

The Winooski Newsletter

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

MAY 2022



WINOOSKI SCHOOLS
We are the future.

Community Iftar

By Emily Hecker, WSD Communications and Development Director

In April, around 70 students, families, and staff gathered to celebrate Ramadan with a Community Iftar. Iftar is the evening meal eaten by Muslims after the sun has gone down during Ramadan. Generally, most people who observe Ramadan fast during the day, and only eat and drink in the evening and early morning. At the Community Iftar, students and staff shared ways they celebrate the holy month, through fasting, prayer, reflection, and community.

11th-grade student Mariam Mayange, who helped organize the Iftar and prepared food, said she is proud to be part of the Community Iftar, which, as far as she knows, doesn't happen in other schools. She thinks it is important to invite non-Muslims to the event because it can teach them to be more culturally aware and understand the Muslim faith a

Sharing more than a meal, students, staff, and families create an inclusive event to celebrate the holy month of Ramadan.

little bit better. "It means a lot to everyone who is Muslim because we feel welcome here and know that people care about what is important to us."

Mariam says she spends the month of Ramadan getting closer to God, reading the Quran, being friendly and kind to other people, and getting closer to her family. Her family also donates to people in need. Mariam encourages everyone who wants to learn more about her faith and wants to see what an Iftar is like to attend next year's event "We want everyone to know they belong, that is part of what is important during Ramadan," Mariam said.

Mry Aweis, an 11th-grade student who also helped organize and cook for the celebration, agrees that the Community Iftar is a good opportunity for non-Muslims to learn about Islam and Winooski students' culture. "My favorite part was seeing everyone gather, eating food, and supporting each other. I was happy that our teachers came out to support us. I really enjoyed seeing faces I'd never seen." She says that Ramadan is a special time for her and her family.

Mry says that for her, Ramadan is a



peaceful month that also allows for a lot of personal growth. "I grow as a person, get rid of bad habits, and strengthen my faith. I learn a lot every year and always better myself."

Ramada ends this year on May 2. There will be no school to allow our Muslim observing students to celebrate Eid al-Fitr. Eid al-Fitr marks the end of Ramadan and is a multi-day celebration that includes special prayers, gatherings, gift-giving, and doing good deeds.

Thank you to all the students and staff who cooked, decorated, and shared stories for this special annual event. We hope to see everyone next year!

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School Board Update

By *Tori Cleiland, Board of School Trustees*

“If we want people to fully show up, to bring their whole selves including their unarmored, whole hearts - so that we can innovate, solve problems, and serve people - we have to be vigilant about creating a culture in which people feel safe, seen, heard, and respected.”

—BRENE BROWN

As someone who believes deeply in the promise of public education, my interest was piqued when I saw that the feature article in April’s NEA Today, a magazine for educators, is “Beyond Burnout.” Educators across the country and in all capacities are overwhelmed by a variety of stressors, with over half considering leaving the profession. There are unprecedented needs and stress in school systems across the US.

A few weeks before the magazine arrived, I ordered a book that came highly recommended and seemed incredibly timely. While I’ve only begun to read it, it resonates with me and speaks directly to concerns that others have been sharing. The book is “Burnout: The Secret of Unlocking the Stress Cycle,” by Emily Nagoski and Amelia Nagoski. I’m eager to keep reading.

With the above article and my new book in my mind, there are a few school-related things I want to share this month.

1. There have been numerous external stressors for everyone connected to the Winooski School District during the past 2 years:
 - a. The Capital Project and all the ways it impacts staff, students, families, and administrators;
 - b. COVID-19, with school closings, remote teaching, and learning, sickness, staff absences, lack of substitutes, and the need for staff to cover for one another;
- c. New members of the administration team, teachers, and support staff, and with new personnel have come changes in practice and process.
2. Staff and student concerns raised during the March board meeting, and extended to a special meeting later that month made it clear to the board that the climate of our schools is reflecting the impact throughout our organization of these external stressors and they’ve become internal stressors.
3. We must, and I believe we can move through these challenging times (a big stress cycle). There will likely be scars, and there will be healing. The first step is to be gracious with each other. These are incredibly difficult times, and everyone is doing their best in the moment.
4. The next step is to return our focus onto the power of collective wisdom. For the past decade, WSD has been remodeling learning, building systems, and structures to honor and engage every student, and support them to graduate with the knowledge and skills to be ready for college and career, and citizenship. There was a strong sense that “we are all in this together” with a shared vision and sense of being valued, resulting in rising school pride.
5. And finally, my personal commitment as the longest-serving current school board member, and the chair of the board: Every meeting I lead, every decision I make, I will remind myself and others at the table:
 - a. Inclusion is essential: All students, staff, faculty, parents, administrators, board members. We need to listen, to feel safe being fully ourselves. Decision-making must be designed to include the ideas and thoughts of those who have an interest in the decision, who will be impacted and aren’t at the table. Each one of us matters and is essential to the success of the whole. This is Equity and an essential part of the answer to becoming the future.
 - b. I will act with courage and kindness.



Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet 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 the Winooski Front Porch Forum

It’s a free and easy online way to get on the local grapevine, connect with neighbors, and build community. You can post and read about block parties, neighborhood watches, lost dogs, plumber recommendations, helping neighbors in need, free furniture, and all kinds of good stuff. Check it out at www.frontporchforum.com



WSD Alumni Profile: Abdimajiid Mohamed

Winooski School District prepares students to lead healthy, productive and successful lives. The paths our students take after graduating can be as different — and interesting — as our incredibly diverse students themselves. So, we created a place to celebrate the work WSD grads are doing in Winooski, in Vermont and around the world. If you know of a person who should be featured, please email Emily Hecker, hecker@wsdvt.org.

What are you doing now?

I'm earning my degree from Trine University in Angola, Indiana. I'm pursuing my Masters in Business Administration. My academic life is very rigorous. Master's-level classes are more strict and detail-oriented than I was expecting. It's hard, fulfilling work and teaches me real life experiences.

I was never the type to ask for help until I came here and realized that I can't cruise through life knowing everything on my own. I figured out that if you are trying and failing you are doing the right thing, because it's better than not trying.

I take advantage of every opportunity that comes my way. I attend every networking event and job fair and plan to leave college "Every hand shook and baby kissed" because you never know who you might meet who can give you an opportunity later in life.

My social life is non-existent because school takes up most of my time. Sometimes my friends and I will go bowling or visit Chicago but mostly I focus on school.

You are President of the Black Student Union, Vice President of the Trine Muslim Association, Vice President of the Trine Student Marketing Association and you host a Black Student Union podcast...in addition to your studies. How do you manage to do it all?

Taking on these leadership roles has taught me time management and how to use weekly planners. I use my outlook calendar to organize my day. Sometimes I'll be doing a task and then the reminder pops up, and it's really helpful. My leadership also taught me what to prioritize and how to say no.

Trine is in a very rural area, and isn't very diverse. The Black Student Union's main objective is to uplift the Black community and give Black students a safe space, and give under-represented students a voice on campus.



Abdimajiid Mohamed, class of 2018

How did WSD prepare you for your current success?

I really enjoyed how we did speeches and presentations instead of exams. In the business school we give more speeches than anything else. WHS taught me to be an effective communicator. It took confidence and practice to get up there and fight the urge to sit back down. Anyone can take an exam but getting up and speaking coherently to a room full of people about your learning, that takes courage!

In Winooski, we also excelled at creating interpersonal relationships and friendships, which is a skill I've brought with me to college.

I like to think that I'm living proof of what Winooski has been able to accomplish.

Advice for current students?

Wake up early! You only have so much time in a day. There are only 24 hours and 7/8 are for sleeping. School classes are only a few hours a day so make sure you focus. Make sure you make time to grind, time to sit down, and time to take care of your mental health and figure out what is going to make you continue to strive.

You should plan the day so you aren't reacting to what is going on but you have planned for what's going on.

My other advice is: Talk to everyone. Join clubs. Speak up. It might be hard at first but you have to get through the "no" to get to the "yes".

Fondest memory of WSD?

I have great memories of the breakfast break between the first and second class. They gave us 20 minutes to talk to our friends in the morning in the hallway. I also have good memories of lunchtime in Mrs. Poquette's class.

I remember I used to fake sickness so I could go take a nap in the health office, get some crackers, and go back to class. Then they caught on and I didn't get away with it anymore!

Why do you heart WSD?

Winooski School District is a family. It's so small you are forced to know everyone (in a pleasant way). Mr. McQuinn, Mr. Lit, Mr. McNally, Mr. Clark, and Ms. Poquette, they were all easy to talk to and so friendly. We were a very tight knit group.

I want to remind students to be nice to their teachers, because you will miss them in the years ahead. Now that I'm able to friend them on Facebook it's nice to see what they've been up to and share memories.

Antiracism Steering Committee Update

By Kayla Loving

The Antiracism Steering Committee met on April 4th. For the first time, we had more youth than adults attend which is what we've been working toward! We celebrated seeing more youth involved in the work. We discussed some of the requests and questions that came up from action groups and how to best support them. Two representatives from the Multilingual Learner Mentorship action group joined us to share an update. We split into three working groups: 1) communications, 2) youth leaders, and 3) demand #2. The Communications group came up with a plan to make the pay difference between the steering committee members and action group members more equitable. The Youth Leaders group came up with a plan for the next antiracism student group meeting. The Demand #2 group revised the language of the second demand, so it could be presented at the next school board meeting for approval.

On March 28, an antiracism student group began meeting during the school day. Middle and high school youth met to build community and lay out a vision for changes they would like to see during this school year and beyond! Some of their goals include making Winooski a school where administrators include students when decisions are being made, everyone feels like they belong, teachers of color are recruited and retained, and many more! The group will meet every other week to get to know each other, share ideas, and come up with action plans to reach their goals.

Here are updates from the Action Demand Groups:

1. *Truth and Reconciliation Commission*: This group is exploring the possibility of partnering with Restorative Justice for Oakland Youth to help guide, train, and facilitate the commission.
2. *Hiring and Retaining Teachers of Color*: They met in March. More updates to come.
3. *Ethnic Studies*: They met in March and looked at a draft of the demand language and key research which was translated into Nepali. Some youth joined the meeting and shared their perspective of what they'd like to see in their education and what has and hasn't worked for them.
4. *Equity Review*: They met with IBG Consulting to discuss the findings they have so far and how to approach the final report.
5. *Civil Rights Workshops*: A few youth from the Steering Committee plan on attending the next meeting to help plan these workshops, so they are engaging for both youth and adults.



6. *Multilingual Learner Mentorship*: They have been in contact with Mentor Vermont. They would like to hire a part-time Mentorship Program Director by June who could be trained by Mentor Vermont in July. They hope to find 10-12 mentor-mentee relationships during the first year.

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.



Using Restorative Justice to Talk about Choices around Masking

By Kayla Loving

When the school switched to optional masking, many students in elementary, middle, and high school participated in a restorative justice circle to talk about the change. Before the circle, participants watched a slideshow created by Monique Tetreault and Kevin Kareckas from Shelburne Community School. The slideshow explained some reasons why someone might continue wearing a mask like an unvaccinated baby at home, often visiting a family member with a compromised immune system, or using masks as a form of self-expression. It included some reasons why someone may choose not to wear a mask like feeling more comfortable without one on. It also explained that some people might be unsure about what to do and switch between masking and unmasking. The slideshow helped explain that all options are okay.



After participants watched the slideshow, they sat in a circle and passed around a talking piece to answer the following questions:

- How are you feeling about the change to mask optional?
- What are some reasons people may decide to continue wearing a mask?
- What are some reasons people may decide to not wear a mask?
- How can we support one another as we make a decision that does not have a right or wrong answer?

Preparing for change is an important aspect of trauma-informed education. Teachers reported having great discussions with students hearing reasons around masking and unmasking that they hadn't thought of before. It helped reduce stigma around masking and unmasking. "It was a non-issue," one staff member described a couple of weeks after the transition took place. This circle prepared the school for a transition to optional masking where community was at the center.



Incoming Kindergarteners

By Sara Raabe, Principal JFK

If you live in Winooski and have a child that will be 5 before September 1, 2022, they are eligible to come to Kindergarten for the 2022-23 school year!

On May 25th, all incoming Kindergarten students are invited to come to JFK for our Kindergarten screening day. Please call the JFK main office to choose a time to attend Kindergarten Screening (802)-655-0411.

At least one parent or guardian will need to attend with their student. When students and families arrive on May 25th, we will have a short welcome and staff will be introduced. After introductions, the students will go to one of our Kindergarten classrooms with the Kindergarten teachers and other JFK staff to play and complete some academic screenings. The screenings look at student's play, engagement, social skills, number and letter knowledge, and fine motor skills. We know that these screenings are just a snapshot of who your student is as a person and learner. While the students are in the classroom, the families will participate in a welcome to JFK overview presentation, complete registration, and fill out a sheet that tells us all about your student. Please bring your child's birth certificate, updated immunization, and proof of residency to the appointment.

We use PowerSchool as our student information system and all of our registration happens online. Registration is open for the 2022-23 school year.

If you are new to the District, you will need to fill out a [Pre-Registration](#) form. Once approved by the Registrar you will get an email from PowerSchool with directions on how to create a PowerSchool account and register your student.

If your student did not attend PreK at Winooski but has siblings in the District, you do not need to create a new account. You will link your Kindergartener to your current account by a code emailed to you after you've completed the [Pre-Registration](#) form. Please make sure that when you login you are using your current account information and not creating a new account.

Please have the [Pre-Registration](#) form filled out prior to Kindergarten screening day.

If you've completed the PowerSchool registration for your PK student because they go to PK in Winooski, or receive PK money for your student to attend a partner PK program, you do not need to fill out a Pre-Registration form. You will need to log into your [PowerSchool](#) account and update your students' information.

If you do not remember your login information or need assistance linking your student to your account please send an email with your full name, students' name and DOB to help@wsdvt.org with your req

Student Writing on Ukraine

By Nixandy Ferdinand, Grade 10

Dear Winooski Community,

My name is Nixandy Ferdinand, I'm 15 years old and a sophomore at Winooski Highschool. I'm writing this letter to express my sadness and disappointment with the treatment Black refugees in Ukraine are receiving. While reading the articles about the black refugees, I had to shut my eyes with anguish, refusing to believe these acts were done by human beings.

There is a stark contrast between the treatment that white Ukrainians and Ukrainians of color receive and it's not a good one. "This is the first time we are seeing such contrast between the treatment of different groups of refugees," said Camille Le Coz, a migration analyst in Brussels. Many Europeans see white Ukrainians as just like them. They sympathize with them and want to help them. Katya, a white Ukrainian who was taken in, talks about her experience. "Katya wakes up every day to a stocked fridge and fresh bread on the table, thanks to a man she calls a saint." Albagir, a person of color, is also a refugee from the same war but he's not getting any of this kindness, in fact, Europeans are making it harder for him to save his life. "Albagir said Polish police officers stole their SIM cards and power banks; disabled their phones (so they couldn't call for help); and drove them back to the place they dreaded: the forest." The difference between the treatment of white Ukrainians and Ukrainians of color exceeded the barrier of favoritism and now it's just blatant racism.

According to the article, "Human rights defenders say the Polish guards are also guilty of abuses. A Polish government spokesperson declined to discuss the treatment of refugees." The refugees of color weren't only treated worse than white Ukrainian citizens but were given no shelter and some were even killed. Maybe a few Ukrainians of color with wealth could seek asylum safely, but for the others with no wealth, it would be an arduous feat. This preferential treatment is not about putting citizens first anymore, it is about the color of their skin, their ethnic background, and their financial status.

The disparate treatment between the white Ukrainians and Ukrainians of color is proof of the racism in our world today. This is a war and for racism to be blatantly shown under the guise of 'citizens first' is just disgusting.



Afterschool Writing Program Engages Students

By Suzanne Skaflestad, 21C Afterschool Program Director

There's a new 21C afterschool program which supports students writing for the Young Writers Project. The class is taught by Willow Shafer, a very talented and committed college student from Saint Michael's College. Her passion for writing has inspired our students.

The prompt for March 20-25: Island: Make your own island – either in words or images. What ocean is it in? Is it far from land, or just off the coast? What plants grow there? Is it inhabited? What animals live there?

Island

By Walden Olmstead, 6th grade

In the middle of the Pacific Ocean there is an island. The island is covered in a forest of tall pine trees. The pine tree's bark color is very light brown. The bark is light brown because it's springtime. The base of the trees grows very tall, and the branches don't start until near the top of the tree. The pine needles are a dark green color. The grass in the forest is soft and mossy. When you step on it, it feels



squishy, but dry. The grass tickles your feet and smells like soil when you lie on the ground. The island's forest is abundant with roses, but no other flowers. There are animals on this island that are the typical species of animals that you would find in a forest, such as foxes, chipmunks, deer, and rabbits. But even with the animals all throughout the island there is a constant deafening silence. On the island there are two seasons no matter what time of year it is. It snows in the usual wintertime, but the rest of the year is spring. There is no summer or fall. During the spring the weather is always temperate and agreeable. During the spring the flowers bloom and all foliage of the forest grows. During the winter, all the baby animals are born, and they grow up in the spring. In the spring the sun is shining... always shining! There is no nighttime on the island. There are a few hours in the day when the sun is about to set, but then it resets high in the sky. The animals of the island rest during the few hours when the sun is about to set. In the middle of the island there is a mountain. The mountain is pointy on the top and very rocky. It's nearly unclimbable and from a distance it looks like someone poked a giant stone claw through the middle of the island because of how out of place the mountain is. Near the top of the mountain there is a cave, it is almost pitch black inside and all you can see is a few stalagmites hanging from the ceiling near the entrance.

Inside the cave there is a monster. A terrifying, nightmarish, monster. He has razor sharp teeth, claws made of knives, a long green tail, and large bat-like wings. He is the ruler of the island, and all the animals fear him. He has cast a spell over the island making the days last forever and getting rid of the seasons that displease him.

One cloudy day all the animals gathered in a clearing on the other side of the island away from the mountain. Once they were all gathered, they started

to complain. The animals were growing tired of having to rest for only a couple hours a day and having to stay quiet whenever they were anywhere near the mountain. They were so done with being treated this way. The fox (naturally being the most intelligent and clever) decided to put an end to the terrible Creature's reign. He tells the other animals to meet him at the pond during the 12th hour (being their hour to rest before the sun resets). The animals unanimously agree and meet him back at the pond at the 12th hour. The fox tells them that he wants to stand up to the monster and devises a cunning plan. The animals after being oppressed by the monster for so long get very excited after hearing the plan, despite the plan being extremely dangerous. The animals still are willing to give up their lives for the prosperity of the island. They agree to meet at the bottom of the mountain the next day during the 11th hour while it is still light. It is there that they will put their plan into action.

When they get to the mountain, they are all nervous but ready. As planned, the fox leads a few of the animals up the treacherous mountain and into the dark cave, never to be seen again.

Two hundred years later and still no one knows what happened on the island, for the day of the plan the island mysteriously disappeared into the depths of the sea.

Self-Portraits

By Jessica Bruce

Our spring semester Winooski Middle School art students started their time in Visual Arts class with creating symbolic, surrealist self-portraits.

In this project, students not only demonstrated use of visual symbolism to express their identities, but also their understanding of Surrealism and their mastery of advanced portraiture skills. Each student's portrait expresses their sense of self through their own personal artistic style.



Albina, Grade 8



Armaan, Grade 7



Dahlia, Grade 7



Harley, Grade 8



Jasmin, Grade 7



Moo Thay Lay, Grade 8



Natalie, Grade 8



Nora, Grade 8



Olivia, Grade 7



Taylor, Grade 8

Count Me IN!

By Suzanne Skaflestad, Afterschool Program Director

As part of WSD's 21st CCLC Afterschool Programs, students meet Winooski Middle and High School mathematics teacher, Maevae Poleman, on Wednesday and/or Friday for an hour of extra support with their mathematics learning. On most days, you will find Xandy, a WHS sophomore, studying her geometry. Xandy reports that she just completed Algebra and has moved on to Geometry, with the hope that she will be able to complete Geometry by the first semester of her Junior year. Given the interruption in schooling due to the pandemic, Xandy found herself with gaps in her mathematics learning, but with Ms. Poleman's guidance, she is closing those gaps, understands her math more deeply, and, according to her after school math teacher, "is doing very well."

All middle and high school students are invited to drop-in to work on their mathematics or any other subject in which they might need support. For example, Ms. Poleman adds that many middle school students use this time for completing their science homework. On average, the class size is small (2 to 6 students) so students receive the individual attention they need. Interested? No sign-ups are necessary but check in with the Afterschool Program Director, Suzanne Skaflestad for more information.



Health Information

By Elizabeth Parris, BSN, RN, NCS

Kindergarten registration is taking place this month. Please bring a copy of your child's current immunizations to the appointment. If you would prefer your doctor's office to fax them directly to the health office, please have them send a copy of the immunizations to 802.383.6017

There are two types of exemptions- medical and religious. If your child is exempt for a medical reason, please plan on bringing a doctor's note that contains the reason for a medical exemption. Religious exemption forms will be available on site to complete if needed.

If your child has a medical condition that will require monitoring or medication administration during the school day, please plan on notifying me during the registration process. Once we discuss the needs, I will notify you of which paperwork will be required for next school year so you can work on that over the summer. Please contact Nurse Liz at 802.383.6040 with any questions.

After 6 years of dedicated service to our district, Nurse Katharine will not be returning to the Winooski School District in the fall. We want to extend our heartfelt thanks to Katharine for her compassion and commitment to the students, staff and community. She will be missed. We hope to see her substituting in our district on occasion in the future and wish her well on her future endeavors.

If you are a Registered Nurse or know of an RN who would like to consider school nursing, please have them reach out to me at 383-6040 to discuss next steps.

WINOOSKI SCHOOL MENUS



Winooski Elementary School Breakfast May 2022



=Vegetarian

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Asst. WG Cereal String Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	3 No School	4 Bagel w/ Cream Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	5 WG Donut Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	6 Breakfast Pretzel w/Cinnamon & Sugar Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety
9 Asst. WG Cereal String Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Danimals Yogurt w/Graham Cracker Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Bagel w/ Cream Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	12 WG Donut Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Breakfast Pretzel w/Cinnamon & Sugar Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety
16 Asst. WG Cereal String Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Danimals Yogurt w/Graham Cracker Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Bagel w/ Cream Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	19 WG Donut Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	20 Breakfast Pretzel w/Cinnamon & Sugar Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety
23 Asst. WG Cereal String Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Danimals Yogurt w/Graham Cracker Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Bagel w/ Cream Cheese Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	26 WG Donut Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Breakfast Pretzel w/Cinnamon & Sugar Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety
30 Happy Memorial Day	31 Danimals Yogurt w/Graham Cracker Fruit Filled Muffin w/Cheese Stick Assorted Fresh, Dried or Canned Fruit Milk Variety		Please advise us if special meal accommodations are required for allergens or other special dietary needs.	

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$2.90
Adult Lunch \$4.75
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.

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 May 2022



=Vegetarian

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dress Your Own Burger on a Bun Hand Cut French Fries Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	3 No School	4 Cheese Pizza Veggie Pizza Steamed Broccoli Steamed Carrots Confetti Corn Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Cheesy Ravioli Bake Steamed Broccoli Fresh Celery Sticks Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	6 BBQ Chicken Sandwich Oven Baked Potato Puffs Seasoned Green Beans Assorted Fresh, Dried or Canned Fruit Milk Variety
9 Creamy Macaroni & Cheese Steamed Green Peas Fresh Carrot Sticks Homemade Cornbread Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Turkey Nachos Supreme Garden Salsa Steamed Corn Seasoned Black Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Cheesy Breadsticks Marinara Sauce Cherry Tomato & Corn Salad Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety Taste Test Event- Mixed Greens	12 Golden Crispy Chicken Tenders Oven Baked Potato Puffs Fresh Broccoli Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	13 Hot Turkey Sandwich Chef's Mashed Potato Turkey Gravy Steamed Corn Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
16 Chicken Patty Sandwich w/Lettuce & Tomato Fresh Carrot Sticks Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Taco Bar w/ The Works & Ground Turkey K-8 Garden Salsa Seasoned Black Beans Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Cheese Pizza Veggie Pizza Fresh Broccoli Salad Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Spaghetti w/ Meat Sauce Steamed Corn Fresh Celery Sticks Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety Birthdays	20 Fluffy Pancakes Real Maple Syrup Sweet & White Homefries Fresh Cucumber Sticks Twin Turkey Sausage Patty's Assorted Fresh, Dried or Canned Fruit Milk Variety
23 Dress Your Own Hot Dog Roasted Sweet Potato Wedges Vegetarian Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Tater Tot Nachos Steamed Corn Cherry Tomato & Corn Salad Spanish Rice Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Cheese Pizza Veggie Pizza Seasoned Green Beans Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Alaska Potluck Hot Sticks Caesar Salad Sweet Potato Fries Assorted Fresh, Dried or Canned Fruit Milk Variety	27 Grilled Cheese Sandwich Creamy Tomato Soup Sprinkled w/ Cheddar Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
30 Happy Memorial Day	31 Chicken & Cheese Fajita Garden Salsa Black Bean & Corn Salad Assorted Fresh, Dried or Canned Fruit Milk Variety		Please advise us if special meal accommodations are required for allergens or other special dietary needs.	

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$2.90
Adult Lunch \$4.75
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

Del Options K-8

Fruit & Yogurt Parfait w/Granola

Milk Condiments

Fresh, Dried Or Canned Fruit

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



Harvest of the Month: Mixed Greens



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

Letter from the Mayor

By Kristine Lott

Hello neighbors,
We are so excited to welcome our new City Manager, **Elaine Wang**, who officially begins on May 16th. Elaine recently served as the



Assistant Manager for the Town of Barre and brings a wealth of knowledge and experience to the position. Her genuine care and passion for this work and our community are welcomed! Elaine will be making the rounds getting to know residents, staff, business owners, and everyone in between over the coming months - so be on the lookout for an opportunity to meet her.

In other news, we are pleased to announce the creation of the **Winooski Inclusion & Belonging Advisory Commission**. Volunteers on this Commission will act as liaisons to our other policy advisory commissions, bringing a greater equity lens, and more diverse community perspectives, into our local policy-making process. Commissions are volunteer boards that advise the City Council on targeted policy topics. Serving on a Winooski board or commission is an excellent way to get involved in the public process! These volunteer positions offer many opportunities to provide your expertise as an engaged resident and help make important community decisions. We are actively recruiting for all commissions right now. To view the full list, visit winooskivt.gov/commissions. If you have questions, feel free to reach out to me directly.

Spring has sprung, and summer is well on the way! These are some of the best months in Winooski.

May 7th is Green Up Day - join your friends and neighbors during this beloved Vermont tradition. For full event details, visit winooskivt.gov/greenupday. The

annual **Waking Windows** music festival takes place May 13 - 15, if you've never attended, I highly recommend checking it out! Visit wakingwindows.com for tickets and info. Downtown Winooski is also expanding their Winooski Wednesdays outdoor summer concert series, so keep an eye out for those announcements. This is also the perfect time of year to support the **Winooski Gardening Group**, a longtime volunteer crew who are responsible for many of the garden and plant displays around the city. Feel free to pitch in this year - search 'Winooski Gardening Group' on Facebook to learn more or email Sue O'Brien to get involved: suecarterob11@gmail.com. Speaking of gardening, please consider the resources provided by our partners at Rethink Runoff when planning and planting this year to keep our waterways clean! You can do many things to pitch in - clean up after your pets, install a rain barrel, and more. Visit rethinkrunoff.org to view some helpful tips.

Lastly, be sure to check out our summer offerings through **Recreation and Parks**, including Myers Memorial Pool passes, summer camps, and some amazing youth programs - learn more and sign up at winooskivt.gov/recprograms/

As always, feel free to reach out at any time.



From Your Local Representatives

By Sen. Kesha Ram Hinsdale

Recently, I had the honor of speaking at Recovery Vermont's Leadership Conference alongside Vermonters in long-term recovery, national advocates and authors, and those working on the frontlines of the overdose crisis in our state.

Vermonters and frontline advocates have seen firsthand the impacts of isolation on overdose deaths during the pandemic. Our state has had the highest percentage increase of overdose deaths across the US during the pandemic, up by nearly 70% from 123 to 209 deaths.

We have incredible resources across our state that are focused on supporting Vermonters on their path to recovery. Locally, the Turning Point Center of Chittenden County is a peer-run recovery center that works to build community and connection, and increase access to critical health care services for those struggling with addiction (turningpointcentervt.org). They, like other recovery centers in the state, are teaching us that, above all else, relationships matter and are critical to recovery.

This work has been a priority for the legislature and this session, I introduced S.226 with the goal of establishing harm reduction centers and addressing barriers to recovery for substance abuse disorders. The legislature is moving forward with an overdose prevention working group, which will put forward a workable plan to establish overdose prevention sites across our state.

Your legislators are also focusing on using ARPA dollars to fund solutions that are already working, and to expand the available pathways to recovery. Once we have a better sense of which pathways are having the greatest impact, we will have opioid settlement dollars to help continue funding what is working. There will not be a one-size-fits-all method for recovery, and it is our job in the legislature to listen to those on the frontlines about where gaps need to be filled so no one falls into them.

As we quickly approach the final month of the 2022 legislative session, please reach out anytime at kramhinsdale@leg.state.vt.us with your questions, concerns, and feedback on this issue and anything else that is on your mind. It is a privilege to serve on your behalf.



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 is looking for community input on how to spend about \$2 million in federal COVID-19 relief funds over the next couple of years. Please take a moment to take our brief survey in support of this effort – visit winooski.vt.gov/arpasurvey today!

Municipal Infrastructure

During their meeting in April, the Municipal Infrastructure Commission reviewed a draft of an in-progress Traffic Calming Manual for the City and got an introduction to the Parking Inventory Analysis and Management Plan. The Department of Public Works is currently working to obtain construction easements and finalize construction documents for the Main Street Revitalization Project. Once a contractor is selected, the City will begin public outreach and engagement work to discuss construction impacts. In partnership with the City of Burlington, the Vermont Department of Transportation, and the Chittenden County Regional Planning Commission, the City is submitting a federal grant application to replace the 93 year old Winooski River bridge. The project is based on our community scoping study completed in 2019, which you can learn more about at ccrpcvt.org.

Housing

The Housing Commission recently held a joint meeting with the Safe, Healthy, Connected People Commission to discuss current housing issues in Winooski. While the Housing Commission is temporarily without a Staff Liaison, joint meetings may continue with the Safe, Healthy, Connected People Commission. Community members are encouraged to attend.

Safe, Healthy, Connected People

The Winooski Police Department would like to take a moment to thank the Winooski Partnership for Prevention for helping us with last month's DEA Prescription Drug Take Back event. This annual event addresses the opioid epidemic by creating an opportunity for community members to dispose of their unwanted medications! This service is also available 24/7 at the Winooski Police Department. To learn more, visit dea.gov/takebackday.

The Winooski Fire Department is hosting a Blood Drive in partnership with the American Red Cross at the Winooski Senior Center (123 Barlow St) on May 20 from 12-5:30pm. Please consider making an appointment to donate at redcrossblood.org/give.



COVID-19 Information

For current updates, resources, and municipal service information please visit winooski.vt.gov/covid-19.

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 vermont.force.com/events/s/selfregistration (walk-ups are also welcome).

The Vermont Department of Health is encouraging Vermonters to get vaccinated through your health care

provider, a pharmacy or anywhere you get other vaccines. For full details, visit healthvermont.gov/covid-19/vaccine.



Reminders from the City Clerk's Office

Winooski City Hall will be closed on Monday May 30th in observance of Memorial Day! Items for the City Clerk's Office can be left in our after-hours drop box located right outside the front entrance.



Property tax and water utility bills are due on May 15th – visit winooski.vt.gov/pay to make your payment online or stop by the Clerk's Office M-F, 7:30am-4:30pm.

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

  @winooskirec

Winooski Myers Memorial Pool Passes Now Available

The City of Winooski is excited for another amazing summer at the newly-renovated Myers Memorial Pool. Passes are available for Adults, Families, Youth, and Seniors – visit winooski.vt.gov/pool to get yours today! Keep an eye out for our up-to-date open and lap swim schedules and our aquatic program catalog. Be sure to check out Offbeat Creemee for an amazing summer treat when visiting!

WINOOSKI MUNICIPAL UPDATES

Our summer program offerings are now available – view our listings below and register online at winooskivt.gov/recprograms.

Skateboarding with Burton Chill

- Ages 11 - 19 / Mondays / July 11 - August 8 / 4:30 - 6:30pm @ Landry Skate Park

Looking to try out a new board sport in the summer season? Join Burton Chill instructors to get your very own skateboard and learn to shred it up! No experience necessary - beginner and intermediate skaters are welcome.

Outdoor Adventure Series

- Ages 8 - 12 / Wednesdays / July 6 - August 17 @ 8:45am - 2:30pm / Various local parks

Join Sterling Mountain Guide Mischa Tourin and our staff for local exploration outings! Each week, youth will participate in a different hike and learn a new wilderness survival skill, such as orienteering with compasses, fire building, water purification, and more! Transportation from the O'Brien Community Center provided.

Youth Climbing

- Ages 5-8: / Thursdays, July 7-August 18 @ 11:45am - 2:15pm
- Ages 9-12: Fridays, July 8-August 19 @ 11:45am - 2:15pm

Winooski Recreation & Parks is partnering with MetroRock to offer youth climbing teams! Youth will work with a team of coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. All gear is provided. Online MetroRock waiver required to participate. Transportation from the O'Brien Community Center provided.

Yoga for Kids

- Ages 5 - 11 / Tuesdays / July 5 - August 16 / 12 - 1pm @ Landry Park / Limited mats available

Yoga for Kids will introduce K-5 students to the practice of yoga through weekly sessions that are geared towards kids. Over a series of sessions, local yoga instructor Emily Fixx will engage students

in beginner yoga that is welcoming of all abilities.

Run Ride Club for Kids

- Youth of All Ages / Fridays / July 8 - August 19 / 5:30 - 6:30pm @ Gilbrook Nature Area

Run & Ride Club invites youth to be active outside together for an evening of running, walking, or biking! Open to youth of all ages, skill levels, and abilities. Earn prizes throughout the season! Youth will not be closely monitored on the trails, adult chaperone participation is encouraged.

Kuduro Dance

- Grades K-5 / Thursdays / July 7 - August 18 / 5 - 6pm @ The O'Brien Community Center

Learn the basics of Kuduro dance with local instructor Sarah Snow of SnowMotion Studios. Kuduro is infectious music and dance from the southwestern African country of Angola. Class will begin with a fun warm-up followed by step-by-step instructions to complete a choreographed dance!

Bachata Dance

- Grades 6 - 8 / Wednesdays / July 6 - August 17 / 5 - 6pm @ The O'Brien Community Center

Learn the basics of bachata dance with local instructor Sarah Snow of SnowMotion Studios. Bachata is a style of dance that originated in the Dominican Republic and is danced widely around the world. Classes will begin with a fun warm-up and participants will have the chance to dance with and meet everyone else as they switch partners, all while practicing the different movements.

Summer Camps

- **Sports Camp** Grades K - 5 / June 20 - June 24 / 9am - 3pm / Drop off & pick up @ Landry Park. Featuring a week of varieties of physical activities! Learn new sports and practice old favorites like soccer, kickball, tennis, pickleball, skateboarding, yoga, and swimming at Myers Memorial Pool.
- **Intro to the Arts Camp** Grades K - 5 / June 27 - July 1, 9am - 3pm / Drop

off and pick up @ Landry Park. Join for a week of immersion in the arts! We will be partnering with local artists specializing in different mediums - youth will develop new skills and enjoy creative expression. Includes special swimming sessions at the Myers Memorial Pool.

- **Explore the Parks Camp** Grades K - 5 / August 22 - August 26 / 9am - 3pm / Drop off and pick up @ Landry Park. Explore Winooski's parks! This camp will include hiking at the Gilbrook Nature Area, games and relay races at Richards Park, a scavenger hunt in the Casavant Nature Area, swimming at the Myers Memorial Pool, and more! Campers should be prepared to walk to and from Landry Park to different parks around Winooski (1+ mile of walking round trip).
- **Science Camp** Grades K - 5 / August 29 - September 2 / Drop off and pick up @ Landry Park. Discover a wide range of science topics including lego engineering, beginner experiments, plants and animals of the Lake Champlain Basin, the famed Winooski Dome, and more! Campers should be prepared to walk from Landry Park to different destinations around Winooski (1+ mile of walking round trip). Includes special trips to the Myers Memorial Pool.



Thrive After School

winooskivt.gov/thrive

 @thrivewinooski

The City of Winooski proudly presents our 2022 Thrive Summer Camp Program! Sign up for these amazing camps at winooskivt.gov/thriveprograms. Thrive Summer Camps engage kids in grades K-5 in outdoor exploration, STEM activities, artistic expression, trips to the

pool, and fun in the sun. As a licensed childcare program, we accept State subsidies to cover the cost of Thrive, and will be using Federal ESSER Funds to provide Thrive FREE for all other Winooski youth this summer!

- July 5-8: STEAM Week
- July 11-15: Edible Engineering Week
- July 18-22: Maker Space Creations Week
- July 25-29: Spartans on the Go Sports Week
- August 1-5: Aquatic Adventures Week
- August 8-12: Animal Week
- August 15-19: Build Your Story Week



Winooski Memorial Library

winooski.vt.gov/library

  @winooskilibrary

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.

1:1 Tech Assistance

- Saturdays, 11:30am - 1:30pm @ the Winooski Memorial Library
- Free to join, open to adults 18+

Through a partnership with USCRI Vermont and Saint Michael's College MOVE program, you can now find to 1:1 tech assistance at the library! 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? Interested in checking out a library

Chromebook? Join us on Saturdays at the Winooski Library for 1:1 assistance and to learn new skills! Drop-in, no registration required.

Arabic-English Bilingual Storytime

- Join Saturday, May 28th at 10am
- Free, no registration required

Join us on the last Saturday of each month at 10:00am for our Arabic-English storytime with Ms. Tolba! Children along with their parents and caregivers are invited to hear bilingual read-alouds and learn more about Arabic language, culture, and traditions.

إنضم إلينا في يوم السبت الأخير من كل شهر في لقرأة (10:00 am) تمام الساعة العاشرة صباحًا القصص بالعربية والإنجليزية مع السيدة مني طلبة إندعو كل الأطفال مع والديهم ومقدمي الرعاية لسماع قراءة القصة باللغتين ومعرفة المزيد عن اللغة العربية والثقافة والتقاليد العربية. هذا البرنامج مجاني ولا يلزم التسجيل

Support for this project was provided by the Teachers of Critical Languages Program's Critical Language Projects. The program is sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State (ECA) and is administered by American Councils for International Education: ACTR/ACCELS. ECA and American Councils are not responsible for the views expressed herein.

Let's Speak Arabic!

- Tuesdays, 6:30-7:30pm @ the Winooski Memorial Library
- Free to join, open to adults 18+

Interested adults are invited to join us at our weekly Arabic language class for beginners. Facilitated by Mona Tolba, an active member of Vermont's Arabic Community, students will be introduced to Modern Standard Arabic and learn introductory words, phrases, and sentence structures. Build your knowledge, confidence, and understanding of the Arabic language in a casual and fun environment!

Support for this project was provided by the Teachers of Critical Languages Program's Critical Language Projects. The program is sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State (ECA) and is

administered by American Councils for International Education: ACTR/ACCELS. ECA and American Councils are not responsible for the views expressed herein.

Celebrate Arbor Day

During the first week of May, stop by the library for an Arbor Day activity kit and help us celebrate trees and all their benefits! Each kit contains activity sheets, scavenger hunts, and a maple seedling for you to plant and grow your own. Supplies limited; kits available on a first served basis.

Citizenship Prep Class

- Wednesdays, 1 - 2:30pm @ the Winooski Memorial Library
- Free to join, open to adult green card holders 18+

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.

To register, contact Nancy Lindberg at nlindberg@uscmail.org / 802 654 1704

Community Restorative Justice Circle

- Wed., May 18th from 6-7pm.
- Free to join, open to all.

Join us on the third Thursday of every month for our Community Restorative Justice Circle. Facilitated by Kayla Loving, Restorative Justice Coordinator at Spectrum Youth & Family Services, the circle practice is one of the most well-known restorative justice practices. Eat together, share stories, and talk about what changes you'd like to see in the community. If you have an interest in getting to know your neighbors on a deeper level, learning about restorative justice, and organizing for change in your community, consider joining us. Everyone is welcome. Interpretation can be provided if we are notified ahead of time.

"Restorative justice is a philosophy and set of practices, rooted in indigenous teachings, that emphasize our interconnection by repairing relationships when harm occurs while proactively building and maintaining relationships to

WINOOSKI MUNICIPAL UPDATES

prevent future harm” (Amplify RJ).

Virtual Community Equity Circle

- Thursday, May 26th, 6:00 - 7:00pm.
- Free to join, open to all.
- Register at tinyurl.com/equitycircle

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.

Dad Guild Playgroup

- Saturday, May 21st, 12:30 - 2:00pm
- Children 0-5; parents, guardians, and caregivers

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.

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.

English Conversation Group

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

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!

LEGO Club

- Thursdays, 3:30 - 4:30pm @ the Winooski Memorial Library

Join the club and get creative during an imaginative-hour of Lego play! Use one of our sets or bring your own! No registration required. Youth of all ages are welcome to participate!

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!

Library Playgroup and Family Support

- Tuesdays, 10-11am

Join the Winooski Memorial Library for a fun playgroup for parents, caregivers, and young children ages 0-5. 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 10-11am 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.

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.

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



Winooski Senior Center

winooski.vt.gov/seniorcenter

 @winooskiseniorcenter

The Winooski Senior Center is open on Tuesdays & Thursdays from 9:30am-1pm and on Wednesdays from 9:30am-12pm. 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 - New Time!

- 9-11am
- Priced by donation

Everyone is welcome to join us on Tuesdays and Thursdays from 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.

WINOOSKI MUNICIPAL UPDATES



Fun & Games - New Time!

Do you like to play Cribbage, Scrabble, Card Games, Wii Bowling, or Ping Pong? We've got it all and more! Join us from 10am-Noon for tons of fun, conversation and snacks. FREE!

- No Programs on 4/19 & 4/26.

WEDNESDAYS

Vintage Cafe – FREE!

- Free! Wednesdays 10am-12pm
Join us for coffee, tea, treats and music.

More than a Meal - Free Meals for Seniors

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious take-out 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 10:00am 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. FREE!

THURSDAYS

Coffee Chat & Breakfast Café

- 9-11am **New Time!**
- Priced by donation

Everyone is welcome to join us on Thursdays and Tuesdays from 9-11am 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.

Arts & Crafts - New Time!

Everyone is welcome to join us on Thursdays from 10am-Noon 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! No Program on 4/28.



SPECIAL PROGRAMS

Pickleball

- Thursdays, May 5 - September 29, 6-7pm

Join Winooski Recreation & Parks for a drop-in program every Thursday at Landry Park. The courts have been renovated and staff will be on-site to hand out gear and facilitate games. FREE! For more information go to winooski.vt.gov/recprograms.

Green Up Day – FREE!

- May 7, 9am-12pm

Pick up your Green Up trash bags at the Senior Center and get out in your community to clean up your neighborhood roads and waterways. As a volunteer, you make a huge difference for our environment. We'll be located in our tent in the Community Garden on the North side of the building. Join us for hot beverages, donuts and fruit. Meet our local Artist-in-Residence, Tom Locatell and see some of his wood creations from our City's parks.

Spring Fling Party – FREE!

- Wednesday, May 11, 10am-12pm

Join us for an Open House Party celebrating the wonderful season of Spring. Enjoy appetizers and sweet treats while you are here.

Age Well Restaurant Ticket Sales

- Wednesday, May 11, 10:30 - 11:30am.

Age Well's popular restaurant ticket program allows for a more intimate outing at many local restaurants. Older adults can make a \$5 donation to receive

a ticket to dine at one of the participating establishments. Meet Kerry Batres from Age Well and find out about this great program.

Winooski Historical Society Presentation – FREE!

- Sunday May 15, 2pm

Enjoy a live presentation from Vermont documentary filmmaker, author and native Vermonter James R. "Jim" Jones. Trolley Wires to Rubber Tires is a colorful presentation full of rail tales, rare photos and maps of Burlington, Winooski and Essex Junctions' transportation system then and now. Come, Immerse yourself in local transportation history!

Bone Builders – NEW TIME – FREE!

- Mondays and Wednesdays, 3-4pm

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.

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.

Artist-in-Residence: Tom Locatell

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

May Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Summer events in Winooski - mark your calendars!

- **May 29** - Winooski Farmers Market Opening Day! 10am - 2pm, and every Sunday through October 16, Winooski Falls Way
- **June 4** - Centennial Celebration, Winooski's 100th Birthday Party, Rotary Park, 1pm - 4pm
- **June 8** - Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **June 19** - Juneteenth Winooski, Rotary Park, 4pm - 8pm
- **June 22** - Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **June 26** - French Heritage Day Winooski, Winooski Falls Way, 10am - 2pm
- **July 13** - Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **July 27** - Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **August 10** - Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **August 24** - Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **August 31** - Final Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm

Help make our community events more inclusive and welcoming

Volunteer help is critical to ensure all residents and visitors who attend our summer events in downtown Winooski feel safe and comfortable. Help us welcome people of all ages, abilities, and mobility at these free, community-building events. Please consider volunteering your time to help with event set up or take-down, acting as a crossing guard, and more. Email info@downtownwinooski.org to get on the volunteer list!

Welcome Sarom's Cafe to Winooski!

This new family-owned restaurant at 10 Manseau Street is offering "a variety of freshly made and handcrafted Vietnamese sandwiches (Banh Mi), appetizers, meal boxes, coffees, beverage selections, and sweet treats."

Open Friday-Tuesday 9am - 3pm. Closed Wednesday & Thursday. Visit them in the Parc Terrace building on East Allen Street. Parking is available behind the restaurant (enter the lot on Manseau Street)

Check @saromscafe on Instagram or www.saromscafe.com for the most up to date information.



Winooski Farmers Market opens May 29!

Every Sunday starting May 29, the Winooski Farmers Market will be set up on Winooski Falls Way between 10am and 2pm. Plan your trip - grab brunch or lunch nearby, meander through the market and then enjoy a walk at the riverfront. Every year we get excellent feedback from vendors and visitors to our small but mighty market. The market features fresh local produce, unique goods and free entertainment from local musicians. We are still accepting applications day vendors on a case-by-case basis, please email farmersmarket@downtownwinooski.org to get in touch with the market manager.

Winooski Wednesdays

All residents and visitors are welcome to come to Winooski Wednesdays this summer in Rotary Park! This **FREE** concert series and community event starts at 5pm on the Wednesdays listed next, rain or shine. Mark your calendars for these dates: June 8, June 22, July 13, July 27, August 10, August 24, and August 31.

This event features an outdoor marketplace with local vendors, a local musical guest or performer plus a crowd-pleasing all-ages headliner!

Perform or volunteer at Juneteenth Winooski

The Juneteenth Winooski committee is looking for volunteers as well as ideas from the community on how to celebrate this important event on June 19, 2022! Please visit downtownwinooski.org/juneteenth/ to sign up to be a part of Juneteenth Winooski 2022!



Justice, Peace, and Equality

By Sister Pat McKittrick

Before Covid, the Winooski Peace Initiative said this about Winooski.

Winooski is the most diverse community in Vermont in terms of income, country of origin, language, age, religion and gender. The Winooski Peace Initiative brings residents together, face to face, in ways that lift up common values, encouraging people to reach out, even if just a little, to those seen as “others”.

We believe it is easier to understand a person when you get close. Our programs and projects help people move toward each, rather than away, building Winooski’s sense of community and fostering peace.

What is our responsibility to continue to build a strong, supportive community, and how will we do this? We need to listen to all the voices in our community and to the voices within ourselves. Together we will find ways of responding. Together we seek truth, justice and equality.

Who are the people who help us to see life differently? We need all voices. What opportunities do we have to listen to one another?

One thing we learned during Covid was about the inequities in healthcare. We also learned much more about discrimination and racism. Let’s work together to eliminate these injustices.

On April 16, 2018 the Dalai Lama said, “Compassion reduces our fear, boosts our confidence, and opens us to inner strength. By reducing distrust, it opens us to others and brings us a sense of connections with them and a sense of purpose and meaning in life.” What would be helpful to improve our journey as a community together? Please, contact me with suggestions. Sr. Pat: Pat.mckittrick@uvmhealth.org



Howard Center Update

By Adam C. Brooks, Assistant Director of Communications

May is Mental Health Awareness month and we would like to encourage you to set aside time to think about your own mental health, and the mental health of those you care about. Mental health is an important part of your overall health. During the pandemic, people have reported an increase in concerns about mental health. If you or someone you know needs support, please reach out for help.

Howard Center has compiled an array of health and wellness tips that may help you with your mental and physical health goals, including:

Start with small goals. Small goal achievement when you are starting on a wellness plan can influence motivation, mood, and attitudes for behaviors that promote health, despite disconfirming experiences. So start with small incremental goals and stay the course.

Reach out to someone who may be alone. Drop off a basket of goodies, make a meal, deliver flowers, leave a note, or make a call. These small acts of kindness can help maintain connection and you may also feel a sense of satisfaction from giving back.

These and more tips are available at https://howardcenter.org/wp-content/uploads/2021/02/HC_2020_AR-HealthWellness-Deck_WEB.pdf or you may request the deck of tips by emailing DevelopmentTeam@howardcenter.org.

Save the date: Don’t forget to visit howardcenter.org for information on Howard Center’s free and open to the public Marna and Stephen Wise Tulin Community Education Series with cyberbullying on May 4 and a discussion about how to make Vermont more welcoming and inclusive for our diverse community on May 18, both at 6pm.

If you need additional assistance, please contact our Access and Intake Main Number 802-488-6000. They are available M-TH 8:00am-6:00pm, and Friday 8am-5pm. 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 Food Shelf Schedule for May

By Linda Howe, Winooski Food Shelf Coordinator

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

More and more of our Winooski residents are in need of food and diapers. In March, almost 200 households needed our assistance. That was 831 people, including 216 babies in need of diapers. That is a lot of food and diapers being delivered, packed, and distributed. We are always in need of volunteers to bag food, toiletries, and diapers and to help serve clients on Wednesday afternoons.

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.

Starting the Conversation

By Jane Henderson, Grants Manager,
Winooski Partnership for Prevention

Your student might already be asking you tough questions about alcohol. Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent or caretaker (SAMHSA). It is important to start talking to your child about alcohol and other substances before they are exposed to them. See below for SAMHSA's "Talk. They Hear You" five goals for starting the conversation with your youth:

1. Show you disapprove of underage drinking and other drug misuse. Over 80% of young people ages 10-18 say their parents are the leading influence on their decision whether to drink.
2. Show you care about your child's health, wellness, and success. Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs – because you want your child to be happy and safe.
3. Show you're a good source of information about alcohol and other drugs. You want your child to make informed decisions about alcohol and other drugs with reliable information about their dangers. Establish yourself as a trustworthy source of information (need help finding good resources? Reach out to us!).

4. Show you're paying attention and you'll discourage risky behaviors. Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice.
5. Build your child's skills and strategies for avoiding drinking and drug use. Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

Don't worry, you don't have to get everything across in one talk. Plan to have many short talks!

Resource Corner

VT Helplink is your statewide, public resource for finding substance use treatment and recovery services in Vermont. Helplink services are free and confidential and provide specialists who can help anyone who is looking to change their relationship with alcohol or drugs. Scan the QR code provided if you would like to be directed to their website (VTHelpLink.org).





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www.wsdvt.org

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 Co-Principals:
 Kate Grodin and Jean Berthiaume
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 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

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