



# WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 7 PAGES OF  
**Community News!**  
STARTING ON PAGE 11

JUNE 2021

## *Celebrating Our Achievements!*

### **WHS Rowland Fellows: Recreating the One-Room Schoolhouse and Increasing Student Engagement**

*By Emily Hecker, WSD Director of Communications*

Winooski Middle High School teachers Rachel Howes and Brenton Litterer have been awarded a Rowland Fellowship.

Each year, The Rowland Foundation awards grants of up to \$100,000 to Vermont high school teachers who are visionary, willing to lead, motivated and committed to affecting change in an area of concern within their respective schools. The fellowship provides them with the financial resources that provides them a sabbatical to research their change proposal and work as a teacher leader in our school to change the climate and culture of our school.

WMHS continues to benefit from the transformational vision of several Rowland Fellows including teachers Luke Dorfman and Lindsey Cox, and WMHS Co-Principal Jean Berthiaume. Now, students might have the opportunity to benefit from the “schoolhouse” vision of Ms. Howes and Mr. Litterer.

They submitted the following proposal to the Rowland Foundation:

At Winooski High School, we can honestly say that we have tried to engage all learners. Our proficiency system respects that learners come in with varied skill sets, but that all learners need certain skills for success. Learning is the constant, and time is the variable. We offer whole group instruction, small group instruction, teacher-paced classes, self-paced classes, flexible pathways, student-created learning opportunities, and free college classes. And yet, year after year due to various factors, some Winooski students are not able to complete their studies and graduate.

COVID, however, brought us the opportunity to try one of the few things we have not tried, at least not for some time.

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*Brenton Litterer (blue shirt) with a few of his 20/21 pod students.*



*Rachel Howes (far right) with two of her 20/21 pod students.*

Essentially, we recreated the one-room schoolhouse of a bygone era. Each teacher would teach a pod of 8-12 students, two days in person, two days remote. The teacher would begin the year with a unit that reflected the teacher’s licensure area, then pass the unit to the next teachers. The students in the original Pod, having completed the first unit, then begin a new discipline, facilitated by their original teacher. While these systems may not work long-term for all students and teachers, some of the students are thriving. These students have a consistent, caring adult, consistent rules, a consistent schedule, a soft beginning and end to the school day, and the chance to personalize their learning. Discipline referrals are at historic lows, in-person attendance is solid, and learning is happening. We know, however, that for most students, in a non-pandemic year, this model will not work in the long term.

For some, though, this school year might actually save them. Students have one or two teachers all day long, which allows relationships to develop and environments to remain consistent. We think each teacher in the school can name a student that directly benefited from this model. It was this experience that led us to our desire to explore an idea for a new program with the support of the Rowland Foundation.



### School Board Update

By Alex Yin, Winooski School Board

For those who do not know me, I work at the University of Vermont. This month is often the toughest time year of for me, because I have to say goodbye to the graduating seniors (please note, I make every effort to recruit them to stay in Vermont). Students that allowed me to be part of their collegiate journey. No doubt, most will stay in touch, but it is not the same as running into them on campus. Yet, deep down, I know I have to let them go and have faith that our interactions have given them the strength, confidence, knowledge, and skills to succeed at life. I am sure teachers, staff, and parents share the same sentiments during this time of year as me.

Being on the school board, I have been fortunate to meet a few of our graduating seniors. Even though, I am not supposed to play favorites, this graduating group of high school students will hold a special place in my heart. Talk about a school year like no other!!!! I am keeping my fingers crossed that we will never have to experience such a school year again. With that said, I watched this group of seniors not only fight through the challenges, but found energy to lay down the foundation for the Winooski School District to become an anti-racist school district. I have felt their frustrations as the road forward hasn't always been as smooth as they hoped. Yet, it is in these struggles that we learn from each other and find balance that truly creates an inclusive and equitable environment. It is also your voice that gives me the strength to advocate for equity in our state educational funding formula with our state legislators (<https://legislature.vermont.gov/Documents/2022/WorkGroups/House%20Education/Bills/S.13/Witness%20Documents/S.13~Alex%20Yin~Winooski%20District%20School%20Board%20Weighting%20Testimony~4-21-2021.pdf>) – for those who want to support this work – please go to <https://www.facebook.com/The-Coalition-for-Vermont-Student-Equity-106366721561276/> to learn more about the state educational funding formula).

For

those who have ever visited our Wikipedia page, you will notice that we do not have as many people listed in the notable section. I am not a fortune teller, but I have a feeling that in ten years we will see alumni from this class doing great things for our city, state, and country. I have been fortunate to have met a few members of the graduating class and I have no doubt that their names will soon be in the notable section. I see future school board members, mayors, governors, scientists, business people and doctors. Even though we are small, our school district prepares our students to not only dream big, but more importantly our teachers and staff has provided them the skills and knowledge to accomplish their dreams.

To our seniors who are graduating and about to embark on a new journey. My advice to you is to continue to live boldly and unapologetically. You are great as you!!!! It may be daunting because you come from a small school district; however, we have Winooski grit. A grit that doesn't allow us to quit – a grit that should be embraced, admired, and emulated. There is a sign by the Champlain Mill that proclaims that Winooski is the Brooklyn of Vermont. I chuckle every time I read the sign. Truthfully, I believe the opposite and have often asked my best friend from Brooklyn, "What is it like to live in the Winooski of New York?" For all of our flaws (and I reminded by them in reading the Front Porch Forum), I still believe that Winooski is the beacon of light for the rest of Vermont. And our light shines bright because of you.

I guess my parting lesson to the Winooski graduating seniors is to always have hope – a hope that will empower you to do "good" in our communities and to not let things like power and greed corrupt your idealism and faith in humanity. Good luck on your future endeavors – but please know that you can always call Winooski home.

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### To the Winooski Community

By Mike Decarreau, Winooski School Board

It is with extremely mixed emotions that I have resigned from the school board after ten years. With a new job at work, taking on issues worldwide in the global supply chain, and fairly demanding time commitments at home, I am finding that I do not have the time and energy to put into the school board work that the role requires.

When I first ran for the board, I was asked repeatedly why I would want to do such a thankless job. At that time something needed to change. Over the years I have always felt the support of the community (understanding it can never be 100%) with the items that mattered. We have been able to keep budgets relatively stable while still adding critical services to serve our students and families. We have developed a climate and culture within the walls of the school that allow us to attract and retain the great talent that we need to support the needs of our students. We were two years ahead of the rest of the state to recognize AND take

action to upgrade an aging facility to make it safe and a better learning environment.

I could not be prouder of the path we are on as a school and as a city. Having watched this town change over the past 60 years I can say we are, overall, in the best place I believe we have been through time. We have our challenges that remain but together we can work through anything as long as we talk to each other and really listen for understanding to those that have viewpoints different than our own. Then we all grow together.

Based on the support we have been given and that I have personally felt over these ten years I have never (well maybe once or twice) felt this to be a thankless job. Thank you all for your past support and I implore you to continue to reach out to help work solutions that work for all as it is possible to find middle ground.

Thank you again for all your support.

# Capital Project Updates for June

## Progress, Possibilities and Paint!

By Emily Hecker, WSD Director of Communications

Major construction progress is being made every day. The primary new construction areas are starting to look recognizable as future classrooms, hallways, and meeting spaces.

Everything's coming together in the middle school wing and finishes are being installed. The area is ready for lockers and cabinets which will be installed this summer.

The **JFK Elementary** wing construction is nearing completion. While HVAC work is ongoing and the space is very much an active worksite, classroom spaces are being painted in calming pleasant hues of light green and blue.

Steel has been erected for the **JFK Shared Gathering** addition. This space will serve as a gathering space for larger groups of JFK students.

Teaching and learning in the midst of such a busy construction site comes with challenges. If your child mentions



the noise or the smell of the fumes coming from the machinery, please know that our facilities and construction teams are doing everything in their power to minimize disruption, keep everyone safe, and continue with the project so students can enjoy their beautiful, new building as soon as possible!

### New Cafeteria

The first major renovation project, the new cafeteria, is under way. The former district offices were demolished in order to create an open cafeteria floor plan. Currently, concrete and steel are being installed in order to change the roof structure. This will remove a series of columns from the interior of the cafeteria space. Students and staff will be able to enjoy tasty meals in the new space next fall.

Additional renovation projects and summer work will begin mid-June, once school is out for the summer!

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

**Superintendent of Schools**

Sean McMannon: 655-0485  
smcmannon@wsdvt.org

**John F. Kennedy Elementary School**

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

**Winooski Middle and High School**

Co-Principals:  
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**WSD ENDS STATEMENT**

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

**ABOUT OUR DISTRICT**

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

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

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

# 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 scan the QR code to visit our website.



## What's the connection between Anti-racism and Restorative Justice?

By Carly Ngo and Kayla Loving

Restorative justice, equity and anti-racism are intricately intertwined. Restorative justice is about reforming systems to address harm more meaningfully and eliminating systematic patterns of institutional racism and oppression. Restorative work and practice are based on 360-degree accountability, mutual concern, dignity and respect. Based on the view that all members of a community are worthy and interdependent, restorative justice promotes community building, self-awareness and empathy to create justice, equity and freedom. Through the creation of collective agreements, people strive to resolve conflict and respond to deep patterns of harm which are often grounded in historical, structural and physical racism and violence. Becoming aware of the parallels between restorative justice and anti-racism provides communities with more opportunities to interrupt toxic patterns of white supremacist culture and racial injustice. Using restorative justice work helps communities build resilience instead of fragility, action instead of silence and solidarity instead of hierarchy.

We reached out to community members who are committed to restorative justice and anti-racism work and asked them the following questions: *What's the connection between anti-racism and restorative justice? Why is youth empowerment, anti-racism, restorative justice, and equity work necessary for the school district to undertake?*

This is what they said...

"We created the first CJC in Burlington in 1998. It was the model for the rest of the CJs around VT, so restorative justice is close to my heart. We must be objective and non-judgemental. We also must make amends to the people or community that we've offended. It's about education, thoughts, feelings and beliefs. I think the younger the youth are today the smarter they are on anti-racism, restorative justice and equity. I believe we need to start



*Bruce Wilson: Founding member of the Community Justice Center (CJC) and member of Anti-racism Steering Committee*



*Margaret Bass: Member of the Anti-racism Steering Committee and former Winooski Restorative Justice Panel Manager*



*Kari Bohlen: 3rd Grade Teacher and member of the WSD RJ Training Team*

with anti-racism training and teach youth to be facilitators. It's important that youth teach their own peers!"

"RJ is antiracist in that it works to keep people OUT of the criminal justice system. It educates about the communal consequences of harm and the personal and collective benefits of repairing harm. School personnel MUST hear the voices of youth who are not only committed to anti-racism, but are also committed to transforming the school district policies, so that they aren't rooted in systemic racism. They don't seek to abolish disciplinary measures, but they look toward restorative rather than punitive approaches to discipline."

"Restorative justice involves centering people and relationships through deep connection, space for healing, and tools to better understand one another and make sure everyone's needs are met. It helps ensure all voices are heard and acted upon, not just those who hold the most power. Challenging these traditional power dynamics is an important part of anti-racism work to change the many systems (school, economic, health care, criminal justice) that have grown out of our racist and oppressive history in this country."

Spectrum Youth & Family Services is committed to empowering youth to lead the way! There will be a Restorative Justice Youth Leadership workshop series taking place this summer. It's on Tuesdays 12-2pm at the O'Brien Community Center for youth ages 12-24. Lunch will be provided and participants will receive a \$200 stipend at the end of the summer. If you or any youth you know might be interested, please apply by scanning the QR code above. Email [kloving@wsdvt.org](mailto:kloving@wsdvt.org) with questions.



Joan Benjamin



Robin Hood



Danielle Magowan



Lan Nguyen

## Thank you, Retiring Winooski School District Employees!

By Sara Raabe, Kirsten Kollgaard, and Sean McMannon

As the 2020-21 school year draws to a close, we wanted to take this opportunity to recognize four invaluable staff members who will be retiring this year.

Lan Nguyen, Danielle Magowan, Joan Benjamin, Robin Hood have given over 120 years of service to the WSD collectively!

**Joan Benjamin** has been teaching at JFK for 41 years. She has been a classroom teacher, a local standards board representative, and a member of the JFK leadership team. Joan has supported new team members, mentored new teachers, and supported the JFK community over her years. Her teaching has enriched the lives of countless students.

**Robin Hood** has served the WSD community for 40 years! Over these four decades Robin taught grades 1-4, was a Reading Specialist in the elementary and middle school, was our Special Education District Evaluator, a K-8 Assistant Principal, Director of Special Education and ELL and has been most recently the Director of Special Education and Early Learning. Wow! Robin's tireless work and advocacy on behalf of all students, but particularly students with special needs has been exemplary and made a hugely positive difference in the lives of thousands over the years. Her attention to detail, leadership and enthusiastic and creative problem-solving have benefitted WSD and will be missed. We wish her the very best in her retirement and future endeavors!.

**Danielle Magowan** has been working at JFK for 21 years as a support staff member. She has worked to support students in their classrooms and in small groups. She has supported the teachers in their day to day work, and worked in our afterschool program. Danielle's smile and positive impact has had a positive impact in the lives of countless staff and students over her two decades with us.

Both Joan and Danielle have been vital members of the JFK and WSD community. They were engaged and enthusiastic right through the end of the school year. We will miss their smiles and enthusiasm.

**Lan Nguyen** has been working at WSD for 16 years as our Vietnamese speaking Home School Liaison and ELL Program Assistant. She has supported our Vietnamese speaking families and students during that time as well as taught countless numbers of other students with math & literacy skills. As a licensed math teacher she has brought great knowledge and instructional skills to her work with students. She has eagerly learned new programs, supported teachers' connections with families and students and gone above and beyond to help anyone who needed it at WSD. We will miss her greatly as an amazing colleague and a wonderful friend. We wish her well in her retirement as she will have more time to spend with her family, including her two beautiful grandchildren.

## ANNOUNCEMENTS

### Winooski High School 77th Annual Athletic Banquet

By Dennis Barcomb, Athletic Director

All Winooski high School students who completed at least one athletic season for the 2020-21 School year are welcome. Each family may have two people attend. If you would like to bring more please email Athletic Director Dennis Barcomb at dbarcomb@wsdvt.org. The pot luck meal will not occur this year

**Sunday, June 13th at 6:00pm | WHS Gymnasium**

### Antiracism Steering Committee Update

By Emily Hecker, WSD Director of Communications

The Antiracism Steering Committee met on May 3 to outline committee agreements and values moving forward. They also discussed the creation of subgroups for guiding the work around the school-board-approved Winooski Students for Antiracism demands. The subgroups will be working on communications and messaging for the demand action teams that will take form over the next months. The next meeting is set for June 7.

# ANNOUNCEMENTS

## Everyone Eats in Winooski

By Ali Herman

Intervale Center and ShiftMeals brings Everyone Eats to Chittenden County! Everyone Eats provides nutritious meals to individuals impacted by COVID-19 as well as a stabilizing source of income for Vermont restaurants, farmers, and food producers. Anyone who is experiencing food insecurity, or whose food security has been impacted by the pandemic, is welcome to receive a meal; there are no advance sign-ups or other requirements needed.

CCV Winooski will be handing out meals every Friday now through the end of June!

- Fridays from 11am-1pm
- 1 Abenaki Way in Winooski, at the back of the building by the loading dock

## Winooski PTO's Fun Dog Show

By Kate Simone

The Winooski PTO is planning a dog show for June 26 from 10-1 at Landry Park. Keep an eye out for flyers around town. \$30 per participant per category! All proceeds to benefit the Winooski PTO. Categories include:

- Best Character Costume
- Fanciest Costume
- Most Creative Costume
- Owner/Dog Look-Alike
- Child Handler
- Most Obedient
- Best Trick
- Best Vocal/Bark
- Waggiest Tail
- Best Coat



Please email [jessaudette3@gmail.com](mailto:jessaudette3@gmail.com) if you are interested in signing up or want more information. Also remember to like Winooski PTO on Facebook to stay up to date on all our activities and volunteer opportunities!

## YOUR LOCAL MEDIA

Watch local programs, regional events, and municipal meetings on cable TV and online. Learn how to make your own community media.

- VERMONTCAM.ORG + Channels 15 (BT), HD 215 (BT), 1074 (Comcast)
- RETN.ORG + Channels 16 (BT), BTV-HD 216 (BT), 1094 (Comcast)
- CH17.TV + Channels 17 (BT), 217 HD (BT), 317 (BT), 1087 (Comcast)



## Free Meal Kits Available All Summer

By Nicole Mace, Finance Manager

The Winooski School District is participating in the Summer Food Service Program. Our food service providers will continue to offer "make your own meal" kits so that students can make their own meals at home with the groceries provided through the district.

**Every child in Winooski, aged 0-18, is eligible for one meal kit which has enough food for seven days 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.

Meal kits will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. The WSD will continue to offer three meal pick up sites throughout the community.

Meals will be provided, at a first come, first serve basis, at the sites and times listed below on **Wednesdays**:

- **9:30am – 10:00am at:**  
**Winooski School District, 60 Normand St.**
- **10:15 am – 10:45 am at:**  
**O'Brien Community Center, 32 Malletts Bay Ave.**
- **11:00 am – 11:30 am at:**  
**Winooski Family Center, 87 Elm St.**

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to the USDA by:

- By Mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Ave SW  
Washington, D.C. 20250-9410
- By Fax: (202) 690-7442 or
- By Email :[program.intake@usda.gov](mailto:program.intake@usda.gov)

## Welcome to All Incoming Kindergarten Students!

By Sara Raabe, Principal

JFK has been getting ready for our 2021-22 kindergartners. I held informational Zoom meetings for families in April and May. These Zoom's gave families an opportunity to hear about JFK, what kindergarten is like, and what to expect on the first day of school.

On June 9th, we are excited to welcome our incoming Kindergarten students and their families to JFK for Kindergarten Screening. Children who will be five years old before September 1, 2021 should attend this screening.

**Families should call the JFK office, 655-0411, to make an appointment. All screening appointments are 45 minutes long.**

When you come to your screening appointment, please bring:

- Your student
- Your student's birth certificate or I-94
- Your student's updated immunization record
- Your student's Social Security Number
- Proof of Residency

While your student is being screened, families will have time to complete the online registration if they have not done so already and fill out a sheet to help us learn about your student. If you have an incoming kindergarten student and cannot come to the screening on June 9th, please call the JFK Office. We will take your information and one of the Kindergarten teachers will contact you to make alternative plans.

## Afterschool Fun

By Mag Thomas

Ms. Haynes meets with a group of fourth graders three afternoons a week for an afterschool program called Afterschool Fun. Every week they either learn a new game, do a new project, or try out a new recipe.

Last week they made English Muffin Pizzas. Of all the 18 students who are enrolled in the program, only 4 students had ever sampled English Muffin Pizza before. The students absolutely LOVED this activity, saying things like...

"It's SO GOOD"

"Look! Look! Mine's so cheesy!"

"It's a 10 out of 10 for me"

The English Muffin Pizzas were a big hit and they are very simple to make.

Here is the recipe for you to try out at home!

Simply put some tomato sauce of your liking onto your English Muffin and add mozzarella cheese. Put it in your oven at 450 degrees for about 5 minutes, or until the cheese is melted.



## Virtual Community Iftar

By Caitlin McLeod-Bulver, High School Teacher

On May 4, 2021, WHS had its first ever (virtual) community Iftar, the meal eaten by Muslims after sunset during Ramadan. Students and guests gathered on Zoom at 8:30 pm. It was a chance for Muslim students to share what Ramadan means to them and what they want people to know about Ramadan. Non-Muslim guests were able to ask questions and learn from students and guest speakers about this important month.

Fatuma Mayange, an organizer of the event and a 9th grader, says, "It was good because a lot of people showed up and were interested in learning more about Ramadan and Iftar."

"It was nice to hear everyone's questions and that everyone came to support us," says Mariam Mayange, a tenth grader.

There were more than 40 people in attendance, including students, teachers, and community members. "It was great that everyone came, even non-Muslims, to support people who celebrate Ramadan," says Sarbin Majhi, a tenth grader and non-Muslim.

"I learned about Ramadan from my peers, which was really



cool," says Ayush Pradhan, a tenth grader.

Ghamaril Osman, another organizer of the event and a 10th grader, says, "I hope next year we can do this again, but it will be in-person, not on a Zoom, like real Iftar." We hope that this will become a new Winooski tradition every Ramadan.

A special thank you to the PTO who gave students a grant. With these funds, we were able to package up food for students to bring home with them after sunset.

# Congratulations to this season's Student Spotlights

By Jessica Bruce, Visual Arts Teacher

Winooski High School teachers and staff would like to recognize and congratulate these fine students for their hard work and dedication to their education this school year. Amidst all the challenges these students face, they have been rockin' it!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*SEAN KALEDON*



Sean works hard on every assignment and has made tremendous improvements in her writing.

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*SEAN ZARAHN*



Sean has worked very hard this school year to get his more done, and has been more engaged in-person this past semester. We enjoy his humor and willingness to help and participate in class discussions. Good job, Sean!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021


*AMINA OSMAN*



We are inspired by Amina's dedication - she has shown us that you CAN do anything you put your mind to!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*JAMES LUBAMBO*



James has worked so hard this year and was recognized as the Personal Finance student of the year, along with a scholarship from NextGen Personal Finance!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*JOSHUA SELEMALI*



Joshua has incredible work ethic and finished an entire literacy program working many hours outside of school.

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*BHUMIKA MAGAR*



Bhumika is consistently engaged, thoughtful with her work, and always seeks help when needed.

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*JAYDYNE CROWDER*



Jaydyne completed his Civics GP and is making great progress on his Communications Capstone paper, which is his last graduation requirement!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*MATHIEU MANGABA*



Mathieu regularly reads between 100-200 books every week and has raised his reading level so much this year!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*FATUMA MAYCONGÉ*



Fatuma is a leader in our class and consistently goes above and beyond!

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*JEAN HEINTZ*



Jean has been a diligent, hard-working student and supportive peer this entire semester.

**STUDENT SPOTLIGHTS**  
SPRING/SUMMER 2021

*PASSY MATENDO*



Pod A5 would like to recognize Passy for her dedication to her studies, her progress in all academic areas, and her infectious positivity.



## Students Connect with the Outdoors at School

By Courtney Dickerson, Catamount Trail Association

This spring, the Catamount Trail Association (CTA) ran a three-week workshop on Outdoor Navigation and Orienteering. The goal of this program was to teach common outdoor skills and help students learn to navigate in the woods. This program served as an extension to the nordic skiing program that ran this winter. The CTA's main programming, called Ski Cubs, is a learn-to-ski nordic program that provides equipment and instruction for students to learn cross-country skiing.

The Ski Cubs program aims to get youth outside during the winter doing a fun activity, to help strengthen their connection to nature and bring joy to the winter months. CTA works

with both the middle school and high school students in Winooski's Newcomers Academy classes. Many of these students are newly experiencing winter!

This past season we offered two after school ski programs and a weekend Middle School program on Saturdays in Landry park. (During a non-COVID winter we bring students to Bolton Nordic Center on Saturdays.)

The Outdoor Navigating and Orienteering program began to teach additional outdoors skills to Ski Cubs students. CTA wanted to provide outdoor learning experiences on school grounds, with the goal of making connections to the natural areas already in the students' lives.

During the spring, students learned



how to navigate with a compass, determine their pacing, navigate using a map to find points, and use GPS units to locate waypoints and learn about satellites.

One highlight was when the students used the orienteering map to navigate the school campus and find flags with letters to solve

puzzles. It was fun to see students make the connections between the map symbology and the physical world we were standing in.

Student Pascaline Furaha said, "I liked how we were using the compass and finding letters".

Many of the students had the realization that it was more difficult to find points on the map than they had thought, but they all caught on quickly. Student Suzana Wilondja said, "I liked the lessons we did...

how we used the GPS and how we controlled the settings. We went together to the flags with the GPS and it was telling us where we were supposed to go".

CTA's hope is that students will take away important skills they can use if they explore the outdoors, as well as an appreciation for the many different ways to navigate besides cell phones. The class also exposed them to tools like paper maps, GPS units and compasses, which students might not come across in everyday life!

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## Student Wins Grant to Support Life Saving Swimming Skills

By Emily Hecker, Communications Director



Middle school student Monisha Bhattarai won an \$800 grant through the Winooski Youth Council to offer free swimming lessons and other life-saving aquatic skills to Winooski students.

Monisha said her motivation to apply for the grant came from an incredibly traumatic experience she had a few years ago. "I went swimming one day and didn't know how to swim and I almost drowned. When you almost drown, you feel like you are going to die and you want help and you don't know if you might get help," Monisha said. "I was lucky because my brother was nearby and he saved me."

Monisha said she plans to sign up for lessons herself to make

sure she has the essential skills she needs to stay safe in the water. "I think it is an important thing for all kids to know because drowning is dangerous and terrible."

Monisha has planned to use her grant funds for lessons for students who might not otherwise be able to afford them. However, since the Winooski School District is sponsoring aquatic skills lessons for any interested Winooski student this summer, Monisha is also planning to purchase culturally-appropriate swimwear and other gear for her fellow students to use while taking lessons. Her goal is to make accessing lessons as easy and comfortable as possible for all students.

"Swimming is an important life skill and you might even need the lessons you learn to help out other people one day," Monisha said.

# Community-Based Learning in the Middle High School

By Andrew Wild, Community Based Learning Coach and Stephanie Hackett, Community Based Learning Coordinator

We are excited to share the first of many columns providing updates about community-based learning at Winooski Middle High School. We-- Andrew Wild and Stephanie Hackett-- are the community-based learning coach and coordinator, respectively. We were hired as part of a generous grant from the Barr Foundation, which awarded a \$500,000 grant to the district in 2019 to leverage learning opportunities in

our community beyond the walls of the school. Broadly speaking, we support teachers and students in connecting with the community through interactions ranging from single interactions to long-term collaborations.

As educators in the "Onion City," we think the onion is a fitting metaphor for community-based learning. The writer Charles Dudley Warner wrote, "In onion is strength; and a garden without it lacks flavour. The onion, in its satin wrappings, is among the most beautiful of vegetables; and it is the only one that represents the essence of things." Like the onion, there is strength in our students and the community when they work and learn together. Learning experiences are enhanced (flavorful) when they connect with the community. Just as cuisines in Winooski households might use onions in various ways, our involvement and projects vary; and therefore, we would like to provide an example of each of our recent work with teachers and students. To illustrate what this metaphor looks like in practice, we will describe some of our recent work.

Andrew has been working closely with 6th grade students and teachers on their expedition entitled *In Search of the Wild Onion: A study of local ecology and*

*indigenous history*. He worked closely with teachers, staff, and students to plan and lead a trip to Bolton Notch so

interest and Stephanie pairs each student with a mentor from the community, who then guides and supports the student's learning.

This year, the Communication Capstone will be hosted by Shelburne Farms. For three weeks this summer, students will work with Shelburne Farms staff to take a deep dive into sustainability issues at the farm and throughout Vermont. Two school-wide events that Stephanie



students could find and identify ramps (wild leeks, wild onions) and recognize features of their habitats. Building on this trip, he organized an event with esteemed Abenaki educator Judy Dow to further connect Indigenous Perspectives with what students had been learning, especially our relationships with the land and harvesting wild foods like ramps sustainably. Students' insightful questions ranged from, "How do you feel about ramps being hard to find in Winooski?" to "What is different about the soil where ramps live?"

Stephanie has been working closely with current 11th graders and community members on Communication Capstones, which culminate the Winooski High School experience. For these projects, students typically choose a topic of

coordinated this year were an expert speaker about the 100th Anniversary of Women's Suffrage and an Air National Guard visit that introduced students to career pathways. She is also working closely with the City of Winooski to plan for the Centennial Celebration in 2022.

We look forward to sharing more updates with you in the future and always feel free to reach out if you have questions or ideas for connecting student learning with the community!

Winooski 6th Graders in Bolton Notch





# COMMUNITY NEWS

## Municipal Update June 2021

By Paul Sarne, Communications Coordinator



### COVID-19 Information & Updates

As more and more Vermonters are vaccinated, the State of Vermont has issued reopening guidelines as part of the Vermont Forward plan. Still, it is imperative that we all do all we can to protect ourselves, each other, and the public, as the pandemic is not over and Vermont continues to see case growth.

#### City Services Until June 1, 2021

- City Hall is open to the public from 9 AM to 3 PM.
- The Library is open for curbside pick-up Monday - Friday from 10 AM to 4 PM and Saturday from 10 AM - 2 PM. Browse and Borrow Sessions appointments can also be made online.
- The Senior Center and the O'Brien Community Center are currently closed to the public but for by appointment.
- 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, which can be accessed via [winooski.vt.gov](http://winooski.vt.gov)
- Parking and Code Enforcement - Parking is being enforced Downtown. We encourage people to use the ParkMobile app as much as possible. Parking kiosks will be sanitized daily.
- Utility Disconnections - All disconnections due to utility non-payments are canceled for the quarter.
- Code Enforcement Residential and Commercial Inspections - Following public health guidance, we have restated 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](mailto: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](mailto: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

#### Starting June 1, 2021, the public will have additional expanded access to the following:

- The Winooski Memorial Library will be open for appointments on Wednesday from 1 PM - 6 PM. Additionally, it will be open for in-person, drop-in (limit capacity to 11 patrons): Tuesday, Thursday, Saturday: 10 AM - 2 PM, Friday: 1 PM - 6 PM
- The Winooski Senior Center will be open from Tuesday to Thursday, from 9:30 AM to 1 PM as well as for programs scheduled outside those weekly drop-in hours.
- The Myers Memorial pool will open to the public on Sunday, June 6, with an initial capacity of 75 swimmers at a time, managed through a combination

of pre-registered slots (30%) and drop-in slots (70%). Please see the complete schedule at [winooski.vt.gov/pool](http://winooski.vt.gov/pool).

#### Starting July 6th, the public will be able to fully access City offices.

- City Hall will be open to the public from 7:30 AM to 4:30 PM.
- The Community Services Department at the O'Brien Community Center will be staffed and open to the public from 9 AM to 5 PM.
- The Library will be open Tuesday to Friday from 10 AM to 6 PM and Saturday from 10 AM to 2 PM.
- The Senior Center will be open from Tuesday to Thursday from 9:30 AM to 1 PM as well as for programs scheduled outside those weekly drop-in hours.
- The Myers Memorial pool will expand capacity to 100 swimmers at a time, managed through a combination of pre-registered slots (30%) and drop-in slots (70%). Please see the complete schedule at [winooski.vt.gov/pool](http://winooski.vt.gov/pool).

#### COVID-19 Testing in Winooski

The City of Winooski has partnered with the Vermont Department of Health and CIC Health to provide on-going COVID-19 testing in Winooski at the O'Brien Community Center (32 Malletts Bay Ave). Registration is preferred, but walk-ups are welcome. Testing hours and availability vary from month-to-month. To view the current schedule, please visit

Your City Officials	Email addresses	Telephone
Mayor Kristine Lott	<a href="mailto:klott@winooski.vt.gov">klott@winooski.vt.gov</a>	802-766-1988
Councilor Hal Colston	<a href="mailto:hcolston@winooski.vt.gov">hcolston@winooski.vt.gov</a>	802-922-2908
Councilor James Duncan	<a href="mailto:jduncan@winooski.vt.gov">jduncan@winooski.vt.gov</a>	802-310-7103
Councilor Mike Myers	<a href="mailto:mmyers@winooski.vt.gov">mmyers@winooski.vt.gov</a>	802-355-5348
Councilor Bryn Oakleaf	<a href="mailto:boakleaf@winooski.vt.gov">boakleaf@winooski.vt.gov</a>	802-448-2966
City Manager Jessie Baker	<a href="mailto:jbaker@winooski.vt.gov">jbaker@winooski.vt.gov</a>	802-655-6410

Visit the city website at [winooski.vt.gov](http://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

[winooski.vt.gov/covid-19](http://winooski.vt.gov/covid-19).

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.

### COVID-19 Vaccines

All Vermont residents age 12 and older are eligible to be vaccinated. Make your appointment online at [healthvermont.gov/myvaccine](http://healthvermont.gov/myvaccine) or by calling 855 722 7878. To speak with someone in a language other than English, press 1. You can also get an appointment at Kinney Drugs, CVS, Walgreens or Northfield Pharmacy.

For current updates, resources, and municipal service information please visit [winooski.vt.gov/covid-19](http://winooski.vt.gov/covid-19).

## Mayor's Update

By Kristine Lott

Hello Winooski, Spring has been full of hope as we've continued to see reductions

in cases of COVID-19 here in Winooski, and good rates of vaccination through several local clinics. Residents who are still in need of vaccination can visit [healthvermont.gov/myvaccine](http://healthvermont.gov/myvaccine) – pre-registration and pop-up options are available!

This good news is helping us resume outdoor gatherings this summer, including the Farmers Market on Winooski Falls Way every Sunday from 10 AM – 2 PM and Winooski Wednesdays concert series in Rotary park the first Wednesday of each month. This summer we'll have opening acts including local youth. There are also a number of one-off events being put together community members, including



Winooski's first official Juneteenth celebration the evening of Saturday, June 19th at Rotary park.

I'm excited to announce that our Community Services Department has partnered with the Winooski School District to provide more youth programming, made possible by the Elementary and Secondary Schools Emergency Relief Fund. We are planning to expand our Thrive After School program, add new summer camp and pool programs, provide early childhood reading groups, and revitalize our summer teen employment program. This funding is available for 4 years, so we can really invest in youth programming in Winooski and learn what will be the most supportive long-term programs for our youth.

Last year, due to increasing home values in our area, the State mandated a city-wide reappraisal for Winooski. Council recently contracted the city's current appraiser to begin the process next summer (2022) and complete in 2024. There will be much more information shared on the process as we get closer to starting that work, but I want to be clear that while a reappraisal will increase most home values on record, this does not equal an increase in your property tax bill. Voters approve a budget each year, and that amount is divided across properties, so some property owners may see a slight increase or decrease, as the total dollars collected by the City do not change.

Finally, we recently wished a farewell to City Manager Jessie Baker as she transitioned to a new role with the City of South Burlington. Jessie made many contributions to Winooski in her time as manager, and she will be missed. The search for a new City Manager is well underway, and we hope to hire before the end of summer. Interviews with finalists for the position will welcome public attendance so be on the lookout for updates. In the interim, we are grateful to have our Director of Public Works, Jon Rauscher, and our Human Resources Manager, Phoebe Townsend, sharing manager duties to keep our city on its path forward.



## Winooski US-7 Concrete Repair Project Updates

The Vermont Agency of Transportation will be rehabilitating the existing concrete roadway in an effort to improve the ride over the surface, and to extend the serviceable life of the concrete before major reconstruction is necessary.

This project begins on U.S. Highway 7 just after the bridge over the Winooski River and extends northerly along US 7 for 0.138 miles to the intersection with West Allen St., U.S. 7, and Vermont Route 15.

This project includes the north and southbound entrances and exits to the circulator, as well as the concrete panels on West Allen St. at the intersection with U.S. 7 to the intersection with Follett Street.

Treatment options will be evaluated during the design phase, though it is anticipated that work will include diamond grinding of the surface to improve smoothness and joint filling and repair using either a cementitious or asphaltic material.

At this time, it is not anticipated that guardrails or signs will be included as part of the project.

View the full project details at <https://resources.vtrans.vermont.gov/factsheet/default.aspx?pin=18V200>.

Questions regarding this project can be sent to Natalie Boyle:

- 802 855 3893
- [nboyle@eivtech.com](mailto:nboyle@eivtech.com)

## Community Services Updates



### City of Winooski Announces FREE Summer Programs for Youth

The City of Winooski's Community Services Department is thrilled to announce an exciting slate of FREE summer programming for Winooski kids for the Summer of 2021, including summer camps, day programs, and swim programs at the newly renovated Myers Memorial Pool. These free programs are made available in partnership with the Winooski School District through the Federal Elementary and Secondary School Emergency Relief Funds (ESSER) program. Registration is open for Winooski youth for the following programs:

- Swim Lessons for all ages, starting June 14 and running all summer at the Myers Memorial Pool
- Innertube water polo at the Myers Memorial Pool
- Rosie's Girls Camp with Vermont Works for Women, Aug 2 – 6, grades 6 – 8
- Thrive Summer Program, weekly sessions from June 21 – August 6, grades K – 5
- Storytime at the Winooski Library, Tuesday and Thursday each week from 10 – 11 AM, ages 0-6
- Employment opportunities for Winooski Teens through the City's Summer Teen Employment Program. This 10-week program starts June 14, and includes positions for Trail Crew, Library Assistants, Fire Department Public Safety Assistants, Thrive Counselors in Training, and more!

We are adding new programs each week - stay tuned for programs like Skateboard Camp, Mural Camp, Basketball Camps, Theatre Camp, and more. For full details, visit [winooskivt.gov/summer2021](http://winooskivt.gov/summer2021).

## Winooski Memorial Library

### Browse and Borrow

Reminder that the Winooski 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 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. Visit to check out books, access computer and printing, and to use the copier. For full details and to make your reservation today, please visit [winooskivt.gov/library](http://winooskivt.gov/library) or call 802 655 6424.



### Outdoor Storytime

Join us on Tuesdays and Thursdays at 10 AM for Outdoor Storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! Masks and social distancing required. Weather permitting. No registration required. Find us behind the library on the lawn!



### Tabletop Games

Bring your friends, bring your family, or just bring along yourself to play some tabletop games on Thursdays at 12 PM. This all-ages program invites the Winooski community to enjoy gaming with friends and neighbors - we'll have cards, dominoes, chess, cribbage, and more! Have a favorite of your own?

Introduce us to something new! We hope to see you there! Masks and social distancing required. Weather permitting.



### Papercrafts: Origami, Mask Making, & More

Find us every Tuesday at 11 AM for weekly origami folding challenges and other crafts! We'll be hosting crafty activities using commonly available household, grocery or hardware store supplies. Bring your creative self and ideas to share for future crafting sessions. Outside, weather permitting.



### Pokemon Go! Crawl

Make new friends, battle old ones! Join us for a walk around Winooski for some collective Pokemon Go! gaming. Complete daily missions, work together to defeat more powerful Gym Bosses, trade for the Pokemon you need to catch 'em all! Get some fresh air and socialize safely outdoors while playing long-time favorite video game, Pokemon GO! Wifi provided. Bring your own device. If you do not yet have a Pokemon GO! account, either start one before attending, or we can help you when you arrive. Fridays at 12 PM, weather permitting. Signed permission required for this program. Stop by or email [jneilson@winooskivt.gov](mailto:jneilson@winooskivt.gov) to get your form today.



### **Winooski Reads Book Group**

The Winooski Library is excited to offer a chance to participate in our new Winooski Reads Book Club for adult readers (18+)! Join your friends and neighbors for a lively discussion of each month's selected title and share your thoughts, insights, and reactions to the book. Free to take part, email or call Nate Eddy, Library Director, at [neddy@winooski.vt.gov](mailto:neddy@winooski.vt.gov) / 802 655 6424



### **Virtual Dungeons & 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 4 – 6 PM (elementary) and 6 – 8 PM (middle/high school). To sign up, call or email Josh Neilson, Youth Services Coordinator, at [jneilson@winooski.vt.gov](mailto:jneilson@winooski.vt.gov) / 802 655 6424



## **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!

Call our dedicated support line at 802-655-6425 Voice Mail 24/7. Email us at: [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov)

### **Vintage Cafe - NEW!**

We'll be hosting our Vintage Cafe every Wednesday from 10:30am to 12:30pm. Join us for coffee, tea and treats on the patio.

### **Shine Time - NEW!**

Our new Shine Time programming will be held Tuesdays, Wednesdays and Thursdays from 10:00am to 12:30pm indoors and out. Join us for fun and games, educational programming and good old-fashioned conversation! Snacks are provided. All our activities will be scheduled and by reservation. Call or email us for details.

### **Sunday Cafes - NEW!**

Stop by our one of our free once a month outdoor Sunday Cafes. Stop by from 1-2pm. Call us for Details. Reservations are required. Call us at 655-6425.

- Sunday June 13th - A Taste of Vermont
- Sunday July 11th - Teddy Bear Picnic

### **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 needed.

### **More than a Meal**

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal every Wednesday. 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. Reservations must be made by Noon the Friday before the scheduled Wednesday meal. Pick up between 10:30 AM and 12:30 PM at the Center. Please call us at 802 655 6410 or email us at [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov) for the weekly menu and to register for this program.

### **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. For full details and to make your reservation, please visit [winooski.vt.gov/library](http://winooski.vt.gov/library) or call the Library at 802 655 6424.

### **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. Plus 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 [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

# The Winooski Farmers Market is back June 6!

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Join us at the Winooski Farmers Market every Sunday this summer from 10am - 2pm on Winooski Falls Way in front of the Champlain Mill. Mask or face covering required for vendors and attendees. If you are interested in volunteering at this event or would like information on becoming a day vendor, please email [farmersmarket@downtownwinooski.org](mailto:farmersmarket@downtownwinooski.org) or visit [www.downtownwinooski.org/winooski-farmers-market](http://www.downtownwinooski.org/winooski-farmers-market)



## Juneteenth Winooski in Rotary Park

Juneteenth is an important historical and celebratory event that marks the date when, in Galveston, Texas in 1865, all African Americans learned of Emancipation and slavery was ended in the United States. Juneteenth has come to be known as a day to celebrate Black liberation and freedom. Come to Rotary Park on June 19, 2021 to see music, poetry, and speakers. There will also be other activities and vendors to explore! Mask or face covering required to attend. [www.downtownwinooski.org/juneteenth](http://www.downtownwinooski.org/juneteenth).

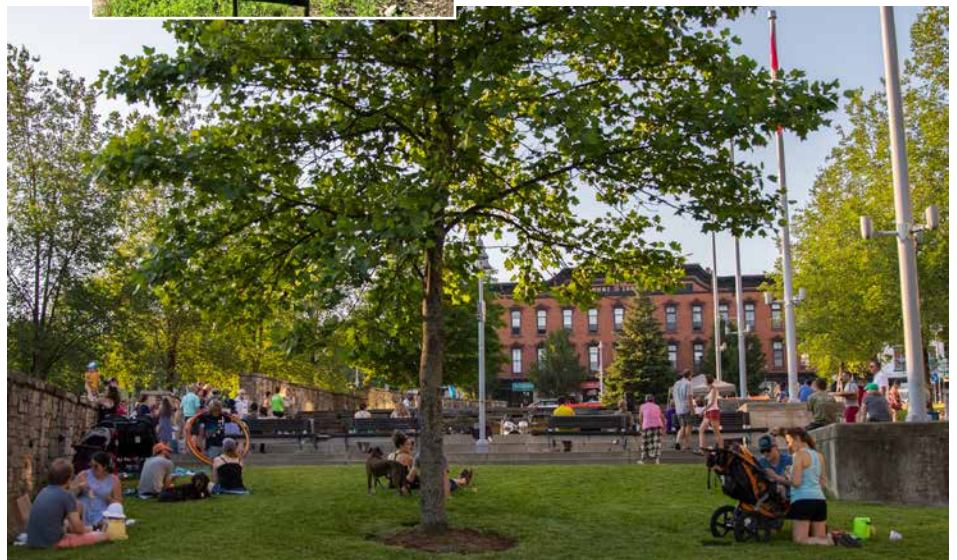


## Winooski Wednesdays Return for 2021

Join the City of Winooski, Downtown Winooski and presenting sponsor Mascoma Bank every first Wednesday of the month for a free concert and artist market in Rotary Park! Mask or face covering required to attend. Doors open at 5pm, opener starts at 5:30. We are thrilled with the all-star lineup this year, you won't want to miss a single concert, trust us! For full details and up-to-date info, follow @downtownwinooski on Instagram or visit [www.downtownwinooski.org/WinooskiWednesdays](http://www.downtownwinooski.org/WinooskiWednesdays).

### Dates for Winooski Wednesdays:

- June 2
- July 7
- August 4
- September 1



# Howard Center June Update

By Adam C. Brooks, Assistant Director of Communications

## Substance Use Treatment and Recovery Resources

Substance use disorder impacts the person using substances and their circle of family, friends, co-workers, and neighbors. Isolation can increase the risk for substance use and overdose.

It's not always easy to tell whether someone is experiencing a drug overdose. If you are worried that someone who you are with is experiencing an overdose, you should call 911 immediately, and:

- stay with the person and don't leave them alone.
- try to keep them awake, and if necessary, help them to walk around.
- monitor their breathing.

Overdose symptoms may include the inability to speak, loss of muscle control, bluing of the fingernails and lips, slow or erratic pulse or heartbeat, vomiting, unconscious, and unresponsive to stimulus. We want to remind our community that we have substance use treatment programs and supports. Please visit

our website at [www.howardcenter.org](http://www.howardcenter.org) for additional resources.

Howard Center's Safe Recovery provides free and anonymous NARCAN® (Naloxone); overdose reversal kits; free and anonymous Fentanyl test strips; and connection to treatment and supports. The program is open Monday-Friday from 9:00 am-12:00 pm and 1:00-5:00 pm; 802-488-6067. Individuals do not need to have an appointment to receive services. Please don't use alone. Treatment is available and recovery is possible.



**HOWARD CENTER**  
Help is here.

### Important Phone Numbers

- Our **Access and Intake** Main Number, 802-488-6000, is available M-F 8 am – 6 pm. Our staff will help you find the services that best fit your need.
- Our **First Call for Chittenden County** crisis hotline, 802-488-7777, is available 24/7/365.

## Have a Safe, Healthy, & Happy Summer

By Jane Henderson, Grants Manager, Winooski Partnership for Prevention

Congratulations to all of our students and school staff for making it through the year. We are so grateful for all the ways our community adapted and appreciate the hard work everyone has put in. Looking towards summer, read below for tips on how to keep your youth happy and healthy over the break!

### Staying Safe this Summer

Summer is a time full of sun, fun, and outdoor activity! Unfortunately, it is also when first-time teen alcohol, tobacco, and other substance-use peaks (SAMHSA). Luckily, with longer days means there are more opportunities for parents and caretakers to check-in with the young people in their life. See some conversation starters below:

There is no single “big” conversation when it comes to prevention – it is about having many small talks with your child about how to stay safe and healthy.

### Keeping Developing Brains on Track

Young brains are great at learning new skills like reading, riding a bike, or drawing. This point in development is also when the brain is most susceptible to the harmful effects of substance-use. The QR code provided (scan with your phone) will bring you to the first in a new



animation series from the WPP, titled: Staying Safe & Healthy. We'll be focusing each of these short videos on different parts of the body (like the brain, heart, and lungs) that we especially want to protect during developmental stages.

Sign-up for our newsletter [[winooskiprevention.org](http://winooskiprevention.org)] to stay up-to-date on prevention tips and to get a first look (and opportunity to RSVP) to upcoming free community dinners. Happy Summer, Winooski!

**1. WHAT WOULD YOU SAY IF SOMEONE TRIED TO PRESSURE YOU AND YOUR FRIENDS TO USE TOBACCO OR ALCOHOL?**

**2. HOW DO YOU FEEL WHEN YOU HEAR ABOUT KIDS TAKING COUGH MEDICINE WHEN THEY AREN'T SICK, OR TAKING SOME OF THEIR PARENTS' MEDICATIONS WITHOUT PERMISSION?**

**3. WHY DO YOU THINK KIDS TAKE RISKS OR USE DRUGS?**

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**OFTENTIMES, THE KEY TO STARTING THE CONVERSATION**

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**BEGINS BY LEVERAGING CURRENT EVENTS OR NEWS, OR**

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**OPENING A DISCUSSION AROUND A LIKELY SCENARIO THAT A**

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**CHILD MAY ENCOUNTER DURING HIS OR HER DAY.**

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## All-Resident Voting

By Kesha Ram, Vermont State Senator

Allowing all residents to vote in local elections has long been a passion of mine. This month, I was proud to report the charter change of the City of Winooski that allows all residents to vote in municipal and school elections.

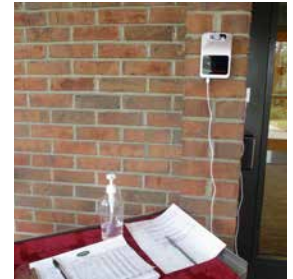
As I said on the floor, it reminds us that all-resident voting does not diminish who we are as citizens, that citizenship is not static, that exercising citizenship is a verb and not a noun. In the words of Alexis de Tocqueville, “The native of New England is attached to his township because it is independent and free: his co-operation in its affairs ensures his attachment to its interest; the well-being it affords him secures his affection; and its welfare is the aim of his ambition and of his future exertions: he takes a part in every occurrence in the place; he practices the art of government in the small sphere within his reach; he accustoms himself to those forms which can alone ensure the steady progress of liberty; he imbibes their spirit; he acquires a taste for order, comprehends the union or the balance of powers, and collects clear practical notions on the nature of his duties and the extent of his rights.”

The charter passed 20-10, and is one step closer to expanding our democracy so that more Vermonters may practice the art of government within their reach. Thank you to Mayor Kristine Lott, Rep. Hal Colston, and Rep. Taylor Small for your hard work to get this advanced.

## OLOP welcomes visitors, applications for residency as Vermont sees light at the end of the COVID tunnel

By Gail Callahan

Nearly three months into a limited in-person visiting schedule, Our Lady of Providence staff are using the width of the smiles on residents’ and relatives’ faces as a yardstick, measuring the joy of having face-to-face visits.



Administrator Kristie Daigneault set up an on-line, sign-up program for family members to access. The visits are held Monday, Wednesday and Friday, running from 10 am to 2 pm. Each visit is 45 minutes and residents, and relatives can share a brief hug. Up to two people can visit a resident at a time.

The visits take place in the facility’s front-foyer area. Prior to starting a visit, relatives tackle a bit of paperwork before starting a visit. The work includes a screening test consisting checking temperature, answering a brief Covid survey, signing-in and sanitizing hands before entering the foyer.

“We are so excited and grateful to offer our residents visits in the Oasis Room,” Daigneault said. “We’re looking forward to a time when we can come together for community gathering.”

## Winooski Food Shelf Schedule for June

By Linda Howe, Winooski Food Shelf Coordinator

<b>Wednesday, June 9th</b>	1:00pm to 3:00pm	Pantry staples, eggs and meat
<b>Saturday, June 12th</b>	9:30 am to 11:00 am	Fresh food, deli, eggs, meat, bread
<b>Wednesday, June 23rd</b>	1:00pm to 3:00pm	Pantry staples, eggs and meat
<b>Saturday, June 26th</b>	9:30 am to 11:00 am	Fresh food, deli, eggs, meat, bread

Yeah, the weather has broken! It is now warm enough for us to resume our outdoor Farmer’s Market style of serving clients on Saturdays! We are back to picking up deli, produce and bakery items from the Hannaford store on Dorset Street, So. Burlington. We will continue to provide bulk veggies, eggs and meat. We are still all wearing masks and social distancing to protect our clients not yet vaccinated. See you soon!

**Food Shelf Policy:** Winooski residents coming for the first time should bring proof that you live in Winooski such as a utility bill or rental lease. Winooski residents may access the pantry staples one Wednesday each month. They may also come both Saturdays to stock up on bread, pastry and some fresh fruits and veggies. Shaw’s in Colchester and Winooski’s own Commodities Natural Market help supply Saturday’s food.

**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](http://winooskifoodshelf.org) and make an electronic donation.

**Donation Drop Off Locations:** **Please do not leave food on our doorstep when we are closed.** Instead, please bring **unexpired and unopened**

food donations to: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340 or to J & J’s Corner Market, 12 Malletts Bay Avenue, phone: 654-8003. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our 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](mailto: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.

## From the Health Office:

By Elizabeth Parris, BSN, RN, NCSN and Kaitlyn Butkus, WSD Student Nurse

What a crazy year it has been, but we made it!

A BIG SHOUT OUT to the students, staff and families for following the mitigating strategies which helped to keep our schools as safe and healthy as possible during this pandemic.

We wish to extend a HUGE THANK YOU to the following professionals and organizations:

- Dr. Heather Link-SBHC Physician and WSD Medical Liaison
- Sherry Larose, PA SBHC Provider
- Julie Pecor WSD Health Office Assistant
- Julie Carter, WSD Sub Nurse
- Tracy Towers, WSD Tooth Tutor
- Brittany Dorn, VT Deaf and Hard of Hearing Consultant
- Sharonlee Trefry and Kaitlyn Kodzis, State School Nurse Consultants
- Dr. Breena Holmes, Shannon Stem and Emily Fredette, VDH School Team
- Howard Center
- UVMMC-Primary Pediatrics
- VT Dental
- Community Health Centers of Burlington
- Vermont Department of Health
- TLC nursing
- UVMMC Pediatrics Diabetes Education team
- UVMMC Pediatrics Nephrology team
- UVMMC Pediatrics Neurology team
- St. Mike's Rescue
- Other local pediatric and family practices

Thank you for helping Katharine and I service the needs of the Winooski students throughout the year. We appreciate each one of you!

### On another note...

While you are soaking up the summer rays (with your sunscreen on of course) by the pool or lake over the next couple of months please take a minute to think about what your child will need before they return to school in the fall.

**If your child is going to be in kindergarten** then he/she will need an updated copy of immunization records. Please make sure they have had 5 doses of DTP/Dtap, 4 doses of IPV, 3 doses of Hepatitis B, 2 doses of MMR and 2 doses of Varicella. If they don't then please call your child's primary doctor to schedule an appointment for them.

**If your child is entering the 7th grade**, please make sure they have had their 2nd dose of Varicella and a tdap booster.

Do you exempt your child from immunizations? If yes, please make sure to stop by the health office before June 19th to fill out an exemption form for next school year. Otherwise, they will be available with the district's administrative assistants over the summer.

**Remember without updated immunizations, a renewed exemption form or a doctor's note stating their next appointment they can't start school in the fall!**

Does your child have asthma? If so, then please get the asthma action plan completed over the summer and have an inhaler and/or spacer ready to bring in on the first day of school.

Does your child have an epi-pen? If yes, then please obtain an updated doctor's orders and have the new order and epi-pen ready to bring in on the first day of school.


Lastly, we kindly request that parents or a designated adult pick up their children's prescription medication(s) by 11am on Friday June 11th. Any prescribed medications left after this selected date and time will be disposed of. Please call our office at 383.6040 and a member of our staff will meet you outside. Students are not allowed to pick up their prescription medications.

We have enjoyed serving the health needs of your kids this school year and wish everyone a safe, happy and healthy summer vacation. See you in the fall!!

### SOME SAFETY TIPS!

#### HELMET SIZING GUIDE

<b>EYES</b> <small>Only TWO fingers should fit in the space between your eyebrows and the bottom of your helmet.</small>	<b>EARS</b> <small>Line your TWO fingers up with the straps; they V of your fingers should be right at your earlobe.</small>	<b>CHIN</b> <small>Hook TWO fingers between your chin. There should be no extra space.</small>
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#### BIKE SAFETY

Bike helmets reduce the risk of head and brain injuries if in a crash. Make sure the bike helmet properly fits! Shown in the picture to the left!

Make sure your bike is the right size

Rules of the road also apply to bikers


Walk your bike through traffic intersections. Stop and look both ways before crossing

#### CAR SEAT SAFETY

Using the appropriate car seat and booster seat, age and size dependent, can reduce the chances of serious injury when in a crash

Car seat/booster seats should be properly installed into car

All children aged 7 and under must be buckled in a car or booster seat per child restraint laws



#### SEAT BELT SAFETY

Wearing a seat belt is the MOST effective way to prevent death and serious injury in a crash, they reduce the risk of death by 45% and reduce risk of injury by 50%


Proper Use: the lap belt and shoulder belt are secured across the pelvis and rib cage, place the shoulder belt across the middle of your chest and away from your neck, lap belt rests across your hips

#### WATER SAFETY

The current is always moving, there are many different currents in the water that can drown you in a matter of seconds to just a couple minutes.

The rocks in the river may be fine when dry but when wet they get slippery and can lead to head injuries, possibly unconsciousness and even drowning

This water is NOT swimmable.





# Winooski JFK Elementary School Breakfast

## June 2021



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Blueberry Bread Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Remote- See Side Panel	3 Maple Burst Pancakes Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	4 WG Iced Honey Bun Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
7 Whole Grain Bagel Cream Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Blueberry Bread Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Remote- See Side Panel	10 Maple Burst Pancakes Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	11 WG Iced Honey Bun Assorted Fresh, Dried or Canned Fruit Milk Variety OR WG Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety
14	15			17
21	22	23	24	25
28			Please advise us if special meal accommodations are required for allergens or other special dietary needs.	

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

## June 2021



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oven Baked Chicken Nuggets Dinner Roll V Roasted Sweet Potato Wedges V Steamed Corn OR Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	2 Remote- See Side Panel	3 Fish Sandwich V Hand Cut French Fries V Steamed Broccoli OR Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety	4 Corn Dog Applesauce Mixed Vegetables OR Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Milk Variety
7 Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Veggie Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Veggie Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Remote- See Side Panel	10 Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Veggie Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Deli Turkey Sandwich OR Sunbutter & Jelly Sandwich OR Fruit & Yogurt Parfait w/Granola Veggie Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
14	15			17
21	22	23	24	25
28	29	30	Harvest of the Month: Dairy  Click on the milk carton to learn more about the Harvest of the Month!	

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

Remote Lunch Offerings:

- Cheesy Bread Dippers w/Marinara Sauce & Steamed Corn
- Oven Baked Pasta, Sauce and Beef Casserole, Garlic Bread, Green Beans
- Chicken & Rice, Broccoli w/Chick Peas

Offered Daily: Sunbutter & Jelly Sandwich, Yogurt Parfait  
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk & Fat Free Chocolate Milk

Deli Options K-8

Milk   Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below





**WINOOSKI SCHOOLS**  
*We are the future.*

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**Newsletter of the Winooski School District**

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**Green Up Day 2021**

*By Emily Hecker,  
WSD Director of Communications*

This spring, Winooski Middle High School students picked up litter from around the school campus in honor of Green Up Day. They picked up more than 10 large bags of garbage using trash grabbers that made it easier to get hard-to-reach items. They achieved their goals of making our campus more beautiful and keeping garbage out of water ways and other natural areas.

