

The Winooski Newsletter

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

FEBRUARY 2022



WINOOSKI SCHOOLS
We are the future.

Letter from the Mayor

By Kristine Lott

Hi Winooski,

Looking into the new year, City Council and Staff are currently focused on preparation for Town Meeting Day (March 1, 2022). Visit winooski.vt.gov/fy23 to see what you can expect for Winooski's budget on this year's ballot.

Remember, All-Resident Voting begins during this election! All legal residents, regardless of citizenship status, can vote in our local (municipal/school) elections. For full details on voting in Winooski, please visit winooski.vt.gov/vote.

Our Centennial is approaching - to learn more about how you can celebrate



Winooski's 100th birthday, please visit legacy.winooski.vt.gov. Check out the amazing features and special events!

The City Manager hiring process continues and we've partnered with GovHR to do this important work. We have community engagement sessions planned for your feedback, please stay tuned for additional information on that process. You can sign up for our email news updates at winooski.vt.gov.

Later in 2022, we'll be facilitating a community conversation on how to spend the \$2 million in federal funding from the American Rescue Plan Act (ARPA). We're also planning how to reallocate funds after we pay off the debt from our downtown revitalization investment of 20 years ago (also known as Tax Increment Financing, or TIF). We're also continuing work as outlined by our Master Plan, the document that maps out Winooski's community vision, which will include updates from the ongoing equity update. In other updates, construction on the Main Street Revitalization project should begin this summer. We're also working to bring more partners to the O'Brien Community Center to serve our community.

As for the COVID-19 situation, we continue our work with our partners at the Vermont Department of Health to address community needs. I am grateful for the hard work that our City Staff and partners are doing every day to address the pandemic, who include the Vermont Language Justice Project, AALV, the US Committee for Refugees and Immigrants, the Vermont Professionals of Color Network, the Winooski School District, the Winooski Housing Authority, the Winooski Food Shelf, and so many others. Please stay vigilant and safe as we progress through 2022. Remember, testing and vaccines remain available

daily. For full details, please visit winooski.vt.gov/covid-19.

Looking back at the past year, I'd like to recap some of the achievements we've made as a community. Our newly hired Equity Director is working with key partners to address equity issues in our local policies. Downtown Winooski did an amazing job on events, providing our beloved 'Halloween in Winooski' and 'Winooski Wednesdays' events, which continued to bring our neighbors together for amazing seasonal fun. We ran a successful inaugural season at the new Myers Memorial pool. Special thanks to the YCMA for staffing, Offbeat Creemee for providing treats, and the Pool Committee and Myers Foundation for all their support along the way. Thanks to some federal funding and our strong partnership with the Winooski School District, we were able to provide free swim lessons, after-school care, and other programs to hundreds of Winooski's kids. We look forward to continuing this in the next year. We also worked with the Champlain Housing Trust to develop affordable housing in Winooski and created the Housing Trust Fund to help residents with down payment assistance and low-cost home improvement loans.

Lastly, I want to thank our many volunteers on commissions who continue to support our initiatives. Your support has recently helped create our Parks and Open Space Master Plan, improvements to our zoning regulations, maintenance for our streets and sidewalks, and so much more. I am grateful for the service you provide in Winooski and encourage all residents to get involved in the local process - learn more about our boards, commissions, and committees at winooski.vt.gov.

As always, feel free to reach out at any time. My contact details are on the back cover of this newsletter.

INSIDE THIS ISSUE

School District News

Central Office News	2-4
Antiracism Steering Committee	5
Restorative Justice in the WSD	5
School Matters - K-12	6-8
WSD Health Corner	8
School Menus	9

Municipal Updates

Letter from the Mayor	1
From Your Local Representatives	10
Community Vision	10
Reminders from the City Clerk's Office	11
Community Services	11-14

Around Winooski

Community Updates/Events	14-17
--------------------------	-------



Statement from Superintendent Sean McMannon Regarding Upcoming Sabbatical

It is an honor to serve as the Superintendent of Winooski School District. Despite the many challenges our learning community has faced during the past few years, you have always shown care and support for our teachers, staff, and students. Being able to count on each of you has helped our district get through these hard times together.

The impact of leading our learning organization during COVID-19, the Capital Project, and significant social, political, and racial change has taken a toll on my energy and family, and I need time to refuel and reconnect. I recognize that stability is important and I want to make sure all of you are aware of the extended leave I'm planning to take February 21 through June 10, 2022. This leave has been planned for over a year and utilizes my accrued leave. I realize it may feel sudden to some of you and please know that I have been working with the school board and the district leadership team for months to ensure a seamless coverage plan during my absence.

WSD has hired Dr. Kevin Dirth to be the interim superintendent during my leave. His primary focuses will be the capital project, working with the school board, and supporting our district leadership team. Members of my district leadership team will be picking up some of my other responsibilities. You and your children can expect things at school to feel the same as usual. I look forward to returning to the district in June to oversee the final phase of our construction project, prepare for a wonderful 2022-23 school year and design the future of WSD with all stakeholders.

Winooski School Board Statement

By Tori Cleiland, School Board President on behalf of the Winooski School Board

On November 28, 2020, Superintendent Sean McMannon requested a sabbatical as part of a contract renewal. After months of board discussions through contract negotiations in Executive Sessions, the board took action approving his contract including access to a sabbatical requiring usage of accrued leave time. Superintendent McMannon will be on sabbatical beginning Feb 21 through June 10, 2022.

In his absence, Superintendent McMannon has delegated several of his specific roles to current members of the administrative team to ensure that the important work underway continues without disruption. In addition, an interim, part-time superintendent has been hired to manage the processes and maintain essential communication with the school board, support the ongoing capital project and ensure our school community continues to operate in an effective and caring manner.

The board's support of this request is based on a recognition that the superintendent's role and demands have been complex in light of the numerous endeavors underway to build a school and systems that are equitable, relevant, and accessible for each Winooski student. The board expects the superintendent to return recharged and refreshed to fully support our school's faculty, staff, students, and community's continual journey of building together a more just, equitable, and student-centered school community.

School Board Update

By Kamal Dahal and Alex Yin, Board of School Trustees

On behalf of the WSD board, we would like to wish a happy new year 2022 to all WSD students, teachers, administrative staff, and community members. The new year is an exciting time because it provides an opportunity to put the previous year in the rearview mirror and reboot our priorities.

One of the important tasks for the school board during this month is setting a priority list for the district and budgeting accordingly for the upcoming year. As district representatives, our priorities are set based on our feedback from parents, students, and community members. Additionally, each of those priority items gets vetted to ensure that they are aligned with our end statements. The next step is ensuring that the budget for those vetted priorities is affordable to the district. This process involves a series of meetings with many back and forth discussions with the superintendent and the finance manager. Finally, the board will complete setting those priorities and vote on a budget to meet key priorities with the least amount of tax burden to the district.

For this budget, we have prioritized year-round transportation and expanded PreK programming. The proposed 2022-2023 budget, as it stands, reflects our commitment to putting children first. We know this will increase our projected equalized pupil spending by 24.5% compared to the current year. However, we felt these are necessary investments that will serve our students and community best. Overall the proposed FY 2023 budget will be \$21,287,921, an increase of about \$1.77 million, or 9% from the current year.

The 2022-2023 proposed budget includes tough fiscal decisions that will allow us to meet the needs of our students. Every area of the operating budget was thoroughly examined to provide the best education for all our students. As has been the case over the previous year, we continue to tackle significant economic pressures due to the inequitable funding based on an outdated pupil weighting formula, capital project debt, and operational and financial challenges caused by the uncertainty from Covid-19.

A strength of our school board is that we worked collectively with the administration

NOTES FROM THE CENTRAL OFFICE

SCHOOL BOARD UPDATE *(continued from page 3)*

to develop strategic priorities so that as a school district we are proactive in our advocacy and taking advantage of opportunities to ensure fiscal responsibility with our investments. This includes school board members spending time advocating at the State Level for changes to our education formula and the school administration securing an USDA loan for the capital project that will

potential save \$34 million to tax payers over the life of the 30 year loan.

We would like to remind the community members of the importance of their vote. Every vote counts so we highly urge you to exercise your civil duty of casting a vote. We would also thank the community for your continuous support of our district. The cohesive community-district relation not only helps us access

the needs of the district, but also aids us in the process of setting a long-term vision for our school. We look forward to your support of our District and your continued partnership as we work together to educate students to become lifelong learners in an ever-changing world.

BUILDING THE FUTURE OF THE WINOOSKI SCHOOL DISTRICT

Building a Better School

By Emily Hecker, WSD Communications Director

We are excited to announce that the new gym construction is ahead of schedule and is slated to be completed by late March or early April. Because we moved the temporary high school classrooms out of the gym this fall, the construction team was able to get straight to work on transforming the space into its intended design - a new gym. This earlier than expected completion will allow our students to use both gyms instead of just using the current gym (and occasionally the cafeteria). The new gym will also allow our Athletic Director to more easily schedule practices for our spring sports teams and re-engage students in school athletics.





Focus on Reading - Part One

By Michael Eppolito, Director of Curriculum

This year at Winooski School District, we are focusing on aligning our reading instruction to what nearly 50 years of research tells us about how children learn to read. This research is often called "the science of reading," It defines the kinds of reading instruction that works for most children. The science of reading differs from approaches common to most Vermont schools known as "balanced literacy."

Broadly speaking, balanced literacy adherents believe that if you surround children with high-quality literature, they will naturally develop a love of reading and learn to read with basic strategy instruction. The hallmarks of balanced literacy are using "leveled readers" that have children read at their "just right" level, a light touch on decoding skills, and an approach to teaching word reading called the cueing system or MSV. Students can learn to read in a balanced literacy system; however, most will never read efficiently.

The Science of Reading

In contrast, researchers have concluded that learning to read does not come naturally, unlike learning to speak. Children must be taught to read in a structured and sequential way. This sequence begins with children learning the sounds of language, then moves on to connecting the sounds to print. During this early sequence, children are also building their vocabulary and



Scan this QR code for more information and activities

their understanding of the rules of language. Although roughly 40% of children will learn to read relatively easily, most children will have to work hard to develop the skills to become proficient readers. Parents and caregivers play essential roles in this skill development.

If you would like to read more about the difference between the science of reading and balanced literacy you can visit <https://www.wrightchildpsychology.com/the-science-of-reading-a-primer-for-parents/>.

I will start with a foundational model of how we learn to read called the Simple View of Reading. This model has been the foundation of reading research since it was first proposed in 1986. The Simple View of Reading model says that reading comprises two related parts:

- Decoding is when a reader uses their knowledge of letter-sound relationships to read a word accurately.
- Oral Language Vocabulary for beginning readers includes vocabulary, how sentences are constructed, and the rules for telling stories.

These two parts interact to get to the goal of reading which is comprehension. A weakness in one of these areas will impede comprehension.

Over the coming months, I'd like to share what we are learning and how parents and caregivers play a critical role in helping children and adolescents learn to read.

SCHOOL ANNOUNCEMENTS

Penguin Plunge

By Jeff Duggan and Luke Lampugnale, Winooski Penguin Plunge Co-Coordinators

Hello Winooski community! We are excited to let you know that the Special Olympics Vermont (SOVT) Penguin Plunge is back in person in 2022! The Penguin Plunge is an event where participants raise funds for SOVT and take a dip in icy Lake Champlain the second weekend of March, the exact date to be announced soon.

In the past eight years, the Winooski Spartans have raised over \$70,000! The funds support programs that foster inclusion and acceptance of people with disabilities through athletics. The funds directly support the Winooski Unified Sports program where athletes practice and compete in bowling and bocce.

We are hoping to have a record turnout after last year's virtual event! Our team is open to Winooski students, staff, town residents, city employees, and local businesses. Please consider donating to or joining the Winooski Spartans Plunge Team by visiting <https://give.specialolympicsvermont.org/team/397604>. Thank you for your consideration!

Preschool Skills Screening Survey and Pre-registration

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

If your child is or will be 3 by September 1st, 2022 please complete a Preschool Skills Screening & Pre-registration Form for ACT 166 Publicly Funded Pre-K or to inquire about a Winooski Preschool Program. For more information about preschool opportunities visit our WSD website under Pre-Kindergarten.

If you have concerns about your child's development, our Winooski Early Childhood team can screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills. Please contact Our Early Childhood Development Specialist, Holly Haggerty at: hhaggerty@wsdvt.org or 802-383-6061; or the Early Learning Coordinator, Maybeline Lopez at mlopez@wsdvt.org or 802-383-6063, for more information on developmental screenings.

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.

Circles in Advisory

By Kayla Loving

Advisory is a scheduled time during the school day designed to support students socially, emotionally, and academically. It's a time to build connections with the school community. Lindsey Cox coordinates advisory for the high school. Laura Graves and Andrea Wheeland coordinate advisory for the middle school. They work with the Restorative Justice Coordinator to incorporate community building restorative justice circles into the plan for advisory.

Community building circles can be many different things. They can be fun and silly including games and covering topics like food and hobbies. They can be introspective prompting participants to talk about their identity, culture, and emotional responses. They can also hold space for processing feelings and emotions toward things like the pandemic, racism, and school construction. They can provide opportunities for learning with topics like the Seven Generations Principle and the impacts of social media on mental health.

Here are some students' thoughts on their experiences with restorative justice circles in advisory:



"The circles have been very good. I got to share my thoughts with everyone and had a lot of fun. I got to share my opinions about racism and many more." -Nabina Basnet
"The circles go well! The students answer the questions most of the time and each circle has a different topic which is nice. Mrs. Wheeland does a

good job facilitating." -Eliza Willis

"Sometimes answering the questions is hard because some of the questions are things I never think about. I guess you could say it helps me learn more about my friends, teachers and classmates. I don't know how but sometimes when a question is asked, everyone's answer is different, especially my friends because they answer in a way I never thought they would." -Hawa Mayange

"Circles have been good. We talk about how we are doing, what we like and don't like, play games and the teacher tells us what is going on. Things I like about circle are the games and how I get to know others. I really love circles because it gets me closer to my teacher and classmates by learning about their cultures and what they like to do." -Passy Matendo

Antiracism Steering Committee Update

By Kayla Loving

The Antiracism Steering Committee (ARSC) did not meet in January. Instead, ARSC members committed to attending at least one Action Demand Group meeting during the month of January.

Here are updates from the Action Demand Groups:

1. Truth and Reconciliation

Commission: This group is reviewing other Truth and Reconciliation models to help develop its vision for a commission in Winooski.

2. Hiring and Retaining Teachers of Color: The group has been working with the Barr Foundation to gather data and develop an action plan.

3. Ethnic Studies: They discussed creating a questionnaire to receive input on what ethnic studies means to our community, what's already happening, and how to prioritize aspects of ethnic studies. They are going to continue



digesting research before involving content experts.

4. Equity Review: This group has continued meeting with Opportunity Consulting - the group that is conducting the equity audit. The focus groups for the audit took place at the end of January.

5. Civil Rights Workshops: They met with a member of the U.S.

Department of Justice. They are also reaching out to the Boston office for Civil Rights and the Mid-Atlantic Equity Center to connect with them around potential resources to bring back to WSD.

6. Multilingual Learner Mentorship: They are continuing to recruit mentors and mentees. They are working on writing up a program handbook. They would also like to organize anti-bias, anti-racist, and student's rights trainings for mentors.

FOOD SAFETY

IMPACT OF FOOD SAFETY

- Farmers could be taking our animals and not get taken care of well. The bacteria could be carried along with each and others with the animals that are getting processed that bacteria could bring a new disease in the food humans eat.

SOLUTIONS

- Animals stand on their own waste and eat shits on the ground. The chickens clip it shows that the farmers don't clean the animals when they are about to get processed into food.
- This system isn't working because animals are mostly inside with their waste, that waste could get stuck onto the skin of the animals and the bacteria could trace through the skin and make a new disease into the foods we eat. But farmers should take care of animals and clean them before they get processed so no bacteria enter into food.

EXAMPLE

- foods like hamburger and nuggets are very close to having bacteria inside but we don't see it. It could be having bacteria in the foods we eat but not being able to know a single thing about it.
- The food system is currently risky or is irresponsible because in food the meat, around 30 minutes it showed that food we humans eat could have bacteria that could lead us to sickness.

TREATMENT OF ANIMALS

- Animals don't get taken care of right from farmers. They aren't cleaned daily and would stand on their waste and eat from the ground. They are kept inside every day inside the dark. The treatment of the animals go through, could impact the food humans eat through.
- Animals waste could create a new disease inside food we eat. Since farmers don't really take good care of the animals their waste and bacteria could be carried with the animals while being processed.

Sources: The Omnivore's Dilemma by Michael Pollan & "Food, Inc." (film)
Jan 2017

Exploring The Omnivore's Dilemma

By Emily Jacobs, WMS Visual Arts Teacher

Over the course of the fall semester, 7th and 8th grade students in Winooski Middle High School read *The Omnivore's Dilemma* by Michael Pollan in order to learn about where food comes from in the United States.

Students compared different food and farming systems, and then synthesized that learning with information from two movies: *Food Inc.* and *The Biggest Little Farm*.

For field research, students visited

IMPACT ON THE ENVIRONMENT

WHAT IS THE INDUSTRIAL FOOD CHAIN?

The industrial food system is a system that makes processed food and uses chemical fertilizers to keep their crops "flowing". They're able to produce a lot of food and make other products that aren't necessarily food related. The industrial food chain is part of the agribusiness. Farmers with tools and fertilizers, they need so they can grow a very large amount. The chemical fertilizers, pesticides, preservatives, and being processed in a factory make the food chain industrial. (Omnivore's dilemma page 30)

INDUSTRIAL FARMING	
PROS:	CONS:
<ul style="list-style-type: none"> - produces more food - Takes less farmland - less expensive than organic farming 	<ul style="list-style-type: none"> - Chemicals used in industrial farming are harmful to the environment. - The food that is produced can be harmful to humans and animals. - Greenhouse gasses and emissions from factories - polluters from farmlands and feedlots.

IMPACT ON OUR ENVIRONMENT

The biggest issue facing the current US food chain is the impact on the environment. The reason this is an issue is because of pollution. The industrial food chain creates a lot of pollution in different ways. Some types of pollution created by the industrial food chain are pollutants in the air from greenhouse gasses and emissions from factories and pollution from farmlands and feedlots.

ORGANIC FARMING	
PROS:	CONS:
<ul style="list-style-type: none"> - Produces less pollution - Reduces chemical exposure. - Fresher food - Farmers take better care of the crops. - more time put into organic farms. 	<ul style="list-style-type: none"> - Takes a lot of land. - More expensive. - More time consuming.

WHAT'S THE SOLUTION?

The solution to the problem is to replace large industrial farms with local sustainable farms. However, there is an issue with this solution. Organic farms take a lot of time and maintenance. They are also more expensive and don't produce as much food. Although the solution could have flaws, it is better for the environment. Organic food reduces chemical exposure because it has fewer pesticides and it is also fresher because it doesn't have preservatives that makes it's shelf life longer.

Sources: The Omnivore's Dilemma by Michael Pollan, cartoon

Problems with INDUSTRIAL FARMING

What is Industrial Farming?

"Naylor's farm is one link in a chain that includes fossil fuels, artificial fertilizers, pesticides, heavy machinery, feedlots, antibiotics, and processing plants. The oil comes mostly from the middle east, the corn comes from Iowa, the beef is slaughtered in Kansas, you can think of the industrial food system as a great machine. It's a machine that stretches over thousands of miles. It runs on fossil fuel and creates tons of waste and pollution."

Sources: The book "The Omnivore's dilemma" by MICHAEL Pollan.

Solutions:

We need a farm that produces as many calories work in a monocultural system and so many calories animals and grow crops. The system is still in place because the industrial system uses fossil fuels powered by the sun. No fossil fuel or fertilizers are used. The extra waste fuels the crops produce. The industrial system uses fossil fuels to power machinery. There are no pesticides or fertilizers. No chemical fertilizers are used. The extra waste fuels the crops produce. The industrial system uses fossil fuels to power machinery. There are no pesticides or fertilizers. No chemical fertilizers are used. The extra waste fuels the crops produce. The industrial system uses fossil fuels to power machinery. There are no pesticides or fertilizers. No chemical fertilizers are used. The extra waste fuels the crops produce.

Harmful Impacts

Alisha

the Intervale Community Farms in Burlington, and also explored the dairy and organic gardens at Shelburne Farms.

To share their learning, 7th and 8th grade visual art students designed and illustrated detailed infographics, which we are thrilled to show you here!

Student artists, clockwise from top left of facing page:

- Moo July, 7th grade
- Legacy, 8th grade
- Hue, 7th grade
- Jatriel, 8th grade
- Alisha, 8th grade
- Samantha, 8th grade

-FOOD SAFETY-

The Mishandling of Animals in the Farming Industry

Poor Living Conditions & Hygiene

- Cows are constantly standing in their own feces
- Cows never have enough space; always in tight living spaces
- They are poorly processed when they are being processed
- E. Coli enters the processed meat from the feces on the body, leading to consumers getting E. Coli poisoning

Dangerous Health Implications

E. Coli poisoning can lead to several health issues including:

- Stomach pains and cramps
- Diarrhea - watery to bloody
- Fatigue
- Loss of appetite
- Vomiting
- Low fever < 101°F

THE SOLUTION

The best option is to abandon industrial systems, and go back to the old ways of farming, organic farming. If they changed to organic farms, it would limit the chances of food issues to happen, since farms like Polyface don't have to deal with the same problems industrial farms do.

The Dangers of our Food!

The food and groceries we eat could have bacteria in it and it could get us sick. When the farmers at industrial farms take care of the animals they don't clean them at all or feed them the right stuff on a daily basis. The animals could get diseases and infect us.

The current system is they grow corn. Then they feed the animals the corn. Then, they kill the animal then turn it into processed food, then we eat it. They do this system because it is cheap and it gives more food.

The system isn't working because currently how they treat the animals is affecting us because the animals are standing and eating in their own feces and getting diseases like E. coli. Those diseases are transferring to us.

The solution is I have more smaller farms because they don't have so much cattle so they can clean and feed them the right stuff. The food on the small organic farms doesn't need to be processed and it travels only a short distance to Farmer's Markets for example before it reaches your table.

We can achieve this by taking down the old industrial farms and replacing them with smaller farms. This system is better because the smaller farms will be more clean and healthy and it be better quality. Potential benefits are Our food will be clean and healthy, so we wouldn't get sick and we wouldn't die from diseases.

Sources:

- The Omnivore's Dilemma by Michael Pollan
- The Biggest Little Farm

Small, local Farms

How Industrial Farming animals live

Chickens are fed corn, wheat, soybeans so they can grow within 45 days, this process causes their organs to fail since their body is forced to grow faster than they can handle.

Useless newborn chicks are ground up alive the day they're hatched.

Industrial farms raise their animals using antibiotics, and corn. They use these products to grow because they want animals to grow quickly, and have lots of fat and protein in them.

Fact: Animals are forced to grow faster than they suppose to.

There are 2 million farms operating in the USA today, but back in 1840 up to 70% Americans worked in the agriculture industry.

Top 5 states that produce the most beef:

- 1- Texas
- 2- Oklahoma
- 3- Missouri
- 4- Nebraska
- 5- South Dakota

source: Beef Live

In our current system animals are living in small spaces, they can't move around comfortably, chickens and pigs live in packed sheds, and cows live in dirty feed lots.

99% of farm animals live on factory farms

Fact: Cows only have one stomach with four compartments

Farm animal feces are not cleaned up which causes them to be dirty.

Winooski PTO

The Winooski Parent Teacher Organization supports the Winooski School District's priorities for the school year: literacy, anti-racism, and the capital project.



This school year's activities have included working with the high school/middle school administration to arrange a book group on restorative justice for the community and supported the JFK COVID vaccination clinic for students and families.

We recognize that the school is the heart of the community, and have thus committed to supporting WSD's teachers and staff as much as possible this school year. We are starting 2022 focusing on how we can best support our teachers and staff during this extremely stressful and challenging phase of the pandemic. So far this school year we have distributed treats to teachers to keep them going while they set up their classrooms in August and handed out breakfast goodies to staff one morning right before the holiday break.

Join us in rallying around our learning community. If you want to support our schools and show your appreciation, contact us at pto@wsdvt.org or through our facebook page (Winooski PTO).

JanPo 2022

By Emily Hecker

Last month, the Winooski High School (WHS) held our annual January Exposition of Learning, which is called JanPo (short for January ExPosition). It is a time for students to demonstrate what they have learned in their classes during the fall. It is the final requirement for the semester, an innovative approach to the traditional 'final exam week', and an important time for our community.

This year, each student presented learning in two of our six Graduate Expectations (GXs). The six GXs are the major skills students will need to succeed in any area of life they choose. Students also attended presentations by other students during the week.

"JanPo elevates a student's formal presentation experience because they are sharing their learning with a group of teachers and students they may not know. Students also get to see presentations about learning that's been happening in classes they might want to take in the future," said Lindsey Cox, WHS Teacher and Expo Coordinator.

11th grade Student Rowyn Abbott-Smith presented her Creativity GX this week. Her presentation was a series of short animations that she'd worked on during the fall semester. "I received a lot of supportive feedback about my work from other students. I also presented a reflection about my project, like what went well, and what I could have done better. I felt good showing it off. It was really cool to see the stuff other people did. A lot of the projects were really good. I don't usually don't get to see other peoples work so that was interesting."

Read more about our GXs at bit.ly/WinooskiGX



The WHS Chorus Class presents during JanPo 2022.



Two HS students preparing for their JanPo presentation on Critical Thinking.

WSD HEALTH CORNER

Health Information

By Liz Parris, RN BSN, NCSN

Dear Families,
I know that January was rough and that we weathered a surge in COVID cases, exposure to covid, shifting guidance and temporary school closure. I am in awe of all the students and all of you for your continued support,

outpouring of grace and flexibility that you have shown to the health office staff over the past several weeks. I can't begin to tell you how much each email of support or phone call has meant to us. Thank you so very much.

Please continue to check your emails

regularly and answer your phones when the school district calls so you can remain informed of all the updates.

If you have any questions or concerns related to COVID updates, please contact us on the COVID hotline 802-556-2243

WINOOSKI SCHOOL MENUS



Winooski Elementary School Breakfast February 2022



=Vegetarian

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>	<p>1 Sausage & Cheese English Muffin Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>2 Mini Maple Pancakes Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>3 Warm Cinnamon Bun Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>4 Blueberry Muffin Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>7 Iced Breakfast Bun Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 Sausage & Cheese English Muffin Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>9 Mini Maple Pancakes Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>10 Warm Cinnamon Bun Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>11 Blueberry Muffin Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>14 Iced Breakfast Bun Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 Sausage & Cheese English Muffin Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>16 Mini Maple Pancakes Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>17 Warm Cinnamon Bun Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>18 Blueberry Muffin Yogurt Parfait Granola Fun Meal Asst. WG Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>21</p> 	<p>22</p> <h1 style="font-size: 4em;">Winter Break</h1>			<p>24</p> 	<p>25</p>
<p>28</p> 					

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:

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

100% Fruit Juice

Milk Condiments

Fresh, Dried Or Canned Fruit

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



Click Image Below for employment opportunities



Winooski Elementary School Lunch February 2022



=Vegetarian

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>	<p>1 Taco Bar w/ Hard or Soft Shell Garden Salsa Seasoned Black Beans Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>2 Cheese Pizza Veggie Pizza Roasted Fresh Zucchini Fresh Broccoli Salad Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>3 Spaghetti w/ Meat Sauce Caesar Salad Steamed Corn Fresh Cucumber Sticks Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>4 Fluffy Pancakes Real Maple Syrup Sweet & White Homefries Fresh Green Pepper Strips Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>7 Dress Your Own Hot Dog Roasted Sweet Potato Wedges Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 Tater Tot Nachos Steamed Corn Spanish Rice Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>9 Cheese Pizza Veggie Pizza Seasoned Green Beans Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>10 Chicken Alfredo Caesar Salad Steamed Broccoli Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>11 Homemade Shepherd's Pie Seasoned Green Beans Homemade Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>14 Meatball Sub Hand Cut French Fries Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 General Tso Chicken Steamed Broccoli Steamed Carrots Rice Pilaf Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>16 Cheesy Breadsticks Marinara Sauce Fresh Celery Sticks Chicken Noodle Soup Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>17 Hot Turkey Sandwich Chef's Mashed Potato Turkey Gravy Steamed Carrots Cranberry Sauce Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>18 Hot Ham & Cheese Pinwheels Seasoned Green Beans Caesar Salad Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>21</p> 	<p>22</p> <h1 style="font-size: 4em;">WINTER BREAK</h1>			<p>24</p> 	<p>25</p>
<p>28</p> 					

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:

Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, Sunbutter & Jelly Sandwich w/Cheese Stick

Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All

Deli Options K-8

Fruit & Yogurt Parfait w/Granola

Milk Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below



Harvest of the Month: Carrot



Click on the image above for more info on the Harvest of the Month!



From Your Local Representatives

Senate Update: COVID Safety, Education Equity & More

By Senator Keshia Ram Hinsdale

We've kicked off the 2022 legislative session, and we're feeling the appropriate sense of urgency to hit the ground running. Here are some updates from the State House:

We continue to see new COVID cases in the thousands each day, as well as a strain on systems for testing and care. We know this is being felt most acutely by our children, families, educators, and school nurses. I applaud the flexibility to allow remote learning to qualify as days of instruction, though I am concerned about the shortage of nursing staff available for contract tracing. I am continuing to call on the Governor to advance greater COVID precautions, as well as to provide schools with N95 masks and greater testing capacity.

Furthermore, whole families are in crisis as they and their children's early learning centers experience the Omicron surge. I am advocating for emergency unemployment resources so we can help get them back to their workplace quickly while making them whole in the recovery process. Otherwise, they will need to choose between going to work sick or staying home without income.

The Social Equity Caucus has made pupil weighting and its impact on low-income and ELL students a major priority. The Pupil Weighting Task Force did not recommend an empirically derived weight for ELL students, as it did for low-income students. If cost equity is not achieved, then Burlington and Winooski School Districts, and the hundreds of

ELL students they serve, stand to lose significant ground. Our ELL students and the Limited English Proficient families that support their learning are some of our newest Vermonters and contain the immense potential to positively transform our state. They need and deserve the best possible start to becoming our future citizens and leaders. I will fight to ensure these districts have long overdue resources to fully support multilingual students and families.

Last session, due to changes in assumptions and projections, the unfunded liability for educator and state employee pensions grew significantly. I joined our labor leaders in asking that they be in the driver's seat for building a sustainable, compassionate path forward, especially recognizing the sacrifices of frontline workers in the pandemic. This slowed down the process and created a Pension Task Force that has just released its recommendations. Over \$200 million in one-time funds will be used to pay down our liability with significant ongoing dollars going toward closing the gap over time and making our pensions whole. We will also move from a 'paygo' model for retiree health benefits to prefunding, which will save hundreds of millions of dollars in the system over time.

As always, please let me know your thoughts, stories, and insights. I keep them on my mind and use them (with permission) to hold our systems accountable to meeting your needs in this critical time.



Community Vision

This 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”. To learn more, visit winooski.vt.gov/about.

Economic Vitality

The City of Winooski will receive about \$2 million in federal COVID-19 relief funds over the next couple of years. These funds will be used to respond to the ongoing negative impacts of the pandemic as they relate to economic and infrastructure support. Recently, Winooski City Council outlined a process to get as much public input as possible. Over the coming months, the Council will be working with our Commissions and doing outreach at public events to get ideas from community members on what we should prioritize. Your input is strongly encouraged! Stay up to date with our news updates via winooski.vt.gov.

Municipal Infrastructure

The Municipal Infrastructure Commission met recently and discussed the departure of two members, reviewed capital project updates and public outreach plans, and continued conversation on energy goals in the Master Plan. There was quite a bit to discuss and the Commission did well to get through all of the agenda items. We are sad to see Commission members Timur Tsutsuk and Corey Mack step down; they were dedicated to their roles, and brought skilled and insightful perspectives to the group. While we are disappointed that they have moved on, their participation on the Commission is greatly appreciated. Efforts are underway to fill their vacancies, and we anticipate the City Council reviewing proposed appointments. Visit winooski.vt.gov to view Councilor Bryn Oakleaf's full update.

Housing

The Winooski Housing Commission met recently to continue discussions about housing quality in Winooski, the role of code enforcement, and how state and city regulations intersect. The Commission was joined by Fire Chief John Audy and Fire Marshal Bruce Palmer, and they walked through a lot of details about the inspection process. Commissioners, members of the public,

and City staff discussed a range of challenges in running a full inspection program for rentals. By having these discussions, Housing Commission is prepared to provide input on upcoming changes to the ordinances and rules that govern inspections and to continue the dialogue about what residents in the City need in terms of housing support. Visit winooski.vt.gov to view Councilor Jim Duncan's full update.

Safe, Healthy, Connected People

The Commission met recently to review available resources and prioritize their work plan as it pertains to supporting the City's Master Plan. The Community Services Department has also presented their FY23 budget to the City Council, which includes an excellent summary of FY22 accomplishments and goals moving forward.



CITY OF WINOOSKI
INDOOR MASK MANDATE

MASKS ARE REQUIRED
ALL INDOOR LOCATIONS



Please visit winooski.vt.gov/covid-1
for information and updates.

COVID-19 Information

City of Winooski Indoor Mask Mandate

During the 1.10.22 Winooski City Council meeting, the COVID-19 indoor mask mandate resolution was extended. All individuals in the City of Winooski shall wear face coverings while indoors at locations that are open to the public. View the full details and find resources on our COVID-19 page: winooski.vt.gov/covid-19. View the full details and find resources on our COVID-19 page: winooski.vt.gov/covid-19.

COVID-19 Testing

COVID-19 testing is available at the O'Brien Community Center (32 Malletts Bay Ave). Please visit winooski.vt.gov/covid-19 for up-to-date hours. Register at <https://vermont.force.com/events/s/selfregistration> (walk-ups are also welcome).

COVID-19 Vaccines

COVID-19 vaccination clinics remain open for people ages 5 and up. Please visit healthvermont.gov/myvaccine to schedule your appointment or find the next available pop-up opportunity. For current updates, resources, and municipal service information please visit winooski.vt.gov/covid-19.



Reminders from the City Clerk's Office

Please note, Winooski City Hall will be closed on Monday, February 21, 2022 in observance of Presidents' Day.

2022 Town Meeting Day and All-Resident Voting

Town Meeting Day is on Tuesday, March 1, 2022.

To view the City's FY23 Budget Information, please visit winooski.vt.gov/fy23.

This election marks the beginning of All-Resident Voting in Winooski. All residents, regardless of citizenship status, may vote in local (Winooski only, municipal/school) elections.

For full details on voting in Winooski, and to view all related Town Meeting Day information, please visit winooski.vt.gov/vote.

Tax and Utility Payments Due Feb 15!

Payments can be made online at winooski.vt.gov/pay or by visiting the Clerk's Office (M-F, 7:30am-4:30pm).

Winter Parking Bans

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

To receive up-to-date winter parking ban alerts, text 'Winooski' to 888-777 or register at nixle.com.

- When issued, bans may last more than one evening and are in effect until further notice.
- The City of Winooski reserves the right to tow vehicles at the owner's expense
- Landline users must retrieve their updates by calling the dedicated parking ban line at 802 655 3908
- Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect
- Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at kiosk or by ParkMobile app) 6pm to 7am


If you have questions regarding winter parking bans, please visit winooski.vt.gov/parking or call 802 655 6410. If your vehicle has been towed, please contact Elite Auto and Truck Service and Sales: 802 497 0176.

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

  @winooskirec

Winooski Recreation and Parks are currently following guidance from the Vermont Department of Health regarding

WINOOSKI MUNICIPAL UPDATES

our winter programming. Program details are subject to change – for the most up-to-date information, please visit winooski.vt.gov/recprograms to view our catalog.



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.

For full details and to sign up, visit winooski.vt.gov/thrive.



Winooski Memorial Library

winooski.vt.gov/library

  @winooskilibrary

Please note: While many of our programs throughout the month are currently planned for in-person activities, ensuring the health and well-being of staff and community may find us postponing, rescheduling, or shifting to virtual events.

Please give us a call or keep an eye on our website for all the latest details.

Audiobooks, Ebooks, & More

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming, language learning, educational and professional development courses, and more? Visit winooski.vt.gov/library or stop by the library for questions about access and/or additional information.

Citizenship Prep Class

We're excited to announce our partnership with USCRI Vermont to offer their Citizenship Preparation Class. This weekly program is open to any green card holder interested in practicing English literacy and civics education.

- Wednesdays from 10 - 11:30AM @ the Winooski Memorial Library
- Free to join, open to adult green card holders 18+
- To register, contact Nancy Lindberg at nlindberg@uscrimail.org / 802 654 1704

Dad Guild Playgroup

Join the Dad Guild for an afternoon of play and connect with other parents, guardians, and caregivers - all are welcome regardless of gender identity! This event is free and open to all.

- Saturday, February 19 from 12:30 – 2pm
- Children 0-5; parents, guardians, and caregivers.

About Dad Guild: Founded in 2019, Dad Guild is a 501(c)(3) nonprofit organization formed to create a supportive network for new fathers in the greater Burlington, VT region. They offer opportunities for dads to connect with one another, share their experiences, model positive father engagement, and advocate for parental equality.

Virtual Community Equity Circle

On the fourth Thursday of each month, community members are invited to join us for virtual restorative justice circles to talk about issues of equity. Circles will be facilitated by Spectrum Youth & Family Services' Restorative Justice Coordinator, Kayla Loving. There will be a different focus each month and topics may include, but are not limited to, race, intersectionality, gender, socioeconomic status, disability, gender identity, sexual orientation, language access, mental health, etc. There will be short exercises to ground your thinking and then time to discuss these topics through a restorative justice circle.

If you are looking for a place to connect with your community, challenge your thinking, and deepen your understanding of equity issues, consider joining us. Interpretation can be provided if we are notified ahead of time.

- Thursday, February 24, 2022 from 6 – 7pm.
- Free to join, open to all.

Register in advance for this meeting: tinyurl.com/uju4c9hf. After registering, you will receive a confirmation email containing information about joining the meeting.

Winooski Reads Book Group

The Winooski Library is excited to offer a chance to participate in our 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

Weekly Storytime

Join us on Thursdays at 10:00am for our weekly storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! No registration required.

Library Playgroup and Family Support

Join the Winooski Memorial Library for a fun playgroup for parents, caregivers, and young children ages 0-5. Now at a new time, Tuesdays from 10 – 11am! Meet at the Library for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community!

For more information, please reach out to Kirsten Wilson at kwilson@winooski.vt.gov; 802 655 6424

STEAM Ahead Saturdays

Find us on Saturdays from 10am - 11am for our STEAM Activity hour. Each week will feature a new project for young learners that will engage the mind and introduce participants to science, technology, engineering, art and math-based concepts!

This program is intended for youth ages 5 and up, however parents are encouraged to partake! Youth should attend in clothing appropriate for art projects.

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their English Conversation Group 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+

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 snow shovels, birding backpacks, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new!



Winooski Senior Center

winooski.vt.gov/seniorcenter

 @winooskiseniorcenter

The Winooski Senior Center is open on Tuesdays, Wednesdays, & Thursdays from 9:30AM – 1PM. Join us for events and programs! Stay connected with us: 802 655 6425 - voice mail 24/7. Email us at: seniorcenter@winooski.vt.gov

TUESDAYS

Coffee Chat & Breakfast Cafe

Everyone is welcome to join us on Tuesdays and Thursdays from 10 - 11am as we gather and converse with community members. Our eat-in Breakfast Cafe now features hot breakfast sandwiches, fruit, treats and plenty of coffee and tea - priced by donation.

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 11AM – 1PM for tons of fun, conversation and snacks. FREE!

WEDNESDAYS

Vintage Cafe

Join us every Wednesday from 10AM to Noon. Join us for coffee, tea, treats and great music. FREE!

More than a Meal - Free Meals for Seniors

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! Pick up between 10AM and Noon 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@winooski.vt.gov for the weekly menu and to register for this program.

THURSDAYS

Coffee Chat & Breakfast Café

Everyone is welcome to join us on Thursdays and Tuesdays from 10 – 11AM as we gather and converse with community members. Our eat-in Breakfast Cafe now features hot breakfast sandwiches, fruit, treats and plenty of coffee and tea - priced by donation.

Arts & Crafts

Everyone is welcome to join us on Thursdays from 11AM – 1PM as we gather and create beautiful works of art to take home. Join us for card making, woodworking, coloring and more! New programs every week. Call us for the schedule. Coffee, tea, and treats will be served. FREE!

SPECIAL EVENTS

Bone Builders - Mondays and Wednesdays at 2 – 3PM

RSVP Bone Builders is 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. FREE!

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.



WINOOSKI MUNICIPAL UPDATES

Valentine's Day Party – Wednesday, February 9th

Join us for an Open House Valentine's Day Party celebrating the power of love. Hear great Jazz tunes, enjoy hot appetizers and sweet treats. 10 AM – noon. FREE!

AARP Tax Aide

The folks from AARP Tax Aide will be returning this year for free tax services from February - April. Appointments will be in the mornings on Mondays and Fridays. Call the Senior Center at 802 655 6425 and leave a message.



Artist-in-Residence

Local carpenter and artist, Tom Locatell will be in his workshop at the Senior Center for the winter months. Stop by during our open hours (Tuesdays and Thursdays from 9:30am–1pm, and on Wednesdays from 9:30am–12pm) and meet Tom and see what he's building using downed trees from our city's parks.

AROUND WINOOSKI



Apply to be a vendor at the 2022 Winooski Farmers Market!

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

The Winooski Farmers Market opens May 29 and runs every Sunday from 10am - 2pm through October. Vendors of all kinds set up on Winooski Falls Way throughout the summer. Attendees enjoy the variety of foods and items they can find, as well as live music and kids activities. Learn all about the Winooski Farmers Market and apply to be a seasonal or day vendor: www.downtownwinooski.org/winooski-farmers-market.

We are also accepting inquiries for music at the Winooski Farmers Market!



If you are an individual, duo or small group interested in playing at the WFM in 2022, please email farmersmarket@downtownwinooski.org with your information and availability.

2022 Downtown Winooski Community Events*

- May 29 - Winooski Farmers Market, every Sunday, Winooski Falls Way
- June 4 - Winooski Centennial Birthday Party, Rotary Park
- Dates TBD - Winooski Wednesdays and Outdoor Market, Rotary Park
- June 19 - Juneteenth Winooski, Rotary Park
- June 26 - French Heritage Day, Winooski Falls Way.

We need A LOT of support to host



these fun and free community events! Please consider volunteering to help in any capacity you prefer from planning, marketing and fundraising to in-person help with set up, clean up, safety procedures and more. If you want to find out about any of the events coming up in Winooski in 2022, we would love to hear from you! Email meredith@downtownwinooski.org or drop us a note on social media @DowntownWinooski.

*Dates subject to change, please visit www.downtownwinooski.org or follow us @downtownwinooski on social media for the most up-to-date information



Free Winter Celebration from our Neighbors in the Old East End

February 4-6 in Schmanska Park (63 Grove Street, Burlington), the Old East End Neighborhood Coalition is hosting the Winterlude Festival featuring outdoor activities including snowshoeing, sledding, cross-country skiing, nature walks, and a kid's Story Walk® for kids. For all the details, visit The Old East End Neighborhood Coalition at oldeastendbtv.com



★ WATCH LOCAL VOTE LOCAL ★

WATCH CANDIDATE FORUMS

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

TUNE IN

On Comcast 1087, BT 17 & 217 or LIVE on [youtube.com/townmeetingtv](https://www.youtube.com/townmeetingtv)



Where Am I? Where Am I Going? How Will I Get There?

By Sister Pat McKittrick

What do we know for sure? We are not on this journey alone. Everything we do, or say, has an impact on everyone else. The actions and words of each of us, affects everyone and everything else. During Covid, we recognized our interconnectedness. We saw more clearly just how much we need each other.

Did you know that February 17, 2022 is Random Acts of Kindness Day (RAK)?

The information at right is from the Random Acts of Kindness Foundation. I found it inspiring. Hope you find it helpful.

https://assets.randomactsofkindness.org/downloads/rakday/RAK_Day_2022_Participant_Guide.pdf

This is an opportunity for you to help build a stronger, kinder Winooski and have fun while doing it.

Don't forget to enter the coloring contest and download the Kindness Calendar.

May 2022 continue to treat you kindly.

RANDOM ACTS OF KINDNESS FOUNDATION

Random Acts of Kindness Day
Thursday, February 17, 2022

#RandomActsofKindnessDay #MakeKindnessTheNorm
<https://www.randomactsofkindness.org/rak-day-2022>

The work to create a kinder world never ends. There is no limit on the amount of goodness we can put into the world, but we need your help!

We invite you to join the annual [Random Acts of Kindness Day](#) (RAK DAY) celebration on **Thursday, February 17, 2022** and help #MakeKindnesstheNorm

HOW YOU CAN PARTICIPATE

1. Participate in this year's coloring contest and receive a 2022 RAK Day sticker.

★ On **RAK Day, Thursday, February 17, 2022**, RAK will randomly select 5 entries to receive a RAK Day poster, lapel pin, a [2022 Kindness Calendar](#) along with a Make Kindness the Norm sweatshirt, water bottle and baseball hat (valued at over \$100).



2. Receive a daily dose of self care from RAK's Vice President by connecting with daily text messages - 303-529-2494
3. Become part of the kindest community by joining the [RAKtivists](#) (Random Act of Kindness activists) group
4. Check out our [RAK Day page](#) with kindness ideas, quotes and other fun resources for **Random Acts of Kindness Day, Thursday, February 17, 2022**

Winooski Little League and Babe Ruth Baseball

By Jeffrey Brosseau

Online registration is currently open, see our website address below, open the link and you will need register and set up your account to register your child and also to volunteer as Head Coach, Assistant or Team Manager. Fees for Little League are \$50 for one player, family will be \$90.00, Babe Ruth

Baseball 13-18 year old fee is \$75.00, you will have the option to pay with either a Visa/Master Card or pay with check and mail to me. Let me know if you have any issues. After March 31st, a late fee of \$10 will be added. Winooski Little League and Babe Ruth is open to all Winooski residents and anyone who attends St.

Francis School and the Winooski School System that may reside outside of our city boundaries. Website Address: <http://tshq.bluesombrero.com/winooskibaseball>.

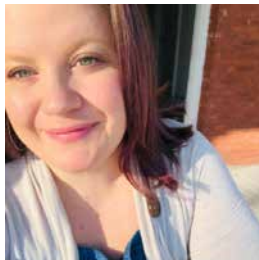
For more information contact Jeffrey Brosseau at 802-233-5530, Jeffrey.brosseau@aol.com

Parenting During Covid-19

By Jane Henderson, Grants Manager, Winooski Partnership for Prevention

Parenting is hard. Parenting during a multi-year global pandemic is even harder. With 2022 kicking off, we at the Winooski Partnership for Prevention want to make sure any resource you need is easy to find. Read on for helpful words from a local licensed clinical social worker and scan the QR code at right to find tools for talking to your youth.

Sabrina Sydnor Leal, LIC on Parenting During Covid-19



Hello dear ones, your trusty, local, Licensed Clinical Social Worker here

to talk parenting during this season of our life in Covid especially for us folks who bravely identify as PARENTS. I don't know about y'all but I could really go for some "precedented times". It seems that some of the symptoms of covid are things that are present in children at all times (please see "runny nose") and I am weary from the worry of exposure mixed with the worry of lack of exposure to the joys of life. Every day we send our kiddos to school thinking, "Is this the day we all get covid" and that stress can drain our buckets immediately. So, I do

what I know I can- I compartmentalize! A bright spot in all of this fluctuation for me has been my reliance on my parenting coping skills toolbox which needs regular maintenance, sharpening, and restocking. Please note: I do not know what I am doing as this is my first global pandemic (it's important to stay transparent) but I am making some educated guesses! In a world full of things that feel out of my control, I am obsessed with what I can, and here is a small way I have shifted the stress in my own home. I would like to note that some of the tricks I have brought in are from the book Hunt, Gather, Parent by Michaelleen Doucleff, Ph.D. While I am not someone that feels we have to read books to learn HOW to parent, I think it's nice to read materials that affirm that we are doing the best we can and that it's ok to take some of the physical and emotional energy back to nourish ourselves. I am the mother of a very active and imaginative 6-year-old and one rule I have instituted in my house is that I have certain games and activities that I like to do and that it is ok that I have those preferences. I spent years playing dinos, spiderman, or whatever imagination game my son invented at the moment forever at the whim of his needs (and fluctuating rules!) and I felt that this was good parenting. Do what the child wants and no one gets hurt! However, during these quarantines and/or long winter weekends, I have regained my sanity by volunteering to play things I like only. I like to do art, read, play a board

game, bake or be in nature. It might even help to create a list of things you like to do with your kiddo and stick that piece of GOLD to the Fridge! I no longer endlessly say yes to every request to play and taking that control back has really helped me not dread these long stretches inside and isolated. My child will eventually find another human to play superheroes with him...for now, that will not be me. More next time as we continue to navigate the waves of this continued struggle. I wish you peace as you lessen the risks and find the rewards. Be well and stay healthy!

My Life My Quit: Resources to Help Your Youth Quit Vaping

As a parent, you may feel hurt when you discover that your child might be using commercial tobacco products such as cigarettes or a nicotine vaping device. It is not easy, but some resources can help you to have a positive and constructive conversation with them – plus, there are resources to help your youth quit. Scan the QR code provided learn more about the My Life My Quit program.



Winooski Food Shelf Schedule for February

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, February 9th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, February 12th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, February 23rd	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, February 26th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers

Happy Valentine's Day! February 14th will be here before we know it. It is our chance to tell our loved ones how much we appreciate them and perhaps gift them some token of our love. Perhaps you might consider donating to your local food shelf in memory of a loved one or to celebrate Valentine's Day a birthday or holiday. These acts of kindness and generosity help our neighbors feel seen, valued, and loved.

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 24 West Allen Street. 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 donate at winooskifoodshelf.org.

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: 802-654-8003. **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 especially need help serving clients on Wednesdays. Volunteers should be able to lift 25 pounds.

Celebrating Black History Month

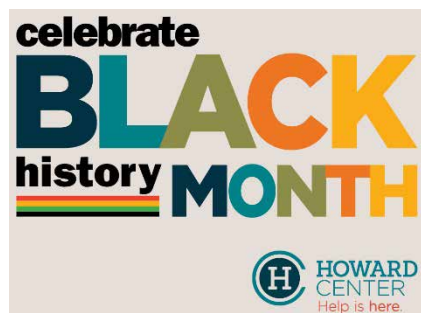
By Cael Barkman, Howard Center

Howard Center invites you to reflect on the contributions and experiences of African Americans and Black people in our country and community during Black History Month.

There is tremendous richness in Black History and this is a time to learn and better understand the contributions and experiences of the African American and Black community. When we learn history and see the through-line from events of the past to today, we can gain a better understanding of current issues and viewpoints. With the new year upon us, it's the perfect time to explore our history and renew a commitment to listen, evolve, and take positive action.

Howard Center encourages engagement with and support of the African American and Black community through its businesses, organizations, and activities, and by exploring authors, artists of varied mediums, restaurants, farms, and makers around the state. Maintaining awareness and recognition both now and beyond Black History Month will help improve community standards around racial equity, respect, policy, and the upholding of anti-racist values.

www.howardcenter.org
802-488-6000



How are you really doing?

COVID Support Vermont is here to help you cope. Call 2-1-1, option #2.

Confidential and FREE Emotional Support

COVID SUPPORT VT

Promoting mental health and wellness for all

- Connections to community resources
- Help with applications to services



+ FREE Wellness Workshops!
covidsupportvt.org/workshops

[Facebook](https://www.facebook.com/COVIDSupportVT) | [Instagram](https://www.instagram.com/COVIDSupportVT) | [TikTok](https://www.tiktok.com/@COVIDSupportVT) | [YouTube](https://www.youtube.com/COVIDSupportVT) | Find more resources at COVIDSupportVT.org



WINOOSKI SCHOOLS
We are the future.

NON-PROFIT ORG.
 U.S. POSTAGE
 PAID
 BURLINGTON, VT
 PERMIT #361

The Winooski Newsletter

60 Normand Street
 Winooski, VT 05404

POSTAL PATRON
 *****ECRWSS**
 WINOOSKI, VT 05404



**Please recycle your copy of
 this newsletter when you
 are finished reading it!**

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, 802-349-7018, 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.winooskivt.gov, 802-655-6410

Mayor
 Kristine Lott, 802-766-1988, klott@winooskivt.gov

Interim City Manager
 Wendy Harrison, 802-655-6410, wharrison@winooskivt.gov

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

City Clerk
 Jenny Willingham, 802-655-6410, jwillingham@winooskivt.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

FOLLOW US ON SOCIAL MEDIA We are @WinooskiLearns

FOLLOW US ON SOCIAL MEDIA We are @winooskivt