

The Winooski Newsletter

A newsletter created in partnership by the City of Winooski and the Winooski School District.

AUGUST 2021



WINOOSKI SCHOOLS
We are the future.



Letter from the Mayor

By Kristine Lott

Hi Winooski,
You may have heard that last month that the State Legislature approved the part of our charter change that will allow all legal residents to vote in our local elections. *This means that next March, all legal residents, regardless of citizenship status, will be able to vote on Town Meeting Day ballot items, the municipal budget, and Winooski School Board/City Council candidates. This also expands who can run for school board or council seats.* The charter change gives voting access to around 600 more residents in our community. City staff are working to ensure we have an accessible election next year for new voters and we'll be doing some direct outreach over the coming months. I want to give a special thank you to the Winooski School District Liaisons who have helped us communicate these changes along the way and to our local State Representatives Hal Colston and Taylor Small who helped shepherd this change through the legislature. For updates on this process, please visit winooskivt.gov/charter.

In other milestone news, with the ending of the state emergency order in June and the return to in-person events like Winooski Wednesdays and the Farmers Market, it is beginning to feel like the worst parts of the pandemic are behind us. Let's take a moment to pause for the members of our community who we did lose to COVID-19, for our neighbors who lost friends or family, and for those still suffering from the impacts of the virus. I am grateful to the community, and to all our community partners, for so

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District News! Becomes *The Winooski Newsletter*

The City of Winooski and the Winooski School District are excited to announce that the Winooski School District Newsletter is now *The Winooski Newsletter*!

This publication is brought to you in partnership between City of Winooski and the Winooski School District, featuring our municipal, school, and community updates. There are so many exciting things happening in Winooski and we hope that our residents and visitors enjoy this updated version!

One of our main goals was to make it easy for our readers to get the information that matters to them – our updates are simply organized into three main sections: **School District News** (from the Winooski School District), **Municipal Updates** (from the City of Winooski), and **Around Winooski** (from our community partners).

As many community initiatives move forward (such as the school's Capital Project, Main Street Revitalization, and so many others) we hope you find these updates engaging and make you feel connected to your friends and neighbors.

And, we welcome your feedback! What would you like to see in the Winooski Newsletter? Feel free to reach out anytime:

- Paul Sarne, Communications Coordinator / City of Winooski: communications@winooskivt.gov
- Emily Hecker, Communications Director / Winooski School District: ehecker@wsdvt.org
- Anne Linton Elston, Editor / The Winooski Newsletter: newsletter@wsdvt.org

BACK-TO-SCHOOL

What to Expect - A Year Full of Heart, Learning, and Practical Precautions

We are thrilled to welcome our students and staff back for what is shaping up to be a regular pre-pandemic in-person schedule. **For students, the first day of school is August 25***.

As before, the school day will be from 8am to 3pm. Students should be in their classrooms by 8:10am. Students who arrive after that time will need to check in with their school's front office. Expect to learn more about our robust afterschool programming once school begins.

**Winooski Middle High School (WMHS) is excited to offer a Smart Start morning for 6th and 9th grade students to help them transition to their new schools. More information about the Smart Start will be shared directly with WMHS families and students this month.*

Student Meals

Winooski School District is a Community Eligibility Provision (CEP) district due to the high number of students who qualify for free and reduced lunches. **That means breakfast, lunch and supper are completely free for all students.** Breakfast will be served in our elementary school classrooms and will be offered mid-morning to all WMHS students. Lunch will be served in the cafeteria. Supper will be available for students who participate in afterschool programming.

Entering the Building

As the past school year has taught us: Flexibility is key to our success! While the pandemic's impact has lessened significantly, our Capital Project continues to create changes for our learning community. Please discuss these campus changes with your child, and remind them that in a little over a year, the WSD building will be a brand new, amazing place they will all enjoy! We've got to keep our eyes on the prize.

For the next school year, all students and staff will enter through two entrances: the JFK Elementary School main entrance and the new George Street entrance.

PreK-5th grade will enter through the JFK main entrance. All students who arrive after 8:10am should enter through the JFK main entrance as well. Visitors will need to check in at the JFK main entrance as well. Parents and guests are allowed in our building again, but access will be limited due to construction.

Grades 6-12 will enter through the George Street entrance.

Drop Off and Pick Up

You may drop off your child in the front of the building at 8:00am near the JFK entrance. The previous bus loop and short term parking loop are currently closed. The new drop off/pick up location will be in a marked location in the front of the parking lot.

Parking will be limited. Please consider walking or biking to school with your child, if possible, to avoid traffic congestion. If



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you plan to pick up your child after school, you must park in the lot and walk to the pick up area.

The new George Street entrance will be closed at 8:10am. Dropping off and picking up students by car is not permitted at the George Street entrance.

Other Changes on Campus

Due to construction, eight classrooms in the elementary school have been converted to high school classes. Additional high school classrooms are located in the newly constructed gym. The WMHS Central Office is now located in room 6 of the JFK building.

JFK Central Office is in room 12. Grades PreK-2 will now be located in the newly constructed elementary school building. Middle school students will be able to enjoy their new classrooms in the newly constructed Middle School wing.

COVID-19 Precautions

As of June, there are no requirements about wearing masks in Vermont. The Vermont Department of Health (VDH) strongly recommends unvaccinated individuals wear masks indoors. Our summer programming has been operating under this guidance.

When this newsletter was printed in July, our district was still waiting on updated health and safety guidelines for the 2021/22 school year. The VDH and the Vermont Agency of Education are currently evaluating the guidance from the Centers for Disease Control (bit.ly/CDCFall2021) and the American Academy of Pediatrics (bit.ly/AAPfall2021) about masking and other health precautions this fall. We hope to be able to share more information by mid-August.



Building a better school - construction photo taken in July 2021.

Winooski Receives \$150,000 Gift to Feed & Clothe Students Through Innovative Programs and Partnerships

By Emily Hecker, WSD Director of Communications



The Vermont Community Foundation (VCF) has awarded \$150,000 to the Heart of Winooski (HOW) Foundation Inc. to support an innovative building project in the soon-to-be renovated main lobby of the Winooski School District campus.

The gift, which was recommended to VCF through anonymous advisors, will provide critical funding for the construction of a 380 square foot Necessities Store and the construction of a 175 square foot Grab and Go Corner Cafe.

The Necessities Store, at no cost to shoppers, will contain fresh produce, culturally appropriate non-perishable foods, essential household items such as cleaning supplies and menstrual products, as well as winter clothing/gear for students. These necessities will be available to any of the 850 students in the district as well as their families.

Sarah Keblin, Director of Philanthropy, Marketing & Communications for the Vermont Foodbank, said her organization is excited to support the WSD in providing a permanent and accessible location for families to access food. "The store will be hosting our pilot school pantry program, VeggieVanGoPlus,



Architect's rendering of the Grab and Go Cafe and Necessities Store in the main lobby of the WSD.

"Addressing food insecurity is always top-of-mind for the Community Foundation and our fundholders," says Dan Smith, president and chief executive officer of the Vermont Community Foundation. "We're thrilled to support this innovative pilot program that creates another tool in the toolbox for getting culturally-relevant food and other necessities to the populations who need it."

food in meaningful ways."

The Grab and Go Cafe will serve free pre-made meals to students throughout the school day to accommodate students' varying schedules. This flexibility is important for many middle and high school students who take advantage of learning opportunities off-campus and miss regular meal times. Due to a high rate of students who qualify for free and reduced lunches, all meals in the district are provided at no-cost to students through federal funding.

Read more about the Necessities Store and Grab and Go Cafe here.

The Heart of Winooski Foundation funds projects and programs that uplift our school community and empower students to change their world for the better.

Want to support Winooski students? Email us at give@howvt.org.

providing a culturally-responsive food pantry to students and community members. The full-time free store builds on the Winooski School District's commitment to address the unique needs of its community and to expand access to

Winooski PTO: Join Us!

By Kate Simone Secretary PTO

We will be returning to many of our regular events next year (including the holiday craft fair, the Celebrating Winooski's Talent Show, middle and high school dances, and more), and we would love for you to join us. There are many ways to be involved, and it's a great way to

get to know your school and neighbors! For more info, please email pto@wsdvt.org, and we'd be happy to touch base.

Watch School Board Meetings Online!

You can watch Winooski School Board meetings online on your own schedule! Visit www.retn.org and click on

"Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

Join Front Porch Forum

It's a free and easy online way to get on the local grapevine, connect with neighbors, and build community. Find out more at www.frontporchforum.com.

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.



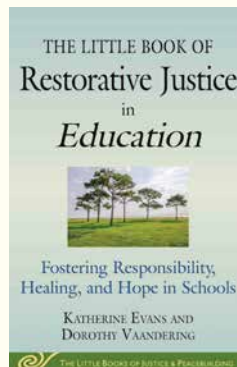
Incorporating Restorative Justice into SDI

By Kayla Loving

The week after the end of school in June, Winooski middle and high school teachers have the option of attending a week-long School Development Institute (SDI). During SDI, teachers have time to collaborate in learning and designing curriculum for the next school year. WMHS Co-Principal, Kate Grodin, reached out to the Restorative Justice Coordinator, Kayla Loving, with a request to incorporate restorative justice into SDI. Kate said, “If RJ, or any new practice, is going to benefit our students, the staff at the school need to understand and experience its benefits first. When the adults trust the practice, they will be able to confidently share it with students. Students observe this confidence in the adults and are then more apt to engage and trust it.”

Kayla designed restorative justice circles to open and close the week. The opening circle helped to set the tone for the week. Kate and the other planners for SDI wanted to recognize that this would be the first time a large group of WMHS teachers would be gathering in person since the onset of the pandemic. With this in mind, they want to emphasize community building, healing, and restoration throughout the week. These ideas were infused into the opening circle as circle keepers asked questions like: How will you nourish yourself and nourish others this week? The closing circle asked participants to reflect on how they define their work, the challenges they face, and how they can support one another. Sixth grade teacher, Nancy Keller, recognized how circles create the opportunity for all voices to be heard. “With a circle, each person can hold space and this gives me a better sense of what we are thinking and feeling as a community.” Kate said, “I emerge from circles always feeling like I know more about the people I work with and am better connected to them.”

A circle was also held during the week to provide an opportunity for teachers to process the resignation of the only Black teacher at WMHS, Mugabo Uwilingiyimana, and their personal role in ensuring that WSD is committed to anti-racism. Sixth grade teacher Andrew Wild said, “Circles helped me express my experiences and perspectives and better understand those of others. I especially appreciated the circles in helping us process the school year in the context of COVID and structural racism, including but not limited to the structural racism Mugabo was affected by.” Sixth grade teacher Laura Graves said, “By listening to others, I was able to make connections and start thinking about the issue in new ways. It



allowed me to shift my thinking away from feeling a bit hurt and maybe even slightly angry and guilty to a place where I could truly honor one person's experience and recognize how it can help shine a light on bigger issues that need to be addressed within our school community.”

Teachers also had the option of choosing one of three books to read and discuss with colleagues throughout the week. One of the books was *The Little Book of Restorative Justice in Education* by Katherine Evans and Dorothy Vaandering. The six grade team of teachers, the Behavioral Coach, Kate Grodin, and Kayla Loving read and discussed this book together. When asked why she decided to read this book, Nancy Keller said, “It was a team decision. We are forming a new 6th grade team and thought that by reading the text together, we would build a shared understanding of RJ that could then be translated into our teaming and teaching practices.”

Laura appreciated reading the book because “I learned that incorporating RJE [restorative justice in education] practices into schools takes time and commitment, but that it is worth it... It is important that we don't get ahead of ourselves in this process because there is the potential to cause more harm if facilitators are not properly trained.” Nancy appreciated the concept of mutual concern that RJ emphasizes. Andrew said, “We are situated in a web of social relationships and our actions and those of others affect each other directly and indirectly. There are ripple-effects of our actions and RJ accounts for this fact in theory and practice.”

Nancy, Andrew, and Kate were asked how they'd like to see RJ in practice moving forward in the school district. Nancy said, “We need to have conversations like the circle conversation we had about structural racism in our school district. With a foundation of mutual concern, we can be honest and share with others our thoughts and feelings, knowing that what each person says will be honored. One of the foundations of a trauma-informed organization is this kind of commitment to deep democracy, a commitment in which all voices are heard and incorporated. In other words, a commitment to RJ.” Andrew said, “I would like to see RJ infused into the district at all levels and relations among staff, leadership, students, and families.” Kate said, “I am eager to see how we can extend RJ to the community. I think students could lead some powerful circles!”



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Free, Fresh Produce and Other Goods at the WSD

The Vermont Foodbank will be at the Winooski School District (WSD) on **Friday, August 6**, and **Friday, August 20** from 9-10am with their Veggie VanGo program. This program provides families who attend the WSD with fresh produce to bring home. Visit our Facebook page (facebook.com/winooskilearns) to find out what we are expecting to give out each month.

Watch this video for more information: bit.ly/VVGWinooski



Do You Have A Child Under the Age of 5?

By Maybeline Lopez, Preschool Director & Early Learning/Act 166 Coordinator

Winooski School District is making plans for expanding our preschool options. If you live in Winooski and are a parent or guardian of children ages birth to five, please complete the **Winooski School District Parent/Guardian Needs for Preschool Survey** at www.bit.ly/PreschoolNeeds.

Seeking 4-H Leaders

By Margaret Coan, 4-H Educator

Interested in serving as a 4-H Club Leader? We are looking for 1-2 adults to lead a new 4-H club in the Winooski School District. 4-H is a national organization serving youth in grades K-12 and is administered in Vermont by The University of Vermont Extension.



The mission of 4-H is positive youth development: To promote and foster the development of leadership, citizenship, and life skills through experiential (hands-on) learning.

The 4-H Club in Winooski would meet afterschool, weekly, to work on projects and gain experience in areas of interest to the youth in the club. Leaders are supported by the local 4-H Educator and receive training and have resources available to carry out projects.

For more information on 4-H please visit <https://www.uvm.edu/extension/youth>. You may also contact 4-H Educator for Chittenden County, Margaret Coan at mcoan@uvm.edu, or Suzanne Skaflestad, 21C Director at sskaflestad@wsdvt.org.

Join the Winooski School District Antiracism Steering Committee Action Groups

Group 1: Racial Truth & Reconciliation Commission

Group 2: Hiring and Retaining Teachers of Color

Group 3: Ethnic Studies

Group 4: Review Committee

Group 5: Students Civil Rights

Group 6: English Language Learners (ELL) Mentorship Program

COMPENSATION INCLUDED FOR YOUR TIME AND EFFORT

Help make a difference in your community (any ages between 8 - 105)

Informational sessions:

- **Sunday, August 8th at 4 pm:** Youth-only meeting at the Myers Memorial Pool Community Room
- **Sunday, August 8th at 5 pm:** Community meeting at the Myers Memorial Pool Community Room
- **Monday, August 9th at 4 pm:** Zoom Informational Session

Scan here for more detailed information:



Interested, but cannot attend info session? Questions???
Email: wsdarsc@gmail.com

JFK's Summer School at Shelburne Farms

By Emily Hecker, WSD Communications Director

Winooski summer school students from John F. Kennedy Elementary spent two days per week at Shelburne Farms learning about the natural life cycle of farm animals and plants and how to have a positive impact on the world around them.

Winooski Middle High School (WMHS) teacher Chris Magistrale was excited for the opportunity to teach 4th and 5th graders. "I have been using my training in Developmental Designs to get JFK Elementary students familiar with concepts such as morning meeting and CPR (Circle of Power and Respect), as well as loads of movement based instruction and energizers," Chris said. He also welcomed the chance to build relationships with his future students and hopefully make them more comfortable with the transition to middle school.

For some students, seeing wild animals in their native habitat was a highlight. "We were riding on the tractor and I spotted a deer hunting for food in the woods," said 4th grader Jayespar.

Nancy Johnson, JFK Elementary School teacher, said kindergarten and 1st grade students (and their teachers) were getting hands-on experience while investigating the larger themes of life cycles, fairness and equity, community, and their ability to make a difference.

"There is nothing better than spending the day walking through the market garden and discovering so many little creatures in the forest. Students and teachers also explored areas right on our own school campus that have similar animals and plants that we found at Shelburne Farms," said Nancy.

Her students' favorite part of school at the farm? Brushing the horses, holding chickens, collecting eggs, and eating fresh gooseberries, raspberries, and currants straight off the bush. Kindergartener Wren said, "I liked watching the horses' tails because they were long and swinging!" And 1st grader Malia said, "I liked grabbing eggs, because I like eating eggs!"



Burlington Winooski Middle School Summer Program

By Suzanne Skaflestad, 21C Director

Thirty students from Winooski Middle School are engaging in five weeks of summer programming Monday-Friday from 8:00-4:00pm.

The Burlington Winooski MS Summer Program helps students re-connect, re-engage and recover through participation in high quality academic and enrichment programs. These programs provide students with enriching academics that maintain or accelerate learning gains, provide social-emotional support, socialization, fun, and safe ways for youth to be active and engaged.

Students are exposed to new learning, caring mentors and trained educators, healthy meals and transportation. The activities support physical health and well-being, creativity, and opportunities to explore careers and gain workforce skills.

Here is what the students like about the program:

- *“I like everything because it is good for me.”* (Neema, 9th grade)
- *“There are students and teachers I recognize at Burlington and they are fun. I made a volcano explode and it went everywhere.”* (Harley, 8th grade)
- *“Making new friends with students from another school.”* (Samantha, 8th grade)
- *“We enjoyed looking at the animals at Shelburne Farms.”* (Johari, 9th grade and Riziki, 8th grade)



St. Mike’s basketball camp where students spent a week developing their basketball skills, swimming, enjoying delicious lunches in the cafe and making new friends!



Gabby and Natalie collaborate in the kitchen



Let’s go Jafari!

- *“I enjoyed playing 5 vs 5 basketball because it takes more teamwork and I get to practice defense and offense.”* (Jacoby, 8th grade)
- *“Making slime.”* (Srijan, 6th grade)
- *“I like eating the food after we make it.”* (Natalie, 8th grade)
- *“I enjoy hanging out with my friends.”* (Tommy, 6th grade)



Transportation is key to summer program participants. Thank you Mr. Tim for showing up with a smile on your face every day and greeting our students!



Outdoor excursions



Shagan is ready to launch his rocket

- *“We enjoy making slime, jewelry, tie-dyeing and drawing.”* (Esther, 7th grade, Prisca, 6th grade, and Stella, 6th grade)
- *“It’s all good. I enjoy biking and swimming and seeing my friends.”* (Bora, 7th grade)
- *“I enjoy all the activities.”* (Shagan, 6th grade)

From the Health Office

By Elizabeth Parris, BSN, RN, NCSN

Welcome back! We hope that you had a fun summer. We are looking forward to welcoming students back at the end of this month. Here are some general back to school reminders.

1. Immunizations

Kindergarten: all students entering kindergarten must have the following vaccines: 5 DTaps, 4 Polio, 3 HepB, 2 MMR and 2 Varicella. If the above immunization requirements have not been met, we require proof of the next medical appointment date or a completed exemption form. Those forms can be found at www.bit.ly/2TmwaLN.

7th grade: all students entering 7th grade must have proof of a Tdap booster. If not, we require proof of next medical appointment date to receive the booster or a completed exemption form.

2. Hearing and Vision Screenings

We will begin conducting the state required hearing and vision screenings for students in grades K, 1, 3, 5, 7, 9, and 12 in September. All screenings will be completed by December. You will be contacted by the health office should your child need additional screening.

3. Medications

Over the counter medications (OTC)

All students under the age of 18 need parental permission to take over the counter meds in our office. If you have a returning student and wish to revise the approval list of OTC meds for your child, please log into your parent PowerSchool account and update the list. Otherwise, we will assume all OTC meds that were previously checked off by the parent will also be permissible this school year. If you have a new student entering our district, please complete the health office section in your PowerSchool

account and select which meds we may administer to your child as needed.

Prescription medications

Any student taking prescription medications in our office must have both doctor and parental permission. Please have your child's doctor fax us a medication order form. Our fax is 383-6017.

- All prescription medications should be delivered to school by a parent/guardian.
- Should prescription medications need to be returned home for any reason, we require a parent/guardian to come pick them up.
- Please note: we will not send controlled substances home with your student regardless of their age.

4. Illness

At the time this newsletter was printed, we were waiting on updated COVID-19 guidelines from the Vermont Department of Health and the Vermont Agency of Education. Updated health and safety guidelines will be shared with WSD families and staff in mid-August.

5. General Information + How to Reach Us

Office phones: 802-383-6040 • 802-383-6094

Fax: 802-383-6017

COVID Hotline: 802-556-2243. This hotline is available 24/7 for all WSD staff and families to answer COVID related questions and concerns.

Lastly, I want to extend a warm welcome to Shannon Fountain who will be joining our health office team. See you all in a few weeks!

WINOOSKI SCHOOL HOME MEAL KITS (UNTIL AUGUST 25)

Home Meal Kits

Meals are intended for children 18 and under.

One breakfast and one lunch per day is available to children within the school district. This kit includes bulk and prepared items to provide breakfast and lunch for 7 days. Please see the enclosed menu for breakfast and lunch selections! **This kit does not contain pork**

For more information, please contact us: info@abbeygroup.net or 802-373-6458

Menu is subject to change

What's Inside:

Meat / Meat Alternates

- Peanut Butter 1 lb. Make peanut butter and jelly sandwiches (5) using 2 Tablespoons of peanut butter.
- Cheese Sticks (5) Add to sandwich meals for additional protein. Keep at 41F or below until ready to consume.
- Pizza Square (1) Keep at 41F or below until ready to consume. If desired, heat by microwave or oven until 165 F
- Corndog (1) Keep cold at 41F or below until ready to consume. Fully cooked, heat by microwave or oven until 165 F

Produce

Fresh Fruits & Vegetables (10 cups total)

Includes:
4 Oranges,
4 Apples,
1lb. Baby Carrots,
1 Cucumber,
1 Green Pepper.

Keep cold at 41F or below.

Milk

- White Milk 1% (128 oz or 1 Gallon) To drink & use with cereal.

Keep cold at 41F or below.

Grains

- Cereal Bowl Pack (2)
- Breakfast Bread Slice(2)
- WG Bagel (3) & Cream Cheese
- 26 Slice Loaf of Bread for sandwiches or toast

Juice

- Assorted Juice boxes (8)

Chill if desired

This institution is an equal opportunity provider

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Meals are intended for children 18 and under.

One breakfast and one lunch per day is available to children within the school district. This kit includes bulk and prepared items to provide breakfast and lunch for 7 days. Please see the enclosed menu for breakfast and lunch selections! **This kit does not contain pork**

For more information, please contact info@abbeygroup.net or 802-373-6458

Menu is subject to change

What's Inside:

Meat / Meat Alternates

- Sliced Turkey (9 oz) for 3 sandwiches Keep at 41F or below until ready to consume.
- Yogurt, Vanilla (2) 4 oz each. Keep at 41F or below until ready to consume.
- Sliced Cheese (12 oz) for Sandwiches. Keep cold at 41F or below until ready to consume.

Produce

Fresh Fruits & Vegetables (10 cups total)

Includes:
4 Oranges,
4 Apples,
1lb. Baby Carrots,
1 Cucumber,
1 Green Pepper.

Keep cold at 41F or below.

Milk

- White Milk 1% (128 oz or 1 Gallon) To drink & use with cereal.

Keep cold at 41F or below.

Grains

- Cereal Bowl Pack (2)
- Breakfast Bread Slice(2)
- WG Bagel (3) & Cream Cheese
- 26 Slice Loaf of Bread for sandwiches or toast


Juice

- Assorted Juice boxes (8)

Chill if desired

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WINOOSKI SCHOOL MENUS (BEGINNING AUGUST 25)



Winooski JFK Elementary School Breakfast

August 2021

✓ =Vegetarian Menus are subject to change

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:

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.


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



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	Please advise us if special meal accommodations are required for allergens or other special dietary needs.		

BACK TO SCHOOL!

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


Blueberry Bread
Assorted Fresh, Dried or Canned Fruit
Milk Variety
OR
WG Asst. Cereal
Graham Crackers
Assorted Fresh, Dried or Canned Fruit
Milk Variety

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

Maple Burstin Pancakes
Assorted Fresh, Dried or Canned Fruit
Milk Variety
OR
WG Asst. Cereal
Graham Crackers
Assorted Fresh, Dried or Canned Fruit
Milk Variety

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

This institution is an equal opportunity provider.



Winooski JFK Elementary School Lunch

August 2021

✓ =Vegetarian Menus are subject to change

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:


Daily Lunch Offerings:
Main Meal, Yogurt Parfait, Chef Salad or Sunbutter & Jelly w/ Cheese Stick

Students must take a minimum of 1/2 cup of fruit vegetable with every meal.

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:



Click on the melon to learn more about the Harvest of the Month!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
25	26	27	Harvest of the Month: Melons	
30	31	Please advise us if special meal accommodations are required for allergens or other special dietary needs.		

WELCOME - BACK TO SCHOOL

✓ Cheese Pizza
✓ Pepporoni Pizza
✓ Veggie Pizza
✓ Roasted Broccoli
✓ Fresh Carrot Sticks
Assorted Fresh, Dried or Canned Fruit
Milk Variety

Dress Your Own Beef Burger
Or
✓ Veggie Burger
Lettuce & Tomato
✓ Roasted Sweet Potato Fries
✓ Baked Beans
Assorted Fresh, Dried or Canned Fruit
Milk Variety

✓ Cheesy Ravioli Bake
✓ Garlic Breadstick
✓ Caesar Salad
Assorted Fresh, Dried or Canned Fruit
Milk Variety

Chicken Patty Sandwich
Or
✓ Veggie Burger
Lettuce & Tomato
✓ Hand Cut French Fries
✓ Fresh Carrot Sticks
Assorted Fresh, Dried or Canned Fruit
Milk Variety

Taco Bar w/ The Works
Or
✓ Black Bean & Vegetable Quesadilla
Rice Pilaf
✓ Garden Salsa
✓ Seasoned Black Beans
Assorted Fresh, Dried or Canned Fruit
Milk Variety

This institution is an equal opportunity provider.

MAYOR'S MESSAGE *(continued from page 1)*

much effort over the past year+ to be safe and support each other. It is truly a community effort to protect our public health. We could not have reached all of our residents without the ongoing hard work of these critical partners, who not only supported us through the pandemic but were doing so before and will continue to do so into the future:

Thank you to WSD staff, the US Committee on Refugees & Immigrants (USCRI), the Association of Africans Living in Vermont (AALV), the UVM Medical Center and Cultural Brokers Program, the Vermont Multilingual Coronavirus Taskforce, the Community Health Centers of Burlington, our faith leaders and residential staff, the Winooski Housing Authority, the Winooski Food Shelf, Winooski Mutual Aid, Downtown Winooski, the Vermont National Guard, Vermont Department of Health staff, City of Winooski staff, City of Burlington staff, and the countless residents who volunteered, sewed masks, checked on their neighbors, and sacrificed for the greater good of our community. We truly are stronger together. To keep up to date on our COVID-19 response, please visit winooski.vt.gov/covid-19.

Last month, the City Council and staff leadership team came together to set our priorities and strategy for the coming year – the work we will focus on to keep moving towards the community's vision for economic development, infrastructure, housing, and a safe, healthy, connected community. You can view the final plan in our July 19 meeting agenda by visiting winooski.vt.gov/AgendaCenter. This plan will help us focus our funding and staff resources over the coming year. We also launched the Winooski Legacy Campaign to commemorate Winooski's upcoming centennial which is March 7, 2022. We have begun to celebrate this milestone by highlighting our people, places, and traditions. Visit the Winooski Legacy campaign site to learn more at legacy.winooski.vt.gov.

Finally, I want to let folks know that at our first City Council meeting in September, Tuesday the 7th at 6pm, we

will be joined by leadership from the Vermont Air National Guard. They'll share an update on their flight operations along with efforts to mitigate their impact on Winooski. Meeting attendees will also have the chance to share their experience living here in Winooski if they wish. Thank you.



From Your Local Representatives

By Kesha Ram, Vermont State Senator

This time of year calls upon each of us to think about our relationship to our country, our state, and one another. Personally, I am thinking about how we define patriotism coming out of a year that saw us go to extraordinary lengths to take care of our fellow human beings, and also saw us question the strength of our shared humanity in the face of great hostility and violence, including an insurrection in our Capitol. Mostly, I am deeply grateful to be in a state that is a model for compassion, common sense, and care for our community.

As we have just come through a veto session focused on the question of citizenship and voting, I particularly want to honor the City of Winooski. Winooski, now entering its 100th year as a chartered city, was built on the hopes, dreams, and hard work of immigrants, from textile mills during the merino wool boom to the soap-making and biotech instruments of today, and always with unique markets, small businesses, and religious and cultural centers that continue to make it a unique, vibrant destination in our state.

Winooski advanced all-resident voting by a 70 percent majority so that, in the future, 10 percent more residents can vote in local elections. This is an incredible

and historic advance for democracy, voting rights, and civic participation, and we just overrode the Governor's veto of this charter change, so it will take effect next Town Meeting Day. This change will also take place in the City of Montpelier, as well.

All-resident voting is not new in the United States. Up until the start of the 20th century, when anti-immigrant sentiment began to rise, at least 22 states formally allowed non-citizens to vote in local, state, and federal elections. By 1926, all states had abolished the practice of allowing all residents to vote. We have now joined Chicago, San Francisco, Seattle, and Maryland in restoring the rights of immigrants to vote in local elections. All-resident voting does not diminish who we are as citizens, it reminds us that citizenship is not static, that exercising citizenship is a verb and not a noun. As Alexis de Tocqueville once wrote about our beloved local democracy: "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."

Thank you, Winooski, for helping us to think differently about what 'citizenship' and 'patriotism' mean, and how we treat them as a verb and not a noun, as we approach Independence Day. For us as Vermonters, this allows us to think about how we fully live into our motto of "Freedom and Unity," which can sometimes seem confounding, and other times liberating, and is at all times what we strive for in our beloved state.



Community Vision

This new section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City's Strategic Vision areas – or “community vision”. In the coming months, readers can expect high-level updates related to our policy commissions, projects, and initiatives. Our first full update will be in September, 2021. See our Strategic Vision below or visit winooski.gov/vision to learn more!

Strategic Vision - Winooski will continue to be a livable, diverse, and affordable community where the role of government will be to foster and guide the following:

Economic Vitality - Maintain and expand our economic development to ensure long-term vibrancy

Municipal Infrastructure - Invest in the City's municipal infrastructure, including energy resources, facilities and technology; roads and sidewalks; and water, sewer, and storm water lines and facilities. Infrastructure investment will make our City safe and accessible to residents and visitors while recognizing the critical role that we play in the region's system.

Housing - Ensure a mix of quality housing that maintains and enhances Winooski's unique sense of place and supports the needs of the entire community.

Safe, Healthy, Connected People - Foster relationships across generations and cultures by providing a safe and healthy environment and providing opportunities to connect and engage with other residents of the City.



COVID-19 Information

Updated Mask and Distancing Requirements for Municipal Buildings

For fully vaccinated City Staff & public, masks are optional in the following locations:

- Winooski City Hall (27 West Allen Street)
- Winooski Police Department (27 West Allen Street)
- Winooski Fire Department (120 Main Street)
- Winooski Senior Center (123 Barlow Street)
- Winooski Public Works (Gilbrook Road)

For unvaccinated individuals, masks are required in these locations.

Myers Memorial Pool: masks will not be required inside the pool lobby or locker rooms for those who are fully vaccinated. Masks are required for those who are not fully vaccinated inside the pool lobby and locker rooms.

Winooski Memorial Library: Masks are no longer required for vaccinated individuals 12 and older. Masks are still required at this time for unvaccinated individuals 12 and under.

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 winooski.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 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.gov/covid-19.



Reminders from the City Clerk's Office

Tax/water bills were mailed out on July 15, 2021. First payment instalments are due on August 15, 2021! To make your payment, visit winooski.gov/pay or visit us at Winooski City Hall (27 West Allen Street) M – F, 7:30am–4:30pm.

Since August 15th is a Sunday, and Monday August 16 is Bennington Battle Day (City Hall closed) we'll be accepting payments on Tuesday, August 17, 2021.

Questions? Feel free to call or email Carol Barrett, City Clerk: 802 655 6410 / cbarrett@winooski.gov



Free Summer Camps In Winooski

Basketball



Rosie's Girls



Sailing



Improv



Skateboarding



Graffiti Art



Public Art



Soccer



Tennis



July & August 2021

Activities available for youth of all ages!

- Aquatics
- Art
- Sports
- Performance
- Education

Learn more & register
@ winooski.vt.gov/summer



WINOOSKI SCHOOLS
We are the future.



WINOOSKI MUNICIPAL UPDATES

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

@winooskirec

The Myers Memorial Pool is OPEN!

- Season Passes/ Day Passes
- Aquatics Programs
- Lap, Open, and Senior Swim Schedules
- Swim Lessons
- Sweet treats by Offbeat Creemee!

To plan your visit and for full details, visit winooski.vt.gov/pool

Summer Movie Nights

After spending a day splashing around at the Myers Memorial Pool, hop across the street to Landry Park for a family-friendly outdoor movie! Free and open to all - no registration required!

- **Tom & Jerry** - Sat Aug 28, 8:30pm © 2020 Warner Brothers Entertainment
- **Miracle** - Sat Sep 25, 8:30pm © 2004 Disney Enterprises.

Guests are responsible for adhering to the most up-to-date COVID-19 and social distancing guidance.

Please bring your own lawn chairs or blankets, snacks, and non-alcoholic beverages.

Run Ride Club

We are so excited to announce our new Run & Ride Club in partnership with Local Motion and the Monkey House! The Winooski Run & Ride Club is a new offering that invites community members once a week to get outside and get active! Do you love to run? Do you love to bike? This program is open to all skill levels - see the route options below:

- May 12 – September 29, 2019

- Every Wednesday @ 6pm (weather dependent)
- Registration not required; this is a weekly drop-in event.
- Beginner, Intermediate, Advanced routes
- Begin at the Monkey House (30 Main Street) - please sign in!
- Route maps will be provided at the start
- Run and Bike Ambassadors will be there to guide you
- Punch Card Prizes!



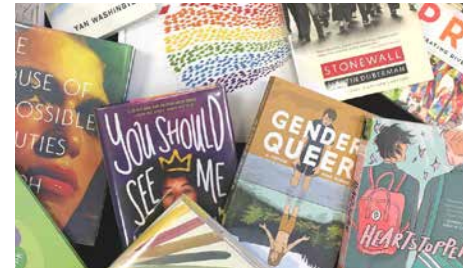
Thrive After School

winooski.vt.gov/thrive

@thrivewinooski

Thrive After School is a state-licensed, 3 STAR childcare/enrichment program that runs from 3–5:30pm Monday - Friday. We partner with WSD 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.

Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need. Reach out to Kate Anderson at thrive@winooski.vt.gov or call 802 233 8188 for more information and to enroll.



Winooski Memorial Library

winooski.vt.gov/library

@winooskilibrary

Summer Hours

Stop by and say hello this summer - our doors are again open for drop-by visits! You can find us Tuesday to Friday from 10am to 6pm and Saturday from 10am to 2pm.

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their "English Conversation Under the Tent" program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays 11am - 12pm @ the Winooski Memorial Library
- Free to join, open to adults 18+

Outdoor Storytime

Join us on Tuesdays and Thursdays at 10am 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!

Papercrafts: Origami, Mask Making, & More

Find us every Tuesday at 11am 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.

WINOOSKI MUNICIPAL UPDATES

Pokemon Go!

Join us at the Winooski Memorial Library for our new Pokémon Go program! Make new friends and challenge opponents in this fun and interactive mobile game. Participants will complete daily missions, use teamwork to defeat powerful bosses, and trade for the Pokemon you need to 'catch 'em all'. Enjoy some fresh air while socializing safely outdoors.

- Fridays from 12 - 1pm at the Winooski Memorial Library
- June 11 - August 13, 2021
- Free for youth ages 10 - 18

To participate, you will need to download the Pokémon GO! app on an Apple or Android device with wifi capability. Wifi provided! If you do not yet have a Pokémon GO! account, either start one before attending or we can help you when you arrive.

Tabletop Games

Do you love to play games? Bring your friends, bring your family, or bring along yourself to tabletop gaming on Thursdays at the Winooski Library! 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 that you'd like to bring along? Introduce us to something new! We hope to see you there. Weather permitting - no registration; just drop-in.

Free Summer Veggies Program

The Winooski Memorial Library has partnered with the Intervale Center to provide FREE local produce to our community members! Looking to add color and vibrancy to your next meal? Want to enjoy something fresh and amazing from a local Vermont farm? Drop by and say hello all summer!

- July 7 - September 15, 2021
- Wednesdays from 4 - 6pm @ the O'Brien Community Center (Parking Lot)
- Please bring your own reusable grocery bags
- Seasonal item availability on a first-served basis

This amazing opportunity is made

possible by Intervale's Gleaning & Food Rescue Program, an initiative that gleans and rescues fresh vegetables from Intervale farms and farms in Chittenden County. To learn more about the Intervale Center, intervale.org.

Winooski Writes!

Calling all Winooski writers: Join the Winooski Memorial Library and Writer/Professor Mary Hussman in ongoing, monthly writing workshops. Winooski Writes! seeks to provide an encouraging, supportive, and inclusive safe space for writers of all levels to practice and grow their craft. Through peer review, regular writing practice, and craft talk, we'll learn to find and hone our voices on the page. Writers of all genres over 18 are welcome to join. At our first meeting, we'll collaborate on the structure, times, and format for our monthly meetings. No huge time commitment, though regular attendance is highly recommended. Free to take part, email or call Nate Eddy, Library Director, at 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 - 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

Winooski Reads Book Club

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 / 802 655 6424

Tech Help Under the Tent

Do you have a new computer or device that you don't know how to use? Do you need help downloading ebooks or audiobooks to your smartphone, e-reader, tablet, or computer? Do you want to learn more about technology and have questions? Join our partners from USCRI on Saturdays outside and under the tent at the Winooski Library for 1:1 assistance and to learn new skills!

- Saturdays, 10:30am - 1:30pm @ the Winooski Memorial Library
- Free to join, open to adults 18+
- Drop-in, no registration required

Library of Things

Did you know the library has a collection of nontraditional items available for loan to Winooski cardholders? We call this our "Library of Things" and it includes such items as birding backpacks, local museum and VT State Park passes, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new!

Pokémon the Card Game

We are thrilled to announce our new Pokémon Card Game club! The Pokémon Trading Card Game is a skill-based, competitive, collectible card game based on the amazing Pokémon franchise where players go head-to-head in Pokémon battles! If you like the Pokémon movies, TV show, or video games, you'll love the Pokémon card game.

- Every Thursday from 3 - 4pm @ The Winooski Memorial Library
- Free to join, just drop in.
- Youth under 10 require adult permission.
- Follow us on Facebook or Instagram for updates and info about programming changes.
- *New Players*: no experience necessary - learn the rules of the game! We'll provide the cards. Experienced players: improve your strategies, trade with others, and build your deck. Bring your cards.
- All experience levels welcome.



Winooski Senior Center

winooskivt.gov/seniorcenter

 @winooskiseniorcenter

We are now open Tuesdays - Thursdays from 9:30am - 12:30pm. Join us for events and programs!

As we open the doors and begin to gather again, we want to stay connected with you. Call our dedicated support line: 802 655 6425 / Voice Mail 24/7. Email us at: seniorcenter@winooskivt.gov

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 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. Pick up between 10:30am and 12:30pm at the Center. 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.



Community Coffee Chat

Everyone is welcome to join us Tuesdays from 10-11am as we gather and converse with community members. Coffee Tea and treats will be served.

- **August 3** - Chat with Master Carpenter and Artist Tom Locatell. Join us at the Gilbrook Nature Area at the "Table" built by Tom! Park at the Trailhead and follow the signs. Wear sturdy shoes as you must hike in for this event. Tom will also give a hands-on demonstration of his hewing technique.
- **August 10** - Chat with Commission Chair and English Professor, Mary Hussman
- **August 17** - Chat with the Winooski Fire Department
- **August 24 & 31** - To be announced. Look on Front Porch Forum for updates.

Fun & Games

Do you like to play Cribbage, Scrabble, Card Games, Wii Bowling, or Ping Pong? We've got it all and more! Join us from 9:30am - 12:30pm for tons of fun, conversation and snacks.

Shine Time - NEW! (Tuesdays)

Our new Shine Time programming will be held Tuesdays, Wednesdays and Thursdays from 9:30am - 12:30pm, indoors and out. Join us for fun and games, educational programming and good old-fashioned conversation! Snacks are always provided. Call or email us for details.

Vintage Cafe - NEW! (Wednesdays)

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



Small Dog Socials - NEW! (Thursdays)

Join us on Thursdays from 10a - 11a for a great opportunity to socialize with folks who own small dogs! We'll have treats for everyone and will have fun games and toys for all to play along. Bring your small dog or just come and enjoy being in the company of furry friends!

Senior Pool Party & Cafe - NEW! (Fridays)

Join us at the Myers Memorial Pool on Fridays in August from 9-11am for swimming, treats, great music and a Coffee Cafe. Free for all folks 55+!

Hot Dog & Ice Cream Social

• Saturday, August 21, 2021 at 12pm
Join us as we celebrate National Senior Citizen Day! We'll be serving free hot dogs and great ice cream treats! Please call to RSVP by 12pm on 8/18/21. Free for all folks 55+



Bone Builders - Mondays and Wednesdays at 3pm

RSVP Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.

What's Up Around Winooski?

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Check out these pages every month for the latest news on what's happening around town, including events, services and any new businesses that are opening their doors.



Winooski Wednesdays — August 4

The Rotary Park-based free concert series and outdoor market has been bringing the community together all summer! Come out 5-8pm on August 4 and September 1 for the last two free events of the season. In August you'll hear from crowd-favorite Sabayouma and be able to browse a dozen local vendors offering everything from jewelry and body care to candles and pottery. Save the date for September 1 when PURPLE, A Prince Tribute feat. Craig Mitchell comes to Winooski Wednesdays to kick off Vermont Pride Month! Follow @downtownwinooski on Instagram and Facebook or check out www.downtownwinooski.org to stay up to date about Winooski Wednesdays. See you out there!

Halloween in Winooski 2021 — Call for Volunteers

We are already thinking of pumpkins! Are you excited too? Please reach out to info@downtownwinooski.org if you're interested in signing up to be on the planning committee or as a volunteer during the Halloween in Winooski 2021 events.



Winooski Farmers Market

The Winooski Farmers Market is open every Sunday 10am–2pm rain or shine on Winooski Falls Way in downtown Winooski. This year there are returning favorites and several new vendors offering fresh local produce, maple syrup, honey, homemade soaps, maple popcorn, jewelry, baked goods, mini pies, unique specialty food and body care, bespoke clothing, candles, mead and much more. Free music! www.downtownwinooski.org/winooski-farmers-market and @winooskifarmersmarket on Instagram and Facebook.



Juneteenth Art Finds First Home at BIPOC Female-owned Business

The first annual Juneteenth Winooski was pleased to be able to welcome Juniper Creative Arts to create a live piece during the event. The piece has now found its first home in Winooski at Wise Rose Beauty, owned by Maggie Hazard.

New businesses opening their doors

Visitors and residents alike enjoy walking around Winooski and discovering restaurants and retail shops. Or simply trying something new at their favorite spots.



- **The Archives Bar**, 45 Main Street, opened in July and features two levels. A bar and tables are featured on the entrance level, and the lower level features a large range of arcade games. Visit www.thearchivesbar.com for hours and more details.



- **Hype Nutrition**, 25 Winooski Falls Way, opened in July and features a drink and shake bar as well as a fitness space for personal training. Follow @hypenutritionvt on Instagram to find out more.



- **Catland Vintage**, 7 West Canal Street, plans to open on July 21, 2021. The cheerful yellow facade welcomes you into an organized but overflowing space with all kinds of vintage goods. You guessed it, though, you'll also find quite a few cats. Check out www.catlandvintage.com for hours and more information.

Howard Center Updates

Howard Center Arts Collective

By Adam C. Brooks, Assistant Director of Communications

Howard Center's Arts Collective is an alternative arts program that promotes wellness, self-esteem, and dignity by creating a safe and nurturing space for artists to make art, exchange ideas, learn new techniques, and experience a supportive connection with other artists.

Our community is open to adult artists who have lived experience with mental health challenges or substance use disorder, via their own personal lived experience, experience with family members or friends, or through their work. Artists of all levels are welcome. Some members are established artists who have sold their work. Others have recently begun making art and value the knowledge and encouragement of more experienced artists. The Arts Collective offers open studio time at a couple of locations in Burlington, opportunities to exhibit artwork, and artist talks each month.

The Arts Collective is in search of used mailboxes for a public art installation this summer. If you have one that you are willing to donate, please let us know. The theme of our art installation is 'Connections' and how our approach to connecting with one another has evolved and changed over the decades. Please help us make this installation a reality by contributing any used mailboxes you may have. For more information please contact us at artscollective@howardcenter.org.

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.



Winooski Playgroups

By Martina Kerkering

Please join us for our Tuesday playgroup in August (17th and 23rd) 11:30am–12:30pm.

Both playgroups will take place at Landry Park.

There will be time to read stories, play games, and enjoy a little Snack.

We look forward to seeing you. Contact Martina Kerkering with any questions: mkerkering@howardcenter.org or (802) 324 6405.



International Day of Peace

By Sister Pat McKittrick

As many of you know, September 21st is the International Day of Peace. More than ever we need to find ways to connect, to get to know each other in new and different ways. How do we support



a peaceful, rich climate in our Winooski Community? One way would be to focus on *nonviolence*. What does that mean concretely?

I'd like to share information that I found on the U.N. International Day of Peace website (https://youtu.be/eDpd0oM2x_E).

“Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.” -Dr. Martin Luther King, Jr.

Nonviolence is both a principle and a practice. The principle of nonviolence affirms the active use of non-coercive and non-aggressive means to create a more peaceful context. It is based on the assumption that justice will eventually prevail, that choices should be made from a place of love rather than hate, that the hurtful action, not the person, should be subdued and that voluntary suffering has value as an important facet of life.

In practice, nonviolence involves ACTIVELY peaceful behavior in the midst of conflict, becoming an example of consideration to those around us and breaking the destructive cycle of retaliation when we believe we have been wronged. It also means awareness of our own inner violence, and eliminating its negative effects upon our own intentions. Applying these principles of non-violence can reduce conflict, anger and violence on personal, local, national and global levels.

Nonviolence has come to be recognized as a powerful strategy for students, communities, disenfranchised groups and whole societies in addressing and transforming conditions. During the 20th century, the successful social movements of Gandhi in India and Martin Luther King, Jr. in the United States led to the public's realization of completely new dimensions of nonviolent conflict resolution.”

Let's prepare for the International Day of Peace together. Please share any ideas you may have with me. Many thanks. Sr. Pat McKittrick, RN – pat.mckittrick@uvmhealth.org

Knights of Columbus Support Winooski

By Gregory Clairmont

The Knights of Columbus Saint Stephen's Winooski Council #2284 has a long history of supporting and encouraging the students at Saint Francis Xavier School. This year the Knights provided \$8,500 worth of scholarships to our graduating 8th graders to help them continue their Catholic education at Rice Memorial High School. The following students were the recipients of the Knights of Columbus Scholarships: *Family Scholarships* (\$1,000 each) were awarded to Grace Daigle, Allison Roy, Dallas St. Peter, Kaitlyn Zierak, and Stosh Zuk. *General Scholarships* (\$500 each) were awarded to Mehren Blair, Marissa Cross, Addy Eldred, Nicholas Herrera, Coleton Merchant, Sophia Schifilliti, and Marianna Webb.

In addition, Knights of Columbus Saint Stephen's Council #2284 presented a \$1,333 gift to the newly appointed Saint Francis Xavier School Principal Craig Hill.



YOUR LOCAL MEDIA

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



- MEDIAFACTORY.ORG + CREATE Channel 15 (BT), HD 215 (BT), 1074 (Comcast), LEARN Channel 16 (BT), HD 216 (BT), 1094 (Comcast)
- CH17.TV + Channels 17 (BT), HD 217 (BT), HD 317 (BT), 1087 (Comcast)



Winooski Food Shelf Schedule for August

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, August 11th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, August 14th	9:30 am to 11:00 am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, August 25th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, August 28th	9:30 am to 11:00 am	Veggies, deli, bakery, meat, eggs, diapers

We have some good news on a walk-in cooler! The Stainman Family Foundation has generously donated \$10,000 towards the \$20,000 walk-in cooler!! This is awesome! We have partnered with Intervale Community Farm in Burlington to purchase fresh veggies wholesale. We will now be able to store more fresh food and provide healthier food options for our clients.

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 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. 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.

Mental Health Takeover!

This month, we're featuring a newsletter takeover by local social services clinician, Sabrina Sydnor Leal. She speaks to the how and why of reaching out about your or your loved one's mental health.

About Sabrina: Sabrina Sydnor Leal, LICSW is a School Services Clinician for Howard Center and runs a small private practice called Earthside Counseling. She has worked all over Chittenden County in a number of community mental health roles. Her passions lie in perinatal mood disorders, family systems work, and helping people access mental health support.



From Sabrina: "There is bravery in diving into your own therapeutic

journey. I feel that my generation and the generations after me have shifted from getting help as being weak to being strong and will continue to remove the stigmas around therapy until it is as common as getting an annual checkup. It is strong to surrender or to simply say, 'I want things to be better for myself.' As Brene Brown says, 'We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions.' Happy Full Living, Friends."

Video: Why Therapy? Sabrina made a video (less than 4 minutes) to talk over the who, what, when, where, and why of working on our own mental health, as well as looking after the mental health of any young folks in your life.



View video by scanning the QR code to the left (it directs you to Vimeo). Want more information on what to say when reaching out to a therapist?

Resources for Parents: *Podcast "Pediatric Mental Health During the Pandemic"* Listen to the full podcast at: <https://bit.ly/2TdcslL>. We found this podcast very helpful for identifying any signs that a young person in your care might benefit from speaking to a therapist.

We hope that you have found this mental health takeover helpful. If you have more questions, please don't hesitate to reach out to us at info@winooskiprevention.org. Keep an eye on our newsletter for upcoming community dinners and we hope you are having a wonderful summer!



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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT
www.wsdvt.org

Superintendent of Schools
Sean McMannon: 655-0485
smcmannon@wsdvt.org

John F. Kennedy Elementary School
Principal: Sara Raabe
802-655-0411
sraabe@wsdvt.org

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

Board of School Trustees
Allison Burlock, 802-383-6000, aburlock@wsdvt.org
Tori Cleiland, *President*, 802-655-7678, tcleiland@wsdvt.org
Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
Kamal Dahal, 802-503-7195, kdahal@wsdvt.org
Dr. Alex Yin, 516-423-9601, ayin@wsdvt.org

CITY OF WINOOSKI
www.winooski.vt.gov, 802-655-6410

Mayor
Kristine Lott: 802-766-1988
klott@winooski.vt.gov

Co-Interim City Managers
Phoebe Townsend, ptownsend@winooski.vt.gov
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802-655-6410

City Councilors
Hal Colston, 802-922-2908, hcolston@winooski.vt.gov,
James Duncan, 802-310-7103, jduncan@winooski.vt.gov
Mike Myers, 802-355-5348, mmyers@winooski.vt.gov
Bryn Oakleaf, 802-448-2966, boakleaf@winooski.vt.gov

City Clerk
Carol Barrett, 802-655-6410, cbarrett@winooski.vt.gov

Winooski Police
Emergency: Call 9-1-1, Non-emergency: 802-655-0221

Winooski Fire Department
Emergency: Call 9-1-1, Non-emergency: 802-655-6420

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