with the systems installed through summer and fall.
- Ground Loop Geothermal system is installed and plumbed up to the boiler room. It is ready for the next phase of construction, which includes tying it into the new heating system.
- Major push is to complete the additions in preparation for turn over to the school. We will continue to work on these areas while tying in utilities and preparing temporary spaces for staff and students.



All photos taken in January 2021

ANNOUNCEMENTS

2021 Town Meeting – City Council & School Board Deadlines

By Jessie Baker, Winooski City Manager

Interested in running for local office?

Those who wish to run for an open position on the City Council or School Board must fill out a consent form at the City Clerk's Office (27 West Allen Street). The deadline for filing a consent form is Monday, January 25, 2021, by 5pm. Our regular hours are M-F, 9am-3pm. Hours will be extended to 5pm on Monday, January 25. Please note, due to COVID-19, no public signatures are required this election.

Open Positions:

- Mayor, 3-year term
- City Councilor, 2-year term
- City Councilor, 2-year term
- Winooski School District Trustee, 3-year term
- Winooski School District Trustee, 2-year term
- Winooski School District Trustee, term to fill the unexpired term of a 3-year term that expires on March 2022

Questions regarding this process can be sent to Carol Barrett, City Clerk: 802 655 6410 / cbarrett@winooski.vt.gov.

Learn about the Candidates, Budgets, and Ballot Items

By Barrie Silver

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



This Town Meeting Day, on March 2nd, Winooski residents will vote on city and school budgets as well as fill school board and city council seats.

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

Learn more at www.CH17.TV

3Squares Vermont Helps Boost Your Grocery Budget



3SquaresVT, also known as SNAP, EBT or food stamps can help you buy the food you need. The application is easy and many people are eligible that don't know it. If you qualify for WIC you are most likely also eligible for 3Squares VT. Benefits are generally provided on a debit card (EBT) and are accepted at most grocery stores and many farmer's markets.

Everyone who is eligible is able to receive benefits from this federal program.

This program is put in place to support our community. Our whole state benefits when someone signs up. Every SNAP dollar that is spent puts \$1.50 back into our local economy.

If you want to learn more about 3SNP or 3SquaresVT, our friendly specialists are ready to answer your questions and, if you like, guide you through the application process. To reach us call 855-855-6186 (toll free), email 3SVT@vtfoodbank.org, text VFBSNAP to 85511 or visit our website at <https://www.vtfoodbank.org/nurture-people/3squaresvt>

Are You Running For Elected Office in March?

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

Please provide the following information by **February 10** for publication in the March issue of the District News. We intend to run this information to give Winooski voters a chance to get to know the candidates.

Please submit the following information to editor Anne Linton Elston at newsletter@wsdvt.org:

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

WMHS Home Basketball Will Hopefully Be Broadcast Live- Stay Tuned

By Jean Berthiaume, WMHS Co-Principal

Due to the pandemic, there will be no spectators at Winooski basketball games this season. While we were actively looking for a way to broadcast these games to the community, an unexpected opportunity arose.

Maura Sheridan is a substitute teacher in the middle school and, it turns out, a broadcaster! Maura usually works professionally as one of a growing number of women sports broadcasters. In fact, many might recognize her as the broadcaster for UVM Womens Basketball.

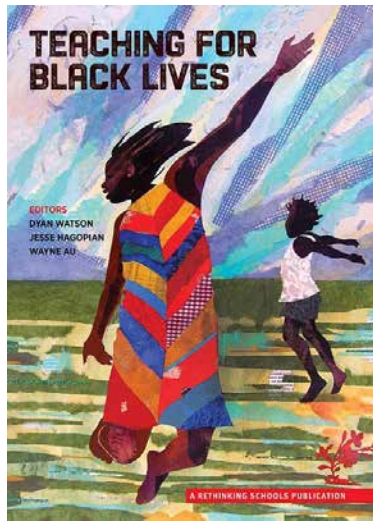
Maura is enthusiastically on board to mentor a few students as we look to broadcast varsity basketball games via Facebook Live and video record middle and high school games.

JFK Update — February

By Sara Raabe, Principal

The entire JFK staff has begun reading *Teaching for Black Lives* as school wide professional development. This book is one of the resources that Rethinking School, a nonprofit publisher and advocacy organization, has developed to facilitate social justice teaching and educational activism. The books and other materials they publish are designed to promote racial equality and justice in the public school setting.

Teaching For Black Lives is a book that grew directly out of the Black Lives Matter movement. The book is designed in short sections that are insightful, poignant, and



relevant for our school and community. The book provides critical perspectives on the role of public education in perpetuating systematic racism.

There are concrete, real life examples of what it looks like to be truly anti-racist in curriculum, teaching, and in public school policies. There are examples throughout the book of ways that school staff can connect curriculum to our students lives and experiences. There are bright, meaningful examples of student activism.

The intention behind



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reading this book as an entire school is directly connected to Winooski's commitment to becoming an anti-racist school district. We have been given a unique opportunity this school year, with Wednesdays being fully remote, of having all of the staff available to participate in this professional development. The entire staff meets twice a month, with reading of specific sections of the book in between meetings. At each meeting, small groups will use a protocol chosen to match the content of the reading to explore the ideas and content they read, intentionally challenge each other's thinking, and grow as a community to meet the needs of all of our students.

Middle Grades Writing

By Chris Magistrale, Team Journey Teacher

Middle grades students on Team Journey explored a variety of important cultural issues this fall during our "hybrid" school experience. Race, gender, sexuality, the pandemic and Election 2020 were covered in class instruction and class discussion.

Furthermore, a handful of students decided to submit their essays in the VT Bar Journal MLK Writing Contest, which closed on December 18.

In the next paragraphs, you will find an assortment of writings dedicated to the theme that, "In the end, we will remember not the words of our enemies but the silence of our friends."

As we wait for the results from the judges in Montpelier, we are comforted by the fact that all students walked away from the fall term with a greater appreciation for the challenges we face as an American society today, as well as empathy for how difficult it can be to work from home.

Unchanging Times

By Sam Galle

We gotta get comfortable with being uncomfortable. It's 2020, things aren't the same as they were in the 1800s. Women can vote, it's legal to marry the same sex, and slavery was abolished over 150 years ago. So, the date has changed, so why hasn't the American public?

As we all know, this has been a crazy year. There's a global pandemic for the first time in about a century, NBA legend Kobe Bryant and his daughter died along with others in a helicopter crash. Australia had many major wildfires, President Trump was impeached, and was just replaced by Joe Biden, and there was yet another Black Lives Matter protest because us white folk can't seem to get it together.

Prior to the murder of George Floyd, there were many protests and marches for Black Lives Matter, which were organized to speak out against police brutality. Now,

this isn't the first time a black person has been killed for simply being a person of different color and unfortunately, this probably won't be the last, but if we use our voice and speak up, we will help end this quicker.

Now, as a white person, I haven't experienced racial discrimination, but that doesn't mean I shouldn't speak out, or about it. Most times, people are racist or discriminate in the first place because they're uneducated. If we talk about this more, and teach people the rights and wrongs of speaking about race, we might have less racism. I know this is a touchy subject, but that's all the more reason to talk about it. Yeah, we'll say some things wrong, yeah, we might offend some people, but we'll learn from that and over time, we'll stop being silent and we'll all get more comfortable with being uncomfortable.

(continued on next page)

Getting Comfortable with the Uncomfortable

By Evangelina Gurung

In this generation of America, there are two positions one can take when it comes to being racist. You are either on the bystander side or the lead character to make change, meaning you are part of the change. Trying to understand and educate others and ourselves about racism is the key to connect to others that have been victims of discrimination. People don't tend to talk about race because they are afraid that they might say the wrong thing and offend the wrong people. But if we had educated ourselves then we wouldn't have this problem.

I know that racism isn't a comfortable topic, it's not easy to talk about but we need to embrace that uncomfortability because in that stage, there will be growth, true growth. By having an educational conversation on race, we can all grow together. When two parties come together and have a conversation and when they leave, they leave with something they learned.

We need to show empathy and compassion. I know that we wouldn't know the exact emotions of the victims of discrimination and racism because some of us have never been in their position but try to find the echoes of someone else in yourself. Talking about race isn't always about being right or wrong, it's about loving and learning about each other's differences and growing from them. We need to try "being comfortable with being uncomfortable." Now the question is, which side are you on, the bystander side or the lead character to change side?

#Metoo: A Movement Dr. King Would Have Been Proud to Endorse

By Norah Heikel

"In the end, we will remember not the words of our enemies but the silence of our friends." This quote states that when something is unfair, it is made worse by those who say nothing but who nonetheless see the unfairness. We can relate it to the #metoo movement and focus on how others can speak up instead of remaining silent. There were certainly people who knew of the problem yet still did not help with the solution.

For far too long, there have been those

who witness unfair pay, locker room talk and disrespect towards women in general, yet stay completely silent no matter whether they are male or female. It is now the 21st century and people can tell themselves that the misogyny of the world around them has changed, and yes we have evolved, but the evidence of the past still is here. We see it when people think it's ok to grab or demean a woman when we are already held back so often by the constraints of society. We saw this almost two years ago when Donald Trump appointed Brett Kavanaugh into the Supreme Court. He got his position in the highest court in the land, even though multiple women accused him of sexual assault. We see this all over the world and it makes it worse that men know it is happening, yet still remain to stand on the side.

Feminism does not mean women want to be superior or above men it just means that we want to be given the same respect and rights that men are privileged to every day. feminism has many challenges. There is the challenge to stand up for the #metoo movement, the challenge for rolling out equal pay, challenges against harassment and assault against women. The final challenge for both men and women is choosing to voice what's right instead of staying silent.

America: A Country Built by the Concept of Change

By Ayush Dhakal

This country was built by the concept of change, today each of us must all ask ourselves, are you willing to be a part of that change? Racial equality is an unpleasant and controversial topic, the average person won't be able to talk about it for more than 10 minutes. This may be because if you say something wrong or if people misinterpreted what you said, you could come off as the opposite of what you are trying to support. Because of this and many other reasons, people tend to avoid the topic of racism, but by avoiding this and not confronting racism you are turning a blind eye. Do you really want to be standing from the sidelines, watching the change happen?

Some choose not to talk about racism because they think that the discussion is over, I fear it is not. The Black Lives Matter movement should tell you that

racism in America hasn't ended. Many incidents have occurred over the years showing racism still exists. One example is George Floyd, he was an African American who died after a police officer refused to take his leg off of his neck. This started huge protests across the country, this completely restored the Black Lives Matter movement to the front of our daily news and American conversation.

In order to grow as humans we must face our fears, being comfortable about the uncomfortable. We must discuss these topics because this is real stuff happening in America, it's not some far away issue that we will never see in our lives. If we really want change, and a new start, we need everyone's voice, including yours.

We All Must Make A Choice

By Alexis Blend

In today's American society, discrimination is a part of every day life. Whether you consciously discriminate against people based on their race, sexuality, or their gender identity. Or you are someone who stands up to discriminators, you are forced to pick a side. If you are watching, you are staying silent and by staying silent, you are a part of the problem as well. Decide where you stand and begin to feel comfortable with being uncomfortable.

"In the end, we will remember not the words of our enemies but the silence of our friends." For me this quote references the bystanders that will always be remembered. Imagine you are trying to recall a fight you had in middle school, do you remember the words the opponent was saying, or do you remember how many people stood around and just watched, eyes wide, mouth open. Bystanders. If it were me, I would remember that instead of what the enemy said. I think that the silence of the people around us has to stop. Either we all stick up for our friends or we let it happen. We all must make a choice.

In conclusion, MLK taught us that not sticking up for others is the same as being silent. This silence will only lead to more and more discrimination if we allow it to persist. This is not in any of our best interest. We want to build an America that is a safe home for everyone. Not a place where it matters what color you are or who you love.

Reach Out and Connect

By Co-Principal Kate Grodin

Staying connected this year has been more challenging than ever. We continue to receive positive feedback on the WMHS pod model that puts student-teacher relationships at the center of learning. We hope all students feel that their pod teacher, or podvisor, is a first point of contact when they need help or support of any kind. We also care about our families.

This month our counselors are teaming up with additional staff in the school to reach out and connect with all families. We care about you! Please expect a WMHS staff person to give you a call to simply check-in. Social support and a sense of belonging are essential ingredients for resilience during tough times, which is why we want to come to you with a phone call. If you don't want to wait, please call us. We would love to hear from you about how remote learning is going and if there is anything we can do to better support your student. We are in this together!

- Jean Berthiaume, co-principal (802) 383-6006
- Kate Grodin, co-principal (802) 383-6110
- Heidi McLaughlin, 11-12 counselor (802) 383-6099
- Amy Loomis, 9-10 counselor (802) 383-6108
- Amanda Spencer, 6-8 counselor (802) 383-6107

Congratulations Eh Ka Luu!

By Courtney Poquette, HS Business Teacher

Winooski High School has participated in the National Payback Challenge every year for the last four years and every year has had a winner! This year we maintain that streak!

Congratulations to Eh Ka Luu for being recognized as the winner for the State of Vermont and earning a \$1,000 scholarship for college. Her 250 word response was chosen by NextGen Personal Finance from over 1,000 entries in the country.

Submissions were evaluated based on creativity, clarity, and demonstration of an understanding of key concepts learned from playing PAYBACK, a game designed to simulate choices you make in college. "During the contest period, over 210,000 students played PAYBACK," noted NGPF Co-Founder, Tim Ranzetta. "It was incredible to see such creativity from students and to see the impact this game has had on their attitudes and actions as they decide on their educational path after high school. Our gratitude goes out to the educators who brought PAYBACK to their students during remote learning this year and facilitated amazing discussions that followed. With covid-19 disrupting the plans of so many students, these conversations have never been more crucial!"



VSAC Connects with Team Journey 7/8

By Chris Magistrale, Team Journey Teacher

On Tuesday, January 12, middle school students from Team Journey 7/8 plugged into their remote Podvisory classes to listen and speak with Liam Danaher from VSAC (Vermont Student Assistance Corporation).



Liam shared some

personal stories of his own life experience as a first generation college graduate at Saint Michael's College.

The students then learned about the pot of money already set aside for each one of them to go to college after high school in the form of grants and scholarships they can apply for! Students also shared some of their hopes and aspirations for the future, including but not limited to: animation, culinary arts, arts and crafts, animal rights and veterinarian school, biology, car and auto mechanics, real estate and of course, professional sports.

Finally, Liam talked about the local colleges that Winooski Middle/High school is currently connected to in the area and where students could likely apply for scholarship, or take free classes as a high school student one day! Students and teachers concluded this remote session with high hopes for future field trips to universities and colleges, financial incentives for higher education and a general encouragement for continued learning and growth. Middle schoolers plan to continue meeting with Liam on a monthly basis.

Payback Challenge Essay

By Eh Ka Luu

Before COVID hit, I was planning to go to college and live out my college dreams from hanging out with friends and having a study group, to pulling all-nighters for exams and staying on campus with a roommate. Now that I have played PAYBACK I have realized that those are really bad decisions. First I would need to manage my time well: it's okay to take time off to interact with peers (don't forget your mask.) Also know when to tackle those assignments that are due soon, the quicker you finish them the more free time you have. Also my roommate idea is thrown out the window due to COVID. I should also find a job, so I can save up money and be able to make good financial decisions. I should begin applying for grants and scholarships now, so I'm not stressing out about paying money back after finishing my years in college. Since I would be the first one in my family to attend college no one has ever talked about how to apply for grants and how to stop yourself from going into debt. Those are big concerns; but I didn't think about keeping my social life alive when you're also studying and trying to get that degree. So thank you NextGen for creating PAYBACK to give me a sense of how stressful college would be if I did not have these three sets of skills.



COMMUNITY NEWS

Municipal Update February 2021

By Paul Sarne, Communications Coordinator



**COVID-19
Information
& Updates**

Municipal Services

The City of Winooski is following up-to-date guidance from the CDC and the State of Vermont to continue to provide municipal services during the COVID-19 pandemic.

Winooski City Hall is open to the public, M-F, 9am - 3pm where:

- members of the public are required to wear a mask or face-covering - masks are available for those without them
- stanchions, dividers, and standing points are installed to facilitate a socially distanced line that may be extended outdoors if needed
- a log of all individuals will be maintained by the City Clerk's Office
- the land records vault is only open by appointment - call 802 655 6410 to schedule
- a maximum of two individuals will be allowed in the vault at a time
- no more than 10 staff will be present at any time
- phones are answered at City Hall between 7:30 and 4:30
- online business is strongly encouraged - visit winooski.vt.gov to learn more.

Police, Fire, and Public Works

Services remain fully operational.

Public meetings

City Council, board, commission, and committee meetings will continue to hold their meetings remotely via Zoom for the foreseeable future. Participation information is shared with each meeting warning. Sign up for our meeting notices and email updates at winooski.vt.gov

Utility Disconnections

All disconnections due to utility non-payments are canceled for the quarter.

Parking and Code Enforcement

- Parking is being enforced Downtown. We encourage people to use the ParkMobile app as much as possible, available at parkmobile.io. Parking kiosks will be sanitized daily.

Code Enforcement Residential and Commercial Inspections

Following public health guidance, we have restarted inspections with safety procedures in place. Housing complaints continue to be processed.

Zoning Permit Application Submission

To the extent possible, applications for zoning permits including any supporting documents should be sent via email to evorwald@winooski.vt.gov.

Building Permit Application Submission

To the extent possible, applications for building permits, including any supporting documents should be sent via email to lkeating@winooski.vt.gov.

Public Parks

Following state guidance, parks and trails remain open for safe, responsible use.

- If you are feeling sick or have been exposed to someone who is sick, please stay home
- Masks or face coverings are required when near others
- Please respect 6' physical distancing

and maintain small group sizes and do not congregate/gather - especially in our parking areas

- The softball field at Landry Park is open for informal use by groups of 10 or fewer
- Portalets at Landry Park are not provided, so please plan accordingly

For current updates, resources, and municipal service information please visit winooski.vt.gov/covid-19 or dial 802 655 3908. At 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

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

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

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

Keep up to date with announcements and news:

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

by department:

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

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

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

Wear a Mask or Face Covering in Winooski



Governor Phil Scott's Statewide mask mandate remains in effect. The mandate requires all Vermonters to wear masks or cloth facial coverings any time it is not possible to maintain a physical distance of at least six feet with others from outside their household. Those who are not required to use masks include those exercising outdoors, those under the age of 2, those with a medical or developmental condition that is complicated by a facial covering and those with difficulty breathing. Businesses and other entities may require customers to wear masks, including signage explaining mask requirements and denial of entry or service to those who decline to wear masks.

Please visit our COVID-19 page for full details regarding the mandate and view our comprehensive mask and face-covering resources: winooski.vt.gov/covid-19

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

Housing Assistance for Homeowners, Renters, and Landlords

To help slow the spread of COVID-19, many resources are available through the Vermont Department of Health, the CDC, and the EPA. These pages, documents, and signs offer guidance and instructions that cover a wide range of subjects including health, safety, prevention, hygiene, sanitization, and more. Translated materials are provided.

- accd.vermont.gov/covid-19/individuals
- healthvermont.gov/interest-groups/homeowners
- healthvermont.gov/interest-groups/landlords-renters
- healthvermont.gov/interest-groups/building-professionals-realtors
- healthvermont.gov/response/coronavirus-covid-19/resources
- cdc.gov/coronavirus/2019-ncov/communication/print-resources.html
- epa.gov/coronavirus

COVID-19 Testing in Winooski

The City of Winooski has partnered with the Vermont Department of Health and CIC Health to provide daily on-going

COVID-19 testing in Winooski at the O'Brien Community Center (32 Malletts Bay Ave) for the entire month of February 2021. Register for any time slot listed below at vermont.force.com/events/s/selfregistration. Walk-ups also welcome.

- Mondays / 2 - 8pm
- Tuesdays / 9 - 3pm
- Wednesdays / 2 - 8pm
- Thursdays / 9 - 3pm
- Fridays / 2 - 8pm
- Saturdays / 9 - 3pm
- Sunday / 9 - 3pm

Testing hours are subject to change. For full details on testing and to view other testing locations in Vermont, please visit the Vermont Department of Health COVID-19 testing page: healthvermont.gov/covid-19/testing.

For registration help in English: Call 211 or 802 828 2828.

For registration help in other languages: Call 802 503 5402 or 802 355 0795.

Interpreters will be provided at all Winooski events.

Transportation options are available. To schedule transportation to the COVID-19 testing site, please call the Vermont Public Transportation Association at least two days before the appointment: 833 387 7200.

The Health Department recommends testing as soon as possible when:

- you have symptoms of COVID-19
- you are referred by your health care provider
- a person in your workplace or household, or a person you attended an event with, tests positive for COVID-19
- you plan on going to a social gathering with people you don't live with (other than recreating with one masked person outside). You should get tested before the gathering, right after, and again on day 7.

If you often gather socially with people you don't live with, you should get tested weekly.

College students returning to Vermont from out of state should quarantine and be tested on or after day 7 of quarantine after returning home.

Travelers to Vermont and Vermonters returning from out of state must follow quarantine requirements. You have the option to get a test on or after day 7 of quarantine and end your quarantine early

with a negative test result.

Testing is provided at no cost. When you register you will be asked for insurance information – but, insurance is not required for testing, and you will not receive a bill or be charged a copay. The Health Department encourages people to provide their insurance information when registering. Because the companies can be reimbursed for their charges, it offsets some costs to the state, allowing the Vermont Department of Health to continue offering widespread testing.

Mayor's Update

Hello neighbors,

As I write this update, we are experiencing significant increases in COVID-19 cases here in Winooski.

I hope that we are on the other side of the growth by the time this is published. My condolences to the families of the neighbors we have lost in our community. City leadership continues to work directly with the Vermont Department of Health, CIC Health, and community partners to support our residents. We can all do our part by following public health guidance - please continue to mask up in public and avoid socialization with anyone outside your household. We all have the responsibility to get through this together.

If you are looking for other ways to help your neighbors, these trusted organizations are helping Winooski families stay housed, fed, and supported during this difficult time:

- US Committee for Refugees and Immigrants: refugees.org/field-office/vermont
- Association of Africans Living in Vermont: aalv-vt.org
- Winooski Food Shelf: winooskifoodshelf.org
- Winooski Mutual Aid group: winooskimutualaid.org

In council news, we have completed our budget planning process for the fiscal year 2022 (FY22). Please visit winooski.vt.gov/fy22 to see what you will be voting on this Town Meeting Day. As a reminder, voting remains available only to US



Citizens at this time. The all-resident voting change still requires approval by the state legislature, and that process is ongoing. Learn more about the charter change/all-resident voting process at winooski.vt.gov/charter.

Stay tuned for the joint school and city virtual presentation for our budgets and Town Meeting Day items, and feel free to reach out at any time.

— Mayor Kristine Lott,
klott@winooski.vt.gov

2021 Winter Parking Ban Reminder



Winter is here, and 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 at nixle.com.

Overnight street parking is prohibited in Downtown Winooski from 2:30am to 6am (December 1st to March 31st). For the rest of the City, winter parking bans are made on a case-by-case, weather-dependent basis or for area-specific snow removal where overnight street parking is prohibited from 11pm to 7am.

- 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
- Landline users must retrieve their updates by calling the dedicated parking ban line at 802 655 3908
- Winter parking ban signs (East Allen St. near the Exit 15 off-ramp and entering Winooski via the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect
- Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at the kiosk or by the ParkMobile app) from 6pm to 7am

If you have questions regarding winter parking bans, please call 802 655 6410. If your vehicle has been towed, please

contact Elite Auto and Truck Service and Sales: 802 497 0176 Visit our parking page at any time: winooski.vt.gov/parking.

Reminders from the City Clerk's Office

City Hall is closed on February 15, for President's Day

Important Dates

- February 15: Taxes, water, and sewer bills are due. We will be accepting taxes on Tuesday, February 16 because the 15th is a holiday.
- April 2: Dog licenses are available – all dogs in the City of Winooski must be registered and have a rabies certificate. Fees:
 - Neutered/Spayed Dog - \$14 (\$16 if after April 2)
 - Un-Neutered/Spayed - \$18 (\$22 if after April 2)

2021 Town Meeting Day

Information is available at: winooski.vt.gov.

Voters can request an absentee ballot by calling the Clerk's Office or voting in person. Ballots are expected to be available by February 8, 2021.

Champlain Water District Virtual Meeting

The meeting will detail proposed water system improvements and the 2021 Town Meeting Day ballot information on Thursday, February 25, 2021, at 7pm.

View the official Champlain Water District Town Meeting Day warning at winooski.vt.gov.

- Attend online: <https://global.gotomeeting.com/join/889206165>
- Attend by phone: 866 899 4679
- Meeting access code: 889 206 165

Please contact the Champlain Water District with questions regarding this meeting:

802 864 7454 / champlainwater.org

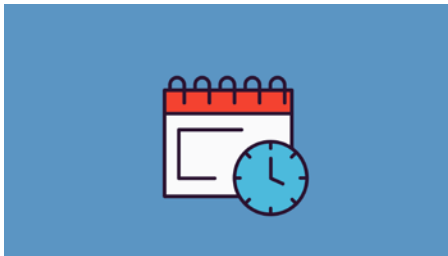
Community Services Updates

Thrive After School Program

Thrive continues to run after-school programming for JFK Elementary students. Thrive is a state-licensed, 3 STAR childcare/enrichment program that runs from 3-5:30pm. We partner with the Winooski School District to provide a community where children in grades K-5 explore, learn, and grow during their after school hours. During

Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more. Students in grades K-5 can attend Thrive After School on their 4 in-person learning days once the new schedule begins. The cost is \$72 per week, and we accept state childcare subsidy as well as offer scholarships to families in need. Thrive follows all health and safety guidance from the CDC and Vermont Department of Health as well as Winooski School District rules. Visit winooski.vt.gov/thrive to learn more and enroll!

Winooski Memorial Library



Browse and Borrow Sessions Reminder

Memorial Library remains open by appointment for 30 minute “Browse and Borrow” sessions. Visitors and staff are required to wear masks and maintain a minimum 6’ social distance while inside the library at all times. Visits are limited to one appointment per week per individual or household/family group, and a family group is up to four people who all live together in the same household. Children under 10 must be accompanied at all times by a parent or caregiver 16 and older.

For full details and to make your reservation today, please visit winooski.vt.gov/library or call 802 655 6424.

Kanopy

We’re pleased to announce that Kanopy, an on-demand streaming service, is now available to all Winooski Memorial Library cardholders. Featuring a diverse collection of over 30,000 films including documentaries, indie cinema, foreign language and world selections, kid’s shows, classics, award-winning movies, and more! Kanopy is free to stream anytime and anywhere - from desktop to TV to tablet.

To get started, create an account via <https://winooski.vt.kanopy.com>. When prompted, enter W73XXXX (XXXX being your four-digit library card number.) All registered users will have access to stream up to seven titles per month.



Virtual Dungeons and Dragons

Welcome to the world of cooperative narrative role play where the story is told by participant players! Build amazing worlds and learn all about collaborative storytelling through our series of information and gaming sessions. This program is designed for youth ages 10 -18 and parents are welcome to participate. Join us via Zoom on Mondays from 4 – 6pm (elementary) and 6 – 8pm (middle/high school). To sign up, call or email Josh Neilson, Youth Services Coordinator: jneilson@winooski.vt.gov / 802 655 6424



Academic & Career Support

The Winooski Memorial Library is proud to continue to provide academic & career support for students!

Our Virtual Academic & Career Support is here to help you with your challenging assignments for class and life. Are you stuck on an assignment? Trying to write an essay for your college applications? Applying for a job? We’ve got the support you need - experienced community volunteers and tutors from the University of Vermont’s Education Program will personally help you with your academic and professional development. Monday - Thursday, 4:30pm - 7:30pm

Virtual/remote sessions via Zoom*
Now featuring special breakout sessions - give your brain a break and enjoy one of

our special activities!

Pictionary Tuesdays / 3 - 4:30pm - Play a round of Pictionary with us. In this quick-draw classic, the guesses can be just as hilarious as the sketches. You only need your imagination.

Karaoke Wednesdays / 3 - 4:30pm - Sing your favorite songs karaoke-style with your friends.

Jeopardy Thursdays / 3 - 4:40pm - Tutors will test your trivia knowledge in this gameshow favorite.

To sign up, call or email Josh Neilson, Youth Services Coordinator, at jneilson@winooski.vt.gov / 802 655 6424

*Participants will receive a custom Zoom link and password for attendance before the session begins.

Recreation and Parks



Winooski Winter Art Walk - Snow Artists Needed!

Winooski Recreation and Parks is planning our very first Winter Art Walk, but we need participants to sign up before we launch. This fun and engaging outdoor activity is meant to provide a socially distant opportunity for community members to express their creativity, get some exercise, and enjoy our local parks. We need households, families, individuals, and businesses to get involved.

Would you be interested in creating an amazing piece of winter art? Participants will be asked to build their most creative and unique snow person, animal, or custom creative display. Any space works - front yards, public parks, patios - anywhere that doesn’t obstruct street or sidewalk access is fair game.

Winooski Recreation and Parks will be judging your creations - we’ll have special prizes for:

- best classic snowperson
- best snow animal
- most creative fan favorite (you pick!)

We need at least 10 participants to sign up, but more are welcome! This project is

weather/snow dependent - we're hoping to launch in February, that's when you'll be creating your sculptures. To sign up, or if you have questions - call or email Jenny Hill, Recreation Programs Manager: jhill@winooskivt.gov / 802 777 1621. We'll need your contact information, where you intend to display your art, and a fun title for your creation. Full details on the program launch to follow!



Winooski Recreation Presents Nordic Skiing at Gilbrook

Winooski Recreation and Parks have partnered with the Catamount Trail Association to offer free drop-in Nordic ski rentals on Saturdays at the Gilbrook Nature Area! This program offers an amazing opportunity for winter outdoor exercise during the COVID-19 pandemic by discovering one of Winooski's best parks.

- Free
- Drop-in only: Saturdays / 10am - 1pm
- To reserve, just show up! We'll be set up at the entrance/parking area off of Gilbrook Road. There, you'll fill out your registration/waiver form before you begin (socially distant).
- Rentals are only available for 1 hour at a time.
- Visit winooskivt.gov/rec to view available boot sizes and full program details.

Volunteer Opportunities

Winooski Run/Ride Club

Ambassadors

Under the direction of Recreation and Parks, Run/Ride Club Ambassadors will aid the Recreation Programs Manager in the creation and facilitation of weekly (weather dependent) group runs/rides. These weekly community exercise opportunities will cater to all skill levels all while remaining local, reminding participants that Winooski has plenty to offer in terms of fun, safe opportunities to get on your bike or go for a run.

To learn more and apply, please visit winooskivt.gov/volunteer.

Winooski Senior Center

By Barb Pitfido, Senior Programs Manager

As we continue to practice steps to stay safe and work on decreasing the spread of COVID-19 in our community, we want to stay connected with you! Seniors and older Vermonters can call our dedicated support line: Tuesdays & Thursdays: 10am - 2pm / 802 655 6425 / Voice Mail 24/7.

Meals on Wheels

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.

More than a Meal

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal on Wednesdays. We want to continue to support you being well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some goodies from us! We offer contactless delivery to your Winooski home or apartment building entrance. Curbside pickup is also available. Reservations must be made by noon the Friday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at seniorcenter@winooskivt.gov for the weekly menu and to register for this program.

Pop-Up Cafes

Looking to get outside? Stop by our one of our free once a month Outdoor Pop-Up Cafes. Have a hot drink and a treat, hear great music and catch up on all of our programs and activities. Dress warmly and wear a mask. Stop by from 1 - 3pm. Please call to RSVP.

- Sunday, January 31st - National Hot Chocolate Day
- Sunday, February 14th - Valentine's Day
- Sunday, March 14th - National Pi Day

Senior Library Time

Tuesday is Senior Day at the Winooski Memorial Library. Visitors and staff are required to wear masks and maintain a minimum 6' social distance while inside the library at all times. On your way out the door, grab a goodie bag from the Senior Center to go! For full details and to make your reservation, please visit winooskivt.gov/library or call the Library at 802 655 6424.

AARP TaxAide

We are working our hardest to have our partners at AARP TaxAide come back to the Senior Center this year. We are in the process of creating a safe plan, but at this time there is no start date set for in-person tax assistance in our facility. Stay up to date by going to: www.aarp.org/money/taxes/aarp_taxaide or call the Senior Center at 802 655 6425 for updated information.

AARP Smart Driver Online Course

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance. Safer driving can save you more than just money! The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Taking the online course is convenient and cost-effective. And you get 60 days to complete it! Go to aarpdriversafety.org.

Support Winooski Businesses

Your continued support of Winooski's business community is so valuable!

Please check out the

'Support Winooski Businesses' list for information about what businesses are open: www.downtownwinooski.org. We are proud of the Winooski small business community for taking such good care of their employees and customers.



Legislative Update

By Keshia Ram, State Senator

It is hard to adequately speak to the historic times we're living through, but I am reminded that it was following President Kennedy's assassination, riots in at least six American cities, and the murder of three civil rights workers that Dr. King famously said, "The time is always right to do what's right."

In the same speech, just before the 1964 election, he went on to say: "It is true that behavior cannot be legislated, and legislation cannot make you love me, but legislation can restrain you from lynching me, and I think that is kind of important." I reflect on this as we return to our shared values and principles in this transition of power and moment of great grief and loss in American history. So let us enter into another period of reconstruction, but this time with redemption and reconciliation at the heart of our worthy experiment building a multicultural democracy.

In this historic year, I was proud to be one of Vermont's three electors, casting a historic vote on your behalf in the Electoral College. President-elect Biden and Vice President-elect Harris will be sworn in on the west front of the U.S. Capitol building on January 20 — at a time yet to be determined and announced with their safety in mind. After they take their oaths of office, President-elect Biden will deliver an inaugural address laying out his vision to defeat the pandemic, build back better, and unify and heal the nation. More information about inaugural ceremonies and streaming of events can be found at [bideninaugural.org](https://www.bideninaugural.org).

As you may know, our legislative session is underway and we are entering our second full week of work. This biennium, I am grateful to have received my top choices. I am serving as Clerk of the Senate Committee on Economic Development, Housing & General Affairs and Clerk of the Senate Committee on Government Operations. I am also beyond honored to co-chair the joint legislative Social Equity Caucus.

The Senate Economic Development & Housing Committee has jurisdiction over labor issues, unemployment, support for working families like paid family leave and access to child care, access to capital, affordable housing, homeownership, and supporting small businesses and their employees through the pandemic. As someone raised in my Indian immigrant father and Jewish American mother's Irish pub, I recognized the importance of access to capital and affordable housing as a major determinant of our family's health and stability. In a pandemic especially, economic well-being is health care, and I am excited to get to work rebuilding and improving the economy for all Vermonters.

There are key reasons I chose the Senate Committee on Government Operations, as well, especially in a pandemic that is leaving BIPOC and New American Vermonters behind. This committee has jurisdiction over elections, voting, political redistricting (a once-a-decade process happening this biennium), and oversight of state and local government, including law enforcement and policing. We have already begun our work in earnest to ensure safe Town Meeting Day elections across the state and we will then be looking at the state of policing, including training and limiting use of force. Another issue of

great importance to me I plan to focus on is language access in state government. I will look to advance a comprehensive Language Access Plan for Vermont this year.

As the first woman of color to serve in the State Senate, I am honored to join Rep. Kevin "Coach" Christie of Hartford in co-chairing the joint Social Equity Caucus. Our first order of business is the vaccine rollout and ensuring necessary trust and rapport is built with BIPOC Vermonters in our vaccine delivery system. We are working to dismantle systems of oppression in our legislative work to ensure more BIPOC Vermonters can access the halls of power and advance systemic change.

Thank you for the faith you have placed in me. I am grateful to be serving you at this critical time in our state and nation's history. Please stay in touch.

Can We All Just Get Along?

By Hal Colston, State Representative

On March 3, 1991, Rodney King was severely beaten by Los Angeles police officers after a high-speed chase during his arrest for drunk driving on I-210. The beating was beyond belief and videoed on a cell phone that was shared with the world. The officers were charged with various violations of the law, tried in a court of law and acquitted. When the verdicts "not guilty" were announced, this became the match that ignited the Watts section of Los Angeles into an explosion of rage and riot.

Once the violence boiled over leaving in its wake Watts that resembled a war zone, a battered Rodney King made a plea to Los Angeles and the country on national TV, "can we all just get along." Prophetically, the late Dr. Martin Luther King, Jr. once said, "A riot is the language of the unheard."

On January 6, 2021 President Donald Trump hosted a rally for thousands of his supporters with the White House in the background. For weeks this event was promoted by President Trump through his twitter feed attracting people from all over the country. While the President was stoking his base to a fever pitch that the presidential election was stolen from him and them, at the other end of Pennsylvania Avenue, coincidentally, the Congress was formally accepting and certifying the votes of the Electoral College. President Trump essentially told the mob to march to the Capitol to take back our country from the evil Democrats. What occurred next was a seditious insurrection and a failed attempt to overthrow our government and constitution leaving five people dead.

What I witnessed in the insurrection was many of my fellow Americans who felt unheard, ignored and even despised. It is understandable why they were led by a populist president such as Mr. Trump. Ironically, Mr. Trump does not have their interest at heart yet has used them for his desperate attempt to stay in power.

All of us need to look in the mirror and ask of ourselves, what do I need to do so we can all get along? I am challenging myself and you to reach out to someone who is different than you in how they see the world and what they believe. We can learn to listen with empathy, even if we don't agree. We can learn how to suspend our biases so we can understand one another. And maybe, just maybe we can learn how to get along with each other despite our differences.

Winooski Food Shelf Schedule for February

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, February 3rd	1:00pm to 3:00pm	Pantry staples, meat and eggs
Saturday, February 13th	9:30 am to 11:00 am	Fresh food
Wednesday, February 24th	1:00pm to 3:00pm	Pantry staples, meat and eggs
Saturday, February 27th	9:30 am to 11:00 am	Fresh food

The volunteers at the Winooski Food Shelf greatly appreciate the support of our local businesses, residents and friends in nearby communities. Your donations make a huge difference in the lives of our neighbors in need. They enjoyed generous holiday meals, pantry staples, fresh veggies, fresh eggs, pantry staples and toiletries because you care! Thank you!!

Food Shelf Policy: Winooski residents may access the pantry staples one Wednesday each month. Folks may come every Saturday we are open 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. You may also go on-line to our website: winooskifoodshelf.org and make an electronic donation.

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!

Food Shelf Volunteers Needed

If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: winooskifoodshelf@gmail.com. We have a great group of volunteers but always need more. We especially need help serving clients on Wednesdays. Volunteers should be able to lift 25 pounds.

OLOP Bands Together to Raise Funds for Beloved Dog

By Gail Callahan, Communications Manager

Two years ago, when Our Lady of Providence Facilities' Director Chantel Berard discovered her dog, Gizmo, had a calcium stone, she had no idea it would kick start an intense health journey.

Gizmo is an 8-year-old Pugeranian and became a member of Berard's family when his former owner could no longer care for him. When the condition flared, Berard learned surgery was the best avenue to take away the objects since Gizmo has so many stones they could not be removed microscopically. The problem is that the procedure is costly, Berard said, adding she scheduled surgery for the end of January.

"I looked into pet insurance," said Berard. "The problem is that it didn't cover pre-existing conditions."



So, Director of Life Enrichment and Community Outreach Kristie Daigneault spoke with Berard and decided to jumpstart a Go Fund Me account called Gizmo's Gift of Love, aimed at raising funds for the surgery. The fund's goal is to raise \$5,000, which is slated to cover preventive measures for Gizmo.

The page contains photos of Gizmo along with updates and a list of donors.

The account has \$225 in it, while Berard has received over \$660 in cash donations, she said. Berard is also advertising the fundraiser on her Facebook page, she said.

Daigneault's ties to Gizmo extend beyond the Go Fund Me account. The dog also volunteers at OLOP, bringing smiles and joy to residents. Daigneault is not a novice Go Fund Me organizer, but

the small, black dog tugged at her heartstrings.

"I did it because I met Gizmo during one of our pet visits," she said. "There's something about that dog."

Gizmo also has a following at Sammy Quick Stop on Malletts Bay Avenue in the city. "Everyone at Sammy's Quick Stop loves him," Berard added.

When Daigneault learned about Gizmo's health condition, she wanted to do something. She and Berard talked, and the two decided to move ahead with the fundraiser. "He really made an impression on me," said Daigneault. "He comes here and he's one of our volunteers. He spreads joy."



Where Do We Go Now?

By Sr Pat McKittrick

What can I share for the month of February? We have all had enough bad news for a lifetime. While we can't undo the past, we can make a difference now and move forward. Despite the challenges we face from COVID and no matter what our political beliefs are, we all want to live full and meaningful lives. What can we do? The challenge is to protect ourselves and others during this time of social distancing, without becoming socially distant. We need one another.

I came across an interesting article which you can read here - <https://www.waterford.org/resources/random-acts-of-kindness-ideas/>

The following 35 acts of kindness comes directly from there. Remember, *you can make a difference*. You'll feel good about doing something for someone else and they will benefit from your thoughtfulness.

1. Check in with a friend or family member you haven't heard from in a while to make sure they're doing well.
2. Write an encouraging note with sidewalk chalk outside to brighten the day of people who see it. (when the snow is gone)
3. Compliment a loved one in the morning to make their day bright as it starts.
4. Smile or give a friendly nod at a stranger you see while on a walk or doing errands.
5. Send a card in the mail to someone you miss.
6. Mow the lawn, rake leaves, or shovel snow for a neighbor.
7. Leave some treats or a small gift on a neighbor's doorstep.
8. If you have old clothes or toys you can do without, donate them to charity.
9. Gather up any recyclable items like plastic or paper you have sitting around and take them to a recycling plant to treat the earth kindly.
10. Make a simple bird feeder and hang it outdoors for local wildlife to enjoy.
11. If you can afford it and are comfortable doing so, pay for

someone's order at a drive through or grocery store.

12. It's important to have compassion for yourself, too! Make time for one act of self-care each day, like going on a walk or eating a healthy, homemade meal.
13. Help a loved one with something they've been struggling to complete, like homework or a big work project.
14. Give a virtual hug to someone in your immediate family or in your household.
15. Write a note to someone you care about containing the top 10 reasons you love them.
16. If you're in line at the grocery store and have some extra time, let someone else go in front of you.
17. Ask a loved one how their day went, and if they're struggling, find ways to help.
18. Place sticky notes with encouraging words in places for strangers or loved ones to find them.
19. While making dinner, double your recipe (if you can) and send a meal to someone in need.
20. Forgive someone who you've been struggling with for a while—if not to be kind to them, then to be kind to yourself.
21. Send a care package to someone you miss.
22. Send someone flowers (buy local – Sally's flowers) from a store or (even better) freshly picked from your backyard.
23. Donate any extra canned food to a food bank.
24. If you have a favorite restaurant or small business, leave a positive review online to help them during the quarantine. Look at the Winooski businesses.
25. When overwhelmed, remember to be kind to yourself and recognize that it's okay to be stressed or afraid during uncertain times.
26. Take your pet (or your neighbor's pet) for a walk around their favorite park.
27. Pick up trash around your

neighborhood or a nearby park.

28. Leave some spare change in a vending machine with a note so the next person who uses it can get a treat on the house.
29. Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.
30. Buy some pre-wrapped treats and deliver them to local healthcare workers (Note: call ahead first to make sure this is allowed).
31. Leave a note in your mailbox to thank your mail carrier for their hard work.
32. Thank your child's teacher for their advice and support through distance learning.
33. Call a loved one for no reason in particular—just to say hi.
34. Tell a joke to someone and make them laugh.
35. Hold the door open for someone while running errands.

We know the events of Jan. 6, 2021 didn't start and end on that date. While not surprised at the violence, how can we move forward in a non-violent manner? "We need healing, justice and renewal." (Vermont Interfaith Action). Educate yourself on non-violent communication.

Here are some resources that you may find helpful:

- <https://www.k-state.edu/nonviolence/Season/64ways.html>
- <https://www.artofliving.org/us-en/ahimsa-10-ways-practice-non-violence-your-daily-life>
- <http://www.sistersofmercy.org/blog/2018/09/18/nonviolence-five-ways-practice/>

For more information or comments – Sr. Pat – pat.mckittrick@uvmhealth.org.

LOCAL VOTES

WATCH LOCAL VOTE LOCAL

WATCH ELECTION FORUMS

GET THE FACTS YOU NEED BEFORE YOU VOTE ON TOWN MEETING DAY

TUNE IN
On Comcast 1087, BT 17 & 217, ch.17.tv, or LIVE on YouTube

TOWN MEETING TV

CONNECT TO VOLUNTEERING



Get started today!
Visit unitedwaynwvt.org and click the
"Volunteer" button.



United Way of
Northwest Vermont

YOUR LOCAL MEDIA

Watch local programs,
events, and meetings on
cable TV and online.

Learn how to make
community media.



- VERMONTCAM.ORG + Channels 1074 (Comcast), 15 (BT), HD 215 (BT)
- RETN.ORG + Channels 1094 (Comcast), 16 (BT), BTV-HD 216 (BT)
- CH17.TV + Channels 1087 (Comcast), 17 (BT), 317 (BT)



Make Your 2021 Dreams Come True at North End Studios

As we wait to see how 2021 unfolds, many people are daydreaming about the day that they can gather and celebrate with family, friends and co-workers once the pandemic is behind us. During this time, the staff at North End Studios welcomes residents of Winooski (and beyond) to begin exploring the spaces available for these celebrations at North End Studios. Joe Adler, North End Studios Facilities



Manager, would like to hear from you to discuss all of the options that are available for family gatherings, business meetings, dance and exercise class space, and other rental options for you. Joe will discuss all the possibilities and how North End Studios can meet your budgetary needs. You can reach Joe by emailing joe@vpal-us.org or by calling 802-863-6713.

MORE NES NEWS: The delicious Take-Out International Meals continue in 2021!

North End Studios will continue hosting Take-Out International Dinners throughout the winter months at North End Studios at the O'Brien Center located at 32 Malletts Bay Avenue in Winooski. February offerings will include:

- **2/6: Somali Bantu**, Said Bulle.
- **2/13: Iraqi**, Sahar Alsammraee (from Winooski), Suhad Murad, and Ahlam Al Attar.
- **2/20: Ethiopian/Eritrean**, Mulu Tewelde.
- **2/27: Middle Eastern**, Faiza Haider, Aya Al Taani, and Amna Adrah.

Tickets can be purchased at: sevendaytickets.com.



COVID-19 Vaccine

By Elizabeth Parris, BSN, RN, NCSN

Today, we would like to take this opportunity to share with you some COVID-19 vaccine information and answer a few frequently asked questions. All answers will come directly from the CDC website and can be found in detail here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

What are the benefits of getting the COVID-19 vaccine?

COVID-19 vaccine is another tool that we can use in order to protect ourselves against the COVID-19 virus. The combination of using tools available to you- handwashing, wearing a mask, social distancing and the vaccine will offer you the best protection. Here is where you can find the full report: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

Can COVID-19 vaccine make me sick with COVID-19?

No. Currently, the two vaccines available to individuals do not contain live virus and cannot make you sick with COVID-19. Here is where you can find more information: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

This vaccine was created so quickly. Is it safe?

The U.S. Food and Drug Administration (FDA) has granted Emergency Use Authorizations (EUA) for two COVID-19 vaccines which have been shown to be safe and effective as determined by data from the manufactures and findings from large clinical trials. Here is where you can find the full information for this question <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

We encourage you to speak with your primary care provider to determine if the COVID-19 vaccine is right for you.

As always, feel free to call the Winooski School District covid hotline for any questions related to COVID-19. The number is 802-556-2243

Healthy Mouth Means Healthy Body

By Tracy Towers RDH, CDHC

Well, the COVID roller coaster has thrown us for another loop in the dental world. We have had to pause our school linked transportation program at this time, since we are in a remote period of learning in the WSD.

The good news is that Vermont Dental Care is open and scheduling patients of record. If your child is part of our school linked program and is due for a dental appointment please call Vermont Dental Care to schedule an appointment 802-655-2385. If your child is in any dental pain, please call the office immediately. I can be reached at ttowers@wsdvt.org
Keep Smiling!

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Tuesdays at 1pm and 5pm



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Schedule anytime Monday-Friday

For confidential and free counseling support, call 2-1-1, option #2.

Scan the QR code or visit our website to register for workshops. No computer? No problem! Join by telephone. Call 2-1-1, option #2 for details.



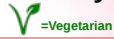
@COVIDSupportVT | Find more resources at [COVIDSupportVT.org](https://www.COVIDSupportVT.org)

WITH SUPPORT FROM





Winooski JFK Elementary School Breakfast February 2021



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Bagel Cream Cheese Pear Slices Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Pear Milk Variety	2 WG Croissant Grape Jelly Assorted 100% Juice Milk Variety OR WG Asst. Cereal Graham Crackers Assorted 100% Juice Milk Variety	3 Remote- See Side Panel	4 Breakfast Round Fresh Apple Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Apple Milk Variety	5 WG Iced Honey Bun Fresh Grapes Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Grapes Milk Variety
8 Whole Grain Bagel Cream Cheese Pear Slices Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Pear Milk Variety	9 WG Croissant Grape Jelly Assorted 100% Juice Milk Variety OR WG Asst. Cereal Graham Crackers Assorted 100% Juice Milk Variety	10 Remote- See Side Panel	11 Breakfast Round Fresh Apple Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Apple Milk Variety	12 WG Iced Honey Bun Fresh Grapes Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Grapes Milk Variety
15 Whole Grain Bagel Cream Cheese Pear Slices Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Pear Milk Variety	16 WG Croissant Grape Jelly Assorted 100% Juice Milk Variety OR WG Asst. Cereal Graham Crackers Assorted 100% Juice Milk Variety	17 Remote- See Side Panel	18 Breakfast Round Fresh Apple Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Apple Milk Variety	19 WG Iced Honey Bun Fresh Grapes Milk Variety OR WG Asst. Cereal Graham Crackers Fresh Grapes Milk Variety
22 No School	23 No School	24 No School	25 No School	26 No School

February Break!



This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

- WG Assorted Cereal w/Graham Crackers
- Fruit Filled Muffin w/Cheese Stick
- Iced Honey Bun

100% Fruit Juice, Fresh, Dried, or Canned Fruit, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Milk is Optional

100% Fruit Juice Condiments

Fresh, Dried Or Canned Fruit

Milk



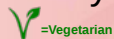
Pay for meals on-line. Click on Link Below:



Click Image Below for employment opportunities



Winooski JFK Elementary School Lunch February 2021



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cape Cod Fish & Chips ✓ Hand Cut French Fries ✓ Creamy Coleslaw Fresh Apple Wedges Dinner Roll OR Deli Turkey Sandwich ✓ Creamy Coleslaw Fresh Apple Wedges OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	2 Chicken & Cheese Calzone ✓ Caesar Salad Pear Slices OR Deli Turkey Sandwich ✓ Caesar Salad Pear Slices OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	3 Remote- See Side Panel	4 Cheeseburger ✓ Oven Crisp Tater Tots ✓ Steamed Corn OR Deli Turkey & Cheese Sandwich ✓ Caesar Salad Fresh Apple Wedges OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	5 Sweet & Sour Chicken Rice Pilaf Fresh Pineapple OR Deli Turkey & Cheese Sandwich ✓ Broccoli Salad Fresh Pineapple OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety
8 Chicken Parm Sandwich Lemon Broccoli Pear Slices OR Deli Turkey Sandwich ✓ Broccoli Salad Pear Slices OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	9 French Toast Sticks Scrambled Eggs Turkey Sausage Patty ✓ Mini Hash Browns VT Blueberry Cups OR Deli Turkey Sandwich ✓ Fresh Carrot Sticks VT Blueberry Cups OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	10 Remote- See Side Panel	11 Oven Baked Herbed Chicken Rice Pilaf ✓ Chef's Mashed Potato Squash Smiles OR Deli Turkey Sandwich Veggie Sticks Sliced Peaches OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	12 Corn Dog ✓ Roasted Sweet Potato Wedges ✓ Steamed Green Peas Fresh Apple OR Deli Turkey Sandwich Veggie Sticks Fresh Apple OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety
15 Chicken Teriyaki Rice Pilaf ✓ Steamed Corn Sliced Peaches OR Deli Turkey Sandwich ✓ Steamed Corn Sliced Peaches OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	16 Homemade Shepherd's Pie (Ground Beef, Corn & Mashed Potato) Dinner Roll Fresh Apple OR Deli Turkey Sandwich ✓ Carrot Coins Fresh Apple OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	17 Remote- See Side Panel	18 Oven Roasted Turkey Turkey Gravy Dinner Roll ✓ Chef's Mashed Potato ✓ Steamed Green Peas OR Deli Turkey Sandwich Veggie Sticks Craisins OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	19 Chicken Fajita w/ Sauteed Onions & Peppers Rice Pilaf Cabot Sour Cream Sliced Peaches OR Deli Turkey Sandwich ✓ Fresh Green Pepper Strips Sliced Peaches OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety
22 No School	23 No School	24 No School	25 No School	26 Harvest of the Month: Beef Click on the image to learn more about the Harvest of the month!

February Break!



This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

- WG Assorted Cereal w/Graham Crackers
- Fruit Filled Muffin w/Cheese Stick
- Iced Honey Bun

100% Fruit Juice, Fresh, Dried, or Canned Fruit, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Milk is Optional

100% Fruit Juice Condiments

Fresh, Dried Or Canned Fruit

Milk



Pay for meals on-line. Click on Link Below:



Click Image Below for employment opportunities





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Free Meal Kits Available for All Winooski Children Under 18

By Nina Hansen, SNS

In order to better meet the needs of our families, the Abbey Group will be offering “make your own meal” kits so that students can make their own meals at home with the groceries provided through the district. They distribute 230 meal kits every week.

Every child in Winooski, ages 0-18, is eligible for one meal kit which has enough food for five days of meals for that child. The kits include breakfast and lunch. Meal kits typically include two pre-made meals, as well as bread, milk, meat, cheese, vegetables, fruit, and other staples.

These meal kits will be available for pick-up from 9-10 am at three locations:

- **Winooski Family Center**, 87 Elm St.
- **O'Brien Community Center**, 32 Malletts Bay Ave.
- **Winooski School District**, 60 Normand St.

